



7- Step Checklist to Rev Up and Reset YOUR Metabolism

*USE THESE STEPS TO HAVE
MORE ENERGY AND
LESS HUNGER WITHOUT RESTRICTION*





Hi, I'm Alisa!

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As a Registered Dietitian and Health and Wellness Coach, I thought: what sound advice would I give that condenses current research for better health while making it practical, straightforward, and concise?

I've been practicing nutrition for over two decades. I, too, have struggled with low energy, unbalanced hormones, feelings of constant hunger while striving for better health and disease prevention. I was affected by these symptoms after eating certain types of foods and when I ate them throughout the day. I lived under the looming threat of worsening health. I found relief in the healing power of food and functional nutrition. Now I seek to help others break free from suffering through personalized nutrition and lifestyle guidance.

Food and lifestyle choices can negatively impact health, but relief IS possible.

Alisa Bloom



liveyourbest365.com


Whether used together or one change at a time, these specific steps target better overall health through better hormone balance (not just estrogen), decreased inflammation, and increased (aka more efficient) metabolism. You'll use real food without gimmicks or deprivation and be able to personalize each step to YOUR lifestyle.




7- Step Checklist to Rev Up And Reset YOUR Metabolism


USE THESE STEPS TO HAVE MORE ENERGY AND LESS HUNGER WITHOUT RESTRICTION. CHECK OFF THE BOXES DAILY! SEE PAGES 5-7 FOR MORE DETAIL


☐ **01** Hydrate! 


☐ **02** Get a minimum of three servings of PREbiotic-rich foods daily. 

☐ **03** Include 1-2 daily servings of Omega 3s. 

☐ **04** The 2-minute delay. 

☐ **05** Find time for 20-30 minutes of movement anytime from early evening. 

☐ **06** A simple 12-13 hour 'fast' (i.e., done eating after dinner). 

☐ **07** Aim for 6+ hours of quality sleep nightly. 

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1 Hydrate!



All the body's work requires water as a medium to detoxify, regulate temperature, and absorb nutrients. Dividing your current body weight (in pounds) by two is a simple equation to get baseline ounces needed per day. It's best to spread water intake throughout the day, so intentionally take in a glass or two at 4-5 various times.

Choose at least half your water intake from plain water without additives and intentionally grab 1-2 glasses of water first thing in the morning or between meals to help meet your needs.

2 Get a minimum of three servings of PREbiotic-rich foods daily.

PREbiotics are the non-digestible, resistant starches that act as fuel for probiotics. They provide the foundation for good gut bacteria, which sets the stage for healthy digestion and metabolism. When we consume foods in their prebiotic-rich form, gut bacteria use a portion of the calories, so, as a benefit, we end up taking in less. Food sources of prebiotics are specific yet abundant enough to get recommended amounts. Try these: uncooked oats (yes, overnight oats are prebiotic-rich!), cooked then completely cooled grains such as pasta, potatoes, and rice (yes, reheated leftovers count!), garlic, onions, leeks, slightly under-ripe bananas (some green to their color), apples, and jicama. A serving is a ½ cup. As long as portions aren't in excess, prebiotics help maintain a better balance of good bacteria, which ultimately keeps bodily systems running better.

3 Include 1-2 daily servings of Omega 3s.

Fat is essential to help the body run better. Omega 3s help promote a healthy inflammatory response and support cardiovascular health. These good-for-you fats are commonly in short supply in overall diets. They work in concert with omega 6s in an ideal ratio of 1:4 omega 3: omega 6. In the US, unfortunately, that ratio approximates 1:15. Good sources of omega 3s include nuts, oily (wild-caught) fish such as salmon and cod, hemp seeds, flax, walnuts, chia seeds, and grass-fed beef, dairy, and eggs.



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4 The 2-minute delay.

Excess food intake overloads body systems which promote hormone imbalances, inflammation, and low energy. Most excess weight stems from overeating episodes, whether at meals or snacks. Often, urges to eat aren't rooted in hunger but fueled more by emotions. How can you spot the difference? If asked, would you be able to list two symptoms each, for both emotional and physical, of what you feel when you're hungry and what you feel when you've had enough to eat (hint: try to answer)? Be present while you're eating. Pause for 2 minutes before succumbing to an urge for a second serving at meals or that unplanned snack. With practice, you'll be eating less while learning more about your hunger and satiety cues. This takes time, be patient and consistent!

5 Find time for 20-30 minutes of movement anytime from early evening.

Physical activity comes in various forms: high intensity (elevating your heart rate), strength training, exercise for flexibility, and simply NOT being sedentary all day. All are needed for better health. Most of us wind down from early evening, yet our bodies work 24/7. So, even if you've been active during the earlier parts of the day, a segment of movement (20-30 minutes) anytime from the early evening can bust through metabolic slowdowns and help minimize blood sugar spikes after dinner. One of the biggest keys to the benefits of activity is consistency. So, choose your workout, make it fun, and challenge yourself on occasion!

6 A simple 12-13 hour 'fast' (i.e., done eating after dinner).

How often should you eat? A general rule of thumb throughout the day is approx 3-4 hours between meals. This gives enough time for the body to use food for fuel and prepare for the next meal. Overnight, however, the body needs a more extended time to detoxify, promote healthy sleep by not competing for digestion, and calm insulin levels. A 12-13 hour overnight 'rest' from eating can provide these benefits. Try not to eat from dinner until the following morning (have a few bites of a dessert as you finish dinner not to feel deprived) and choose some new evening habits such as decaf green or herbal tea, reading, a craft, a game, or movement.

7 Aim for 6+ hours of quality sleep nightly.

Sleep is crucial for repair and to reset for the next day. It is one of the most underrated components of better health. Adequate amounts benefit hunger and satiety hormone balance, cardiovascular health, can lessen illness duration, and much more. Is getting 7-8 hours of sleep at night a pipe dream? That's ok! Sleep quantity isn't the same as sleep quality, and 6+ quality hours is the minimum required for better health. If you wake up in the middle of the night and go back to sleep, your body can still reset. The best way to get better sleep is to set yourself up for better sleep. Try decreasing screen time at least one hour before bed, limiting excess fluid intake from 1-2 hours before bed, and try steps 1-6 above, which all promote a good night's rest!



THANK YOU

Alisa xx



Don't forget to join the free
Facebook group "Food Sanctuary"

www.liveyourbest365.com/sanctuary



Food Sanctuary

A community where food is used
to optimize health.



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