

Health Coaching Questions: Scanning for Good:

Was it really a bad day or was it a bad five minutes that you milked all day?

1. What made you smile / Laugh / Warmed your heart this last week?
(Think small)
2. Who do you want to compliment?
And how do you want to compliment yourself?
3. What are you grateful for right now?
4. Reflect on a positive interaction with another person.
5. What inspired you this week?
6. How did you challenge yourself this week?
7. What fills your cup? What gives you energy? What keeps you grounded?

Session 6 Review:

1. CHECK-IN
2. TOOL BOX: Progression not perfection
3. TOOL BOX: Making the decision once to do something to prevent the internal debate: should I or shouldn't I.
4. INFORMATION:
 - Organic vs non organic
 - Fiber for gut health
 - Fermented foods and cultured foods for gut health
5. QUESTIONS:
 - How to off-set the cost of quality food
 - Essential Fatty Acid: Omega 3
6. RECIPE RESOURCES
7. GOAL: Created a goal / experiment for the week.

CHECK-IN

1. What was your goal / experiment?
2. What went well?
3. What helped make it go well? How did you remember?
4. How did that make you feel? (Feelings Wheel)
5. What was the full experience?
6. What got in the way? What is your learning?
7. Re-design of experiment goal OR
Tools to help overcome OR
New next step on the ladder.

TOOLS / STRATEGIES:

VALUES:

When we are mindful of our values and we allow them to guide our decision making, we can be sure we are being authentic to ourselves and living true to our values. That is, we have clear and strong reasons for the things we do. Values can serve as personal motivators. When we are aware of our values, we have great self-awareness and know what makes us tick.

Magic happens when the habits and behaviors we are working on align or connect with our personal values.

What are your values?

- [Brene Brown Values ...>>>](#)
- [Online Assessment ...>>>](#)
- [Card Sort exercise ...>>>](#)

Honesty
Dependability
Efficiency
Creativity
Curiosity
Adventure
Health
Work ethic
Compassion

HABIT STACKING:

- James Clear in his book atomic habits talks about habit stacking.
- If you are struggling to remember to do a new thing, try habit stacking. This is when you stack it with an existing habit so it has something to stick to. Gains traction.

INFORMATION:



Hydration

- Caffeine
- Front load
- Sip not gulp
- As we age: thirst mechanism isn't as reliable
- Choices



What's the hardest thing for you when it comes to hydration?

CHOICES:

- Water
- Sweetened drinks
- Carbonated drinks
- Tea and coffee
- Milks
- Recovery / energy drinks (super shakes)
- Alcohol

Super Shakes

- Liquid
 - Water
 - Unsweetened / low processed milk
 - Iced tea

- Protein powder
 - Whey
 - Casein
 - Rice, pea, hemp

- Pick a veggie
 - Dark leafy greens: spinach
 - Pumpkin or sweet potato (pair with vanilla)
 - Cucumber
 - Celery
 - Powdered green supplement

- Pick a fruit
 - Apple
 - Banana
 - Berries
 - Dates
 - Pineapple mango

- Pick a fat
 - Walnuts
 - Flax, hemp chia
 - Cashews
 - Almonds
 - Peanut butter

- Pick a topper
 - Coconut
 - Cacao nibs, dark choc
 - Yogurt
 - Granola
 - Cinnamon

My Go-to recipe

1 cup of plant-based milk

Handful of spinach

Scoop of plain protein powder

Frozen half a banana sliced or ½ c of frozen dark cherries

1 Tbsp cacao

1 Tbsp of hemp seeds

1 Tbsp powdered peanut powder

QUESTIONS:

Sodium:

Chris kresser: The amount of conflicting research that exists on salt is astounding.

We need a small amount of sodium to function.

Processed foods tend to be high in sodium

USDA and the American Heart Association suggest limiting sodium to at least 2,300 mg per day. That's equal to 1 teaspoon.

However... we are bio-unique and have our own individual needs.

Chris Kresser: For the majority of healthy individuals, salting to taste will provide an appropriate level of sodium in the diet.

[What type of salt?](#)

Pink Himalayan salt vs regular table iodized salt vs sea salt

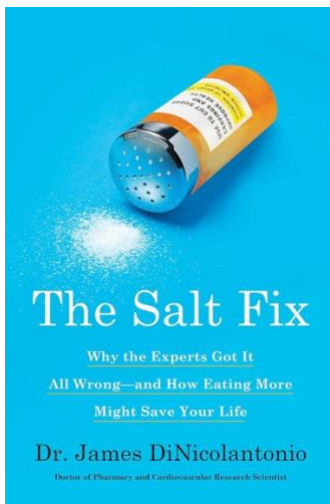
What to do?

I use both: Pink salt and table salt.

Chris Kresser [Shaking up the Salt Myth...>>>](#)

Dr. Mark Hyman: Downside of [low salt diet ...>>>](#)

BOOK: [The salt Fix by Dr James DiNicolantonio](#)



Epigenetics: Why should I live healthy when I know I'll end up with ...

Epigenetics is the study of how your behaviors and environment can cause changes that affect the way your genes work. Unlike genetic changes, epigenetic changes are reversible and do not change your DNA sequence, but they can change how your body reads a DNA sequence.

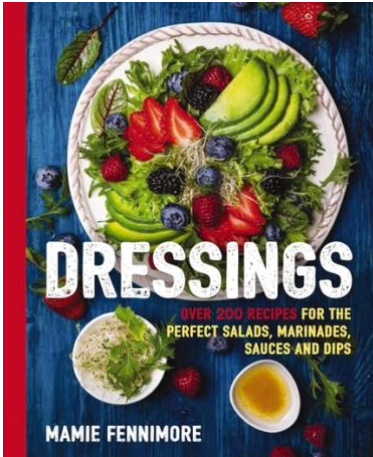
We use to think that our genes were our destiny. If your parents had diabetes or high blood pressure that you were destined to have it too. That you are pre-disposed to some conditions.

Thanks to our understanding of epigenetics, we now know that this doesn't have to be the case. We can change the way our genes are expressed. Lifestyle behaviors can "turn off" genes. This can be very motivating and empowering – to know that what we do, how we live, can influence our health and the expression of our genes.

RECIPE RESOURCES

BOOK:

[Dressings by Mamie Fennimore](#)



WEBSITE:

Recipe ideas: [Fully Mediterranean](#)

RECIPE:

Baked Oatmeal for Breakfast

Ingredients

- 2 cups old-fashioned rolled oats
- 1/2 cup chopped walnuts
- 1/2 cup of sunflower seeds
- 1/4 cup chia seeds (or a bit less)
- 1/2 cup ground flax seed
- 1/4 cup hemp seeds
- 1/2 cup shredded unsweetened coconut
- 1 cup almond flour
- 1 teaspoon baking powder
- 1 1/2 teaspoon cinnamon
- 1/2 teaspoon nutmeg
- 1/2 teaspoon all spice
- 1/2 teaspoon salt
- 2 cups milk (I use almond milk)
- 2 eggs (vegan: sub flax egg)
- 2 teaspoons pure vanilla extract
- 2 bananas, mashed or 1 cup apple sauce
- 1 1/2 cups blueberries

Instructions

1. Preheat oven to 350 degrees. Grease an 8-by-12 inch baking dish.
2. In a large bowl, mix together all the dry ingredients.
3. In another bowl, whisk together the milk, egg, and vanilla. Stir in the mashed banana or apple sauce.
4. Combine the wet and dry ingredients, pour into baking dish.
5. Bake for about 35-45 minutes or until the oatmeal is set and lightly golden on top.
6. Cut into serving sizes. Freezes well. I like to heat mine up in the microwave for 30sec then serve with plain Greek yogurt, drizzle of maple syrup and peanut butter.

Gingerbread Cookies from Biolounge

The holidays often bring traditions and treats, but that doesn't mean we have to go overboard with sugar. These healthy gingerbread cookies are a healthy way to enjoy the season without sacrificing health!

Equipment

- One 3-inch gingerbread man cookie cutter

Cookies:

- 4 cups almond flour
- 1 tbsp. molasses
- ¼ cup coconut flour
- 2 tablespoon ground ginger
- 1 tablespoon ground cinnamon
- 2 teaspoon baking powder
- ½ teaspoon salt
- ½ teaspoon ground cloves
- 2 large eggs
- ¼ cup coconut oil (or butter) melted
- 1 teaspoon vanilla extract

Royal Icing:

- ¾ cup [powdered allulose](#)
- ¼ cup organic powdered sugar
- 1 tablespoon egg white powder
- 2 to 4 tablespoon water, room temperature (more to thin out as necessary)

Instructions:

- Preheat the oven to 275°F and line two baking sheets with silicone mats or parchment paper.
- In a large bowl, whisk together the almond flour, molasses, coconut flour, ginger, cinnamon, baking powder, salt and cloves. Stir in the eggs, coconut oil, and vanilla extract until the dough comes together.
- Divide the dough in half and turn out first half onto a large piece of parchment paper. Top with another piece of parchment and roll out out about ¼ inch thick.
- Use cookie cutters to cut into desired shapes and gently loosen and lift with an offset spatula. Place onto the prepared baking sheets. Gather up scraps and reroll until too little is left to roll out. Repeat with the second half of dough.
- Bake 20 minutes or until golden brown and just firm to the touch. Remove and let cool 5 minutes on pan, then transfer to a wire rack to cool completely.

Low-sugar icing

- In a medium bowl, whisk together the powdered sweeteners and egg white powder. Add 2 tablespoons of water and stir until smooth. Add more water a little at a time until desired consistency is achieved.
- Pipe icing onto cooled cookies and let set 30 minutes or longer.

What is one CHANGE you are ready to experiment with?

SMART

S = Specific	(I will not eat any foods I couldn't make myself)
M = Measurable	(I'll do this 7 days a week)
A = Attainable	(I'll do this 5 days a week: Mon-Fri)
R = Relevant	(This is important to me because: your why)
T = Timely	(I will start Nov 6 th)

Are you ready?

What is your Why?

What could get in the way?

What prep do you need to do?

What resources / support do you need?