



The 8 Ways To Wellness

Module 2 Office Hours

QUESTIONS

Q: I was hungry all day and I came home with a headache. How can I fill in the gaps so I'm satisfied? We're eliminating a lot of things.

A: The first thing to do is order the shakes, the TR90. Getting that protein in the morning will help a lot. Make sure you're drinking enough water, at least a glass at each meal and a glass in-between each meal. Often, your hunger is actually thirst.

Protein-based snacks will help a lot too. Buy raw, unsalted nuts that are already shelled. Trader Joe's has packets of them. Pistachios, walnuts, and almonds are great. Brazil nuts and macadamias are excellent too, because they're high in good fat *and* protein.

Hard boiled eggs are another option. Make a batch of them at the beginning of each week and carry a couple with you if you know you might not have access to the right foods. If you're hungry, I want you to eat -- so please have nutrient-dense foods on hand.

Canned wild sardines, salmon, and tuna are another great, quick protein source. Good-quality jerky is another option -- check out Epic bars and their other products.

The reason I'm recommending protein, protein, protein is because it's great for weight loss and adrenal fatigue. The adrenals get out-of-whack when you're under stress, common today. When your body is out of balance in any way, protein is key.

Another note: You need a lot more protein as you get older, more than you think you need.

Next, avoid excessively salty foods, because they're going to make you extra hungry and thirsty. And remember, this is an adjustment time. Your body is acclimating to a new way of eating. You have to give it some time. The first three days are usually the most challenging, but after three days things get easier.

So to recap, make sure your fluids are balanced, you're drinking enough water, and you're eating healthful foods when you're hungry. Be prepared -- carry the nuts, hard boiled eggs, and/or tinned wild fish.

Q: Can I eat oatmeal for breakfast?

A: If you eat oatmeal, make sure it's gluten-free. It's not the best option because it won't give you nearly enough protein -- it'll leave you hungry in most cases.

Plan your breakfast the night before. Do what you need to get the eggs or the protein shake in.

And make sure you're eating whole eggs, not just egg whites. The yolks have essential nutrients and minerals that are crucial for brain health and weight loss.

Order the shake mix right away, because that's another way to get your protein in and cover all your vitamins, minerals, and nutrients first thing in the morning.

Applegate Farms chicken sausages are another great protein-rich breakfast option.

It's part of the American culture to eat heavy carbs in the morning -- cold cereal, oatmeal, muffins, bagels. They end up making you feel full in the moment and hungry an hour or two later.

The biggest thing is planning. When you fail to plan you plan to fail. That's how it is. If you don't plan what's going to happen, you're setting yourself up for difficulty.

Q: What's another way to get protein in the morning?

A: Bone broth is a great quick fix. My favorite brand is Broth Masters.

Q: What if I'm not online? How can I get all the recipes and handouts?

A: My team will be mailing out a hard copy packet of all recipes and handouts toward the end of the program.

Q: How can I combat hunger?

A: When you're feeling hungry, I recommend the cranberry drink. A lot of times if you drink that, it'll take the edge off your hunger.

Have it then wait 5-10 minutes and see how you're feeling. Once your body has more fluid in it, you'll be able to tell if you're really hungry or not.

Bone broth also helps with hunger because it has so many vitamins, minerals, and nutrients that you might be missing. It quenches your hunger and thirst at the same time. Like I've said, my favorite brand is Broth Masters.

Q: What kind of eggs do you recommend?

A: Organic, free-range, omega-3 rich eggs.

Q: What brand of mineral water do you recommend?

A: Pellegrino, Perrier, Evian are all great. Mineral water is much more satisfying than plain old spring water because it replenishes lost minerals that are crucial for energy, brain function, hydration, digestion, and so much more. Add lemon or lime if you like.

Seltzer water is fine, but it's not mineral water, it's just bubbly water. Mineral water has essential trace minerals our bodies need, like calcium, sodium, potassium, and magnesium.

Q: Can I eat baked chewy bars? They're soy-free, milk-free, and nut-free, but they have sugar in them.

A: No, those go on the backburner for now. You'll need to be diligent about reading labels to see if products have sugar in them. For now we're avoiding sugar.

Remember that sugar makes you crave more unhealthy foods, because it spikes and then crashes your blood sugar levels. So if sugar is still sneaking into your diet, let's remove it completely for now.

ACTION STEPS

- Make a list of foods, drinks, and supplements you still need to pick up so you have everything at your fingertips.
- If you'd like to test your mineral and antioxidant levels, reach out to Dr. Veronica to set up your consultation and scan using her technology.