

MD Consulting

CLEAN EATING BASICS PART 2: SHIFT YOUR SHAPE WITH EASE





Objectives

For those who have completed the On-Demand Video Part 1, Workshop Part 1, and Workbook Modules 1 and 2 you will learn:

- Pros and cons of supplementation
- How environmental factors impact your body
- Red flags of improper nutrition
- How to maintain your nutrition goals during travel, holidays, and events





Instructions



On Demand Video

There are two parts to this presentation. This is part two. Please watch the videos in sequence. With each presentation there will be a power point, like this one. Each presentation and power point will cover only basic content. If you would like more detail about this topic then please attend the workshops and complete the workbook, which are described below.



Workshop

There will be two workshops, one for each video / power point presentation. The workshops will be interactive and give you a chance to receive more instruction based on your personal situation. If attending the workshop, the expectation is that you'll have completed the portions of the workbook that are applicable to you, or the portions where you want specific advice, or the portions where you have specific questions.



Workbook

The workbook is for your benefit only and does not need to be turned in. It is very comprehensive and provides bonus content, recipes, and other material that we will not cover in the videos. Feel free to complete as much or as little as you wish and bring all your questions to the interactive workshops.



Supplementation



www.mdconsultingglobal.com



www.executiveinfluence.coach



Pros and cons of supplementation

Pros:

- Vitamins and minerals may help give our body what is missing from our food.
- For certain people with certain disorders or medical histories, nutritional supplements may aid in recovery.
- When combined in the right way, nutritional supplements are known to benefit health.

Cons:

- When combined incorrectly, supplements may cause adverse affects.
- The current 'fat burners' on the market are very harmful because they contain both natural and artificial caffeine and other appetite suppressants. (Remember, you want to eat more - not less - to lose body fat).
- Individuals can have allergic reactions to supplements.
- Supplements are expensive, so be sure you know what you are doing.
- The scientific findings are always changing, which makes it hard to keep up to date.



Environmental Factors



www.mdconsultingglobal.com





Environmental Factors and Body Fat

Stress, lack of sleep, pollution and hormonal changes all affect body fat. You can reduce emotional stress and environmental toxins by upgrading your lifestyle and slowing down more. Here are some suggestions:

- Yoga
- Read
- Walk
- Enjoy nature
- Nap
- Get together with family (unless that is too stressful)
- Have more fun
- Get more sleep
- Be conscious of the environment
- Be sure your lifestyle supports your values regarding the environment.
- Breathe clean or filtered air whenever possible.
- Stay in a smoke-free environment.
- Don't directly consume toxins like drugs, caffeine, alcohol, or excess sugar
- Eat toxin-free food
- Help to control pollution and littering



Red Flags and Nutrition





Red Flags of Improper Nutrition

All nutrients work together to regulate the body's chemical and hormonal levels. It is important to keep your nutrition balanced with a variety of foods. An imbalanced diet can be the underlying cause for several 'mysterious' disorders and illnesses.

So be cautious of extreme eating patterns or fad diets. Some red flags to look for when practicing unhealthy eating patterns are:

- Low energy levels
- Loss of strength
- Loss of lean muscle
- Insomnia
- Fluctuating moods
- Lack of focus
- Blood pressure and cholesterol issues
- Frequent illness



Maintenance



www.mdconsultingglobal.com





Maintaining Your Nutrition Goals

- Whether traveling by car or plane, always keep healthy snacks with you.
- Ask for modifications when ordering at restaurants.
- If you are staying in a hotel while traveling, request a refrigerator and microwave for your room.
- If hosting a party be sure to include some healthy choices so that you have options.
- If you are cooking for your guests use healthy recipes or healthy substitutes in your recipes.
- Keep moderation in mind.
- Limit or eliminate alcohol and drink water instead.
- Put fruit in your water for added flavor.
- If you do drink alcohol, then drink plenty of water throughout the night to keep from dehydrating.
- Eat a full meal BEFORE you attend an event. You will be less hungry and have more will power.
- Do not go hungry all day to save room for party food. This is nutritional suicide and you will eat yourself into oblivion.
- Do not wear extra loose clothing to a party. Wear something form-fitting. You'll be more self-conscious and less likely to overeat.



Next Steps



www.mdconsultingglobal.com





Next Steps and Action Items

- Download this slide deck
- Download the workbook (if you haven't already)
- Complete the third module of the workbook before attending the second workshop (Note: Only complete the areas of each module that pertain to your situation. If something in the workbook doesn't resonate with you then skip it).
- Register for the second workshop
- Attend the second workshop and come prepared with your questions

