

## **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?
8. What are you looking forward to? Something big and something small.
9. Who do you want to give kudos to? Who do you want to compliment?
10. How do you water your relationships with your close friends, co-workers, neighbors, and family members?
11. Who is a role model / mentor / inspiration for you? Who do you admire and look up to in the wellness / health space?
12. What are your super powers? What are you good at? What are your strengths, skills, and unique abilities?

## Session 11 Review:

### 1. CHECK-IN

### 2. TOOL BOX:

Lifestyle Behaviors = Habits.

Habits = Results.

How do we get from behavior to habit?

- We can incorporate the behaviors into Routines, rituals or systems to help.
- Noticing that we can have good habits as well as not so good habits.
- Learning to un-do the habits that don't serve us.

### 3. INFORMATION:

Emotional Eating. Recognizing that Emotional Eating isn't always an issue. It can become problematic when emotional eating happens often, feel out of control and is used as a coping mechanism.

- Seek Help, or
- Use the Break the Chain Eating awareness worksheet to reflect on your personal triggers
- Experimenting with different Coping mechanisms

Intuitive Eating. This style of eating challenges diet culture and food rules. It can be very freeing if you are the type of person who has a lot of guilt around food choices.

Cleaning out the pantry / freezer / fridge

Identifying red light foods and green light foods for you.

### 4. QUESTIONS:

Cookware, chopping boards, food storage containers etc.

### 5. RECIPE RESOURCES

Book, Website, and Recipe.

### 6. Created a goal / experiment for the week.

## CHECK-IN

1. What was your goal / experiment?
2. What went well? Focus on the positive first.
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 with the experiment?  
Did somethings not go as well?
6. Did anything get 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:**

Making changes to the way we eat can be harder than making changes around exercise, sleep, managing stress, etc.

Why we eat:

- Biological reasons:
- Out of habit.
- Due to emotions: to celebrate, out of boredom, when we're stressed.
- As a coping mechanism.
- As a way to socialize and connect. For pleasure.

Making changes to how we eat can be hard. Especially when we are undoing some behaviors that have been with us for a long time. It may be hard but it is not impossible. Here are some things to consider:

- Remembering to start small.
- Focus on stating what you will do, rather than what you won't do. "I won't eat MacDonalds" you'd say what you plan on doing instead. "I will eat a home cooked meal with a side salad".
- Refrain from labeling food "good" or "bad". Instead categorizing foods at Eat more (green light foods) or eat some (orange light foods) and eat less (red light foods).
- Let go of trying to eat to your guidelines 100%. Not about being perfect but aiming for progression.

## **INFORMATION:**

In the book Food: What the heck should I eat, Dr Mark Hyman “Industrial food..that robs our health, makes us heavy and sluggish, clouds our minds, and dampens our spirits”.

- Heavy: Body composition, sluggish: our energy, clouds our minds: our brain, and dampens our spirits: affects our emotional health.
- Affects our physical health, mental health and emotional health.
- inflammation

Inflammation helps keep us healthy. It protects the body. It helps us deal with trauma, injuries, and infection. Inflammation is supposed to be a quick reaction.

The problem is when inflammation stays around for a long period of time. This is called chronic inflammation. This can lead to many conditions and diseases. Inflammation is thought to be the root cause to many things:

- Diabetes
- Arthritis
- Cardio vascular disease
- Brain degeneration
- Auto immune disease
- Crohn's
- Anxiety / depression
- Cancer
- Leaky gut, the list goes on.

Where is the inflammation coming from:

- Stress
- Foods we eat, esp. processed foods.
- Lack of sleep
- Disrupted gut microbiome.

How can we control inflammation:

- Stress management
- Clean eating: finding foods that are anti-inflammatory to us
- Getting adequate rest
- Repairing our gut microbiome.
- Building strong quality relationships in our life
- Working on your Mood / attitude / and thoughts

If our gut isn't healthy, we can't absorb the nutrients from the food that we are eating.

- Dysbiosis. Imbalance of bacteria. (microbiome testing is available to see if you have an imbalance of bacteria – functional medicine doctor or ND)
- Leaky gut, the gut becomes too permeable. Food particles pass thru the gut lining into the blood.
- Most of our immune system is in our gut – get sick frequently.

There are many Symptoms of an unhealthy gut:

- Mood disorders. Feeling anxious / depressed
- Diabetes
- Acid reflux
- Unintentional weight gain or loss
- Autoimmune problems
- Irritable bowel syndrome,
- Bloating
- Sleep issues / feeling tired
- Skin rashes / allergies
- migraines
- Sugar cravings
- Joint pain
- Alzheimer's
- Parkinson's

Help our gut:

- FIBER:
  - Probiotic rich foods found in fermented foods.
  - Eat polyphenols.
  - Limit food intolerances and Food sensitivities. Testing or elimination diet. (gluten is pro-inflammatory for some, dairy, soy, eggs, )
  - Address any Vitamin and mineral deficiencies.
  - Less medications (ibuprofen), less toxins and pesticides.
  - Fasting / time restricted eating.
  - Limit processed foods and focus on whole foods.
  - Drink water / limit alcohol.
  - Eat slowly, chew your food. Digestion starts in the mouth.
  - Manage stress, exercise and sleep. There is an intricate relationship between your gut and your mental health.
  - Work with a doctor.

General consensus that to help with any inflammation: eat more leafy green vegetables and cruciferous:

- Arugula
- Bok choy
- Spinach
- Cabbage
- Kale
- Radicchio
- Collard greens
- Daikon
- Horseradish
- Kohlrabi
- Radishes
- Rutabaga
- Water cress
- Turnip greens
- Mustard greens
- Brussels
- Cauliflower
- Broccoli
- Sprouts



# Cruciferous Veggies



ARUGULA



BROCCOLI



CABBAGE



CAULIFLOWER



TURNIP



KALE



BOK CHOY



BRUSSELS  
SPROUTS



[Found on Amazon...>>](#)

I like the seeds from [True leaf...>>](#)

Throw the sprouts on a sandwich, salad, taco.  
Great way to give the meal an upgrade.

**Blood Sugar and Inflammation:**

- to keep blood sugar levels in check, to keep them stable.

- Avoid sugar
- Avoid flour
- Avoid hydrogenated and trans fats
- Limit saturated fats.
- Eat complex carbs: slow burners. Found in legumes, veg, fruit, whole grains.

11:18



< Jan 24 >



### Glucose Chart



Daily Average >

**106** OK  
mg/dL

Daily Gluc

61  
OK

Jan 24, 2024



Dinner • 6:00 pm  
Lentil soup onion...

68 ...

Home

History



Insights

Learn

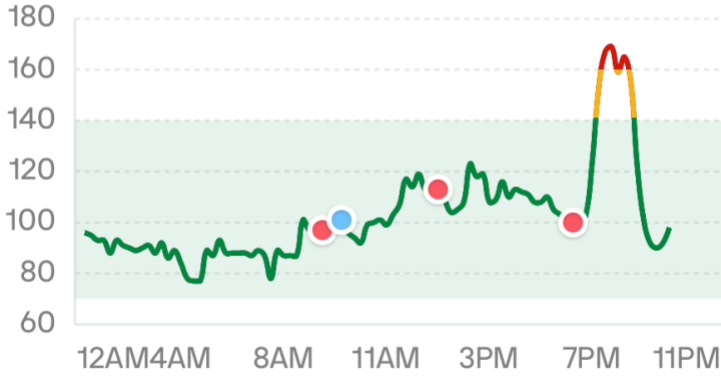
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< Jan 22 >



### Glucose Chart



Daily Average >

**103** GOOD  
mg/dL

Daily Gluc



Jan 22, 2024



Dinner • 6:41 pm  
Greens, roasted p...

**16** ...

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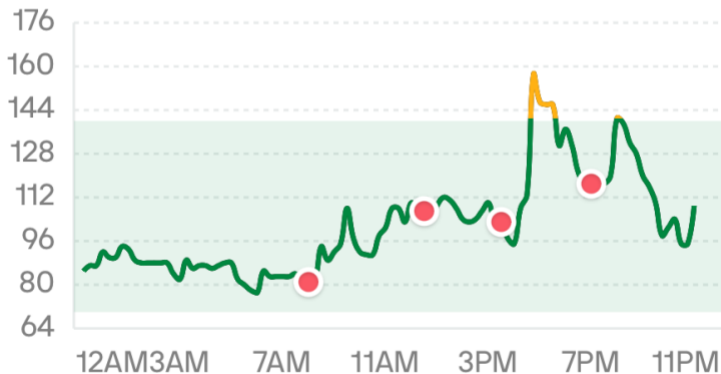
11:20



< Feb 3 >



### Glucose Chart



Daily Average >

**102** GOOD  
mg/dL

Daily Gluc



Feb 3, 2024



Dinner • 7:17 pm  
Party: lasagna, pa...

99 ...

Home

History



Insights

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[Inflammation Solution Series..>>>>](#)

**QUESTIONS:**

Dr Peter Bongiorno.

Book: The Brain Health Blueprint

**Little upgrades** or Nutritional Boosts to existing meals.

- Add something green
- Add seeds (Hemp seeds, ground flax, pumpkin, sunflower)
- Add blueberries
- Add avocado (freeze)

- 3 colors
- Cauliflower rice instead of normal rice
- Add pumpkin puree to thicken soups
- Add nuts to salads or oatmeal

### **Food Safety:**

left overs: How long can we keep leftover food?

How long can you store homemade food?

The United States Department of Agriculture recommends using cooked leftovers within 3 to 4 days. Refrigeration slows but does not stop bacterial growth.

[Safe food storage...>>](#)

[Leftovers....>>](#)

[Cold food storage chart...>>](#)

### **RECIPE RESOURCES**

#### **BOOK:**

“Freezer meal recipe books”

- From Freezer to Table
- From Freezer to Cooker
- Seriously Good Freezer Meals
- Slow Cooker Freezer Meals

**WEBSITE:**

Nutrition.gov for [Safe food storage...>>](#)

**RECIPE:**



**Warm salad:**

- **Greens, and raw veggies cold**
- **Warm-up roasted veggies / protein**
- **Toss together**
- [\*\*Warm Winter Salad with Maple Dijon dressing...>>\*\*](#)

**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 <sup>th</sup> )               |

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?