RECAP & REVIEW
NUTRITIONAL WELLNESS
SUMMIT 2024

AGENDA

- What Were My Goals for the Summit?
- What is Wellness?
- What is Nutritional Wellness?
- What is the Goal of Nutritional Wellness?
- Key Takeaways
- Your Nutritional Wellness Blueprint
- What's Next

MY OVERARCHING GOAL WITH MY SUMMITS

TO INSPIRE PEOPLE TO SAY YES TO A WELLNESS LIFE

- To taking responsibility for their wellness
- To taking a preventative approach to wellness
- To making wellness the way they live their lives and not something separate to their lives
- To feel empowered to take control of their wellness
- To feeling they can thrive in each stage of life
- To understand they can reduce their biological age

TO FEEL EMPOWERED TO TRANSFORM THEIR WELLNESS & WITH IT THEIR LIVES

NUTRITIONAL WELLNESS SUMMIT

MY GOAL WITH THIS SUMMIT

TO GIVE PEOPLE ACCESS TO TNE NUTRITIONAL INFORMATION TO MAKE THE DECISIONS THAT COULD CHANGE THEIR LIVES

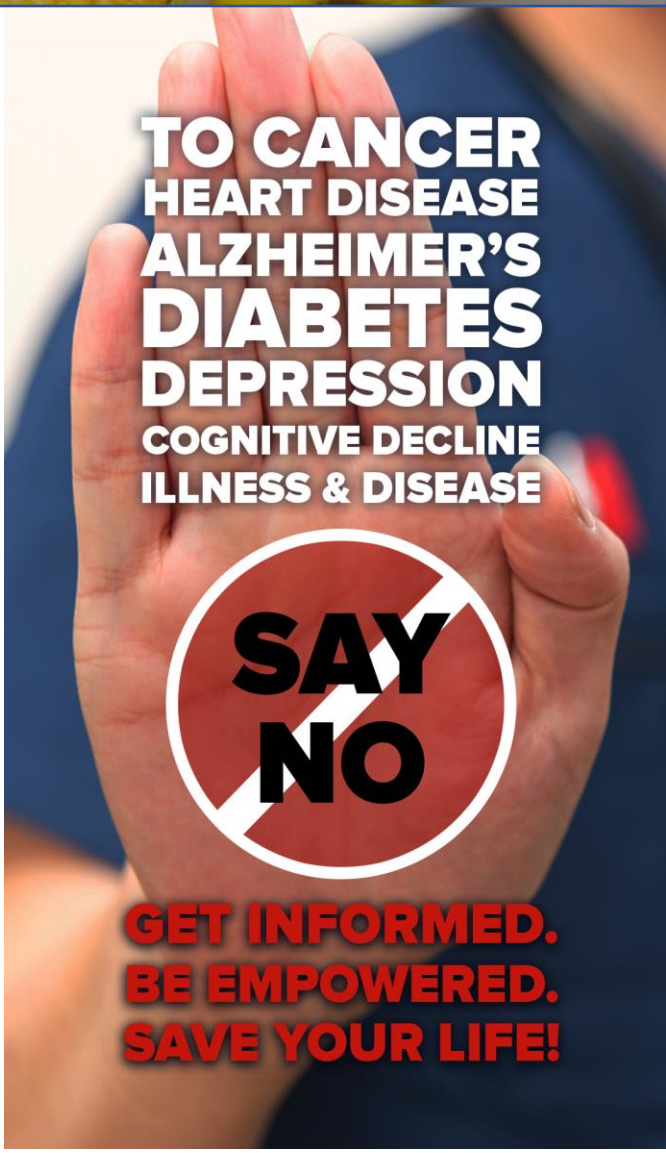
- To help provide the right evidence and science based information
- To help dispel some of the myths and false information
- To help people move beyond ideology to what is best for their biology
- To give people the practical nutritional advice, tips and strategies to improve their health, fitness and wellbeing
- To define the optimal nutritional choices that will provide the best results for people's efforts

NUTRITIONAL WELLNESS SUMMIT

MY GOAL WITH THIS SUMMIT

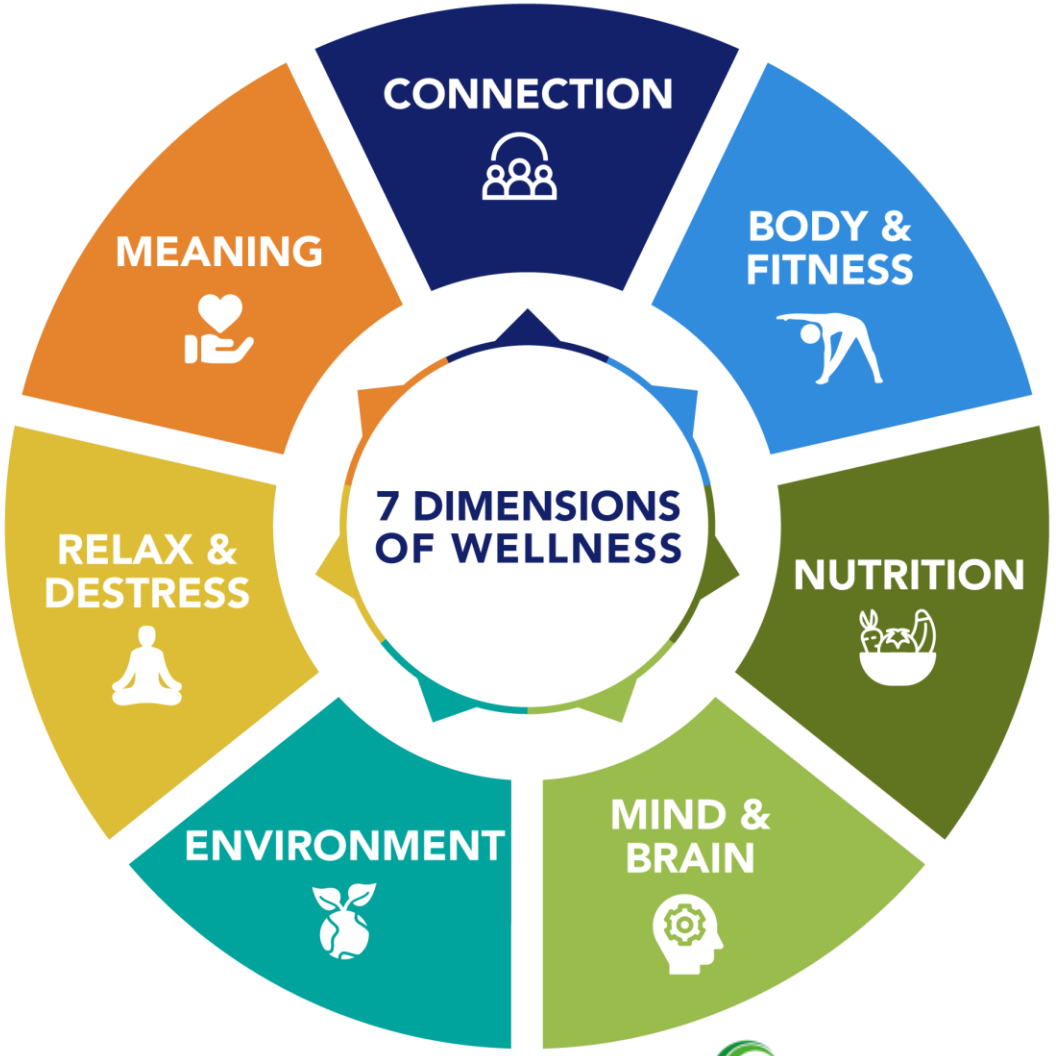
TO HELP PEOPLE SAY NO TO ILLNESS & DISEASE

- To help people understand that just because we are getting older that illness & disease is not what we should expect
- To understand that wellness is our default state (homeostasis) and what we eat can maintain this
- To feel empowered that they can make nutritional choices that can eliminate the risk of and even reverse illness and disease
- To understand the power that exists in the foods we eat to both sustain us and heal us
- To understand food can be both nourishment & medicine

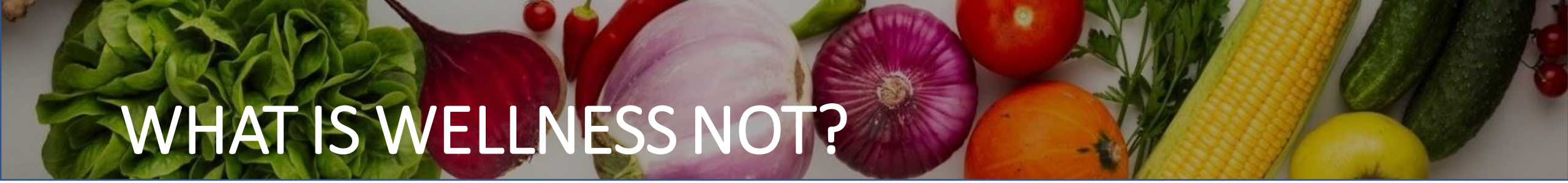


NUTRITIONAL WELLNESS SUMMIT

WHAT IS WELLNESS?



- There are 7 dimensions that are interconnected and interrelated
- It is holistic and multidimensional
- It is integrative - everything we do, think, feel and believe has an impact on our health and wellbeing



WHAT IS WELLNESS NOT?

It is not just the absence of illness or disease

WELLNESS LIFE CONTINUUM

DECLINE ← REACTIVE → INACTIVE ← PROACTIVE → THRIVE

PRE-MATURE DEATH ← Disease Developing → COMFORT ZONE (FALSE WELLNESS) ← Wellness Developing → HIGH-LEVEL WELLNESS

0 1 2 3 4 5 6 7 8 9 10

DISEASE	POOR HEALTH	DYSFUNCTION	NEUTRAL	HEALTH AWARENESS	GOOD HEALTH	OPTIMAL HEALTH
Multiple medications Poor quality of life Potential limited Function limited Despair Death No wellbeing	Symptoms worsen Symptoms become complex Multiple diagnoses Multi-drug therapy Surgery frequent Losing normal function	Symptoms develop Diagnoses difficult and often incorrect Drug therapy attempted Possible surgery	No symptoms No diagnosable disease No illness Limited exercise Average nutrition Wellness not a priority	Education Exercise Nutrition Stress management Self-care	Regular exercise Good nutrition Wellness education Mental-emotional awareness Wellness lifestyle	100% function Continuous development Active participation Wellness is life Optimal wellbeing Meaning & life satisfaction

WELLNESS LIFE LIFESTYLE → WELLNESS POTENTIAL

WHAT IS THE PURPOSE OF WELLNESS

To achieve our personal wellness potential.

Which means:

- To have our bodies be in a state of homeostasis (balance)
- To be free from illness and disease
- To have our bodies be resilient
- To have our biological age be less than our chronological age
- To live not only longer but healthier
- To feel energized and to thrive

WHAT IS THE PURPOSE OF WELLNESS

To achieve our personal potential.

Which means we have the wellness and wellbeing to:

- Become all we can be
- To live our personal life purpose
- To live meaningful lives
- To feel satisfied and fulfilled by our lives
- To live our best lives

WHAT IS NUTRITIONAL WELLNESS?

"Nutritional Wellness is a way of life that see's us individually assume responsibility for being intentional in why and how we eat, whilst proactively and daily making nutritional choices as to what we eat to nourish our bodies and optimize our personal physical and mental health and wellbeing. To making nutrition a central strategy for helping us to strive towards our personal wellness potential."

WHAT IS NUTRITIONAL WELLNESS

Lets Unpack this:

- It is a way of life
- It is individual and should be based on our biology and not ideology
- It is about assuming responsibility
- It is about being intentional and proactive with regard our nutritional choices
- It is about seeing what we eat as a way to optimize our personal health and wellbeing and not just eating to feel full or satisfied
- It is about continuous adaption and evolution as we learn more about the foods we eat and learn more about our bodies response to what we eat
- It is about making nutrition a central lifestyle strategy

WHAT IS NUTRITIONAL WELLNESS

- Seeing Food as both nourishment and medicine
- It is choosing to make nutritional choices that will equip us to prevent illness and disease and thrive
- It is about adopting the 3 C's (consistency, continuity, compounding)
- It is about cooking and preparing our own meals
- It is not just about what we eat but how we eat:
  - To being intuitive and listening to our bodies
  - To being mindful and fully engaged when we eat
- It is about being clear about why we are eating
  - To being self-aware, intentional & deliberate in our choices

WHAT IS NUTRITIONAL WELLNESS

- It requires self-learning – so we can make informed choices
- It requires self-experimentation – learning what works best for us
- It is positive and affirming – as we improve our nutritional choices our health also improves and so validates our decisions
- It's about bringing our bodies to homeostasis or balance
- It's non-diet and non-restrictive – the focus is on adding more foods that help optimize our health and wellbeing and crowding out those that don't
- It is holistic – seeing nutrition as one of and not the only lifestyle choice we must make for optimal health and wellbeing

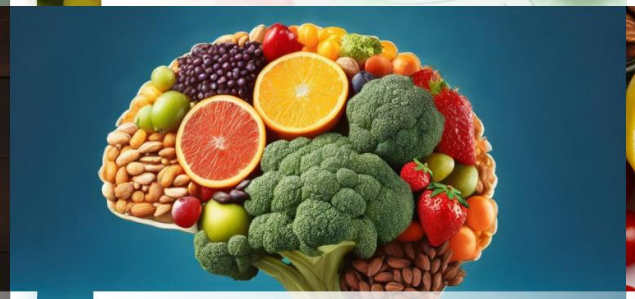
WHAT WE COVERED IN OUR 9 DAYS TOGETHER

1 **Cancer & Heart Disease:**
Nutrition solutions to prevent and reverse chronic illness and disease

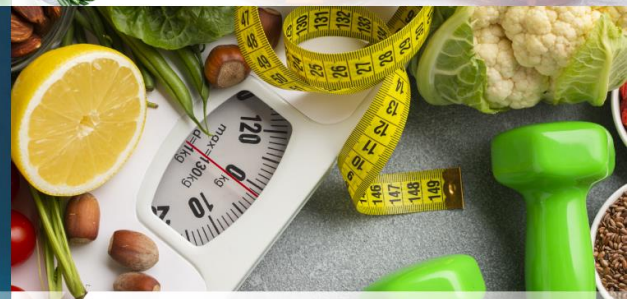
2 **Immune Health, Inflammation & Chronic Pain:**
How to fortify your immunity and soothe inflammation

3 **Microbiome, Gut & Digestive Health:**
How to nurture your microbiome, optimize your digestion and heal your gut

4 **Hormones & Metabolic Health:**
Balance your hormones and optimize your metabolism to prevent diabetes



5 **Eyes, Brain & Mental Health:**
Enhance your cognitive and mental health whilst preventing Alzheimer's.



6 **Weight Loss, Overeating & Food Addictions:**
Achieve sustained weight loss and overcome food addictions.

7 **Behavior Change, Emotional Eating & Healing Relationship With Food:** Discover the path to lasting change and food freedom.

8 **Anti-Aging, Longevity & Energy:**
Uncover the secret to a longer, healthier and more energized life

9 **Supplements, Herbs, Spices & Super Foods:**
Overcome nutrient deficiencies and optimize your health with plant medicine.

NUTRITIONAL WELLNESS ESSENTIALS

8 TO EAT MORE FOODS

- **Fruit & Vegetables** (5 servings per day (3 of vegetables and 2 of fruit) of a wide variety of vegetables especially leafy greens combined with seasonal fruits and vegetables)
- **100% Whole Grains** (choose farro, quinoa, brown rice, oatmeal, whole cornmeal, bulgur wheat)
- **Nuts and Seeds** (a handful per day, variety is good) almonds, cashew, Brazil nuts, walnuts, chia seeds, pumpkin seeds, flaxseeds)
- **Protein** (both pastured raised and wild animal sources and vegetable proteins such as beans (kidney, black, pinto, chickpea), lentils and green peas, soya and tofu)
- **Healthy Fats** (olive oil, avocado oil, flaxseed oil, walnut oil, sesame oil, and nuts, avocado and olives)
- **Herbs and Spices** (rich source of phytochemicals): way to replace condiments
- **Fermented Foods** (yogurt, kefir, sauerkraut, kimchi): a rich source of probiotics
- **Organic Foods** (reduced exposure to chemicals such as pesticides, fungicides, insecticides and glyphosates)

NUTRITIONAL WELLNESS ESSENTIALS

8 TO AVOID FOODS

- **Highly processed foods** (preservatives and additives)
- **Added sugar, real or artificial** (unneeded empty calories and linked to higher blood pressure, inflammation, weight gain, diabetes, and fatty liver disease) and **Sugar-sweetened beverages** (unneeded empty calories)
- **Packaged Sweets** (candies and processed sweets): Empty calories, preservatives, additives and **Salty Snacks** (salt and preservatives)
- **Baked Goods** (cakes, donuts and cookies) Empty calories, preservatives, additives
- **Processed Meats** (bac on, sausage, hot dogs, canned meat, lunch meat/cold cuts): Linked to cancer, heart disease and high blood pressure)
- **Junk Food** (burgers, chips, pizzas): Empty calories, preservatives, additives
- **Partially hydrogenated oils** (which are trans fats and found in processed foods) and some Cooking Oils (soybean oil, corn oil, canola oil, safflower, sunflower oil, margarine, shortening, palm oil)
- **Alcohol** (empty calories, a neurotoxin that negatively affects the nervous system and nerve cells and increases risk of some cancers)

NUTRITIONAL WELLNESS ESSENTIALS

- Nutrition needs to be personalized for us and based on our biology and not ideology
- Eat diversity and eat all colors of the rainbow
- Eat to support your Gut Health & Microbiome and look to address any digestive issues as most health issues are rooted in the gut
- The foods we eat can both heal us or predispose us to illness and disease
- We cannot eat our way out of poor lifestyle choices (stress mgmt., movement, sleep are also important)
- We need to find ways to eat that are sustainable and long term for us

NUTRITIONAL WELLNESS SUMMIT

NUTRITIONAL WELLNESS ESSENTIALS

- We need to find the balance of food groups (proteins, carbohydrates and fats) that is best for us personally
- We need to support and keep our immune system in balance
- We need to eat to support our metabolic health and manage our blood sugar levels
- We need to eliminate exposure to additives, preservatives, hormones, toxic pesticides and fertilizers in the foods we eat
- We should look to include more herbs, spices, mushrooms and super foods like algae and sprouts

NUTRITIONAL WELLNESS ESSENTIALS

- Look to hyper-nourish with healthy foods when we have illness or disease and look to foods and not medication
- Ensure we are eating adequate amounts of protein and eat protein with every meal
- Eat more prebiotic foods (rich in fiber) and probiotic foods (fermented foods)
- Eat only when really hungry and stop eating when we feel satisfied
- Eat within a defined window and 2-3 hours before sleep
- Diet is essential but may not be sufficient if you have nutritional deficiencies

NUTRITIONAL WELLNESS ESSENTIALS

Consider eating more foods that contain:

- Polyphenols (antioxidants) – berries, vegetables, spinach, onions shallots, potatoes, black & green olives, globe artichoke heads, broccoli, asparagus, carrots, dark chocolate, virgin olive oil
- Carotenoids (antioxidants) - sweet potatoes, carrots, dark leafy greens, butternut squash, cantaloupe, lettuce, red bell peppers
- Resveratrol (antioxidant) – red grapes
- Vitamin C (antioxidant)– kiwi, strawberries, citrus fruits, red bell peppers
- Sulforaphane (antioxidants) - brocoli, cabbage, cauliflower, brussels sprouts, bok choy, kale, collards, mustard greens, watercress.
- Selenium – Brazil Nuts
- Zinc – oyster & shell fish, pumpkin seeds and other seeds

NUTRITIONAL WELLNESS ESSENTIALS

Supplements to consider taking if we have deficiencies:

- Vitamin C – antioxidant and anti-inflammatory
- Vitamin D – modulates immune function
- Zinc – aids in fighting viruses and protects from freed radical damage to cells
- Curcumin – from turmeric – decreases inflammation and helps with gut health (best absorbed with black pepper)
- Magnesium - supports muscle and nerve function and energy production and helps maintain healthy bones
- Ashwagandha – anti-inflammatory & to reduce stress & anxiety

NUTRITIONAL WELLNESS ESSENTIALS

Herbs and spices to consider adding to your cooking:

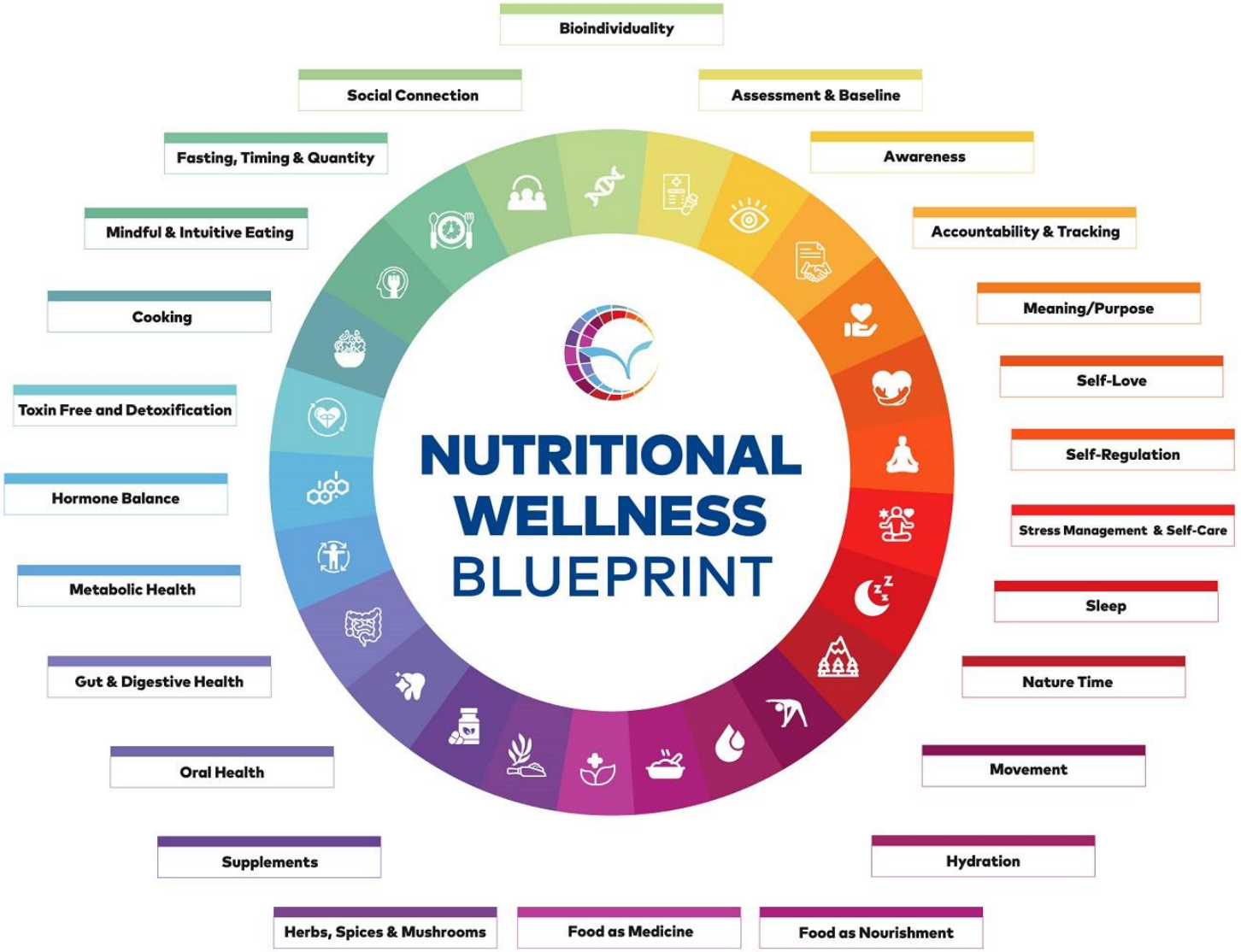
- Rosemary
- Thyme
- Oregano
- Tumeric
- Garlic
- Ginger
- Cinnamon
- Cumin
- Cayenne Pepper

NUTRITIONAL WELLNESS ESSENTIALS

- Beyond nutrition we should also look to focus on the following lifestyle factors:
  - Sleep
  - Exercise
  - Stress management
  - Eliminate household toxins and mold
  - Reduce exposure to environmental toxins

YOUR NUTRITIONAL WELLNESS BLUEPRINT

- Your personal roadmap for achieving nutritional wellness
- A framework for achieving personal nourishment of our:
  - Body
  - Mind
  - Spirit
- So, that we may achieve our wellness potential and thrive



YOUR NUTRITIONAL WELLNESS BLUEPRINT

5 DIMENSIONS TO PERSONAL NOURISHMENT

1. Nourishment Essentials/Foundations (bioindividuality, test don't guess, body awareness, assess/track/adapt/evolve)
2. Nourish Your Spirit (vision, purpose, values, why)
3. Nourish Your Mind (self-love/belief/identity, stress management and self-care)
4. Nourish Your Body (foods we eat, movement, sleep, hydration, time in nature)
5. How We Nourish(how, when, how much & with whom)

NUTRITIONAL WELLNESS SUMMIT

WE'RE NOT QUITE FINISHED YET

MORE VALUABLE CONTENT HEADING YOUR WAY

2 MORE DAYS WITH 7 BONUS MASTERCLASSES
STARTING: TOMORROW 11AM (EST) & 8AM (PST)

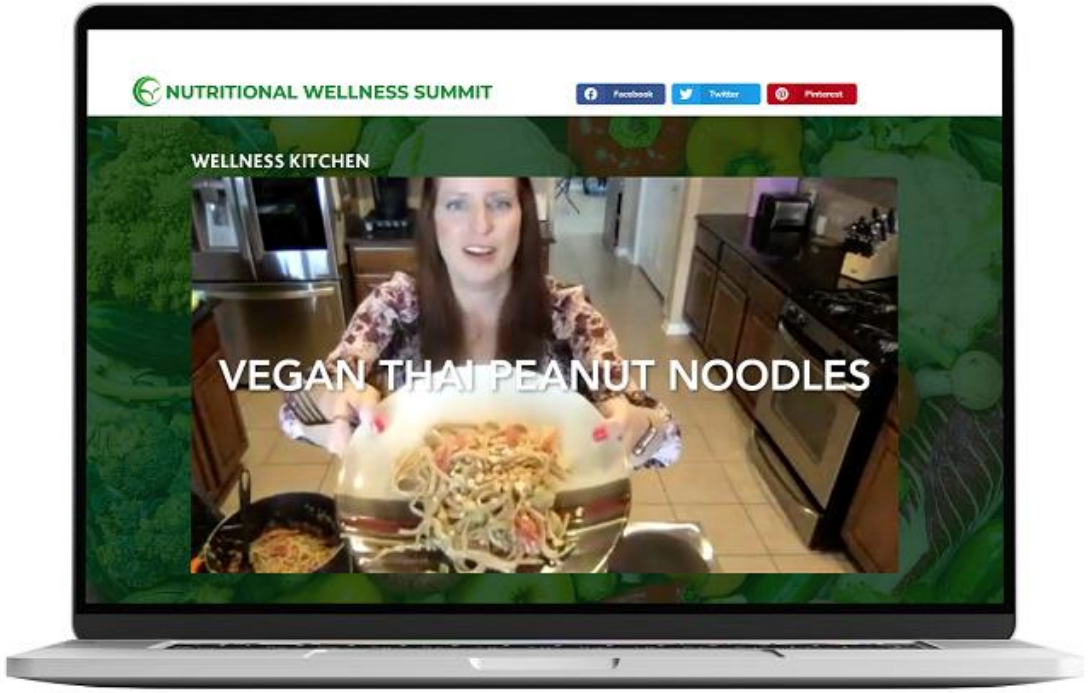
NUTRITIONAL WELLNESS SUMMIT

ENCORE WEEKEND

48+ HOURS UNLIMITED ACCESS

78 EXPERT MASTERCLASSES

9 COOKING SESSIONS



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NUTRITIONAL WELLNESS CHALLENGE

30 DAYS TO CREATE YOUR OWN NUTRITIONAL WELLNESS BLUEPRINT

- 30 Daily Tips
- 30 Daily Recipes
- 30 Daily Inspirational Quotes
- 30 Daily Trainings Based on the Nutritional Wellness Blueprint
- 4 x Weekly Group Q&A Sessions
- Plus Additional Success Resources

REGISTRATIONS TO OPEN JULY 8TH

NUTRITIONAL WELLNESS SUMMIT

BEFORE WE GO: PARTNER SPECIAL OFFERS

GREAT DISCOUNTS WHICH EXPIRE AFTER THE SUMMIT CLOSES FOR GOOD

99 WALKS

RnA ReSet

Food Addiction Reset

THE INSTITUTE FOR THE PSYCHOLOGY OF EATING

BrainTap.

energybits

ORASANA

Organixx

ACADEMY HEALING NUTRITION Est'd 1986

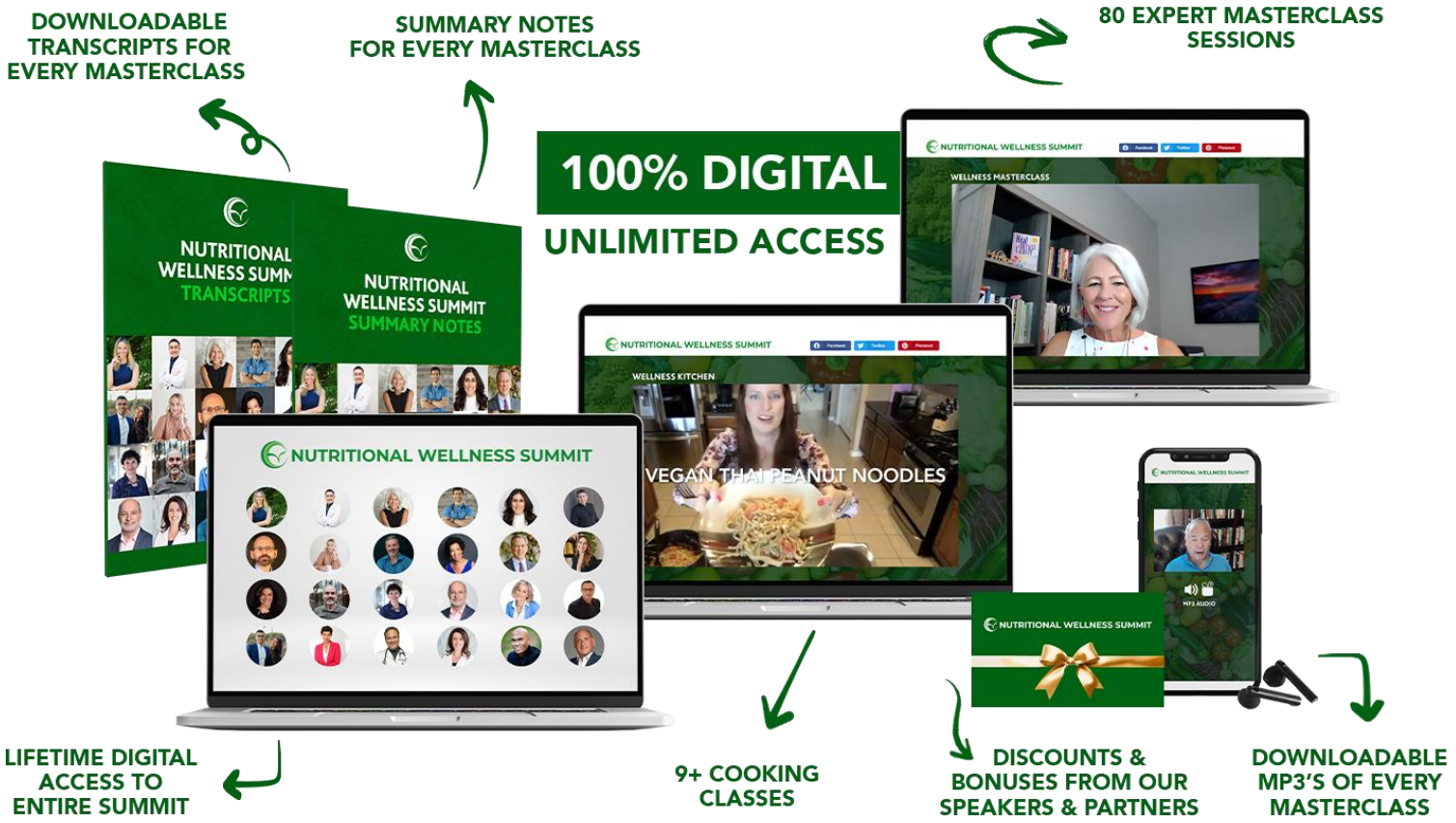
healingstrong

Sara Banks accelerated health products

NUTRITIONAL WELLNESS SUMMIT

LAST CHANCE: OWN THE SUMMIT FOR LIFE

SAVE 36% & GET $1,181 IN BONUSES UNTIL MIDNIGHT TUESDAY, JUNE 25TH



NUTRITIONAL WELLNESS SUMMIT

FINAL THOUGHT

WELLNESS IS FREEDOM

- Freedom from illness, disease or infirmity
- Freedom to not be defined by our chronological age
- Freedom to thrive
- Freedom to be all we can be
- Freedom to live our passions and purpose
- Freedom to live our best lives on our terms

FREEDOM TO BE AGELESS

ONE LAST THING

HELP ME TO SPREAD MORE WELLNESS INTO THE WORLD

SHARE WHAT YOU HAVE LEARNED WITH YOUR FRIENDS & FAMILY

NUTRITIONAL WELLNESS SUMMIT

REMEMBER TO JOIN ME TOMORROW

- Our Bonus Sessions Kick Off Tomorrow at 11am EST (8am PST)
- Look Out for My Email With Your Link to Access the Bonus Sessions

NUTRITIONAL WELLNESS SUMMIT

TAKE ACTION: IT'S YOUR TIME TO THRIVE