

Why Your Last Diet Failed

HOW TO FIND THE BEST FOODS FOR YOU

by Kirstin Carey, CHN

Let me make this clear: You did not fail. The *diet* failed.

Your last diet, and the diet before that, and the diet before that... *failed you*.

And it has nothing to do with willpower. The diet failed. Period.

The kind of diets that most people get involved with fail miserably ever single day. If they were successful, then you would see lots of healthy people every day and the "diet industry" wouldn't be a multi-billion dollar industry.

You have to find the food lifestyle that works for you: the one that helps you make the best food choices for you so that you feel good in your body, mind, and soul.



What you shouldn't feel:

- ✓ restricted
- ✓ deprived
- ✓ hungry
- ✓ failure
- ✓ confused
- ✓ frustrated

HOW DO YOU FIND THE BEST FOODS FOR YOU?

There are thousands of different diets out there, from low carb to no fruit and high protein to no fat. Though there are some glimpses of things that work in each of these diets, here are the things you really need to understand before you choose which foods will work best for you.

✓ Organic

Organics are crucial to good health. Organic food is higher in nutrients, so you get more nutritional value per item than traditionally grown foods. Pesticides, insecticides, and other chemicals used on non-organic food will impact your entire physical and mental self. These chemicals are designed to kill bugs by destroying their guts and nervous system. Just imagine what the chemicals are doing to us when we eat them on all of our food!



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✓ **GMOs**

Genetically Modified Organisms or GMOs are not good for the body, either. Often GMOs contain pesticides within the seeds, so when the item grows (corn for example) the pesticide grows along with it. You then eat the corn and the pesticide which does damage within your digestive system often destroying healthy bacteria and lining of the gut. Not good.

✓ **Local**

Buying and eating locally grown foods is good for your local economy and it's also good for your health. The closer you are to where food is grown, the better it is for you, as you are more likely to eat the food as close to it's peak natural ripeness as possible, maximizing nutrients.



✓ **Plants**

The majority (at least 75%) of your diet should come from colorful plants. The larger the variety of colors you eat, the larger the number of vitamins and nutrients you'll consume.

✓ **Protein**

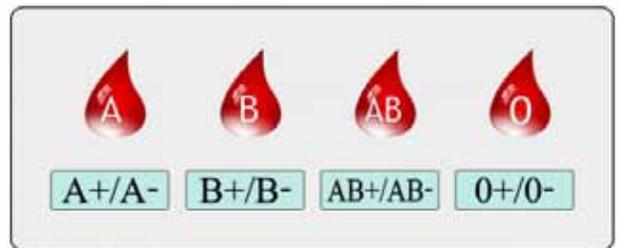
Nearly every food - even plants - contains protein. Animals are not the only source of protein. The average active person should take in about 50% of their body weight in grams of protein each day. So, a 175 lb person should eat about 85-90 grams of protein a day. Most American are eating more protein than necessary (which can be just as damaging to the body and the brain as not enough protein) and are getting their protein from poor sources.

✓ **Animals**

There's quite a bit of controversy about eating animal protein. Taking the animal rights argument out of it and just looking at the issue from a health perspective, we've found with our clients that it all depends on the person if animal protein is a good idea for them. Some people do incredibly well on a plant-based only diet and others do much better with at least some amount of animal protein. For people who do choose to eat animal protein, it is crucial to eat grass-fed, organic, and wild options.

✓ **Blood Type**

We've found that blood type is a good indicator to understanding which foods will generally work for you and which ones will work against you. As a general rule, we've found that Blood Type Os work well following a Paleo-type Diet, Type As work well following plant-based or pescatarian (plant-based with fish and eggs) diet, and Type Bs do well avoiding wheat, dairy, and some specific animal proteins, and ABs are the most adaptable of all the types.



✓ **Whole Food**

Choosing whole foods, rather than altered or processed foods is best. As I like to say, if you can pull it off a tree, yank it out of the group, or spear it with an arrow... then it's probably a good choice. But if it only comes in a box or out of a bag, then it's most likely going to work against you. For example, when was the last time you saw a spaghetti tree or a bread bush? Right. Those items have to be altered and manufactured so they could be turned into something (questionably) digestible.

✓ Love & Magic

At *Nourish* we freely share the ingredients (and often our recipes) with our customers. Of course, we also tell people that we always add love and magic into our dishes. Our cooks care about the dishes they make and we are hyper about the ingredients we use. When you make your own food or only buy from companies who create products with the added ingredients of love and magic, it makes a difference.

✓ No More Calories

Stop counting calories. They are not a great way to figure out what or when to eat. And they are a terrible indicator of how healthy a food is.

✓ Ditch the Scale

The scale is not your friend. Obsessively getting on the scale looking for a drop in weight will mess with your psyche. You know when you've lost or gained weight. You don't need the scale to confirm that. Use your body, your brain, your emotions, and how your clothes fit as an indicator of how successful your food choices are.



✓ Inflammatory Foods

The two highest inflammatory foods are wheat and dairy. Neither of these foods is beneficial to staying healthy. The Dairy Council does a great job of marketing their product, but every client we have feels better and many have symptoms completely reverse after removing wheat and dairy from their diet. The body and brain struggle to process and digest wheat and dairy (yes even yogurt!). Ditching these items would help anyone regardless of the issue.

✓ Chemical Sweeteners

Blue, pink, yellow... you know those little packets filled with chemically created or altered sweeteners such as Sucralose, aspartame, Splenda. They were created to reduce calories and bump up sweetness. Sadly, they also increase the likelihood of getting cancers, brain malfunctions, and other illness. Stay away from them.

✓ 14 - 120 Days



It takes about 14 days for your tastebuds to shift and regenerate. So, you should give yourself 14-28 days for your body to adjust and change to new foods. As you eat cleaner and let go of some of the most toxic foods, you'll probably notice like most people do, that you begin to gravitate towards other clean food choices. The life of a cell is 120 days. So, four months into healthier lifestyle changes, you'll notice big changes in your body, mind, and soul at a cellular level! This can impact both minor issues and major illnesses.

✓ Planning

Like any activity, planning helps people maximize success. Learning the best way to plan meals and make recipes is incredibly helpful. There are also tricks to eating on the go that can make or break your success.

✓ It's Personal

Each person has a specific food plan that works best for them based on their history, issues, lifestyle, stress levels, and interest in cooking. By getting in touch with your body, mind, and soul, you can learn what your body wants and what it needs.

✓ **Magic Pills**

There are no magic pills. There aren't. If there were, then everyone would look like fitness models and no one would be sick. Ever.

✓ **Moment of Success**

I can tell if a client is going to be successful long term by the language she uses when talking about choices she makes. When a client begins making choices based on how she wants to feel tomorrow rather than how she wants to feel in the moment, everything changes.



WHAT YOU SHOULD HAVE LEARNED

Diets are temporary and usually horribly unsuccessful. In fact, most people gain more weight than they lost and are heavier and more unhealthy than before they began.

It's because most diets are set up to fail. They are set up for short term success and long term misery.

Shift your thinking to healthy living and everything else will fall into place.



**For more details on how you can find the right diet for you visit
www.nourish123.com**



WHAT YOU MAY GAIN - OR LOSE - LIKE OTHERS HAVE

Finding the right foods for you can ultimately change your life. You could experience some or all of the things below, just by finding the right diet for your body, your mind, and your soul.

- ✓ reverse disease
- ✓ stop symptoms
- ✓ increase energy
- ✓ balance hormones
- ✓ feel great
- ✓ reduce inflammation
- ✓ have clear skin
- ✓ find a healthy weight
- ✓ look the way you want

SUSAN'S STORY

One Nurse's Journey to Reverse Her Type 2 Diabetes Diagnosis

Background:

Susan was labeled a Type 2 Diabetic many years ago. She's a nurse whose job is to create and teach classes to patients on how to manage and live with diabetes. Recently, Susan decided that she was finished just living with diabetes - she wanted to see if she could live without it.

Despite the concerns and even protests from her hospital co-workers, Susan chose to work with Nourish Certified Holistic Nutritionists to create a plan to get her body to level her blood sugars on its own without medication.

During the program, Susan kept careful watch over her blood sugar levels and she was in contact with her general practitioner, keeping her constantly informed.

The Program:

For 17 days, Susan participated in a Nourish juice cleanse and found that her blood sugar levels gradually went down each day. When she got to several days hovering around 140, Susan gradually reduced her medication and shifted to the food re-introduction stage and added smoothies and whole, clean foods into her routine.

Susan's Results:

On day 30, Susan was off her blood sugar controlling medication and her blood sugar levels dropped to around 90. As a bonus, she also lost 20 lbs, her energy increased, and her food cravings disappeared!



Prior to Susan's shift in diet, she was on 1800mg of constant medication to control her blood sugar levels and generally followed the standard diabetic diet protocol recommended by the CDC to manage Type 2 Diabetes, though her blood sugar numbers generally hovered around 350-400.

Now, following her new clean, whole foods diet, Susan is continuing to heal her body, mind, and soul.

Though Susan's story is amazing, **it's not unusual**. Every day, we get to see people making subtle and dramatic shifts in their health in just a matter of days and weeks.

Did you know that you can dramatically reduce or even reverse the impact of autoimmune disease, Diabetes, and digestive disorders all by simply changing your diet?

Your body wants to heal. All you have to do is learn what your specific body needs.

Imagine... What YOUR story could look like in just 30 days?

For more details on how you can find the right diet for you visit www.nourish123.com

MELISSA'S STORY

One Mom's Journey to Getting Her Body Back

Background:

Melissa is a 34-year-old busy mom of an energetic 3-year-old girl. Melissa had a demanding job and her husband was a police officer who flipped from day to night work every two weeks, which was extremely disruptive to their lives. Even though Melissa worked out, since the birth of their daughter, Melissa struggled with her weight and with her energy levels. Melissa was dependent on the caffeine and sweetness of her diet sodas and often found eating meals out of convenience rather than nutrition.

The Program:

Melissa replaced her diet sodas with green tea and natural cold-pressed juice. She stopped frequenting the drive-through and set aside Sunday afternoons to prep family meals at home and even included her daughter in the process.

Melissa's Results:

By day 30, Melissa saw noticeable results. Her clothes began to fit better and her diet soda cravings went away. By day 90, her skin was clear, her energy was high and consistent throughout the day and her mood was balanced. She was down several sizes - even smaller than her pre-baby size - and she was no longer embarrassed to wear shorts.

According to Melissa, the best result was the change she saw in her daughter's eating habits because she wanted to be "just like Mommy" and was also reaching for healthier options. Melissa knew that she was not only changing her health for the better, but that she was shifting the trajectory of her daughter's health for the better, as well!



Melissa's story is typical of the results our clients see on a regular basis. A shift in choices result in a change in the body, mood, and energy.

We love working with our clients and getting to witness, first hand, the amazing results our clients see... every day, in just a matter of days and weeks.

Again, no matter what your specific challenge may be, your body wants to heal. Your body, mind, and soul want to find balance, health, and wellness. All you have to do is learn what your specific body needs.

And we can help you find it.



NOURISH CERTIFIED HOLISTIC NUTRITIONISTS

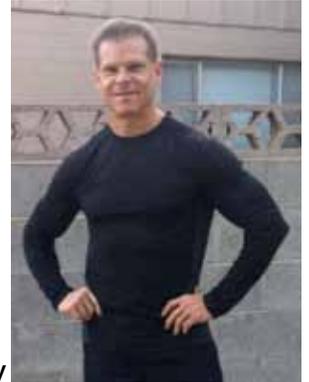


KIRSTIN CAREY
CHN, Owner Nourish

Kirstin is a Certified Holistic Nutritionist who also has reversed the symptoms her own Celiac Disease and knows from personal experience what it's like to heal her body, mind, and soul with the right food, nutrition, and information.

Kirstin is the founder of Nourish cafes and wellness centers. She specializes in working with women who want to lose weight, reverse immune system disorders, balance their energy levels, or want to eliminate digestive issues.

ANTHONY DINOBILE
BCHN, CPT



Anthony is a Board Certified Holistic Nutritionist, certified fitness professional and a vegan competitive athlete. He tailors programs to the specific needs of his clients so they achieve the results they desire.

Anthony also works with people who want to eliminate symptoms from disease and has a strong background assisting athletes and competitive fitness individuals to create healthy diets and plans.



You deserve to feel good!

Check out our coaching programs, cooking and nutrition classes, and wellness workshops.

Details are now available on the next Nourish Shedding Retreat in Sedona, AZ

Go to www.nourish123.com now!