



RE-SET WEBINAR #2 RE-FUEL

HOW TO BUILD A HEALTHY GUT FOR A HEALTHY BRAIN & BODY

RECAP FROM TODAY'S SESSION

Food is nothing short of a revolution when it comes to how you think, look and feel.

You can't exercise your way out of a bad diet.

"If there's fire in your gut, there's fire in your brain"

The Functional Medicine approach to a healthy brain and body is not just about focusing on food, but it is about your lifestyle choices, too.



FOOD: focus on quality to support your gut health

- Eat anti-inflammatory, nutrient dense, whole foods #jerf
- Eat only what your Grandmother could find in her day
- Avoid industrial seed oils
- Avoid refined sugar
- Avoid refined flours
- Include colourful fruits & vegetables, probiotic foods, herbs & spices, nuts & seeds.
- Consume bone broth



LIFESTYLE: Focus on supporting your gut health

- Meditate / practise mindfulness
- Spend time in nature
- Get sufficient quality sleep
- Move frequently
- Forge supportive social connections

MINDSET FOR BEHAVIOUR CHANGE

CHANGE IS HARD ... SO ...

Fill in the boxes below with one action you'll do after this webinar.

Be **SMART** with your next step
(Specific, Measurable, Achievable, Relevant, Time-Bound)

Adopt an **experimental mindset**:
"failure is information".
Ask: "what did you learn when things didn't turn out as planned"?

Celebrate: call out your positive wins no matter how small

MY ONE ALMOST-IMPOSSIBLY-SMALL NEXT STEP

I will... (write what action will you take in the box below)

for... (write down when / time frame / frequency will you take action in the box below)

and will use... (write who or what resources (apps, journals) you use in the box below to hold you accountable)