

Welcome to Week One!

Here is our game plan....

Learn How Additives Affect You:

- **PREPARE:** Print off the food-mood journal and keep it in a handy place
 - **INDULGE:** This is the fun part (for some), eat the foods that contain these artificial ingredients. Now I do not want you to go to the store and stock up on crazy junk food and then have a feast. I want you to locate these foods in your own house. They always seem to sneak in there. But first, familiarize yourself with writing in your food-mood journal. You will be writing what you ate, when you ate it, and how it made you feel during, after, and later. This exercise will open your eyes to how this food makes you feel. Write down everything! So many times the discomforts that plague us are pinned down to some other problem, not to the foods we eat. For example, I see so many people who suffer from chronic headaches and think it is a medical condition that they have, then they remove wheat from their diet and their headaches disappear. Often times we are addicted to these foods because they elicit a chemical response in our body that causes us to want more. We overeat these foods because our brains want more stimulation! The food companies do this on purpose.
 - **EDUCATE:** I want you to read through the PDF's that I have given you for week one and educate yourself about the different food additives. Become aware of what these additives are and what they do in your body. Pay attention to how you feel throughout this exercise and write about it as often as you can.
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Clean House:

- **PREPARE:** Print off the PDF's for this week
 - **SEARCH:** Go into your cabinets and pull out everything in a box, can or container (enlist the kids to help, this can be fun!). Now, grab those PDF's and start sleuthing. Read those labels and find the hidden ingredients. If you want to, highlight the artificial colors, MGS, and HFCS. Notice how pervasive these are in our foods!
 - **PURGE:** Get rid of the junk. Throw it away if you desire, or give it to someone in need. Unopened non-perishable foods are appreciated at your local food shelf. Bring them to church or give them to your neighbors. Just get them out of your house.
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Restock the Pantry:

- **RESTOCK:** Go to the store and read labels. Don't simply pay attention to the signage in the stores and let marketing persuade your purchases. Read and investigate. You will be amazed what you find. Stick to simple foods. If the label list is taking up half of the side panel, put it back on the shelf.
 - **EXPERIMENT:** I have a few staples that are so versatile and health giving that I think they need to be in every kitchen. I would like you to pick these foods up and start experimenting with them. Use your food-mood journal while you are trying them out. Notice how these new foods make you feel.
 - **FOODS TO CHOSE FROM (these are just some ideas, feel free to try many different real foods that you find at the store):**
 - Coconut oil: use this for sautéing, in place of canola oil in your recipes, or even stirred into your coffee (yep, in your coffee!)
 - Real Sea Salt (Himalayan): use this in place of processed salt in everything you cook. It is full of naturally occurring minerals!
 - Grass-fed Butter: use this in place of margarine or any spreadable fat you have previously been using. YAY for eating butter!!!
 - Raw Cheese: You can find this at most health food stores. Raw cheese acts very differently in our body than cheese made from pasteurized milk. Often times I find people who do not tolerate regular cheese can tolerate raw cheese. If you can find raw goats milk cheese, even better!
 - Kelp Granules: these are a great source of iodine (important for thyroid health). Many people worry about giving up their processed iodized salt in fear that they will get goiter. Not to fear, kelp granules save the day. Add a sprinkle to just about anything. My favorite is on top of my salads
 - Coconut Flour: use in place of wheat flour in recipes
 - Almond Flour: use in place of wheat flour in recipes
 - Coconut Water: a great replacement for Gatorade, it's nature's Gatorade. Hydrating and replenishing
 - Kombucha: A great beverage to enjoy instead of soda. Still has the carbonation that everyone enjoys, but also contains beneficial probiotics and B vitamins
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SHARE, LEARN AND ASK QUESTIONS!

- Use our Facebook Group to ask questions and start discussions. This is the beauty of the group, we can all support each other through this food journey. If you have a question that you wish to keep private and do not want to post in the group, feel free to email me at any time. I will get back to you asap, I check my email often.
- Do not be afraid to ask questions, often times there are many who have the same questions as you do and asking the question opens up a great conversation for the entire group!
- Please share your experiences and successes in the group. It is great to hear new discoveries that you are making, as well as, the hurdles that you have overcome.
- Anything goes in the group, ask away! Remember, information shared within the group stays in the group. It is confidential and will not be shared outside of the group!