

Health Concepts	Food & Drink	Nutritional supplements	Mind Body Tools
Start with Building Foods to alleviate cravings and feel satisfied	Water – how can you get enough?	Stimulate digestion with bitters, vinegar or lemon	Always try the simplest and most enjoyable method first.

Does it seem crazy that your nutritionist is recommending beef for breakfast? My work is to help those who have struggled with health and sugar cravings. The typical – “eat more vegetables and stop eating sugar” actually makes cravings worse with a cycle of low blood sugar and failure! Protein and fat do stop sugar cravings and somewhere along the way we’ve been brainwashed that protein and fat are bad; they aren’t.

Proteins are the building blocks for everything – body tissue, muscles and happy brain chemicals.

Fats lubricate our skin, contain important vitamins to build bone, reduce inflammation and to feel satisfied.

Vegetables are the cleaners of our body – sweeping toxins out and repairing damaged cells like a dust buster.

Carbohydrates are the quickest form of energy - Bread, rice, and even honey and sugar have their place.

Yes, in the long run you may want to enjoy more vegetables and crave less sugar and the way to get there is to start with a building diet of plenty of protein at 2-3 meals per day.

In this year long course, we will investigate how each of these food categories works in a building, cleansing and balancing diet. Yes, there’s disease triggering foods in every category. To figure out health for ourselves we must first appreciate the good that protein can do by stabilizing brain chemicals and helping to alleviate cravings so we can really listen to what our body needs.

Task – Shopping list of protein foods high lighted – circle one each time you enjoy a protein

Nutrition Transitions

Building Diet First

Week #6

Nutritional recommendations are not a replacement for medical care.

Anna Rathbun, NC, 707-937-0476