



# Eat to Replenish

## ***The Seven Cell-to-Soul Food Rules***

There's really only one *cardinal* rule to the Replenish Diet - and that's *Eat to Stay Replenished*. Who doesn't want that? With each food choice comes the question "Is this going to help me to feel Replenished?" How we feel Replenished will vary with the time of day, what's going on in your life, the demands you have on your energy. But if you can ask yourself this question, and take those 30 golden seconds with Permission to Pause to hear the answer your body is giving you, you'll be living the plan.

The Seven Replenish Rules below are a recap of the principles that will keep you feeling Replenished - cell-to-soul. Eating to stay Replenished eventually becomes second nature, but we live in a sea of junk foods and advertising that is meant to keep pulling us back down, meant to keep us hostage to the food industry's constant hawking of sugar, diabetes, and death, so you do have to stay committed and remind yourself WHY you're doing this - why you're choosing to break the mold and live outside of the box, making healthy your choice. It's a rebel stand in this day and time - and I invite you to take it. These Seven Replenish Rules are an easy guide and self-reminder.

## **Rule #1:**

### **Eat Real, Nutrient Dense food**

Always choose real food. The fewer ingredients the better. The closer it looks to how it is in nature, the healthier. Make 99% of your diet - or 100% if you can - nutrient dense foods rather than empty calorie bombs of sugar, processed carbs, toxic fats, and inflammation. A really awesome practice is to stock your pantry and fridge with foods that have only one ingredient on the label. Also, think about eating for information - ask yourself, "What kind of information is this food going to give to my body?" It's a powerful question, and you now have enough food knowledge to answer that. For example, you know that eating a balanced plate is going to give your body energy balance messages, eating dark juicy berries is going to give your body optimal detox messages, and eating some energy veggie or grain in the evening is going to give your body calming, cortisol resetting messages. On the other hand, what's a Big Gulp or a bag of Oreos going to tell your body?

## **Rule #2:**

### **Nourish Your Roots**

Not only does food help you to heal your Root Causes of SOS, you can use food to nourish healthy roots, the systems that keep you revitalized: your mind and mood, your digestive system (including your microbiome), your detox system, and your immune system. It's pretty simple. Just make sure your diet includes:

- Variety - it's the spice of life and the key to a healthy gut. Stay out of limited food ruts and instead eat from a wide variety of green, rainbow, and energy

vegetables, nuts and seeds, legumes, grains and seed grains, good quality fats, and more. This will give your body the nutrients you need to stay out of a phytonutrient gap, the antioxidants and other phytochemicals that allow you to effectively detox inevitable environmental exposures and get rid of excess estrogen, and will give you the fiber you need to lose weight, stay heart healthy, and feed your microbiome. Feeding your microbiome keeps your gut, mood, mind, hormones, metabolism - really everything - happier.

- Add in herbs and spices - they're literally the spice of life - and they, too, aren't just for flavor. They provide a host of chemicals that boost metabolism and support detoxification.
- Tend Your SOS Roots - if you had areas that stood out as trouble for you, whether that is your gut, detox systems, or mindset, make sure to continue to give these some special love and care.
- Keep up with Your Daily Dose Core Supplements - these are the nutrients most of us aren't getting enough of them from our foods and are so important for staying out of SOS and healing Root Causes:
  - Magnesium: 400-1200 mg/day
  - Fish oil or a vegan essential fatty acid
  - A Complete, Food Based Multivitamin
  - Vitamin D: 2000 units/day

### **Rule #3:**

## **Eat Mindfully, Listen to Your Body**

The tastes, sensations, and social experience of eating are meant to bring us deep pleasure. It also slows us down and makes us eat less, so that we enjoy our food more yet don't gain weight because we experience the sensation of fullness when we've had enough. Find ways to bring mindfulness to your process of choosing

what to eat, and again while you're eating. Offer a moment of gratitude for your food at the start of your meal, and commit to experiencing your food for the first minute of eating. Try to eat when you eat rather than multitasking - including turning off the tube during meals. Your digestion will thank you. Your waistline will, too. Pay attention not just to the taste of your food, but when you start to feel satisfied, stop there rather than waiting until you're full. And pay attention to how you feel after you've eaten so you can stay tuned in to eating the right foods for you, and keeping SOS food triggers at bay.

### **Rule #4:**

## **Keep Your Blood Sugar Balanced and Honor Your Cortisol Cycles**

In order to stay Replenished and out of SOS, blood sugar balance has to be one of your life's missions. It's that important. It's also not hard. Eat breakfast, don't skip snacks or meals, and eat foods that give you rather than drain your energy. Learn to perfect your plate with a balance of energy giving carbs, protein, fats, and vegetables specific for the time of day, and honor meal timing so that it keeps your cortisol rhythm in harmony with day and night rhythms. Keep an Emergency Food Stash on hand if you continue to have cravings or a 4 PM dip.

### **Rule #5:**

## **Eat at Home More**

You'll probably be amazed to find that eating at home, even healthy and organic, is generally no more but is often less expensive than eating out - and you get the

added benefit of looking and feeling great. It's also incredibly satisfying to prepare and eat a delicious meal, and if you plan ahead, you'll have leftovers to make the next day's lunch easy and healthy.

When you cook at home, you have control over what's in your food - allowing you to avoid added sugar, excess salt, and other ingredients that make you pack on pounds and can be hidden food triggers. Many of my patients, for example, report flares of symptoms after "getting glutened" by "gluten-free" foods in restaurants.

Making the change from eating out to eating at home is a sure way to drop some unwanted pounds. Eating just one meal out each week translates to a 2-pound weight gain each year; and get this - the average American adult eats out five times per week. Restaurants know that we love to get a big bang for our buck, and increasing portion size doesn't add much to a restaurant's overhead, so we get served supersized portions. The good girls in us feel obligated to finish what we're served. Our waistlines - and our health - pay the price.

## **Rule #6:**

### **Watch Out for Weekends and Weak Spots**

As a rule, Americans tend to binge out on weekends - we eat more calories, junk, drink more alcohol, and overdo the bad fats between Friday and Sunday. Why? Because by the time the weekend comes we're willpower-fatigued from following the rules and toying the line all week. So we say F-it and go for the relaxation, even if we know that by Monday we're going to feel like Sh-t. The same thing happens when we're overtired, overworked, over-hungry and show up at a birthday party or holiday event. A healthier strategy is to try to stop bottling up your stress all week

by making Self-Care Daily doses a part of your life, and having a plan for when you do get to the weekend (party or holiday) so you can enjoy without making yourself feel awful. Here are a few weekend and weak spot rescue tips:

- Of course, in general stay out of SOS and Stay Replenished so you're not setting yourself up for food benders.
- Have a healthy snack before you go out, and keep an emergency stash of something high protein, high fat with you so you don't end up somewhere over-hungry with your only menu choice being a pizza, heart attack burger, or a 600 calorie pina colada.
- Eat before you drink alcohol - or at least while you're drinking, otherwise you'll end up smashed and famished, with no control over what you eventually scarf down to sop up the alcohol and set yourself straight.
- Sip slowly and sip smart. Order simple drinks that are gluten free, cut with still or sparkling water, and ask that they have no simple sugar added. Wine coolers, vodka with lemon and sparkling water, or gin and tonic are examples. Or stick to red wine, no more than two glasses, and sip slowly.
- Try to stick to your weekday eating habits as much as possible on the weekends and before parties and social events. If you usually eat at 7 Am, noon, and 6 PM, do that on the weekends, too.
- See Rule #7

## **Rule #7:**

### **Indulge Now and Then: The 95/5 Rule**

I promised that this plan is not about food deprivation. Over-restriction sets you up for failure. Enjoying your food, slowly and intentionally, sets you up for success.

It's a 180° shift in the way you think about food. Food should be a joyous part of your life, not something that runs - or ruins - it. Therefore, please indulge now and then. It keeps you happy and keeps it real. The fatigue of trying not to usually just makes people binge out! If there's a food that you love, even if it wouldn't make the "Replenish Ideal Foods List" (no such list really exists, but if it did...), and it's not something that you have an inherent intolerance to, then my philosophy is eat it, savor it, enjoy every bite, and bathe in the afterglow of a desire satisfied. Give yourself Permission to Enjoy. There's little I enjoy more than sharing my granddaughter's favorite food with her - chocolate croissants.

The key questions to come back to are "How do I want to feel?" and "And how is this going to make me feel?" Food is one of the most important forms of medicine we have - as I said before, it can truly heal your life. If eating a food is going to make you physically sick, for example, if you're highly gluten sensitive and eating some pasta or a croissant is going to send you into an inflammatory flare, this is not a good idea. But if you're really wanting a chocolate chip cookie, you're not gluten intolerant or can get your hands on a really delicious gluten-free one, and you don't have diabetes - in other words, it's not going to actually make you physically sick - then by all means have one, or several, but the trick there is to feel *really* good about it. ENJOY THE INDULGENCE. In my opinion, guilt can make you just as sick as sugar.

The next question is how *often* can one safely indulge in food simply for the pleasure of it.

People talk about the 80/20 rule - if you do the best thing 80% of the time, you can get away with anything. But that's not true. Twenty percent junk food in a diet is a whole lotta' junk and you can't stay healthy on that. I personally follow the 95/5

rule in my life - I don't deprive myself of a piece of our local organic goat's milk caramel that melts like butter in my mouth and tastes heavenly (my favorite thing in the world) once every couple of months when I go to the store that sells it, and I have some dark chocolate most days of the week. I have only two rules: I only indulge in things that are real food and I don't beat myself up after. I enjoy it with no guilt, shame, or blame.

So yes, I am saying that some sugar is okay now and then, a little honey in your chai tea once in awhile, a homemade dessert, a piece of your grandmother's pie that you've been enjoying since you were a kid. Yes, sugar is a flavor that signals nourishment. It all depends on context, amount, quality and frequency. But this only works if you can make it the exception, not the rule, and stay completely honest with yourself. If you have a history of sugar addiction, or if you have pre-diabetes, metabolic syndrome, or PCOS, it might not be as easy for you to safely indulge without tracking and monitoring how often it's happening. If you think about 95/5 – well that's a very small percentage of your overall food intake.

A simple default to use when you're wanting something sweet is: When in Doubt, Eat Dark Chocolate. Dark chocolate is a fermented plant food rich in polyphenols. Women who include a couple of ounces in their daily diet tend to be slimmer, have lower blood pressure, less depression, and *fewer cravings*. A few squares are a great healthy indulgence, and a sure craving buster. For added pleasure, dip it in some almond butter, enjoy with half a frozen banana, or make one of the Choco-Lover Smoothies.