

# Exploration



Art by Kerry

# Nourishment

Enhance Your Day

This document contains the daily explorations for the Zendoway Nourishment Exploration. During the week focus on nourishing your mind and body with healthy choices and notice how much better you feel.

# Nourishment

Enhance Your Day

## Day 1:

### Drink Water 15-20 Minutes before Each Meal

Proper hydration allows the stomach to properly absorb and digest food. If dehydrated there is not enough hydrochloric acid for optimal digestion.

## Day 2:

### Give Up One Vice (Soda?TV?Facebook?Sugar?)

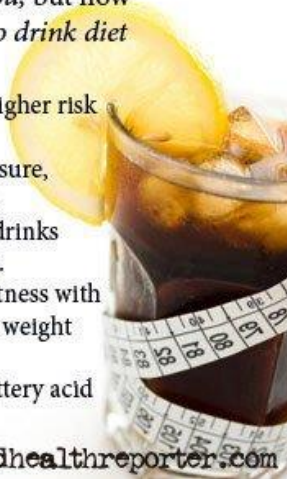


## 5 DANGERS OF DIET SODA

*You already know diet soda is bad for you, but now new research adds 5 more reasons not to drink diet soda:*

- 1) Diet soda drinkers have a dramatically higher risk of heart attack and stroke.
- 2) Aspartame is linked to: High blood pressure, dizziness, fatigue, and even sleep disorders.
- 3) Waistlines of those who consumed diet drinks expanded 70% faster than those who didn't.
- 4) Diet soda drinkers stop associating sweetness with calories and fullness, leading to overeating, weight gain, and elevated sugar levels.
- 5) Acid wears down your tooth enamel (battery acid is a 1 on the pH scale and cola is a 2.5)

[www.undergroundhealthreporter.com](http://www.undergroundhealthreporter.com)



## Purity

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I wrote this poem during my 200 hour yoga teacher training with Rolf Gates. The more awareness and healthy choices to fuel our body and mind the better we will feel.

By Kerry

A baby enters the world with a pure existence

True acceptance, love and trust that all needs will be met

Life's existence is simple with physical requirements of nourishment, sleep, warmth, safety and security

The purest love is seen by a baby's smile

Progression in the world complicates the baby's purity

Yet, as an adult purity can be met with living with simple principles we enter into the world...acceptance, love, trust and compassion.

Being You, Accepting Yourself, Loving Yourself, Having Compassion for Yourself.

That is PURE....



## Day3:

### Eat 3 Meals Today (No Snacking)

#### Why

To allow your body to fully digest the food you ate at the last meal to help stabilize blood sugar and burn fat. Note: this is simply one approach to test out and each one of us are different. The details of the reasoning are discussed below.

#### Focus

Your body needs protein, carbohydrates, fats and sugars for total health, it is all about balance. To attempt to restrict any one food group can cause cravings and potential health problems.

(No Snacking)

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*From John Douillard (former professional athlete who now practices Ayurvedic and Chiropractic Sports Medicine)*

*"Our media is incorrectly telling us that eating many small meals a day is a better way to stabilize mood and lose weight. If you are hypoglycemic and have unstable blood sugar, this only temporarily covers up symptoms. Eating six meals a day can never provide permanent blood sugar stability, because the body will become dependent on being fed every 2-3 hours. If a meal is missed, the blood sugar may crash again. If we want the body to burn fat, we must give it a reason. Why would the body burn its stored fat reserves if it is getting fed every 2-3 hours? When we eat this frequently, the body burns what it has just been fed and has no motivation to burn stored fat.*

*When you eat breakfast, and then nothing until lunch, and then nothing until supper, and then nothing until breakfast again, you provide a natural fast in between meals that will encourage fat metabolism. If you have a snack, even a healthy snack like a carrot, in between breakfast and lunch you will burn the carrot, but not any stored fat. If you have nothing between breakfast and lunch, your body will be forced to burn stored fat in order to get you through to lunch without a blood sugar crash. In the old days, folks had supper at 5 or 6pm and then ate nothing until breakfast, around 7am. It was common to go 13 hours without food and then break that fast (and thus reset fat metabolism) every day with "break-fast." This tradition has been in place for thousands of years around the world, until now – when we are the heaviest we have ever been.*

#### **Eating 5-6 Meals a Day is Just Not Sustainable**

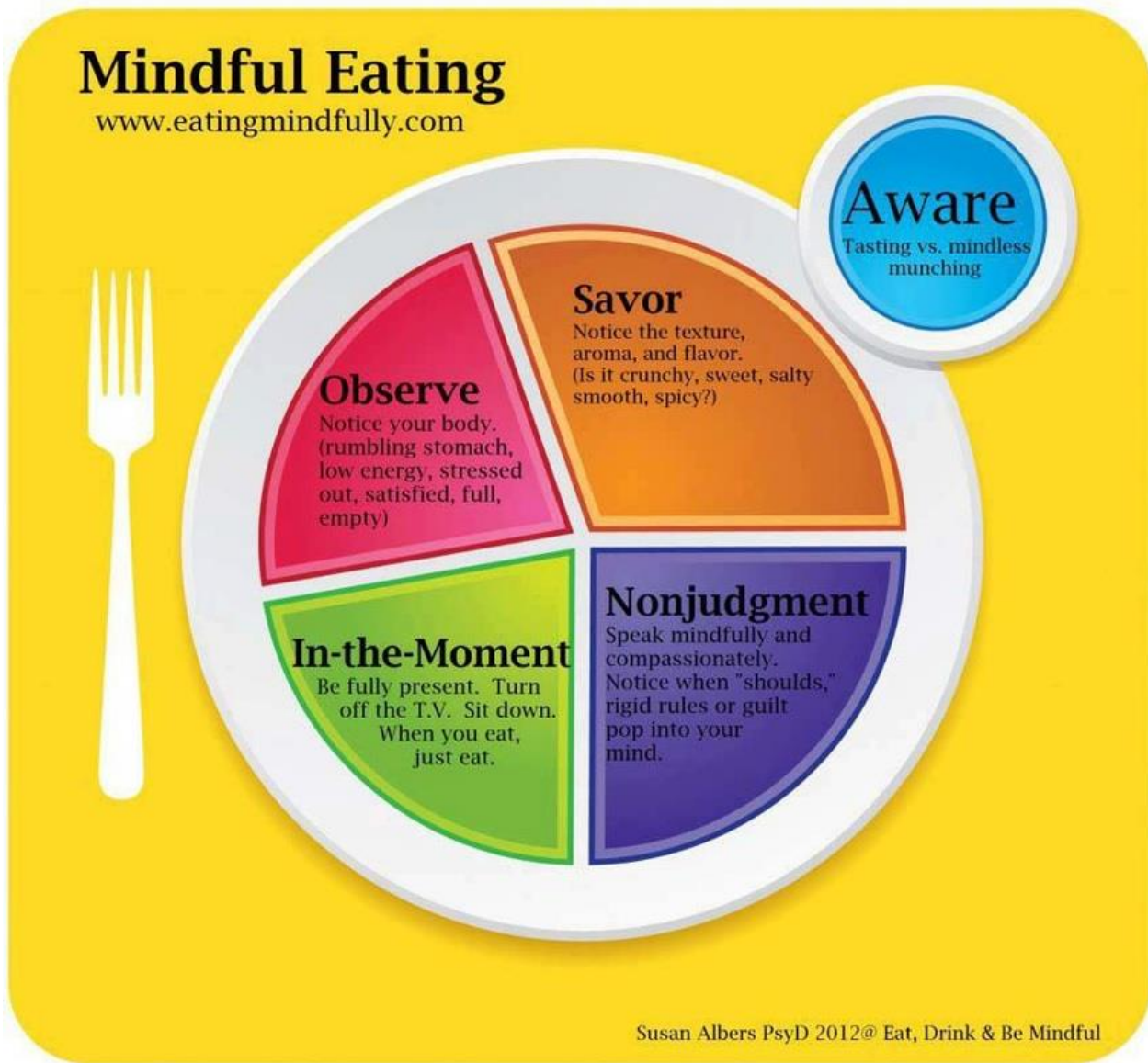
*In the name of trying to stabilize blood sugar levels, we have actually made the problem worse. After a few decades of eating six meals a day, our blood sugar levels have become more unstable. Yes, at first people feel better, but shortly thereafter the blood sugar issues become worse. Now folks are starving after 2-3 hours without food. If we needed food every 2-3 hours to survive, humans would simply be extinct."*



## Day 4:

### Awareness

Bring awareness to your food choices today - when making selections pay attention to your feelings. Whether you choose candy or a salad, what emotions are driving this decision? Simple awareness can lead to better and easier choices.





**Day 5:  
Reflection**



Take a moment to denote your personal awareness throughout the week by answering the questions below.

- What vice did you eliminate? Why?
- What would you like to improve about your nutrition?
- What did you learn about yourself this week?
- What will you implement moving forward?
- What comments do you have about the format of this type of well-being activity?
- Any other comments or suggestions?

Be sure to email [kerry@zendoway](mailto:kerry@zendoway) with any feedback and if you would like to set up a call to discuss your experiences.



## Personal Awareness Questions

1. What is your favorite food?
2. Do you eat a variety of food?
3. What would you like to improve about your nutrition?
4. When do you eat?
5. Do you eat when you are bored? Upset? Did you do any emotional eating in the past week?
6. How do you feel after you eat?