



OPTIMIZE YOUR HEALTH

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GET OFF THE SNACKING, HAMSTER WHEEL: 4 KEYS TO SLAY YOUR HUNGER!



INTRODUCTION

Are you running aimlessly in circles trying to control your hunger, lose weight, and improve your health? Do you feel like a hamster running tirelessly on a wheel? That won't be necessary anymore. A lot of things we do throughout the day, the choices we make, not just for food, affect our hunger levels. Many other body systems go off track when our hunger levels go awry, making us more hungry. And the cycle continues. Use this symptom checklist to break the cycle!



STONE DOWN YOUR CAFFEINE INTAKE

Are you someone who can't get going in the morning or can't function in the late afternoon until you've had a large cup of joe? Or do you struggle to wind down at the end of a long day? Are you one of those individuals who boast that caffeine doesn't affect you? Each of these points to signs that you may consume too much caffeine, compromising metabolism and wreaking havoc on hunger levels.

Caffeine is a stimulant and technically a toxin. Consuming too much can have unwanted effects on the body and your overall health. These include increased insulin levels, frequent hunger pains, fatigue, sleep disturbances, digestive woes, high heart rate, lean protein breakdown, headaches, and irritability.

If you recognize these signs, you may be consuming too much caffeine.

✓ ***You're Not Sleeping Well***

Caffeine is a stimulant; some people find it more sensitive to it than others. If you struggle with your nightly zzzs, try a caffeine-free latter half of your day (from 2:00 PM) and see if that makes a difference.

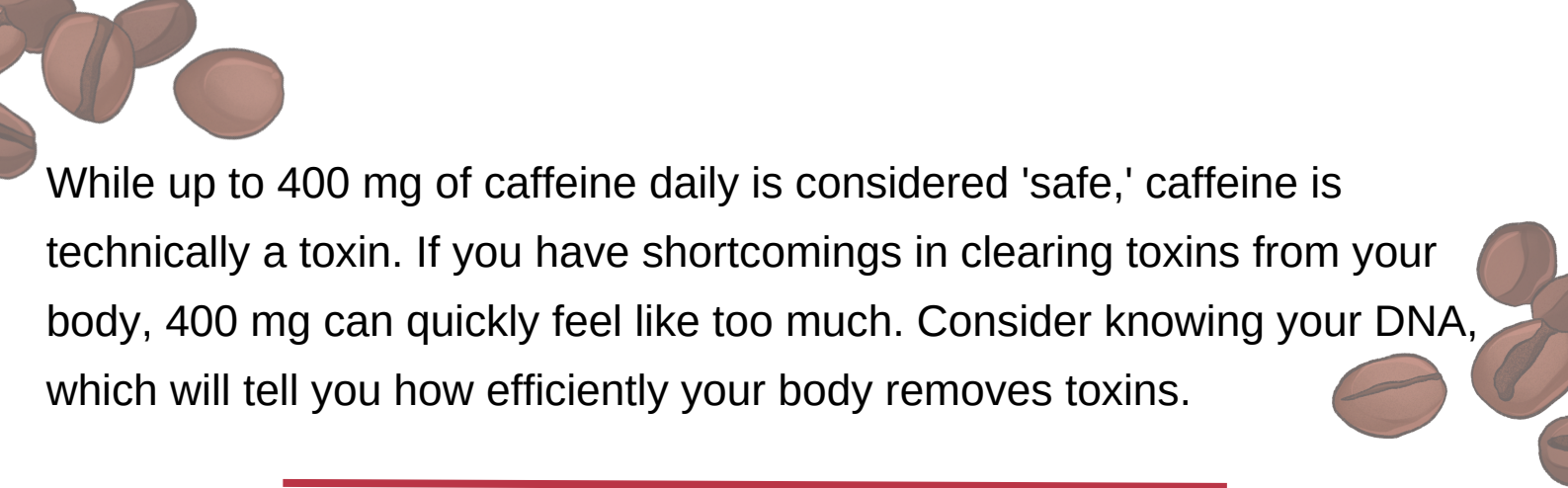


✓ ***You Don't Know Where Caffeine is Hiding***

Coffee, tea, soda, and chocolate are the most known sources of caffeine. Some medications and protein bars also contain caffeine. Check labels!

✓ ***You Boast That Caffeine Doesn't Affect You.***

Caffeine is supposed to amp our central nervous system and heart rate to give us its benefits. While too much caffeine can cause nervousness, irritability, stomach upset, and muscle tremors, another effect is putting a strain on adrenal glands, and the opposite, or fatigue, can result.



While up to 400 mg of caffeine daily is considered 'safe,' caffeine is technically a toxin. If you have shortcomings in clearing toxins from your body, 400 mg can quickly feel like too much. Consider knowing your DNA, which will tell you how efficiently your body removes toxins.

CHOOSE WISELY WHEN FEEDING AN EMPTY STOMACH

How we nourish our body throughout the day should resemble rolling hills (or small waves) instead of peaks and valleys. Regular food intake will stabilize blood sugar and reduce the number of times that we're too hungry. Stabilizing blood sugar minimizes episodes of being overly hungry. Each time you're over-hungry, you're likely to overeat, followed by a long period of not eating, then getting too hungry, and the cycle continues.

Ideally, choosing good quality proteins, healthy fats, and fiber are the top choices to stabilize blood sugar and keep hangry episodes at bay.

There's room for sweets and treats, but they should be a small part of your meal (or eaten within a half hour of finishing your meal) instead of on an empty stomach to minimize blood sugar and insulin spikes.

To help create those rolling hills instead of peaks and valleys, less is better when it comes to these:

Quantity: too much of anything can overwhelm your system. Less at one time will often help it run better.

Nutrient Balance: getting in a blend of nutrients is better. Aim for a serving (at least) of carbs, proteins, fats & additional rainbow items at each meal or snack.

Liquids: when stressed (good/bad, post-workout, etc.) or digestively overwhelmed/irritated, liquids are easily absorbed.

Frequency: life doesn't neatly happen in 3-hour increments. Aim to refuel about every 3-4 hours. If you notice you aren't hungry, look at how much you had at the last eating occasion & how active you've been in the past 3 hours.

UNPROCESS YOUR DIET

Processed food is when food takes on a form completely different from its natural state (aka cupcakes). Processed foods commonly have added fats, sugars, and preservatives, negatively impacting blood sugar, weight, mood, sleep, and digestive issues. We tend to crave more of these types of foods because of the increased burden of insulin they demand and maintain, which eventually causes blood sugar levels to plummet, rendering us more hungry.

Processed foods may also include preservatives, flavors, nutrients, and other additives such as salt, sugars, and fats.



Just because a product says it is “natural” or “organic” doesn't necessarily mean it's better for you. Keep your eyes open to look for hidden sugar, fat, and salt, especially those added during processing.

Say YES to these more often:

CARBS	PROTEIN	FAT	RAINBOW
Grains - oats, millet, quinoa, non-white rices, buckwheat	Wild salmon, sardines	Olive, avocado, coconut and their oils	Non-starchy veggies
Legumes - Small beans such as lentils, adzuki, chickpeas, white beans	Organic chicken, organic pasture eggs, organic meats	Walnuts, pine nuts, pistachio, macadamia	Spices like cinnamon, turmeric, chili flakes, cayenne, basil, etc.
Starchy Veggies - Includes sweet potato, corn, peas, carrots, beets, jackfruit	Hemp seeds, quinoa	Non-dairy milk	Lemmons, limes
Fruits- Organic berries, all fruits with edible skin	Almonds, cashews, pumpkin and sunflower	Cacao, acai	Herbal teas
Choose treats & non-dairy that has carbs (oat, milk, etc.)	Approved protein powders and bars	Mayonnaise (regular & plant)	Kraut & cultured veggies



SHIFT YOUR GUT HEALTH TO CURB YOUR APPETITE

The fundamental best health is a direct product of good gut health. Best gut health is when the digestive system is inundated with (and maintains) a steady level of good gut bacteria. When the balance of the good gut bacteria deteriorates and is overtaken by bacteria that negatively impact our health, we may be left thinking it's because of age and is a natural process. Sadly, this isn't true, which is why we may not notice it right away, or we've gotten used to a new 'norm' that doesn't have to be.

The answer? Prebiotics. Prebiotics are different from probiotics. They are non-digestible, such as resistant starches, that act as fuel for a probiotic and the foundation for better digestive health. It's the prebiotics that helps us maintain a better balance of good bacteria, which ultimately keeps our digestive and immune systems running better.

Examples of foods potent in resistant starches are cooked, then cooled pasta, quinoa, rice, and potatoes (sweet and white). More prebiotic foods include uncooked oats, Jerusalem artichoke, chicory, inulin, and green banana (at least a greenish hue—without brown spots). And, when we consume them in their prebiotic-rich form, we don't take in all the calories for energy, as our gut bacteria use many. Your body responds differently to this type of carbohydrate load.



Aim for four prebiotic-rich food servings daily, half from prebiotic fruits and vegetables.

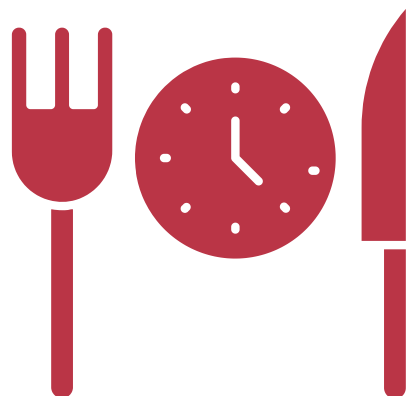
Batch cook potatoes, rice, quinoa, or pasta twice per week to leave cooled in your refrigerator to eat (these foods should be cooled for a minimum of 8 hours to maximize prebiotic benefits)—and, yes, you can reheat them!

Introduce prebiotics slowly while ensuring enough water throughout the day to keep things moving (a good rule of thumb is to consume half your body weight in pounds as a minimum amount of water, in ounces, needed per day). Your body responds differently to this type of carbohydrate load.



FINAL NOTE, YOU WILL BE HUNGRY AGAIN. ANTICIPATE IT.

No amount of overeating will prevent hunger from rearing its head later. So, here's the thing: barring severe gastrointestinal complications, we're supposed to get hungry. It's a natural process that should be embraced, accepted, and expected.





HI, I'M ALISA!

Registered Dietitian Nutritionist and Health and Wellness Coach

I'll show you how to nourish yourself as soon as your next meal, slay constant hunger, minimize or eliminate medications, and streamline supplementation.

Consider knowing your DNA. Certain gene expressions give insight into how your body recognizes hunger and satiety cues.

Alisa

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