

E-BOOK #2 START LISTENING TO YOUR BODY & DISCOVER WHAT MAKES YOU UNIQUE



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*Crazy? Perhaps.
Unique? Definitely!*

INTRODUCTION

As much as we all love a silver bullet solution, the truth is that when it comes to nutrition there's really no "one size fits all" way of eating. What works for me doesn't necessarily work for you. It takes some time, energy and mindfulness to figure out which foods work best for your unique body. But it's totally worth it! That's what this program is all about. In this E-Book I'm going to give you some powerful tools to help you discover what makes your body unique and what works best for you. This is where the "holistic" twist on sports nutrition comes into play. Understanding your body and its many distinguishing characteristics is one of the keys to becoming a, lean, healthy, strong, athlete.

CHAPTER 1. HIT THE PAUSE BUTTON

How can you listen to your body if you're moving at a million miles an hour? Many of us are so busy rushing through life that we forget to slow down and tune into our bodies. Instead of pushing blindly forward, I highly recommend regularly hitting the pause button on life and checking in with your body. One simple way of doing this is a **60 second meditation**.

Meditation is a powerful tool for both mind and body. The only problem is that many of us believe that we need a big chunk of time to sit down and meditate. No worries! This doesn't have to be the case. In fact, 60 seconds and a few deep breaths are a great place to start.

In just one minute you can tune into your breathe and begin to cultivate a relationship with your body. These could be the most valuable 60 seconds of your entire day! Give it a try with these simple steps.

- 1) Sit still with your eyes closed.
- 2) Take a few long deep breaths.
- 3) Bring your awareness to your body and check in with yourself.
- 4) What do you notice? Stress, fatigue, cravings, pain?

Simply noticing the messages that your body is sending you is the first step towards figuring out how to take care of yourself and finding your balance. Try doing the 60 second meditation several times through the day. This healthy habit will serve you extremely well. A healthy yoga practice is also a wonderful way to practice slowing down and checking in with your body.



MEDITATION FOR ATHLETES:

Ready to go deeper with meditation? Learning how to control the "monkey mind" is an extremely useful tool for athletes. Check out this inventory of short guided meditations for athletes.

the-guided-meditation-site.com



CHAPTER 2: CHECK IN WITH YOUR BODY CHECKLIST

Here's a short checklist that you can run through any time to check in on yourself and see how you're doing. I recommend running through this list regularly. Eventually it will become a healthy habit and a healthy relationship with your body.

QUICK CHECKLIST:

- Digestion
- Energy levels
- Skin
- Mental clarity
- Headaches
- Food cravings
- Mood swings
- Coating on your tongue
- Whites of the eyes
- Quality of your nails

Mental clarity and headaches. Are your thoughts clear as water or clear as mud? Hazy, cloudy thoughts are often a good reflection of your over-all health. If your body is struggling with imbalance—food sensitivities, poor nutrition, toxicity— this will certainly be reflected in your thoughts. Headaches are also an indication of internal struggles in the body, dehydration, stress, hormonal imbalances and poor nutrition. It's important to pay good attention to what is going on in your head.

How is your digestion? If your body is balanced and healthy, your digestion should be smooth and comfortable. You should not feel bloated throughout the day and you ideally should have 1 – 2 healthy bowel movements daily.

How is your energy level? Do you feel energetic throughout the day, or do you feel sluggish, struggling to get from one commitment to the next. If your energy is consistently low this is a red flag. It's time to get your energy back!

Grab a mirror and look into your own eyes. What do you see? Are the whites of your eyes (around the pupils) clear and white, or are they yellowish or bloodshot? Ideally, you want the whites of your eyes to be white and clear. Everyone has a slightly different eye color however, if you notice unusual yellowish discoloration this can indicate a build up of toxins and imbalance in the body. Reddish and bloodshot may indicate inflammation, fatigue or stress.

Moody? Are you on top of the world one moment, and in total despair the next? This emotional roller coaster could reflect your body's internal struggle. It's difficult to have a balanced mood when there's an internal imbalance. Simple steps like reducing caffeine consumption and getting more exercise and naturally balancing your hormones can make a huge difference in this area.

These are just a few good ways to check in with yourself regularly. These are subtle signals from your body that could help you restore balance prevent more serious health challenges down the road.

Special Spotlight: Listen To Your Food Cravings

You may think of your cravings as a sign of weakness. But, in fact, your crazy cravings are actually an amazing way to **listen to your body** and find **balance**. On hot summer days, you may crave cooling foods such as watermelon or cucumber. In fall, you might crave hot apple pie with cinnamon because cinnamon is a spice that increases body temperature. In winter, you crave more dense foods that provide fuel and warmth. As an athlete, understanding your cravings can be extremely useful.

Dehydration.	Oftentimes, dehydration is even experienced as mild hunger and “the munchies”. So when you’re thirsty or you’re ready for snack time at 9:30 a.m., drink an big glass of water.
Nutrient deficiency	If your overall diet is devoid of nutrients, you may crave unnatural energy sources such as caffeine and sugar or salt. Keep on building your nutritional foundation!
Hormonal fluctuations.	This applies to women in particular. PMS, menstruation, pregnancy and menopause are accompanied by fluctuating estrogen and testosterone levels- and some very odd cravings such as pickles with ice cream! One reason that women crave chocolate before and during menstruation, for example, is due to magnesium depletion that occurs during menstruation. If you can relate you may want to draw some attention to foods that support hormone balance.
Your Fitness Routine.	If you’re a hardcore athlete or simply a very active person and you’re not nourishing your body accordingly then this can cause some pretty intense food cravings. Again, keep on building your building foundations!
Seasonal fluctuations.	There’s a very good reason why you crave certain foods in certain seasons. You may crave lot of leafy green salads in the spring and steak in the winter. Your body needs different nutrition depending on the season.
Imbalance of Yin & Yang.	Ever had a really salty meal and then found yourself with a crazy sweet tooth? Sugar is a yin food that possesses expanding qualities. Salt is a yang food that possesses contracting qualities. If you’re eating too many yin foods, you’ll crave yang foods and vice versa.
Re-creating the past.	You may crave foods you enjoyed as a child, such as home baked cookies that bring comfort. You may even crave foods that your ancestors ate, such as fried pork fat. It’s probably not so difficult to overcome a craving for fried pork fat, but you may not be able to shake the cravings for baked cookies. The solution? Go for quality ingredients in your cookies (natural sweeteners!)
Lack of spiritual nourishment.	If you’re lonely, bored, hate your job, are nervous, haven’t healed your emotional wounds, have a spiritual void or are uninspired, you may eat simply as a psychological attempt to fill the void in your life. No amount of ice cream will ever soothe the sting of your parents’ harsh words.
Self Sabotage.	You know those times in your life when everything is going so marvelously that you begin to get suspicious and wonder when things are going to start going wrong? Sometimes we sabotage our happiness from a subconscious and erroneous belief that we don’t deserve the very best in life- and we compensate by eating downright poisonous foods such as fast-food french fries or an entire bag of potato chips. So listen to your body. Some cravings are easy to overcome, while others aren’t. If you’re self-sabotaging focus on re-wiring your thinking to focus more on taking care of your body. Treating yourself occasionally is fine. Eating too many treats? Looking for quality substitutes for your favorite treat foods. (ex. Dark chocolate!)

CHAPTER 3. WHAT MAKES YOU UNIQUE

You've probably been told that you are unique, but what exactly does this mean? The list of what makes each of us unique is endless, and when it comes to athletes, here some factors that I find particularly intriguing.



- Genetics* (Who are your mother and father? Grandparents?)
- Upbringing (What did you eat growing up? Activities? Values? Environment?)
- Metabolic type* (How quickly your body uses calories)
- Blood type* (Hunter gatherer blood type, or a more agricultural blood type?)
- Height & weight
- Body Type* (Ayurvedic Dosha: Pitta, Vatta, Kapha)
- Your activity level and your sport* (Marathoner vs. a sprinter)
- Your mother's diet (What did your mother eat when she was pregnant with you?)
- Climate (What climate did you grow up in? Born in? Now?)
- Food sensitivities or allergies* (Does your body react negatively to certain foods?)

As an athlete, I highly recommend that you consider each of these categories and take a good look at what makes you unique. In the next few chapters we're going to take a close look at the categories that I've stated (*) above. We're really just scratching the surface, but this will get you started with understanding what makes your body unique and learning how to adjust your food choices to suit your unique needs as an athlete.

It's important to note that some of these factors are out of your control! You can't change your parents, which means you can't change your genes. Resist the temptation to be something you're not. It's hard to fit a square peg into a round hole! That said, your food choices have the potential to either bring out the best (or the worst) of your unique qualities. For example, you can't change your genes, however you can use nutrition to affect how your genes express themselves.

USE WHAT WORKS FOR YOU

In the next few chapters I'm going to share with you some of my personal favorite ways to listen to your body. There are a lot of nutritional theories out there, however, I've found these to be particularly useful for athletes. Have fun with this! Don't get bogged down or over-whelmed by any one nutritional theory, simply add it to your arsenal of tools for listening to your body (if it feels too complicated, skip it! if it sounds good then dive in). This is not meant to be stressful or overly analytical. These different nutritional theories and quizzes can be simple, yet powerful guides that will support you making decisions about which quality foods work best for your unique body.

CHAPTER 4. EATING FOR YOUR BLOOD TYPE

Whether you're an A, B, AB or O, your blood type reveals some intriguing things about your personality and body's needs. In particular, understanding your blood type can help you establish your balance of foods such as animal proteins and grains, it can also help you understand your body's weakness, potential food sensitivities and more.

A GLIMPSE AT UNIQUE BLOOD TYPES:

Blood type O: "Hunter gather blood type", oldest blood type, emphasizes animal proteins

Blood type A: "Agricultural blood type", more evolved, classic vegetarian

Blood type B: "Balanced", thrives on a combo of both grains and animal proteins

Blood type AB: Newest & rarest blood type. Wide range of foods

BLOOD TYPE O

Type Os (considered the original blood type) are descendants from hunter-gatherers who relied mainly on animal protein to survive their strenuous lifestyles.

Character Traits:

Focused, leader, energetic, goal-oriented

What to Eat

- Quality animal protein (lean red meat, lamb, turkey, chicken, fish or seafood)
- Quality fruits and veggies
- Nuts and seeds
- Sea salt (lowers your levels of iodine, giving you optimal thyroid function)

What to Avoid: You might have difficulty digesting agricultural products such as dairy, eggs and gluten. Beans and legumes may also be challenging to digest.

Potential Allergies and food sensitivities: Blood Type O is most susceptible to wheat and corn allergies.

Ideal Workout for Type O:

This body thrives on **intense physical exercise**. Blood type O requires consistent exercise to stay healthy. Get sweating with the treadmill, swimming, running, skiing, cycling, power yoga and weight training.



BLOOD TYPE A

When hunter-gatherer Os started thinning out, our ancestors started relying on agriculture and expanding their diet to include a semi-vegetarian approach. Type As have the digestive enzymes and bacteria it takes to digest grains and plants that other blood types might have difficulty breaking down.

Character Traits:

Hardworking, responsible, calm. When everyone else is panicking, you keep it cool.

What to Eat: “classic vegetarian”

- Fruits like berries, figs, plums, apples, avocados, pears and peaches
- Veggies such as broccoli, artichokes, carrots, greens and garlic.
- Rely on protein from nuts (like nut butters), seeds, beans and soy.
- Get optimal nutrition from whole grains, carbs and quality vegetable proteins
- Limit fish, poultry and red meat (might be hard to digest)

What to Avoid: Limit sugar, caffeine and alcohol and don't skip meals. Avoid stressful situations.

Ideal Workout for Type A:

Since you tend to stress easily, try something **calming** like yoga or tai chi.



BLOOD TYPE B

Type Bs emerged when type Os moved to the Himalayas as nomads, domesticating animals and living on meat and dairy. Blood Type B is more likely than any other blood type to naturally tolerate dairy.

Character Traits:

Individualistic, relaxed, unconventional, you throw yourself into projects you love, always sticking to your goal, even when it's against the odds.

What to Eat: Leafy greens and vegetables, and fruits like bananas, grapes, plums and pineapple. Modern Bs should rely on lean red meat (like lamb, venison and beef) and fish, and choose turkey over chicken. Do well with quality dairy products such as yogurt, cheese and milk.

What to Avoid: Take it easy on grains and avoid corn, buckwheat, rye and wheat since they can affect your metabolism. (Same goes for nuts and seeds).

Ideal Workout for Type B:

Maintaining the mind/body balance is essential, so go for **moderate physical exercise** that challenges both, like tennis, martial arts, cycling, hiking or golf.



BLOOD TYPE AB

Type AB is the newest blood type and is the rarest, found in less than 5% of the population. Since ABers share traits with As and Bs, they're able to digest a wide range of foods

Character Traits: Difficult to read, trustworthy, volatile. You have traits from all the blood types.

What to Eat: Staple foods include veggies, seafood, turkey, dairy and eggs. Quality complex carbohydrates such as whole grains. Snack on fresh fruits like cherries, grapes, watermelon and figs.

What to Avoid: Enjoy carbs in moderation, but bypass corn and buckwheat, which are difficult for ABs to digest. Meat in moderation. Steer clear of caffeine and alcohol, especially when you're stressed. Due to your alkaline stomach, you might have a hard time digesting acidic foods such as oranges

Ideal Work Out for Type AB:

Since you pull from both sides of the spectrum, you need to keep **balance** in your workout regimen, which means a combo of calming activities (like yoga or tai chi) and more intense physical exercise (like running or biking)

BIO-INDIVIDUALITY & PROTEIN CONSUMPTION

- A. **Blood type.** (Blood type O needs more animal protein)
- B. **Metabolic type.** (protein type vs. carbo type, see chapter 7)
- C. **Age.** (In youth, body more adaptable to different foods. As you age, you may need more meat)
- D. **Ancestry.** (Meat eating family vs. vegetarian family)
- E. **Timing & Seasonality.** Understand how your meat requirements vary with the season and even the best time of day is for you to eat meat. More meat required in winter time.
- F. **Trial & Error.** Find what works for you.

*Want to go deeper with eating for your blood type?
Check out the book Eat Right for Your Type
By Dr Peter D'Adamo*

CHAPTER 5. FOOD SENSITIVITIES

Do You Have A Hidden Food Sensitivity?

Many of us are so busy that we forget to listen to our bodies that we might not be aware that we have sensitivities to certain foods. Eating a food that you are sensitive to can really throw a monkey wrench into your athletic performance; from energy dips to inflammation, pain and digestive discomfort. *More than 75% of all people have some kind of food sensitivity.*

When people think food allergy they often think of eating something that suddenly causes the throat to close up, or you break out in hives, sending you to the hospital. These food allergies are very serious, and you probably know which foods to avoid if this is you. The most common severe allergies are nuts and shellfish.

However, there is another type of food allergy that is more subtle and can take up to 72 hours to show itself in your body. This is delayed food allergy is technically a food *sensitivity or intolerance*. If your body is sensitive to a certain food it means that your body can't completely process/digest the food. This happens especially with "modern foods" such as grains, milk and sugars that stray from our traditional hunter-gatherer origins. Many of our bodies do not recognize these foods as "friendly", which triggers our immune systems, causes inflammation and disrupts bodily functions. . . causing dozens of symptoms. If left unattended these symptoms can cause some serious long-term issues. The good news? The healing begins as soon as you get your diet on track.

Where do food sensitivities come from? You can either be born with a food sensitivity, which means that it's wired into your genetics, or you may develop a food sensitivity over time. Interestingly, people who eat a lot of one food may develop intolerance to that food. Another reason to focus on diversity with your diet! It's a good idea to rotate foods in and out of your diet and strive for variety. Don't eat the same things every day.

Got Cravings? It might be an addiction.

Do you have any strong food cravings? If so, you may be sensitive to that food. **There is a strong connection between food sensitivities, food addictions and cravings**—you are often addicted to the foods you are sensitive to because along with the immune response

Did you know? Only 8 foods are responsible for 90% of all food sensitivities?

WATCH YOUR BODY'S REACTION TO:

- Milk
- Wheat and gluten
- Fish (bass, cod, flounder)
- Soy
- Eggs
- Tree nuts (almonds, cashews, walnuts)
- Peanuts
- Shellfish (crab, lobster and shrimp)

OTHER SUSPECTS: sugar, caffeine



that is launched when you eat a food your sensitive to, your body also releases endorphins as a response to the damage taking place. So you literally get a high from eating that food. If you get a pleasurable or drugged feeling from eating certain foods, or you crave them, you may have a sensitivity to those foods.

COMMON FOOD SENSITIVITY SYMPTOMS:

- Low energy
- Brain fog
- Digestive problems (gas, bloating, IBS)
- Seasonal allergies (hay fever)
- Sinus issues (runny nose)
- Skin issues
- Inflammation (joint pain, arthritis)
- Headaches
- Sugar cravings, strong food cravings
- Yeast overgrowth/candida



To prevent developing food sensitivities:

- 1) Chew slowly and thoroughly.
- 2) Practice a rotation diet: don't eat the same things every day. Variety is key!
- 3) Keep your digestive tract in top shape by consuming quality probiotics (such as fermented veggies) to promote good bacteria in the gut.

Identify your food sensitivities:

Start with a self-test.

- a) Remove any food you suspect from the diet for 14 days.
- b) Add it back in on day 15 and eat a large portion of that specific food.
- c) See if you experience any noticeable symptoms (use the check in checklist).

No conclusive results? Consider consulting your local allergist.

Do some experimenting to figure out which foods work best for you.



CHAPTER 6. AYURVEDIC BODY TYPE



If you're thinking that Ayurveda is a bit too "out there" for you I urge you to give it another chance. Yes, I admit that just like any dietary theory there are some extreme Ayurvedic techniques out there. Don't worry, I'm not looking to turn you into an Indian Shaman! However, Ayurvedic medicine can be extremely useful for understanding your body type and balancing your body.

In India, Ayurveda is a way of life as well as a tool for healing and balancing the body from moment to moment. This is a wonderful type of preventative medicine. Let's take care of our bodies *before* we suffer from disease or sickness!

According to Ayurvedic medicine there are three "doshas". Each dosha comes with a set of characteristics, body types, signs of balance, sign of imbalance, recommended foods, weak points in the body, etc. Understanding your dosha can help you maintain balance.

WHAT'S YOUR DOSHA?

The Ayurvedic questionnaire (in the quiz section) includes a mental profile, behavioral profile, emotional profile, physical profile, fitness profile. Complete the questionnaire to figure out your dosha (s).

For now let's take a look at the 3 different doshas and what this means for athletes. The 3 doshas are: Vata, Pitta, and Kapha. Note: You may not fall squarely in one of these categories, many people have qualities from the different doshas. Don't worry, you can still use this to balance your body!

PITTA DOSHA

Pitta: Medium physique, strong, muscular.

Personality traits: Type A personality, orderly, focused, entrepreneurial, strong-willed, stubborn, pushy, impatient, tendency to "run hot"

Foods to Increase to Restore Balance: Quality protein, cooling foods, sweet tasting spices (cardamom, fennel), sweet and bitter foods.

Foods to Reduce: Excessive spices that are too heating, red meat

Question: Can you think of a Pitta type person?

JUNGLE GIRL QUOTE:

"Ayurveda has taught me to use foods to cool my body. My body type tends to become hot and easily inflamed. When I get stressed, overwhelmed, the heat rises. To restore balance, I've learned to integrate cooling foods such as raw foods fruits and veggies that help me stay "cool as a cucumber". I also like lots of ice in my green smoothies!"
-The Jungle Girl

VATA DOSHA

Body Type: Lightest, thinnest body type, delicate bone structure, hard to gain weight

Personality traits: Excitable, creative, imaginative, fun personality. Sensitive, restless, easily distracted, daily routine may feel difficult and overwhelming, generally running late.

Foods to Increase to Restore Balance: Warming, lubricating, grounding, heavier foods to calm down, good quality oils, warming foods to counteract coldness

Foods to Reduce: Stay away from low-fat diets, raw and cold foods, need very careful planning if vegetarian or vegan to stay grounded and focused.

Question: Can you think of a Vata type person?



KAPHA DOSHA

Body Type: larger body type, not necessarily overweight, gains weight easily, holds fat and water, strong, great powerful athlete when in shape.

Personality traits: easy going, grounded, stable, solid, clear about the ways of the world, sense of physicality, steady appetite but not overly strong like pitta, can

miss a meal, slower metabolism, resists exercise and is slower moving, often trying to lighten up (emotionally and physically)

Foods to Increase to Restore Balance: drying and heating foods, heating and pungent spices for their thermogenic properties, lighter grains, light proteins, vegetables

Foods to Reduce: High fat foods, heavy and fatty proteins, dairy, gluten-based grains, red meats, starchy vegetables

Question. Can you think of a Kapha person?

Ayurvedic Breathing for Athletes

-By Dr. John Douillard, Ayurvedic Specialist "Dr. Ayurveda" excerpt from Elephant Journal

Q. *I just did a climbing competition with one round on Friday and two on Saturday. Going into the third (and most important) round, my body was so tired I couldn't hold onto the wall at all, and I ended up doing poorly. What could I have done to make my body recover a little in the few hours I had between the last two rounds—a certain food, sleep, or some type of stretching to get my body and muscles to recover just that tiny bit? ~ Alex Puccio, super-famous climber.*

A. *Researching endurance for my book, Body, Mind and Sport, we found that when athletes were significantly less stressed, their stamina and recovery times improved. We compared nasal breathing with mouth breathing during exercise and noticed that nasal breathing athletes had calmer brain wave functioning, a decreased stress response and faster recovery times. Mouth breathing, heart and breath rates are higher, as are blood pressure and perceived exertion rates. Why?*

Mouth breathing moves air into the upper lobes of the lungs first where stress receptors trigger an exhaustive and degenerative chemical response.

Nasal breathing drives air through turbinates—mini turbo-chargers that are engineered to drive air all the way into the lower lobes of the lungs. While it does take some practice to master this technique (about three weeks on average), it's well worth the effort. There is a predominance of calming and rejuvenating parasympathetic nerves in the lungs' lower lobes. In our preliminary study we reproduced meditative alpha and coherent brain waves during nasal breathing exercise—which would translate to climbing and competing with the cool discernment and calm experienced in deep meditation.

The lungs' lower lobes have 60-80 percent of the alveoli that bring fresh oxygen in, and carbon dioxide waste out of the muscles. This is critical: it's the build-up of metabolic waste in the muscles that causes them to fail—and you to tire. This lack of efficient waste removal causes longer recovery times and shorter endurance. So it may be worth your while to take some time to become a better breather.

Imagine—once you become an efficient nasal breather, you'll be taking 26,000 rejuvenating, waste-removing, fat-burning and mood-stabilizing breaths every day.

CHAPTER 7 METABOLIC TYPE

Now that you're familiar with the basics of proteins and carbs we can begin to explore the balance of proteins and carbs that works for your unique body and support your body with a healthy metabolism (essential for healthy weight management and keeping your energy high).

How well do you know yourself? Before you take the metabolic type quiz ask yourself which type you might be.

There are three basic metabolic types: the protein type, the carbo type and the mixed type. Take **the metabolic type quiz** to determine which type you might be. You'll answer questions about your appetite, your ideal meal, etc. To get started, here's a quick break down of the different metabolic types.

THE PROTEIN TYPE

If you are a protein type, it means your cells tend to burn carbohydrates quickly, and you need to consume a high-protein diet in order to slow down your body's rapid cellular oxidation rate. Protein types do very well on a diet that includes plenty of high density, high fat proteins. It's especially important for protein types to include a significant amount of protein at every meal, and to moderate their intake of carbohydrates (grains, vegetables, fruits), especially those that are high in sugar and starch. It is also important to snack as needed.

Characteristics: Strong appetite; cravings for fatty and salty foods; little success with low-calorie diets; prone to fatigue, anxiety, nervousness

Foods to eat: Red meat, dark chicken and turkey meat; nuts, seeds, tofu and tempeh; various types of seafood such as salmon, tuna, herring, sardines, mussels and anchovies. Full-fat quality dairy foods.

Foods to avoid: alcohol, caffeine, fruit juices; citrus fruits; sugar, gluten and foods with high-glycemic levels

THE CARBO TYPE

If you're a carbo type, you need a high percentage of carbohydrates in your diet in order to speed up your naturally slower cellular oxidation rate. Carbo types typically do well on a low-fat, relatively low-protein diet. This includes liberal amounts of carbohydrates in the forms of vegetables, fruits and whole grains. Too much fat and protein will slow down the body's energy production. Carbo types, however, need to remember that a "low-protein" diet does not mean a "no-protein" diet. Most carbo types need to include protein at most meals, and focus on leaner and lighter meats, such as seafood and poultry, and consume nuts and tofu sparingly.

Characteristics: Relatively weak appetite; high tolerance for sweets; problems with weight management; Type-A personalities; variable energy patterns; caffeine dependency

Foods to eat: Light chicken and turkey meat; light seafood; lower fat dairy products; vegetables; legumes

Foods to avoid: alcohol, caffeine, sugar, high-fat foods; limit consumption of red meat

THE MIXED TYPE

If you're a mixed type, it means you're somewhere in the middle of the protein type and the carbo type, and you don't have as pronounced or clear-cut metabolic imbalances as the protein or carbo type. You'll need to eat a mixture of both protein and carbo type foods. This will keep your cellular oxidation rate, which is neither too fast nor too slow, in balance.

Characteristics: variable appetite; cravings for sweets and carbohydrates; any combination of traits listed for both protein and carbo types

Foods to eat: relatively equal ratios of proteins, fats and carbohydrates, a mixture of high-fat proteins and low-fat proteins, foods from both protein and carbo types

Foods to avoid: alcohol; caffeine; fruit juices; sugar; foods high in: oxalic acids, phytates, gluten and enzyme inhibitors.

LOOKING TO GIVE YOUR METABOLISM A NATURAL BOOST?

- Add strength training to your routine, tone muscles to burn calories more efficiently.
- Eat seaweed (iodine) regularly to support your thyroid.
- Use coconut oil in cooking (instant energy that boosts metabolism and isn't stored as fat)
- Eat right for your metabolic type! Support your body's natural rhythm



TAKE THE QUIZ! ARE YOU A:

Protein type

Carbo type

Mixed type?

Please see the quiz section of week 2.

CHAPTER 8. FOOD & YOUR GENES



Healthy habits nurture healthy genes. How you “communicate” with your genes—through your food choices, lifestyle and environment—can significantly help with disease prevention and healthy aging.

When most of us think of genes, we think of the ones that determine particular body characteristics such as whether we have brown hair, blue eyes, short, tall, etc.

These are “fixed” genes and they are only few in number.

If we go deeper we will see that the vast majority of genes are the thousands that guide all our biochemical processes. Some of these genes pre-dispose us to many modern chronic diseases such as cancer, arthritis, heart disease, etc.

While we are each born with a set of genes — a baseline set of conditions which we can’t change — we *can* change how they are expressed. This means that most genes themselves do not create disease. Instead, the likelihood of developing disease and disability is determined by the way we live our lives and by the choices we make, particularly when it comes to food. Though you may have the genes for and be susceptible to certain diseases, that doesn’t necessarily mean you will get those diseases.



There are multiple factors in your diet, environment and lifestyle, that affect your genes and how you age. Of all the factors, diet is the easiest to control and probably the most important determinant of how our genes are expressed. Eat the right foods and they will send instructions to your genes for good health. Eating the wrong foods however, sends messages for disease.

Real, whole, food is packed with thousands of nutrients and compounds that have a complex and dynamic relationship with one another and your genes. With processed foods however, these micronutrients have either been altered or are missing, and therefore they can never deliver the same beneficial messages to your genes.

TIPS: EATING FOR HEALTHY GENES

1. **Eat real food ex. fresh, whole, unrefined and unprocessed food.** Your body recognizes *real* food. Food is more than a delivery system for nutrients containing protein, fat, carbohydrates, vitamins, minerals and phyto-nutrients, it's about how it all works together and its compatibility with your body. Most real food does not come with a label – vegetables, fruits, nuts, seeds, grass fed meats, wild fish, organic eggs and chickens etc.
2. **Figure out what works for your unique body.** Figure out which foods work best for your unique body and try to eat as close to nature as possible.

CHAPTER 9. VIZUALIZE BALANCE & HEALING

As an athlete, you likely know the power of visualization. You visualize yourself crossing the finishing line, summiting the peak, etc. Positive thinking can bring great things and might make all the difference when it comes down to reaching your goals. Visualization is also a wonderful tool for tuning into your body, identifying physical weaknesses and restoring balance and healing. I recommend trying the 60 second meditation to get you in the “zone” and then doing this quick visualization exercise.

1. Close your eyes, take a few deep breaths (60 second meditation)
2. Put one hand on your heart, one hand on your belly. Thank your body.
3. Scan your body for any place you might have tension, pain, fear or any other sensation.
4. Zoom in on this sensation. Explore the sensation.
5. Why is it there? How long has it been there? How is it serving you? What is it telling you? What role is it playing in your body?
6. Ask yourself, “what would be available to me if I could let this go and heal this imbalance?”
7. Breath a healing color (your choice!) into your sensation. Breath into it deeply. Visualize the color fading to clear, dissolving the sensation, restoring balance.
8. Breathe in and re-scan your body. Let all tension go.



WEEK 2 ASSIGNMENTS

1. HIT THE PAUSE BUTTON.

- a. Integrate the 60 second meditation into your life.
- b. Try doing this short meditation 2x/day this week (maybe once when you wake up and once before bed). As you grow more comfortable with meditation try bumping it up to 5 minutes and see how you do!
- c. Re-wire your brain to focus on taking care of your body and listening to its subtle signals.

2. CHECK IN CHECKLIST.

- a. Scan your body with the “check in checklist”. Make this a healthy habit!
- b. Identify any areas of imbalance.
- c. Take a close look at your food cravings. Cravings for sugar, salt, dairy, etc. What are your food cravings trying to tell you?

3. WHAT MAKES YOU UNIQUE? QUIZZES

- a. Take a moment to consider what makes you unique. *Ask yourself “Which quality foods support my unique body?”*
- b. Do you know your **blood type**? If you don’t, it might be time to find out!
- c. Consider any **food sensitivities** you may have. Suspicious of a certain food? Try cutting it out for a week and see how you feel.
- d. Take the quizzes. (This E-Book is accompanied by an **Ayurvedic** Questionnaire, as well as **Metabolic** Type Quiz). If you don’t have time to do them both, take quiz that is most interesting to you.

4. FOCUS ON WHAT WORKS FOR YOU.

- a. As you familiarize yourself with your Blood Type, your Ayurvedic type and your Metabolic Type, look for consistent themes. There’s a lot of info here, however, when you combine these different theories I think you’ll find that there’s a lot of overlap. *(For example, I’m a Blood Type O, Protein Type and a Pitta Dosha so I focus my diet on quality proteins, nuts, seeds, and cooling foods such as a raw veggies and green smoothies)*
- b. Don’t get too caught up in any one of these theories, instead look for what makes sense to you and add certain nuggets of wisdom to your tool box. Pull them out when you need them to balance your unique body.