How Food Affects Us
First Baptist Church of Farmington
Dr. Emily Hecker, DC, MBA, CNC
Nice to Meet you!

Dr. Emily Hecker

• Wife, Mom, Lover of Jesus
• Chiropractic Physician who specializes in Functional Medicine
• Work with patients Nation-wide from my Ballwin, Missouri Office
My Goals for you today:

• I want you to walk away feeling inspired!

• Like you have more knowledge in choosing healthier foods and actionable plan to start decreasing your inflammation.
Agenda

1. How Food Affects Us: Intro
2. Who is Dr. Emily?
3. What is Functional Medicine
4. The Food Formula
5. 3 Steps to Decrease Inflammation (and lose weight)
How Food Affects Us: Intro

• How many of you are stressed out?
How Food Affects Us: Intro

- How many of you are stressed out?
- Stress is **PHYSIOLOGICALLY DANGEROUS!** It causes:
  - Stress Ulcers, Interrupted Sleep, Hormone disruption, Fat Gain and Sugar Cravings!
- It's REAL and is the largest thing that affects our bodies.
Sugar Cravings
Ichy Head
Achy Joints
Fatigue
Low Mood
Why I do what I do.

• I have lived it first hand. I have been there like Amy and have seen how amazingly powerful food really is.

• My patients inspire me!

• I have AutoImmune Disease in my family. And I will do everything in my power to reduce the genetic risk of developing an AutoImmune Disease.
What is Functional Medicine?

Functional Medicine addresses the underlying causes of disease, using a systems-oriented approach and engaging both patient and practitioner in a therapeutic partnership.

-Institute of Functional Medicine
Functional Medicine

**Creates a customized plan for you using:**

- Diagnostic lab work
  - Bloodwork
  - Thyroid
  - Hormone
  - Adrenal Function
  - Neurotransmitter
  - Genetic (MTHFR)
- Your Full Clinical History
  - When you were born til now. Everything
- Dietary Recommendations
  - Which diet is right for you? GF, Paleo, Histamine, Keto…
- Supplement Recommendations
  - Nutrient Deficiencies, Vitamin need
Functional & Medical RANGES

LOW Cholesterol

Healthy Sick

The medical model sees one as healthy (green) and then, without warning, BAM!, they turn unhealthy or pathological (red).

HIGH Cholesterol

Healthy WHOA Sick

The functional model recognizes there is a WARNING zone that needs to be addressed before someone gets into a pathological range.
The gastrointestinal tract is lined by specialized epithelial cells that create an important mucosal barrier between the hostile external environment and the vital internal domain. These cells are responsible for nutrient absorption and waste secretion that require a selectively permeable barrier. In addition, eighty percent of our immune system resides in the gut, making intestinal permeability one of the most important factors determining immune health. These functions place the mucosal barrier at the center of interactions between the immune system and the outside world. Breaches in the gut barrier present one of the most potent immune challenges. Intestinal permeability can permit unprocessed antigens, toxins, and even intact organisms to pass directly into the bloodstream. These unprocessed antigens are capable of triggering immune responses that increase the susceptibility for autoimmune challenges.1

Intestinal Permeability: Preserving GI Barrier Protection to Promote Healthy Immune Function

Emerging research is confirming the extensive connection between gut barrier integrity and immune health.2 Enterocytes lining the GI tract have specific nutrient requirements that allow for targeted nutrient support to maintain healthy barrier function.3 The three keys to strengthening gut integrity include providing:

- Nutrients for GI cell regeneration
- Primary GI cell fuel source
- Immune protection


Ideal Digestive Tract Lining

Normal Physiology
- Secretion of Acid (HcL)
- Aid in B12 Absorption
- Mucous Lining

Tight Junctions = duct tape!
The gastrointestinal tract is lined by specialized epithelial cells that create an important mucosal barrier between the hostile external environment and the vital internal domain. These cells are responsible for nutrient absorption and waste secretion that require a selectively permeable barrier. In addition, eighty percent of our immune system resides in the gut, making intestinal permeability one of the most important factors determining immune health. These functions place the mucosal barrier at the center of interactions between the immune system and the outside world. Breaches in the gut barrier present one of the most potent immune challenges. Intestinal permeability can permit unprocessed antigens, toxins, and even intact organisms to pass directly into the blood stream. These unprocessed antigens are capable of triggering immune responses that increase the susceptibility for autoimmune challenges.

Intestinal Permeability: Preserving GI Barrier Protection to Promote Healthy Immune Function

Emerging research is confirming the extensive connection between gut barrier integrity and immune health. Enterocytes lining the GI tract have specific nutrient requirements that allow for targeted nutrient support to maintain healthy barrier function. The three keys to strengthening gut integrity include providing:

- Nutrients for GI cell regeneration
- Primary GI cell fuel source
- Immune protection

---


The gastrointestinal tract is lined by specialized epithelial cells that create an important mucosal barrier between the hostile external environment and the vital internal domain. These cells are responsible for nutrient absorption and waste secretion that require a selectively permeable barrier. In addition, eighty percent of our immune system resides in the gut, making intestinal permeability one of the most important factors determining immune health. These functions place the mucosal barrier at the center of interactions between the immune system and the outside world. Breaches in the gut barrier present one of the most potent immune challenges. Intestinal permeability can permit unprocessed antigens, toxins, and even intact organisms to pass directly into the bloodstream. These unprocessed antigens are capable of triggering immune responses that increase the susceptibility for autoimmune challenges.

**Intestinal Permeability: Preserving GI Barrier Protection to Promote Healthy Immune Function**

Emerging research is confirming the extensive connection between gut barrier integrity and immune health. Enterocytes lining the GI tract have specific nutrient requirements that allow for targeted nutrient support to maintain healthy barrier function. The three keys to strengthening gut integrity include providing:

- Nutrients for GI cell regeneration
- Primary GI cell fuel source
- Immune protection


**Damage Occurs From:**
- STRESS! Cortisol
- Bacterial/Viral Infections
- Genetic Predisposition for FOOD Allergies (AI Thyroid!)

**Repair Physiology!**
- Remove inflammatory foods
- Rebuild with Amino Acids
- Inoculate with good bacteria
- Support the Immune system
Beauty of Functional Medicine

• You can Decrease and Eliminate Health Problems & Symptoms!

• Fast Results: Start with a list of 12 Problems and gradually reduce them.

• Side effect: Reduction of Fat!
The Food Formula

Why Fad Diets Fail
The Food Formula: Why Fad Diets Fail

- Are you **motivated**? yes!
- Do you see **results**? yes!
- Do you **gain** fat back? yes!
The Food Formula: Why Fad Diets Fail

• The KEY! (Shhhhhhhhhhhhh!)

• To understand what you are putting in your body!! and how it affects your:

• Mood, Relationships with others, Energy, Sleep, Joints, Digestive Tract, Weight, etc…
## FOOD TYPE VS. FOOD QUANTITY

<table>
<thead>
<tr>
<th>FOOD TYPE</th>
<th>QUANTITY</th>
</tr>
</thead>
<tbody>
<tr>
<td>What type of foods should you be consuming?</td>
<td>How MUCH of those foods should you eat?</td>
</tr>
<tr>
<td>Gluten Free</td>
<td>• Calories?</td>
</tr>
<tr>
<td>Dairy Free</td>
<td>• Protein?</td>
</tr>
<tr>
<td>Paleo</td>
<td>• Carbs?</td>
</tr>
<tr>
<td>Vegetarian</td>
<td>• Fat?</td>
</tr>
<tr>
<td>Vegan</td>
<td></td>
</tr>
<tr>
<td>etc…</td>
<td></td>
</tr>
</tbody>
</table>
Paleo!
Working out
Only Lost 6lbs
Frustrated!!!!!
“The magic occurs when you eat **HEALTHY** foods in the **RIGHT** quantities.”

–Dr. Emily Hecker
The Food Formula

Macronutrients:

- Fat
- Carbs
- Protein
What do you think a **CARB** is?
What do you think a **CARB** is?
What do you think a **CARB** is?
What do you think a **CARB** is?

VEGGIES!
FRUIT!
What do you think a **CARB** is?

Fruit is healthier than DONUTS, but if you want to keep carbs low, you have to know **HIGH CARB FRUITS & VEGGIES!**

- Dates
- Rasins
- Banana
- Grapes
- Mango
- Apple
- Potatoes
- Corn
- Peas
- Carrots
<table>
<thead>
<tr>
<th>Vegetable</th>
<th>Calories</th>
<th>Fat (g)</th>
<th>Carbs (g)</th>
<th>Protein (g)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Cucumber</td>
<td>6.8</td>
<td>0.1</td>
<td>1.4</td>
<td>0.4</td>
</tr>
<tr>
<td>Romaine Lettuce (1 cup)</td>
<td>7.8</td>
<td>0.2</td>
<td>1.4</td>
<td>1</td>
</tr>
<tr>
<td>Cabbage</td>
<td>11.1</td>
<td>0.1</td>
<td>2.4</td>
<td>0.5</td>
</tr>
<tr>
<td>Summer Squash</td>
<td>11.3</td>
<td>0.1</td>
<td>2.5</td>
<td>0.7</td>
</tr>
<tr>
<td>Radish</td>
<td>11.6</td>
<td>0.3</td>
<td>2.1</td>
<td>0.3</td>
</tr>
<tr>
<td>Celery, cooked</td>
<td>13.5</td>
<td>0.1</td>
<td>3</td>
<td>0.5</td>
</tr>
<tr>
<td>Eggplant, cooked</td>
<td>13.9</td>
<td>0.1</td>
<td>3.3</td>
<td>0.4</td>
</tr>
<tr>
<td>Cauliflower, cooked</td>
<td>14.3</td>
<td>0.3</td>
<td>2.6</td>
<td>1.1</td>
</tr>
<tr>
<td>Zucchini, cooked</td>
<td>14.4</td>
<td>0</td>
<td>3.5</td>
<td>0.5</td>
</tr>
<tr>
<td>Banana Peppers *</td>
<td>17</td>
<td>0.3</td>
<td>3.3</td>
<td>0.3</td>
</tr>
<tr>
<td>Green Beans</td>
<td>17.1</td>
<td>0.1</td>
<td>3.9</td>
<td>1</td>
</tr>
<tr>
<td>Tomato</td>
<td>18.9</td>
<td>0.3</td>
<td>4.2</td>
<td>0.8</td>
</tr>
<tr>
<td>Green &amp; Red Bell Peppers</td>
<td>19</td>
<td>0.1</td>
<td>4.6</td>
<td>0.5</td>
</tr>
<tr>
<td>Potato</td>
<td>57</td>
<td>0</td>
<td>13</td>
<td>1</td>
</tr>
<tr>
<td>Spinach, cooked</td>
<td>20.7</td>
<td>0.2</td>
<td>3.4</td>
<td>2.7</td>
</tr>
<tr>
<td>Mushrooms, cooked</td>
<td>21.1</td>
<td>0.4</td>
<td>4</td>
<td>1.7</td>
</tr>
<tr>
<td>Broccoli, cooked</td>
<td>21.8</td>
<td>0.3</td>
<td>3.9</td>
<td>2.3</td>
</tr>
<tr>
<td>Asparagus, cooked *</td>
<td>22</td>
<td>0.3</td>
<td>3.8</td>
<td>2.3</td>
</tr>
<tr>
<td>Pumpkin, cooked</td>
<td>24.5</td>
<td>0.1</td>
<td>6</td>
<td>0.9</td>
</tr>
<tr>
<td>Leek</td>
<td>27.1</td>
<td>0.1</td>
<td>6.3</td>
<td>0.7</td>
</tr>
<tr>
<td>Brussels Sprouts</td>
<td>30.4</td>
<td>0.4</td>
<td>6.8</td>
<td>2</td>
</tr>
<tr>
<td>Onion</td>
<td>30.4</td>
<td>0.1</td>
<td>6.9</td>
<td>0.9</td>
</tr>
<tr>
<td>Carrot, cooked</td>
<td>35.1</td>
<td>0.1</td>
<td>8.2</td>
<td>0.9</td>
</tr>
<tr>
<td>Peas</td>
<td>58.7</td>
<td>0.3</td>
<td>10.5</td>
<td>3.9</td>
</tr>
<tr>
<td>Sweet Corn</td>
<td>66.2</td>
<td>0.9</td>
<td>14.6</td>
<td>2.5</td>
</tr>
<tr>
<td>Sweet Potato, cooked</td>
<td>103</td>
<td>0.1</td>
<td>24.3</td>
<td>1.7</td>
</tr>
<tr>
<td>Fresh Fruit</td>
<td>Calories</td>
<td>Fat (g)</td>
<td>Carbs (g)</td>
<td>Protein (g)</td>
</tr>
<tr>
<td>-----------------------</td>
<td>----------</td>
<td>---------</td>
<td>-----------</td>
<td>-------------</td>
</tr>
<tr>
<td>Watermelon</td>
<td>24.3</td>
<td>0.3</td>
<td>5.5</td>
<td>0.5</td>
</tr>
<tr>
<td>Strawberry</td>
<td>24.9</td>
<td>0.3</td>
<td>5.8</td>
<td>0.5</td>
</tr>
<tr>
<td>Cantaloupe</td>
<td>27.3</td>
<td>0.2</td>
<td>6.5</td>
<td>0.7</td>
</tr>
<tr>
<td>Honeydew Melon</td>
<td>29.8</td>
<td>0.1</td>
<td>7.8</td>
<td>0.4</td>
</tr>
<tr>
<td>Raspberries</td>
<td>30.1</td>
<td>0.3</td>
<td>7.1</td>
<td>0.6</td>
</tr>
<tr>
<td>Nectarine</td>
<td>33.8</td>
<td>0.3</td>
<td>8.1</td>
<td>0.6</td>
</tr>
<tr>
<td>Grapefruit</td>
<td>34.5</td>
<td>0.1</td>
<td>8.6</td>
<td>0.6</td>
</tr>
<tr>
<td>Peach</td>
<td>36.6</td>
<td>0.1</td>
<td>9.4</td>
<td>0.6</td>
</tr>
<tr>
<td>Apple</td>
<td>36.9</td>
<td>0.2</td>
<td>9.5</td>
<td>0.1</td>
</tr>
<tr>
<td>Blackberries</td>
<td>37.4</td>
<td>0.3</td>
<td>9.2</td>
<td>0.5</td>
</tr>
<tr>
<td>Pineapple</td>
<td>38</td>
<td>0.3</td>
<td>9.6</td>
<td>0.3</td>
</tr>
<tr>
<td>Apricot</td>
<td>39.6</td>
<td>0.3</td>
<td>9.2</td>
<td>1.2</td>
</tr>
<tr>
<td>Cherry</td>
<td>42.1</td>
<td>0.6</td>
<td>9.7</td>
<td>0.7</td>
</tr>
<tr>
<td>Orange</td>
<td>42.3</td>
<td>0.1</td>
<td>10.6</td>
<td>0.8</td>
</tr>
<tr>
<td>Tangerines</td>
<td>42.9</td>
<td>0.2</td>
<td>10.9</td>
<td>0.6</td>
</tr>
<tr>
<td>Plum</td>
<td>45.4</td>
<td>0.5</td>
<td>10.7</td>
<td>0.7</td>
</tr>
<tr>
<td>Pear</td>
<td>48.7</td>
<td>0.3</td>
<td>12.5</td>
<td>0.3</td>
</tr>
<tr>
<td>Mango</td>
<td>53.6</td>
<td>0.2</td>
<td>14</td>
<td>0.4</td>
</tr>
<tr>
<td>Kiwi</td>
<td>54</td>
<td>0.4</td>
<td>13.2</td>
<td>0.9</td>
</tr>
<tr>
<td>Grapes</td>
<td>56.8</td>
<td>0.5</td>
<td>14.2</td>
<td>0.5</td>
</tr>
<tr>
<td>Banana</td>
<td>69</td>
<td>0.4</td>
<td>17.6</td>
<td>0.8</td>
</tr>
<tr>
<td>Raisins (1/4 cup)</td>
<td>109</td>
<td>0.2</td>
<td>29</td>
<td>1.2</td>
</tr>
<tr>
<td>Dates (1/4 cup)</td>
<td>122.4</td>
<td>0.2</td>
<td>33</td>
<td>0.4</td>
</tr>
</tbody>
</table>
The Food Formula

In order to DECREASE Inflammatory Fat:

1. The macros need to be IDEAL for Fat Loss!
   - Protein Highest, Fat Moderate, Carbs Lowest

2. Calories need to be in a deficit.
   - This is different for each person!

resource: ketogains.com
Electrolytes: Sodium, Potassium, Magnesium

• When your body transitions to a low carbohydrate way of eating, you will need an influx of electrolytes to replace lost minerals!

• When you decrease carbs, your kidneys get a message to dump excess fluid OUT. This message will promote you to urinate more frequently the first week on a low carb diet. When you urinate more, you will lose electrolytes like Magnesium, Sodium, Potassium. You need to make sure you replace them!

• Other reasons you may need to increase electrolytes: Sweating & exercising, playing sports (your kids!), working in the yard, using a sauna, drinking coffee (coffee is a diuretic), having passionate sex!
The Food Formula

To GAIN Inflammatory Fat, Eat a DEEP DISH MEAT LOVERS PIZZA W EXTRA CHEESE!

= High Carb & High Fat!!

TIP!!!: If keeping low carbs, Eat the toppings off the crust!

aka: Freshman 15
3 Steps to Reduce Inflammation (and lose weight!)

Top three ACTIONABLE things you can do starting tomorrow.
1. Track your Food.

- Track what you are currently consuming.
- Get REAL with yourself!
- Use a FREE APP like: My Fitness Pal
- I use this with all my patients, you can even share with each other to keep each other accountable and get food ideas!
1. Track your Food.

- My Fitness Pal Tips:
- Barcode Scanner!
- Copy URL’s of your favorite recipes
- Set your daily goals
- Track exercise too!
2. Look at your Numbers.

- Look at your daily macros.

- Identify what you need to change, because what you are doing, is NOT working!

<table>
<thead>
<tr>
<th></th>
<th>Calories kcal</th>
<th>Protein g</th>
<th>Carbs g</th>
<th>Fat g</th>
<th>Sugars g</th>
<th>Sodium mg</th>
</tr>
</thead>
<tbody>
<tr>
<td>Mid-Afternoon #2</td>
<td>201</td>
<td>5</td>
<td>23</td>
<td>5</td>
<td>13</td>
<td>40</td>
</tr>
<tr>
<td>Evening</td>
<td>111</td>
<td>24</td>
<td>2</td>
<td>-</td>
<td>2</td>
<td>-</td>
</tr>
<tr>
<td>Milk Protein Smooth</td>
<td>111</td>
<td>24</td>
<td>2</td>
<td>-</td>
<td>2</td>
<td>-</td>
</tr>
<tr>
<td><strong>Totals</strong></td>
<td><strong>1,586</strong></td>
<td><strong>179</strong></td>
<td><strong>115</strong></td>
<td><strong>38</strong></td>
<td><strong>52</strong></td>
<td><strong>1,283</strong></td>
</tr>
<tr>
<td><strong>Goals</strong></td>
<td><strong>2,216</strong></td>
<td><strong>276</strong></td>
<td><strong>111</strong></td>
<td><strong>73</strong></td>
<td><strong>83</strong></td>
<td><strong>2,300</strong></td>
</tr>
<tr>
<td></td>
<td>Calories</td>
<td>Protein</td>
<td>Fat</td>
<td>Carbs</td>
<td>Fiber</td>
<td>Sugar</td>
</tr>
<tr>
<td>----------------</td>
<td>----------</td>
<td>---------</td>
<td>------</td>
<td>-------</td>
<td>-------</td>
<td>-------</td>
</tr>
<tr>
<td><strong>Breakfast</strong></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Applegate - Turkey Breakfast Sausage, 4 links</td>
<td>133</td>
<td>15</td>
<td>8</td>
<td>1</td>
<td>0</td>
<td>0</td>
</tr>
<tr>
<td>Coffee - Brewed from grounds, 1 cup (8 fl oz)</td>
<td>2</td>
<td>0</td>
<td>0</td>
<td>0</td>
<td>0</td>
<td>0</td>
</tr>
<tr>
<td>Kerrygold - Butter, 1 tbsp</td>
<td>100</td>
<td>0</td>
<td>11</td>
<td>0</td>
<td>0</td>
<td>0</td>
</tr>
<tr>
<td>**Add Food</td>
<td>Quick Tools**</td>
<td>235</td>
<td>15</td>
<td>19</td>
<td>1</td>
<td>0</td>
</tr>
<tr>
<td><strong>Lunch</strong></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Avocado - Medium - Net Carbs, 0.5 medium</td>
<td>117</td>
<td>2</td>
<td>11</td>
<td>1</td>
<td>5</td>
<td>1</td>
</tr>
<tr>
<td>Cabbage - Shredded Green Cabbage (Net Carbs), 2 Cups</td>
<td>25</td>
<td>1</td>
<td>0</td>
<td>3</td>
<td>0</td>
<td>0</td>
</tr>
<tr>
<td>Homemade - Taco Seasoning, 3 tablespoon</td>
<td>16</td>
<td>1</td>
<td>1</td>
<td>8</td>
<td>0</td>
<td>1</td>
</tr>
<tr>
<td>Generic - Salsa, Fresh, Homemade, 2 tablespoon</td>
<td>10</td>
<td>0</td>
<td>0</td>
<td>2</td>
<td>0</td>
<td>2</td>
</tr>
<tr>
<td>Grass Fed 90% - 90% Ground Beef, 6 oz</td>
<td>300</td>
<td>33</td>
<td>17</td>
<td>0</td>
<td>0</td>
<td>0</td>
</tr>
<tr>
<td>**Add Food</td>
<td>Quick Tools**</td>
<td>468</td>
<td>37</td>
<td>29</td>
<td>14</td>
<td>5</td>
</tr>
<tr>
<td><strong>Dinner</strong></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Sugar Snap - Peas, Raw, 20 Pods (34g)</td>
<td>28</td>
<td>2</td>
<td>0</td>
<td>4</td>
<td>2</td>
<td>2</td>
</tr>
<tr>
<td>SAMs salmon - Salmon, 8 ounces</td>
<td>360</td>
<td>47</td>
<td>19</td>
<td>0</td>
<td>0</td>
<td>0</td>
</tr>
<tr>
<td>Blueberries, 0.5 cup</td>
<td>43</td>
<td>1</td>
<td>0</td>
<td>11</td>
<td>2</td>
<td>8</td>
</tr>
<tr>
<td>**Add Food</td>
<td>Quick Tools**</td>
<td>431</td>
<td>50</td>
<td>19</td>
<td>15</td>
<td>4</td>
</tr>
<tr>
<td><strong>Supplements</strong></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>Totals</strong></td>
<td>1,134</td>
<td>102</td>
<td>67</td>
<td>30</td>
<td>9</td>
<td>14</td>
</tr>
<tr>
<td><strong>Your Daily Goal</strong></td>
<td>1,200</td>
<td>105</td>
<td>73</td>
<td>30</td>
<td>25</td>
<td>46</td>
</tr>
<tr>
<td><strong>Remaining</strong></td>
<td>66</td>
<td>3</td>
<td>6</td>
<td>0</td>
<td>16</td>
<td>32</td>
</tr>
</tbody>
</table>
3. Change it!

- THE HARDEST PART
- Meal Plan with your numbers!
- Meal Prep.
- Spend one day planning and prepping for the week.
- Repeat the same meals! Until you get it.
- Get Accountability and Stay Motivated.
## Weekly Meal Planner

**WEEK OF:**

<table>
<thead>
<tr>
<th></th>
<th></th>
<th></th>
<th></th>
<th></th>
<th></th>
<th></th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Breakfast</strong></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Protein</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Fat</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Carbs</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>Lunch</strong></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Protein</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Fat</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Carbs</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>Dinner</strong></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Protein</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Fat</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Carbs</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>Snacks</strong></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

## Shopping List

<table>
<thead>
<tr>
<th>Meal Type</th>
<th>1.</th>
<th>2.</th>
<th>3.</th>
<th>4.</th>
<th>5.</th>
<th>6.</th>
<th>7.</th>
</tr>
</thead>
<tbody>
<tr>
<td>Meat</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Produce</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Other</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

## Meals

1. **Ingredients**
2. **Cookbook & Page**
3. 
4. 
5. 
6. 
7. 

*© Emily Hecker, DC, CNC • www.enlightenSTL.com*
Motivation

• Made to Crave!

• Devotionals

• Support Groups, Like the Facebook group Amy created!

• Find a Functional Medicine doctor to work with! to FINE TUNE your personalized plan.
Top 5 Health Tips

1. If you are hungry, Drink WATER first. Hunger disguises itself as dehydration.

2. When you are out to eat, pick meat and veggies!

3. If you are eating low carb, you need to increase Electrolytes! (salt, potassium, magnesium)

4. If you are overwhelmed with the thought of a restricted diet just cut bread and pasta first.

5. Use a food journal, even though it is cumbersome to track what you are eating.
I Am Here to Help You!

• Sign up with Deanna if you would like:
  • Your own digital copy of this presentation
  • A copy of my meal planner worksheet
  • To get a quarterly copy of our newsletter with recipes and tips!
  • Free Electrolyte sample to drink!
Questions? Thank you!