

## HOLISTIC EATING GUIDE

**"The food you eat can be either the safest and most powerful form of medicine or the slowest form of poison."  
— Ann Wigmore**

# WELCOME



**My name is Dr. Schilling, my team and I have been helping people across the county regain their health and improve their quality of life. We use Integrative Medicine, Emotional Re-patterning, IV Therapy, Regenerative Medicine, and Brain-Based Wellness to resolve the root cause of health concerns. Our team has created this Holistic Eating Guide to help you be the most successful within your lifestyle change. This food guide works with your body's "bio-rhythm" and allows you to shape your meals based on the ideal time frame for optimal digestion. By following this guide, you will enjoy more energy, reduced inflammation, pain, and better health.**

**Enjoy the guide & reach out with any questions!**



## MINDSET SHIFT AFFIRMATIONS

**"Every thought you think is creating your future."  
Change your relationship with food by reminding yourself daily of  
the affirmations that stick with you the most.**

I choose to eat this food so my body will feel it's best.

I choose to not eat this food for my well being.

I honor and nourish my body with the proper food and movement.

I am overcoming emotional eating/convenience based eating for my  
future.

I am whole and complete and do not need food to fulfill me.

I do my best and let go of the rest.

I release my expectations and let life unfold.

I am the source of my own love and happiness.

I take the time to prepare and plan my meals because my health is  
worth it.

I am beautiful in my essence, powerful in my heart, and open in my  
mind.

I am investing in my body to create the brightest future.

I am worthy of feeling my best.

**Which one resonates with you most?**

## EMOTIONAL VS. PHYSICAL HUNGER

There are different kinds of hunger! Understanding if you are experiencing an emotion or physical hunger is tremendously important! This awareness empowers you to know if your body is needing food or if it is trying to self soothe from unwanted feelings.



### Emotional

Food Specific

Mental

Comes With Emotional  
Upset

Sudden Urge

Absent- Minded Eating

Not Feeling Full

Guilt After



### Physical

Not Food Specific

Felt In The Body

Not Impulsive

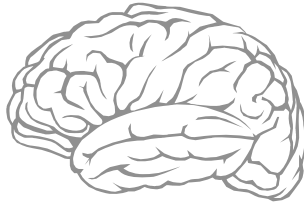
It is Time To Eat

Present Eating

Can Feel Full

No Regrets

## STEPS TO MINDFUL EATING



1. Think about what you purchase and why?  
What is the benefit you will receive from purchasing this item?
2. Eat when you have a true physical hunger.
3. Set a place and time to eat. Be away from technology, limit your distractions, and eat in a calm environment.
4. Thoroughly taste your food by taking small bites and chew slowly.
5. Eat slowly and allow your mind and body the time it needs to process what it is receiving.  
Taking your time allows your body to re-establish natural food cues so you don't over eat.

## SERVING SIZE CHART



**Protein** = Palm of your hand



**Fruits and Vegetables** = Your Fist



**Healthy Fats** = Your Thumb



**Carbs** = Your Cupped Hand

## FOOD GUIDE



Enjoy



Avoid



### MEAT AND FISH



Breakfast  
Lunch

Apples, fresh or frozen berries, cherries

All other fruits and fruit juices

### DAIRY PRODUCTS & MILK SUBSTITUTES

Breakfast  
Lunch

All fresh steamed, sauteed, raw, juiced or roasted vegetables

Corn, creamed vegetables, white & red potatoes

Breakfast  
Lunch

Rice, oats, quinoa, amaranth, tapioca, buckwheat

Wheat, spelt, kamut, corn, rye, barley; all gluten-containing products

### FATS

Dinner

Products made from rice, oat, buckwheat, millet, tapioca, arrowroot, amaranth, quinoa

Products made from wheat, spelt, kamut, corn, rye, barley; all gluten-containing products

### BREAD/CEREAL

Dinner

All beans, peas, and lentils unless otherwise indicated

Soybeans, tofu, tempeh, soy milk, other soy products

### STARCH

Dinner

Almonds, cashews, walnuts; sesame (tahini), sunflower, and pumpkin seeds; butters made from these nuts and seeds (raw is always best)

Peanuts, peanut butter, pistachios; any nut roasted with peanut oil

### FRUITS

Dinner

Wild-caught salmon, organic chicken, turkey, wild game, lamb, free range eggs, grass fed beef

Beef, pork, cold cuts, frankfurters, sausage, canned meats, shellfish, tuna, freshwater fish

### SWEETS

Dinner

Milk substitutes such as rice milk, almond milk, oat milk, coconut and other nut milks, organic butter

Milk, cheese, cottage cheese, cream, yogurt, ice cream

### LEGUMES

### NUTS AND SEEDS

Anytime

Cold-expeller pressed olive, flax, sesame, walnut, pumpkin or almond. Organic pressed coconut oil, organic butter

Margarine, shortening, seed oils, processed (hydrogenated) oils, mayonnaise, spreads, soybean/canola oil, peanut oil, other vegetable oils

### VEGETABLES

Anytime

Filtered or natural artesian waters, herbal or green tea, coconut water, kombucha

Soda pop or soft drinks, alcoholic beverages, coffee, black tea, other caffeinated beverages

### SPICES & CONDIMENTS

Anytime

All spices unless otherwise indicated.

Chocolate, ketchup, mustard, relish, chutney, soy sauce, BBQ sauce, all other condiments and store-bought sauces

### BEVERAGES

Anytime

Stevia and 80% dark chocolate

White or brown refined sugar, honey, maple syrup, corn syrup, high fructose corn syrup, candy; desserts made with these sweeteners



## LIFESTYLE CHANGE REPLACEMENTS



**Rice Noodles, Brown Rice Noodles, Mushroom Noodles, Quinoa, Spiralized Veggies, Riced Cauliflower, Lentil Noodles, Chickpea Noodles**



**Gluten Free Bread Without: corn, canola oils, and sugar!**  
**Brands We Like - Canyon, Siete (tortillas and wraps), NUCO Coconut Wraps**



**Cook With Refined Oils: Grape Seed Oil 485°, Coconut Oil 400°**  
**Eat Unrefined Oils: EV Olive Oil 400°, Ghee 320°, Grass Fed Butter 350°**



**(Unsweetened) Coconut Milk\*, Almond Milk\*, Cashew Milk\*, Pea Milk\*, Rice Milk, Macadamia Nut Milk**  
**Ice Cream made with cashew or coconut milk. \*\***  
**Yogurt from almonds, coconuts, and cashews\*\*. (Watch Sugar content)**  
**Brands We Like- Kite Hill, Forager, Ripple, So Delicious, Califia Farms**



**Homemade with Nuts and/or Nutritional Yeast**  
**Our Favorite Brands - Diya, Follow Your Heart, Kite Hill, Punk Raw Labs, Pamela Creamery, Violife**



**Toppings- Hemp Seeds, Raw Nuts, Pumpkin Seeds, Sunflower Seeds, Chickpea Croutons, Chia Seeds**  
**Dressing- Olive Oil and Seasoning, Pesto\*\*, Avocado, Hummus \*\***  
**Brands We Like- Bragg, Primal Kitchen, The New Primal**



**Kale Chips\*\*, Apple Chips, Apples, Berries, Cherries, Veggies with Hummus\*\*, 80% + Dark Chocolate, Raw Nuts/Seeds**  
**Nut Butter - Cashew, Sunflower, Coconut, Almond**  
**Brand We Like- Siete (Chips and Condiments), Endangered Species, Rawr Bars, Rx Bars, BoBo Bars, Greens and Blacks, Mary's Gone Crackers**



**Stevia\*, Raw Honey\*, Maple Syrup\*, Agave\***  
**Brands We Like- Sweet Leaf Stevia**



**Caffeine Free Tea, Herbal Tea\*,**  
**Our Favorites- Dandy Blend, Spring Dragon Tea, OptiB Complete**

***\*Organic, Non - GMO, & Soy Free***

***\*\* Make Sure To Read Ingredients or Make At Home***

## OPTIONAL FASTING GUIDE

### WATER FASTING OR FULL FASTING

As the name implies you consume water only and nothing else. Ultimately you should determine how long you would like to fast. During your fasting period avoid alcohol, tobacco, and any other avoidable toxins from entering your body. Gentle daily movement is recommended in the form of yoga, tai chi, walking, meditation, etc.

Adrenal, energy and hydration support while fasting:

- Add Himalayan Pink Salt ½-1 tsp/liter of water (The water should taste slightly salty but not as salty as the ocean)
- Consume ½ your body weight in ounces of water every day. If exercising or working in humid weather increase your water intake by 1-2 liters per day. (1 liter = 33 ounces)

### INTERMITTENT FASTING

Intermittent or modified fasting may be done several days a week or even every day of the week if desired.

We generally find that people are better able to fast from 8pm in the evening to about noon the next day. It is important to determine what works best for you. Set an eating window in which you eat all your food for the day within a 8, 6, or 4 hour span.

If you experience difficulties jumping directly to an intermittent fasting schedule you may consider slowly pushing back your first mealtime by one half hour each day until you are able to avoid eating until noon the next day.

Example: if you normally eat breakfast at 7am, the first day of your intermittent fast eat breakfast at 7:30am. Continue pushing the first mealtime back until you are able to eat your first meal at noon.

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#### PLEASE NOTE:

If you have issues with blood sugar regulation, suffer from hypoglycemia, have diabetes, etc. you should only enter full fasting while under the supervision of a qualified health care practitioner. If you fit into these categories, we highly recommend you check with your doctor or dietitian before adjusting your eating schedule. Contact your health care practitioner as soon as possible if unexpected or adverse symptoms should arise. If you are taking medications the amount of your drugs needed may dramatically decrease. Discuss your desires with your medical doctor and have a plan for decreasing your medication levels as needed. Groups that should NOT fast include those who are underweight or malnourished, children and pregnant or breastfeeding women.



# THANK YOU

We are happy that you're an individual that is striving to feel their best. If we can help you in any way, please don't hesitate to contact us.

Our mission is to end unnecessary suffering and the cycle of "sick care" and managing symptoms. Our obsession is to provide root-cause permanent solutions to health challenges.

Knowledge is power! We would love to empower you with information about your or a loved one's health concerns.

Give our team a call at (651) 738-7800 or email us at [heal@secoyahealth.com](mailto:heal@secoyahealth.com).

Warmly,

*Dr. Schilling and Team*