

Pillar 1: Nutrition — Jump Start to Fuel the Climb

If scores are low, start here: stabilize energy + reduce stress on the body
(Choose to start with 1 or 2 that resonate with you.)

10 Simple Shifts:

1. Drink 16–20 oz of water first thing in the morning
2. Add protein to every meal (eggs, Greek yogurt, chicken, beans, protein shake).
3. Add one vegetable to at least two meals daily.
4. Swap one processed snack for a whole food option (apple + nuts, etc.).
5. Reduce sugary drinks—replace with water, herbal tea, or electrolytes.
6. Use the “eat the plate” method: protein + fiber (veggies/fruit) + healthy fat.
7. Eat veggies first, the fiber helps limit insulin spikes.
8. Aim for 3 consistent meals per day (avoid long gaps that trigger crashes).
9. Eliminate after dinner snacking.
10. Eat slowly for at least one meal per day (signals safety to digestion).

Notice energy after meals: ask, “Did this support calm or create stress?”
Balanced meals signal safety and stability to your body.

Note: If you have the following health challenges, schedule some FREE time with me to learn about my lifechanging protocol that is scientifically proven to improve those conditions once and for all. Diabetic or pre-diabetic; high cholesterol; high triglycerides; inflammation; foggy brain; low energy; high blood pressure; overweight or gut issues. We can have a BIG impact on a nutrition protocol that is very doable.

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Small steps, practiced consistently, create powerful change.
This is how you begin your journey toward Great Calm and
Whole-Body Alignment.