Free The 7 Most OVERLOOKED Diet & Lifestyle Habits

Grounded Nutrition Guiding you to a vibrant lifestyle
Many people believe that the healthier you eat the less sleep you need. This can’t be further from the truth. We live in a very toxic world, with a lot of stimulation, pollution, and fast paced days. That actually self increases our need for sleep. We need sleep to keep our physical and emotional selves in balance. When we are asleep our body does its best work. If our bellies aren’t full of food when we go to bed, our body will regenerate, detoxify and heal. Rest and Sleep are crucial for health and well-being. Make sure to get at least 8+ hours of sleep per night, uninterrupted if possible and eat your last meal at least 3 hours before bed.
Most people relate weight gain to an overconsumption of calories. Grounded Nutrition relates weight gain to an over consumption of toxic substances. Let me elaborate:

When we eat foods that are not meant for the human body we store fat and retain water to protect our vital organs from those toxins. As an example, If you consume a zero calorie soda every day for 5 years it will lead to weight gain. If you ate 10 fresh medjool dates per day you wouldn’t gain a pound even though you are consuming
more calories and sugar than you would in the soda. The reason is the body does not recognize soda, which means it causes imbalance in the body. The body does however recognize dates as a food.

Burning off calories also doesn’t work, because we also need to burn off/detox the toxic waste the body accumulated from the non-food. It is best to eat Whole Foods, then you don’t have to worry about burning anything off!

Most people try to avoid calories. It isn’t often we are trying to get enough calories in. We’ve been taught that we must restrict our calorie intake to get weight loss results.

Yes, this may work, but not long term. Not only does it not last, it also deprives the body of much needed nutrition. When living and eating the Grounded Way, you can eat as much as you care for, as long as you are eating clean calorie foods, like fruits and vegetables.

We’ve all tried restricting our calories and we’ve all ended up eating a bucket of ice cream, a chocolate bar or a box of chips or crackers by the end of the day.

Calorie restricting does not work and never will, especially long term. Our bodies have a calorie need each day and if we don’t reach that intake we search for dense, rich foods to make up for the deficit.

It has nothing to do with “willpower”, but everything to do with our physiological needs. If you eat enough clean calories (organic whole foods) you won’t crave unclean calories (junk food)! It’s a simple equation. Try it out for yourself! Check out our blog to find clean calorie recipes! Oh, and calorie restricting is so last decade!
When I ask my clients if they think they eat enough fruits and vegetables most people respond with “I think so, maybe not all the time, but usually, yes”. I then proceed to ask them if they get 60-90% of their calories from fruits and vegetables. They think about it and 99% of them say “probably not, no”.

What I’ve discovered is most people don’t enjoy the taste of fruits and vegetables for 3 reasons.
The first reason is that they are **not eating it ripe**. Unripe fruit is one of the most un-appetizing foods around.

The second reason is they are eating **out of season and non-organic food**. Eating seasonally is very important, not only for the body to function its best but also for digestion and taste.

_Thirdly, _most peoples taste buds are over taxed or stimulated with all of the spices, sugar, fat and salt they consume each day. When eating inline with your body’s needs, the taste buds reset.

Try eliminating added salt, sugar and oils from your diet and watch the flavor of all fruits and vegetables become enjoyable. Simply by increasing the amounts of fruits and vegetables you consume and decreasing the amounts of sugar, fat and salt you will immediately increase you vibrancy, and start to enjoy the subtleness of fruits and vegetables again. Think of babies, they don’t need to salt their food and they love the taste of simple whole foods. Don’t take my word for it, give it a try and see what happens!
We tend to take being hydrated for granted. Drinking water seems so simple yet 80%+ of society is chronically dehydrated.

Dehydration is linked to many health ailments today. Water and water-containing foods are the most important substance for sustained vitality.

Here is a list of some of the most commonly consumed dehydrating foods and beverages:
• Coffee
• Cooked/ Dehydrated Foods
• Soda
• Alcohol
• Cooked Grains

**By reducing or eliminating the above foods from your diet you’ll immediately notice increased VITALITY!**

If you are not ready to give up some of the vices above, at least add in these foods:

i)  **Drink lemon water first thing in the morning** (Squeeze ¼ fresh lemon into a glass of room temperature filtered water)

ii) **Drink herbal teas** (peppermint, chamomile, fennel, berry, etc.)

iii) **Have water containing ripe organic fruit for breakfast**

iv)  **Add raw foods** (greens, vegetables, spouts) to every cooked meal you eat

v)   **Have raw snacks** (fruit, vegetables and hummus, lettuce wraps, raw energy balls) throughout the day instead of dense cooked snacks like muffins or cookies.

vi) **Drink at least 3-5+L of water each and EVERY day**

**By adding in even just a few of the habits listed above, you will notice a huge increase in energy and vitality throughout the day!**
BEING PRESENT WHILE EATING

If you are someone that has kids, works out of the home or tends to live a busy life. I am sure you’ve fallen victim to “eating on the run”. One of the most commonly overlooked lifestyle habits is not being present while eating. It is so common to shove a bagel in our mouth while driving to work or rushing to finish dinner so you can watch your TV show or get your kids to an activity.

Next time you have a meal find a quiet space, take a deep breath, thank the farmers for your food and chew, chew, chew. You will notice less bloating, gas and indigestion after the meal.
Most of us work indoors the majority of the time... We **MUST** remember to take breaks and get outside, no matter what the weather. Taking an outdoor walk, jog or laying in the grass are all great ways to boost vitality.

Here are 3 benefits that getting fresh air daily provides:

1. **Boosts creativity:** Moving your body outside boosts creativity!
2. **Less depression and mood imbalance:** Outdoor time in a natural setting boosts your mood and allows for healing to take place.
3. **Longer attention spans:** People who stare at a computer screen all day have less patience and shorter attention spans. Taking breaks outside counteracts that!
We have been blindly lead to trust the media and have lot touch with our own “gut feelings”. One of the most common statements I hear from people is "[insert product name here] wouldn't be available if it was harmful for my health." We trust that the Government will protect us. I wish that were true, but unfortunately most business's main objective is money, not our well-being. This is why we must look out for ourselves, do our own research and only follow advice from those we know and trust. We must tune back into our inner knowing and trust nature to provide what we need, real foods!.

“Don’t eat anything advertised on TV” is a great rule of thumb to follow.
“If a food has a label, it should not be a staple in your diet.” - Whitney Paige, RHN

You may have read through these and realized that this is not new information. One of our favorite quotes from a great teacher named Brendon Burchard is “Common sense is not always common practice”. As simple or basic as these 7 habits seem, they are overlooked for a reason. We’ve been taught to focus on the problem and not the solution. We’ve been taught to look for a quick fix instead of taking the time to heal the body. At Grounded Nutrition we make the healing process as enjoyable as possible. By following the Grounded Guidelines you can heal disease once and for all. We challenge you to choose an overlooked habit or two and really put your attention into mastering it! You will be surprised at the results you gain!

We offer a Free One-One Initial Assessment to help you get started with your goals. If you feel ready to start this process please contact us and inquire about the Free Assessment. If you need anything at all, please don’t hesitate to contact us!

Website: www.groundednutrition.com
Facebook: www.facebook.com/GroundedNutrition
Email: grounded@groundednutrition.com