



# High Energy & Toxic Foods

Most diet programs fail because they focus on what **NOT** to eat, which can make you feel deprived and unsatisfied, and eventually you give in to temptations because there is no pleasure. To find true food freedom and to unleash the power of your food and mood it's time to shift your focus to what you **DO** get to eat. But first you must find the foods that give you the most energy, as those are the ones to focus on.

When you eat high-energy foods you are more motivated, uplifted, positive and able to make more supportive choices for yourself and in alignment with your goals rather than destructive ones. When you simply choose the foods that give you the most energy you will be vibrating at a higher level, be more conscious and happy.

## List of Foods That Rob Me Of Energy

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## List Of Foods That Give Me Energy

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The most common foods that rob you of energy are also the most toxic and inflammatory foods. The top 5 are; gluten, dairy, process sugar and soy, and alcohol. These foods have damaging effects on the digestive system, cause bounces in your blood sugar leading to crashes in your energy and can create chronic inflammation in the body that can lead to more long term health issues.

# Myth Busters....

- Everyone is negatively affected by gluten regardless if you have been diagnosed with a sensitivity or not. Gluten molecules increase intestinal permeability for up to 5 hours allowing toxins into the blood stream and the molecules are so large they cannot be properly digested so they contribute to leaky gut.
- Humans stop producing the right enzyme to breakdown dairy products once they stop breastfeeding as babies. This means digesting dairy is difficult for everyone regardless if they are considered lactose intolerant or not.
- Soy has been shown to mimic or increase estrogen levels in both men and women contributing to overall hormone imbalance and most process soy are GMO.
- Processed sugar has the same effects on the brain as narcotic drugs thus depleting your happy and positive hormones; dopamine and serotonin. It also drastically impacts blood sugar immediately effecting weight loss, thyroid glands and energy levels.
- Even gluten and sugar free alcohol is damaging to the gut. Not only does it alter your mindset making it harder to make good food and life choices but it also inhibits the absorption of nutrients from foods eaten within hours of drinking leaving the body malnourished and depleted.
- The top inflammatory and toxic foods (gluten, dairy, sugar, soy and alcohol) all convert to sugar when digested, increase mucous production, congestion and inflammation in all areas of the body that can lead to chronic illness.

<b>Top Toxic Foods...</b>	<b>What to avoid...</b>	<b>OK &amp; Healthy alternatives...</b>
Gluten	Wheat, barely and rye ingredients, commonly found in box/bag/can items, sneaky in sauces	Quinoa, brown or white rice, risotto, potatoes of all kinds, yams, cauliflower
Dairy	Cow and sheep milk products/yogurts/etc., goat's milk is less destructive and ok occasionally	Almond, coconut, hemp, cashew or other nut milk products, goat's milk or raw cow/sheep milk products are ok occasionally
Sugar	Processed table sugar of all kinds, artificial sugar ingredients, added sugar, commonly found in box/bag/can items	Natural fruit sugars, coconut sugar/nectar, raw honey, organic cane sugar, organic maple sugar, stevia, xylitol
Soy	Processed soy products, soy milk, soy yogurt, soy lecithin	Gluten free soy and teriyaki sauces, coconut aminos, bragg's aminos, edamame, tofu, tempeh
Alcohol	Drinks with added sugar and gluten	No alcohol is healthy but least destructive would be wine, gluten free beers and liquors and ciders, preferably organic

## One New High-Energy Food or Alternative I'm Trying This Week Is:

# Food For Your Mood

If you feel...	And you want to feel...	Basic Options...
Anxious Worried Thinking too much	Calm Soothed Centered	Millet, Sweet Rice, Winter Squash, Carrots, Root Vegetables, Garbanzo Beans, Mochi
Sad Depressed Lethargic Can't Think Clear	Relieved More Compassionate Energized Decisive/More Organized	Quinoa, Fish, Tempeh, Lentils, Onions, Ginger, Scallion, Greens, Cooked Fruit, Toasted Seeds & Nuts
Afraid Overwhelmed Lack Confidence	Courageous Know Your Own Mind Self-Confident Committed	Miso Soup, Confused Black Beans, Oats, Buckwheat, Soba Noodles, Greens, Root Vegetables
Impatient Restless Frustrated Angry Resentful	More Patient Alert Self-Expressive Less Angry Assertive Clearer	Quinoa, White Beans, Cabbage, Leafy Greens, Daikon Radish, Intense, Shiitake Mushrooms, Seaweed, Umeboshi Plums
Over-Excitable Too Tense Like a Workaholic Unable to Enjoy Life	More Relaxed Playful Celebrative Inspired	Brown Rice, Corn or Polenta, Pinto, Kidney or Black Beans, Salad, Cucumber, Sprouts

## New Recipes, Foods or Alternatives To Boost My Mood To Try Are:

1. \_\_\_\_\_

2. \_\_\_\_\_

3. \_\_\_\_\_

## Action Items

1. \_\_\_\_\_

2. \_\_\_\_\_

3. \_\_\_\_\_

## My biggest aha, insight or takeaway from today was....

\*\*This is not recommended for treatment of any disease and/or condition. It is recommended that you consult with your doctor or physician for any medical concerns and changes to your lifestyle for improved health.