

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, Direct Primary Care, 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

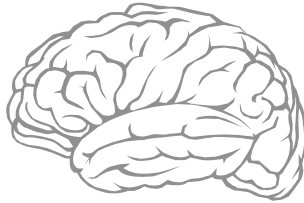
It is Time To Eat

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.

Warmly,

Dr. Schilling and Team