



Whole Foods, Whole Health

Session with be
starting at 12 PM

The page is decorated with various colorful icons of fruits and leaves. At the top left, there are blueberries. Next to them is a slice of orange. To the right is a green leaf. Further right is a slice of watermelon. At the top right is a lime. On the left side, there is a whole yellow lemon. In the center, the text 'Hello and Welcome!' is written in a large, orange, cursive font. Below this, the text 'I am Norma Powers and owner of Mind, Body, Vitality, LLC' is written in a bold, dark blue font. Underneath that, a paragraph of text in a grey font reads 'I am here because I am passionate about health, wellness and empowering people to make sustainable lifestyle changes.' Below the paragraph, the contact information 'You can contact me @ normapowers.mbv@gmail.com' is written in a grey font. At the bottom left, there is a strawberry. Next to it is a banana. In the bottom center, there is a green leaf with the number '2' next to it. To the right of the leaf is a slice of lime. At the bottom right, there is a whole orange and a cherry. The text 'Mind, Body, Vitality, LLC' is written in a blue font at the bottom right corner.

Hello and Welcome!

**I am Norma Powers and
owner of Mind, Body, Vitality, LLC**

I am here because I am passionate about health, wellness and
empowering people to make sustainable lifestyle changes.

You can contact me @ normapowers.mbv@gmail.com

June Topic: Whole Food, Whole Health

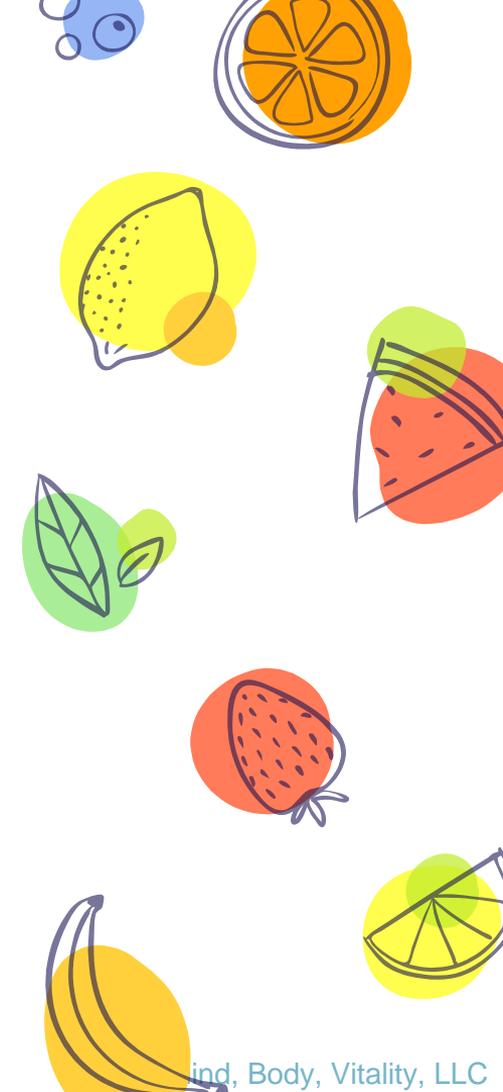


Circle of Life: Whole Food, Whole Health



Disclaimer

- ✓ I am not a doctor, counselor, nutritionist or dietitian.
- ✓ My role is not to prescribe, diagnose, cure any diseases.
- ✓ I am a health coach and I'm here to guide you in a holistic approach to nourish your mind, body and spirit for overall vitality
- ✓ I want to help you reach any health goals and to empower you to implement positive, sustainable lifestyle changes.
- ✓ Any recommendations are not meant to take place of any professional advice.
- ✓ Do not discontinue or make any changes in anything which has been directed by a medical professional without first consulting with them.



Let's Recap our May Session: "The Truth About Inflammation"

~1

Inflammation: is a biological response

~2

Acute Inflammation: body's first line of defense

~3

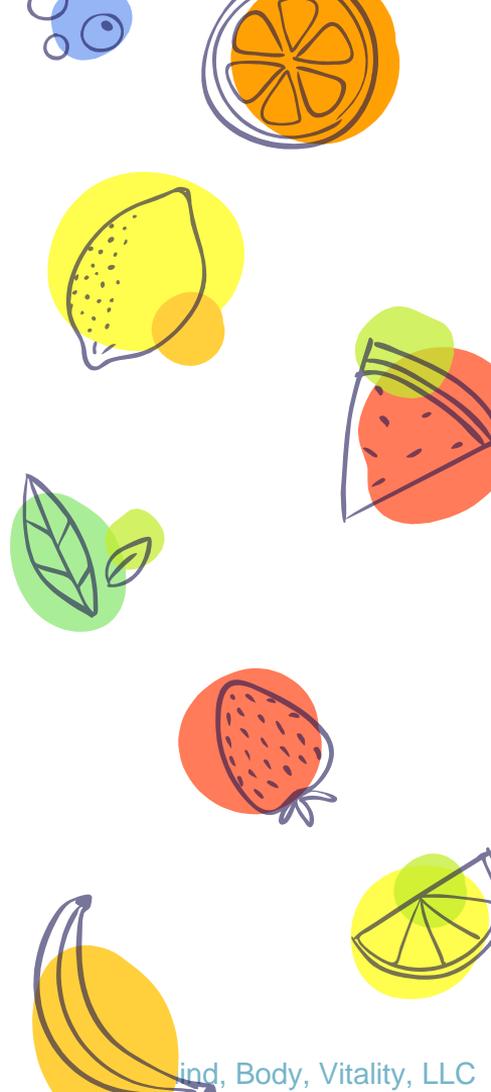
Chronic Inflammation: prolonged period of inflammation

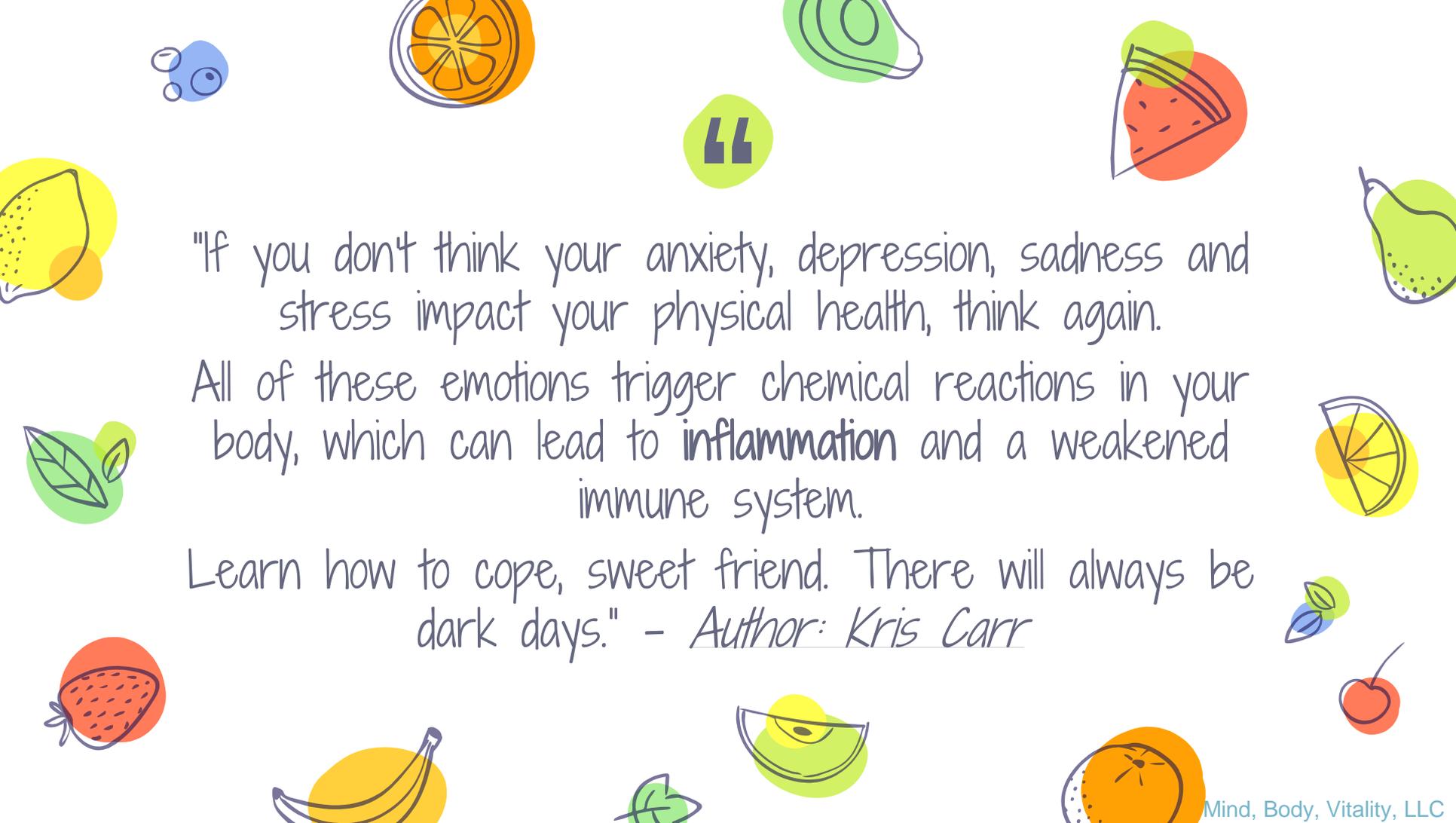
~4

Risk factors associated with chronic inflammation

~5

Lifestyle may help mitigate the risk factors



The background is white with scattered, colorful illustrations of fruits and leaves. At the top left is a blue bubble. Below it is a yellow lemon. To the right are an orange slice, a green kiwi, and a watermelon slice. In the center is a green circle with two black quotation marks. Below the main text is a yellow banana. To the right are a green kiwi, a yellow lemon slice, a blue leaf, and a red cherry. At the bottom are a green leaf, a green kiwi, and an orange slice.

"If you don't think your anxiety, depression, sadness and stress impact your physical health, think again.

All of these emotions trigger chemical reactions in your body, which can lead to **inflammation** and a weakened immune system.

Learn how to cope, sweet friend. There will always be dark days." - Author: Kris Carr

Let's PAUSE...

~Any Questions



Opening Meditation

5 Gates

- The Ground
- Our Tongue
- Our Face
- Our Belly
- Our Breath



Circle of Life: Home Cooking



Circle of Life: Home Cooking

~1

Act of preparing
food and the
authentic
nourishment

~2

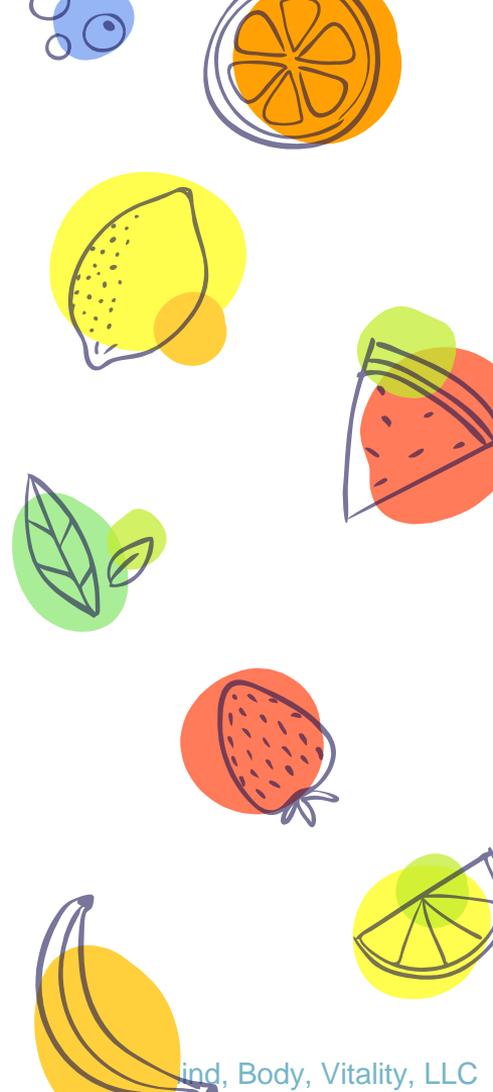
Physical and
emotional
nourishment

~3

Vitamin LOVE



*By bringing love and attention to home cooking as an act of self-care,
you'll enjoy health and happiness for years to come.*



Topic of the Month:
Whole Food,
Whole Health



Learn the Lingo

Whole Food:

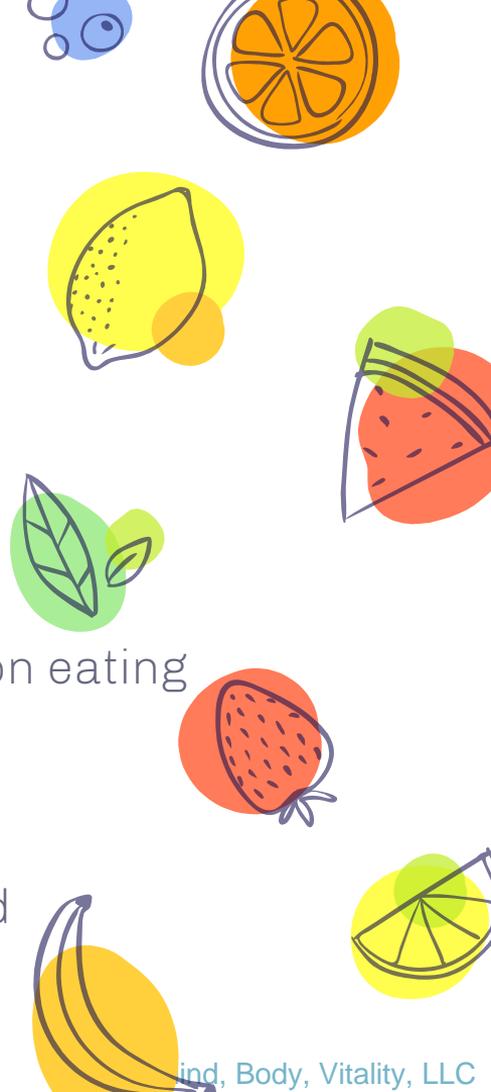
Natural food that are not heavily processed

Plant-based:

Food that comes from plants

A whole-foods, plant-based diet is a lifestyle that is based on eating mostly plants. It excludes or drastically reduces:

- animal products (meat, dairy, eggs) and
- processed, highly refined foods (bleached flours, refined sugars, and oils).



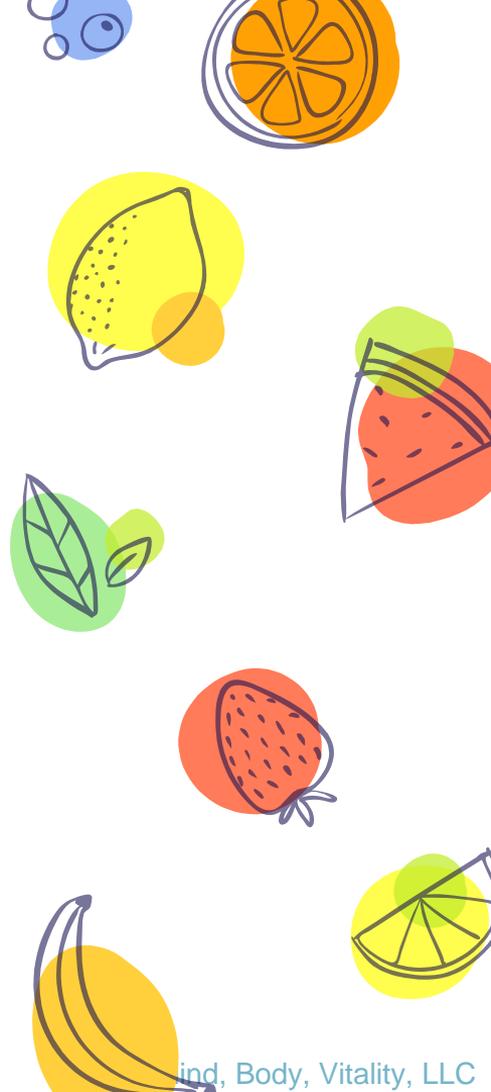
Other Important Terms...

Vegan:

A lifestyle that excludes all animal products for food, clothing or any other purpose.

Vegetarian:

A lifestyle that excludes meat, poultry, game, fish, shellfish or by-products of animal slaughter.



Benefits of Plant-Based

1

May lower your blood pressure

2

Keeps your heart healthy

3

May reduce or prevent Type 2 Diabetes

4

May help you lose weight

5

May decrease your risk of cancer

6

May improve your risk of

7

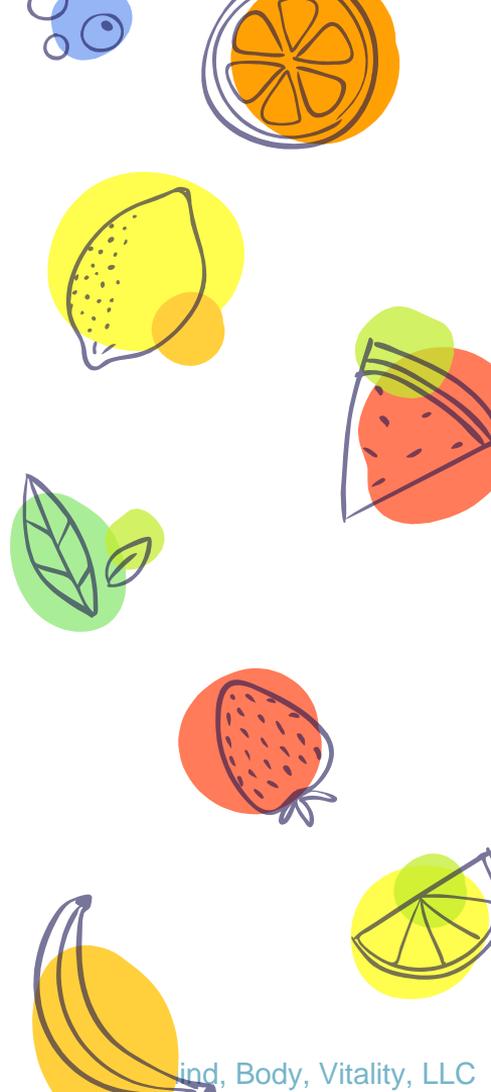
Keeps your brain strong

Benefit Categories

~1: Weight Management

~2: Disease Prevention

~3: Environmental Footprint



Prevention

Heart Disease

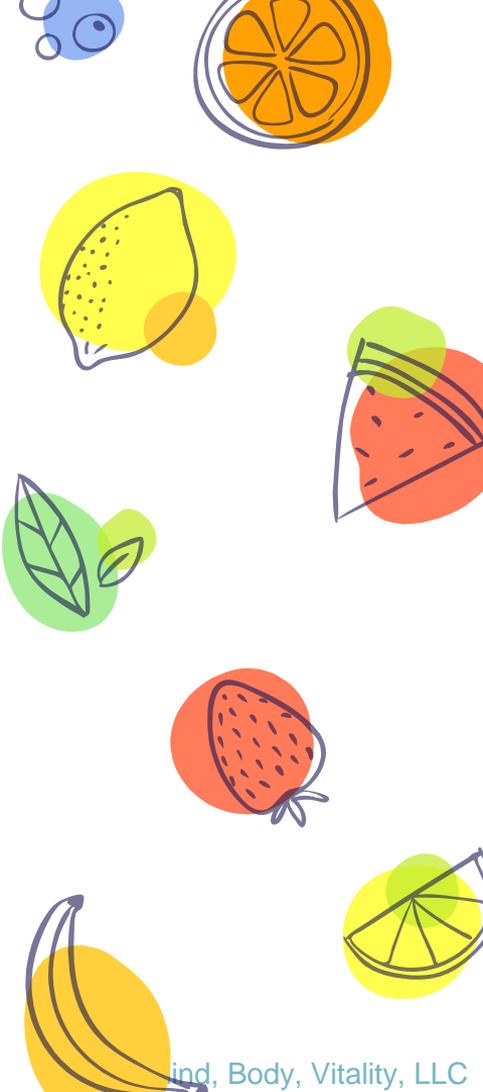
- 2017 AHA study: could reduce the risk of HF by 42% in people with no history of heart disease
- Plant-based diet can reverse coronary artery disease

Cancer

- May reduce your risk of certain types of cancer
- Cancer cells thrive on high-sugar
- Lifestyle can contribute to cancer development

Diabetes

- 34% lower risk of developing diabetes
- 50% reduction in risk of type 2 diabetes
- Improves blood sugar



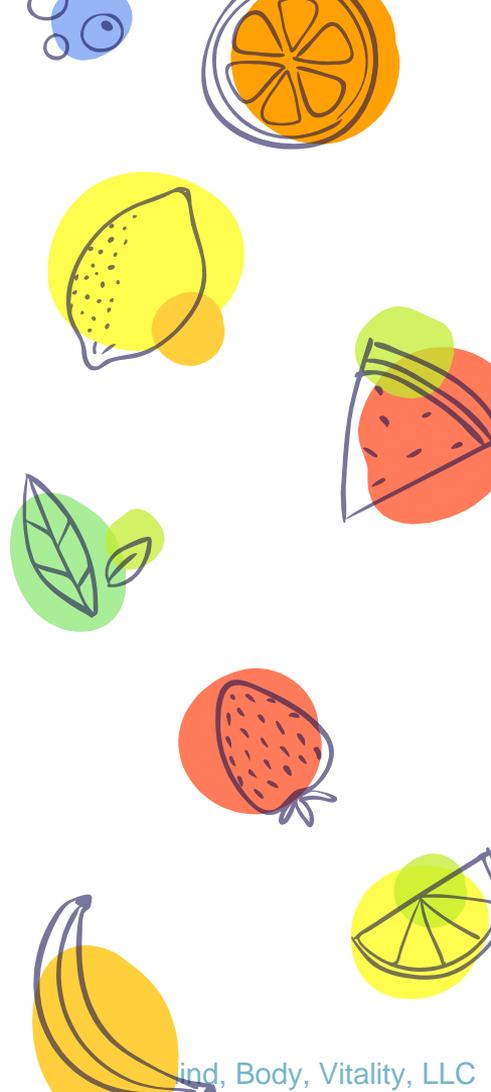


A whole-foods, plant-based diet can help reduce inflammation, boost your immune system, and decrease body weight, all of which are attributed to reducing cancer risks.

Prevention... continued

Your Brain on Plant-Based Diet

- Positive impact on mental health and cognitive function
- Fewer symptoms of depression, anxiety, stress and mood disturbance
- Eating more fruits and vegetables showed 20% reduction in risk of developing cognitive impairment or dementia



Making the Transition

4 Food Categories



Fruits: apples, bananas, grapes, strawberries, citrus fruits, berries...



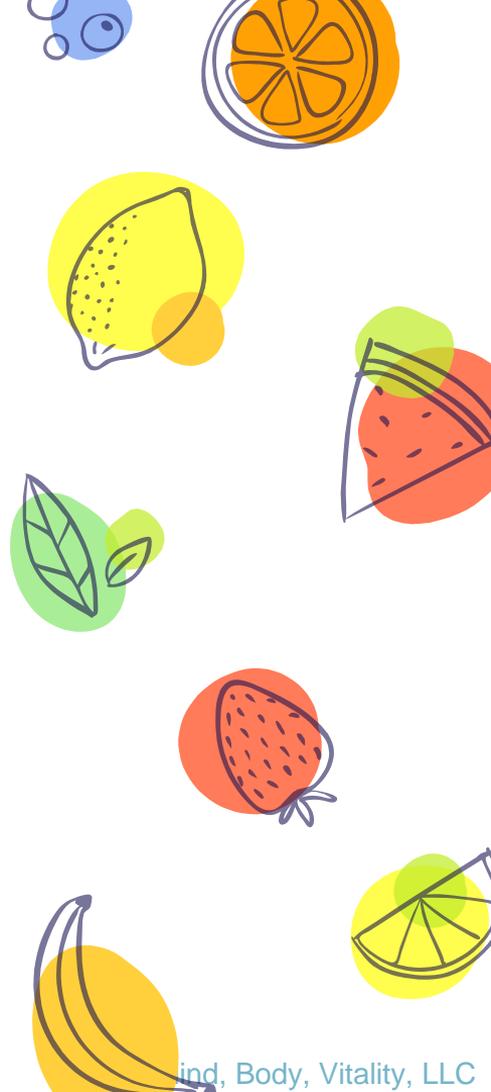
Vegetables: peppers, avocados, green leafy vegetables, collards, peas, carrots...



Whole Grains: grains, cereals, and other starches in their whole form, such as quinoa, brown rice, millet, whole wheat, oats, barley...



Legumes: beans of any kind, lentils, peas...



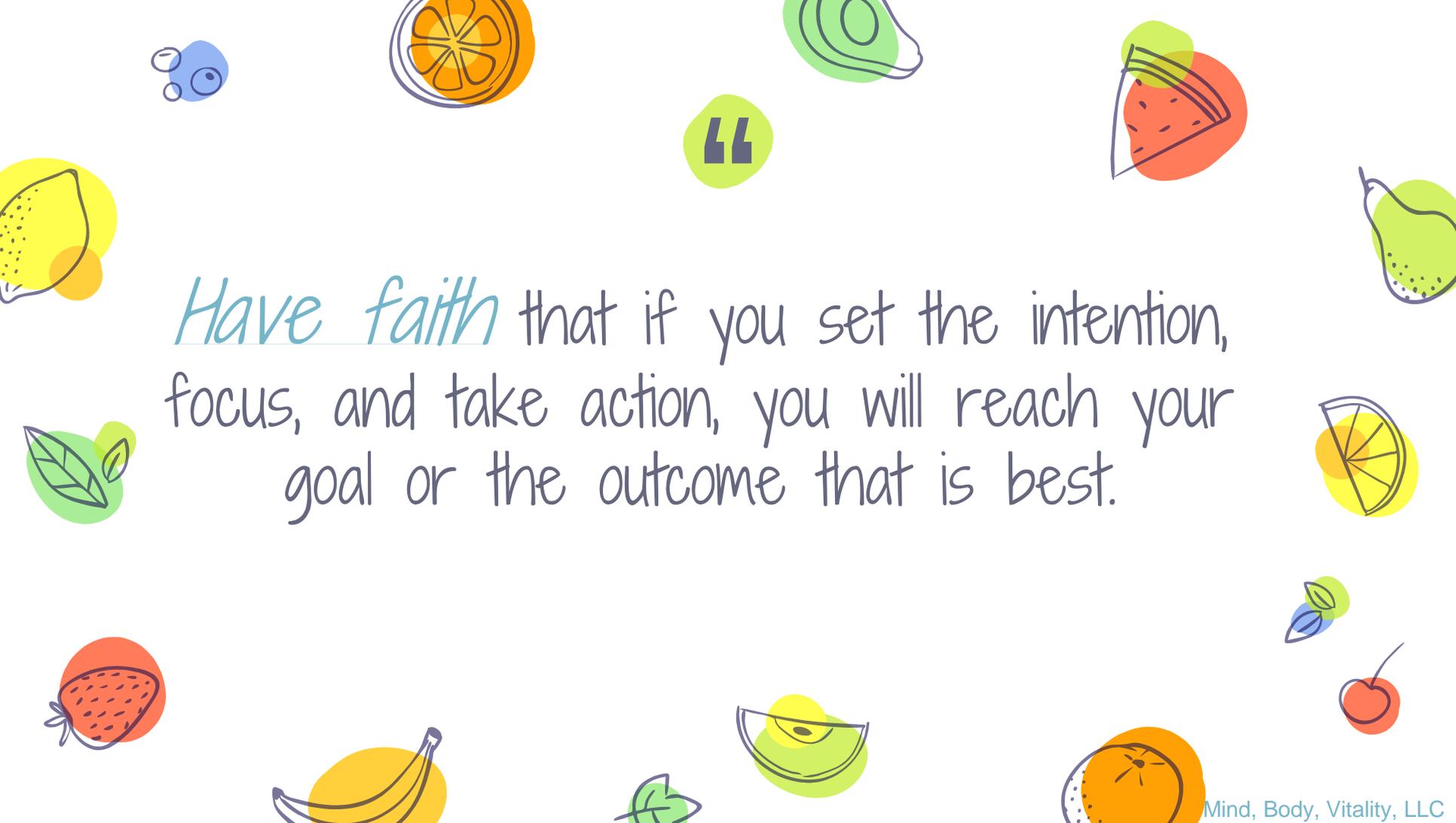
Health Goal(s)

Success in any aspect of life comes down to setting goal(s)

Tips for establishing achievable goals for yourself:

- Become aware of a need.
- Envision the outcome.
- Set the intention.
- Focus on the goal.
- Take action to achieve the goal.



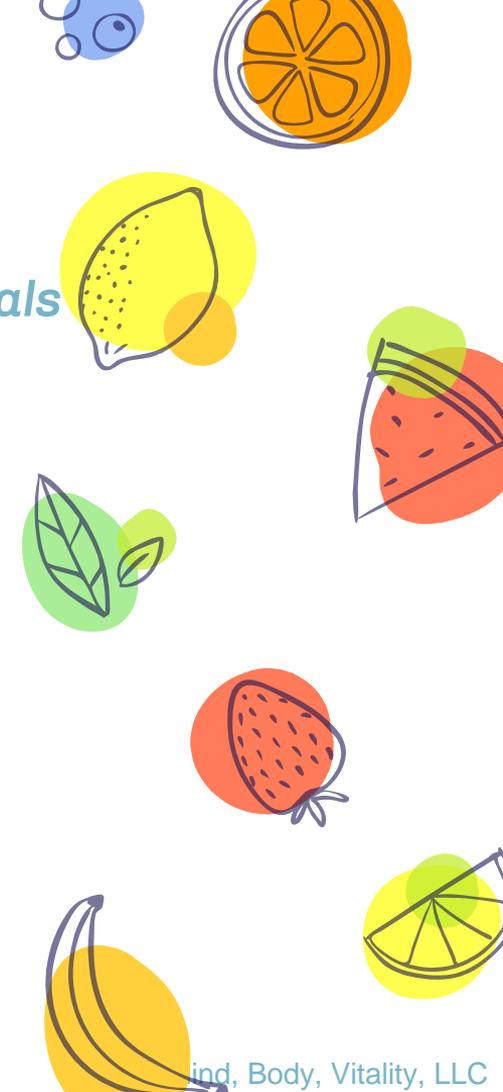


Have faith that if you set the intention,
focus, and take action, you will reach your
goal or the outcome that is best.

Kitchen Prep

Prepare your kitchen to help keep you on track of your goals

Have	Avoid/Limit
Greens	Sugar, sugar substitutes
Fruits	Caffeine
Water	Dairy
Lemon	Meat
Vegetables	Processed foods
Legumes	Soda
Nuts and seeds	
Herbal teas	



Shopping

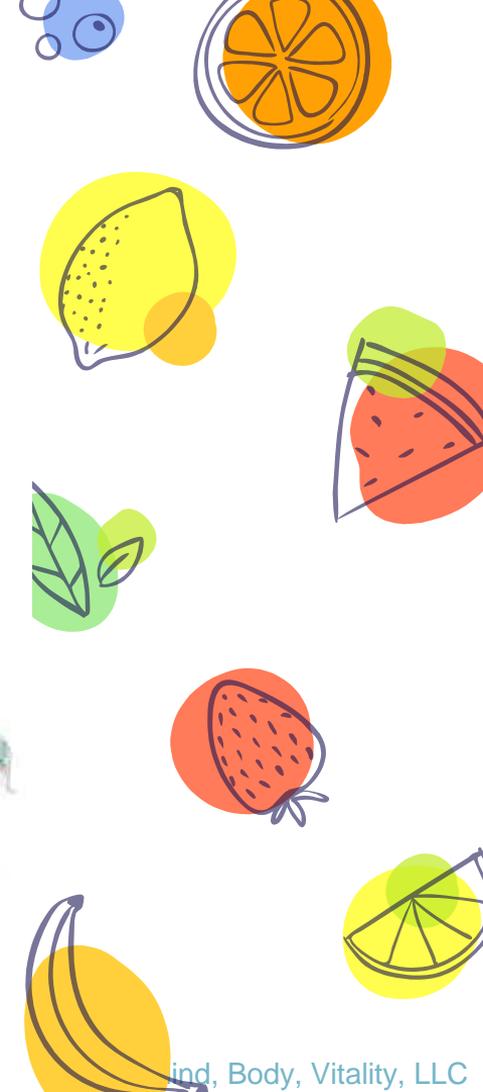


- Plan your meal and gather recipes
- Make a list of needed ingredients
 - **TIP:** *Look for recipes with similar ingredients*
- Try shopping at local and ethnic markets
- Shop within the periphery of the store
- Purchase local produce (local CSA)



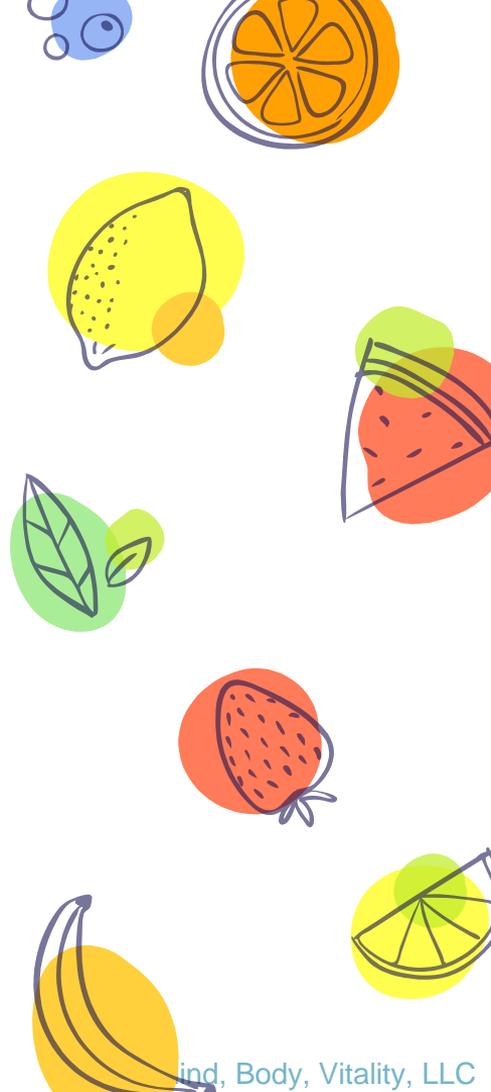
Prep Time

- Schedule prep time when you return home.
- Wash and cut EVERYTHING.
- Store foods in glass containers
 - Produce last up to 10 days in the refrigerator.
 - Fresh herbs have a shorter lifespan.
 - You can buy herb plants for your kitchen or mix herbs with a healthy oil to cook with.
- Purchase local produce (local CSA)



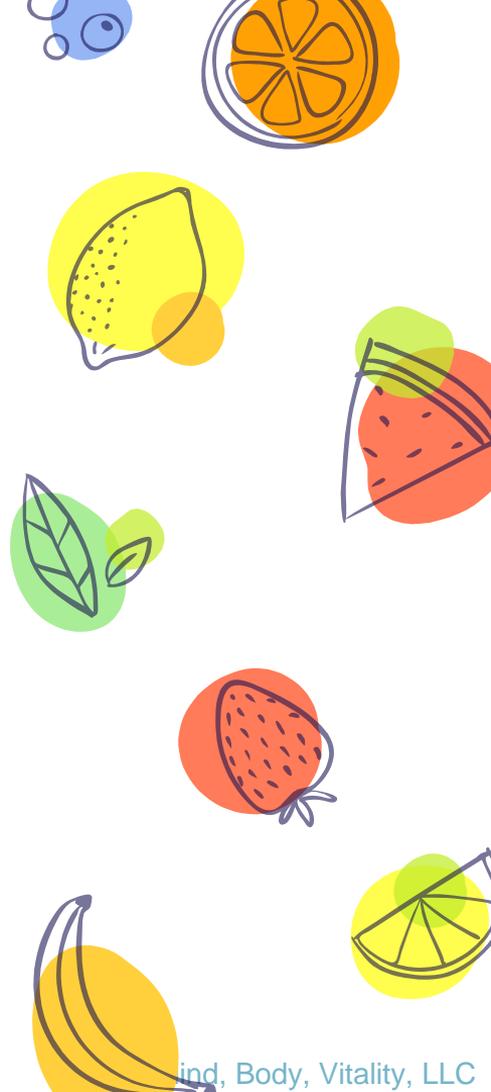
Getting Started

1. Remember your health goal
2. Start by eating more of the plant-based meals
Meatless meals you already enjoy
 - Rice and beans
 - Stir-fry
 - Pasta with tomato sauce
3. Shift the balance (crowding out)
More plant-based less meat
4. You don't have to give up your favorite animal food
5. Plant-based meetup groups



Whole Foods vs Supplements

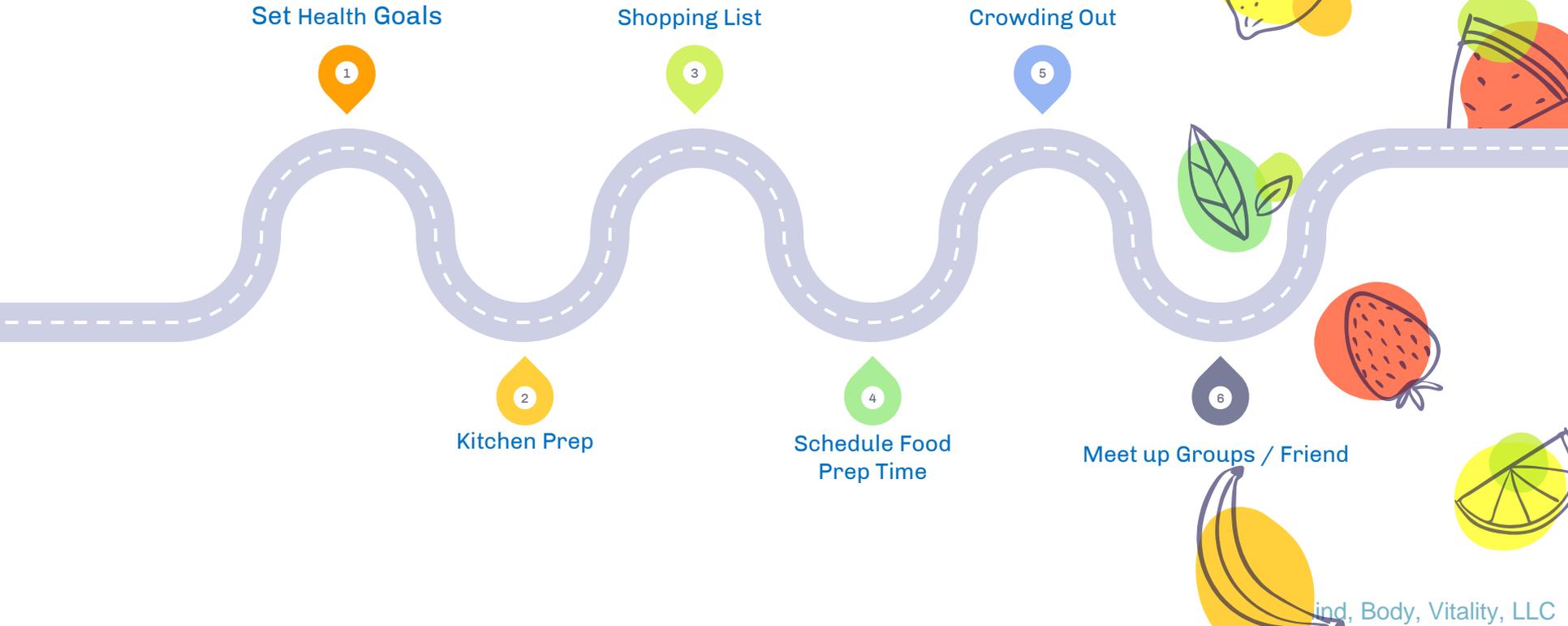
1. Greater nutrition
2. Essential fiber
3. Protective substances



Stay Motivated!



Roadmap to Whole Food, Whole Health



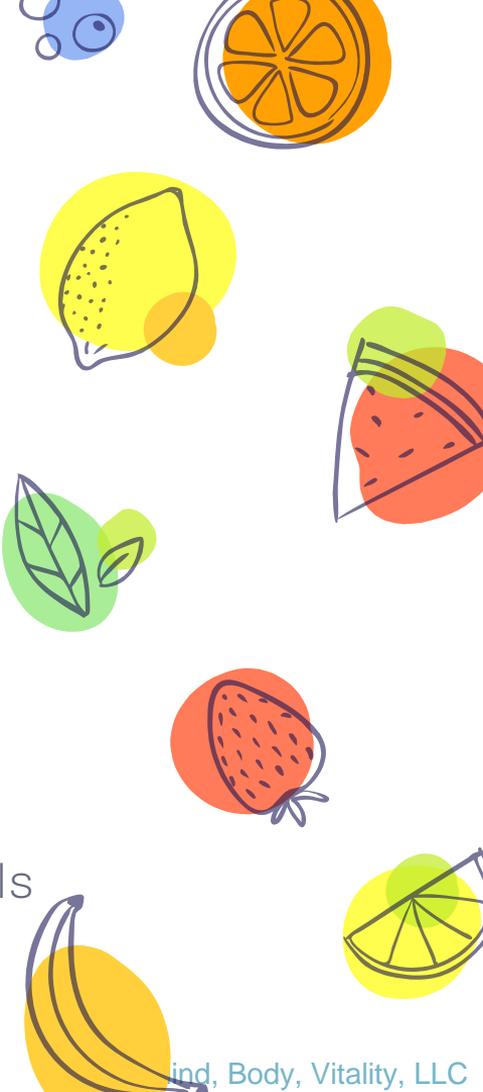
Recommended Resources

Website / Documentary

- Forks Over Knives

Books

- How Not To Die by Michael Greger
- The Mind-Gut Connection: How the Hidden Conversation Within Our Bodies Impacts Our Mood, Our Choices, and Our Overall Health by Emeran Mayer
- A Plant-Based Life: Your Complete Guide to Great Food, Radiant Health, Boundless Energy, and a Better Body by Micaela Karlsen
- The Omnivore's Dilemma: A Natural History of Four Meals by Michael Pollan

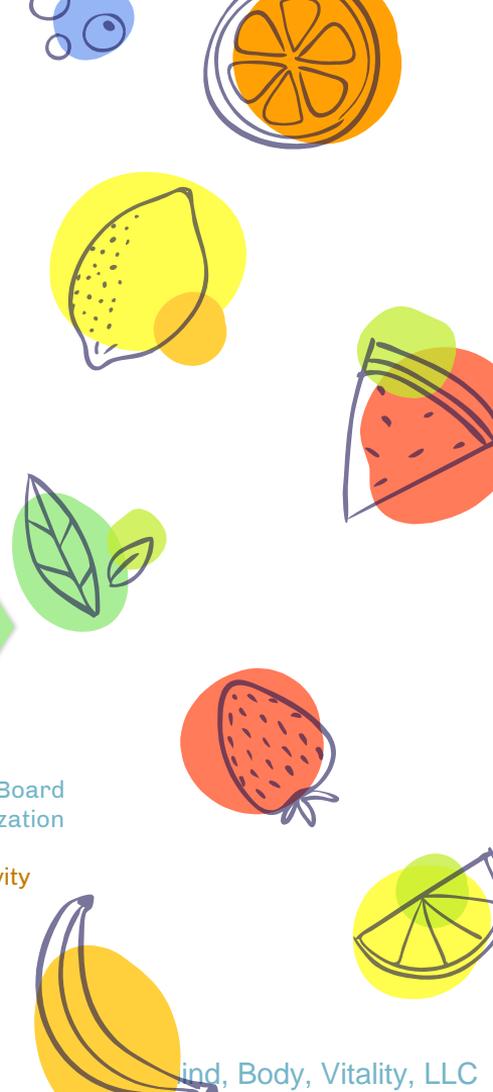
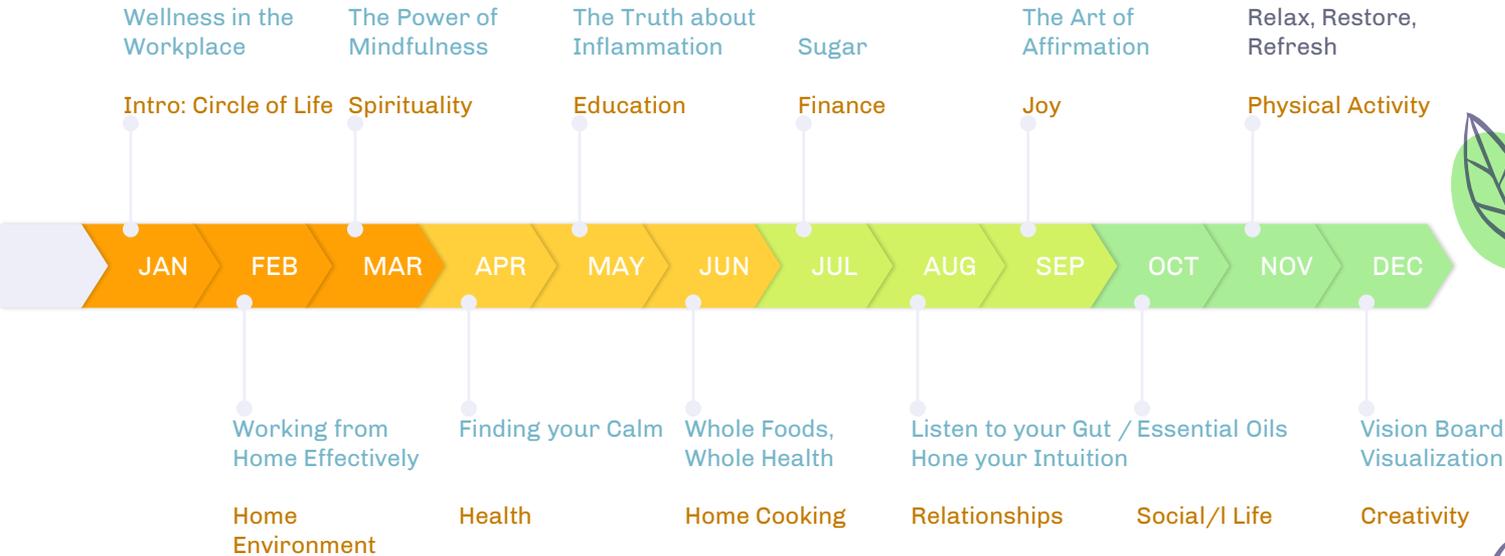


Class Resources

- <https://youtu.be/xnKaOL2IBPY>
- <https://www.healthline.com/nutrition/plant-based-diet-guide#benefits>
- <https://www.ncbi.nlm.nih.gov/pubmed/28728684>
- <https://www.virtua.org/articles/prevent-and-reverse-heart-disease-with-a-plant-based-diet>
- <https://www.forksoverknives.com/science-says-about-diet-and-cancer/#gs.Z9BZpNuO>
- <https://www.piedmont.org/living-better/can-a-plant-based-diet-help-prevent-cancer>
- <https://thetruthaboutcancer.com/plant-based-keto-diet/>
- <https://www.ncbi.nlm.nih.gov/pubmed/27299701>
- <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4221319/>
- <http://www.onegreenplanet.org/natural-health/how-plant-based-diet-rejuvenates-brain/>



Health and Wellness Timeline



Bonus Recipes!



Burrito Bowl

Ingredients

Baked tortilla chips

2-4 cups cooked grains

2-4 cups cooked beans

2-4 cups chopped romaine lettuce or steamed kale

2-4 chopped tomatoes

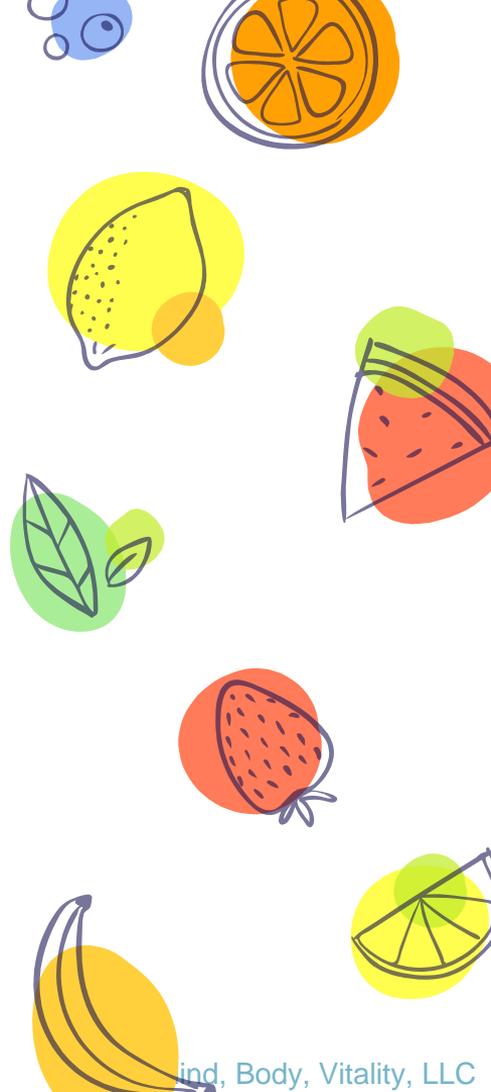
1-2 chopped green onions

1-2 cups corn kernels

1 avocado, chopped

Fresh salsa

<https://www.forksoverknives.com/recipes/burrito-bowl/#gs.p8LxeTbX>



"No-Tuna" Salad Sandwich

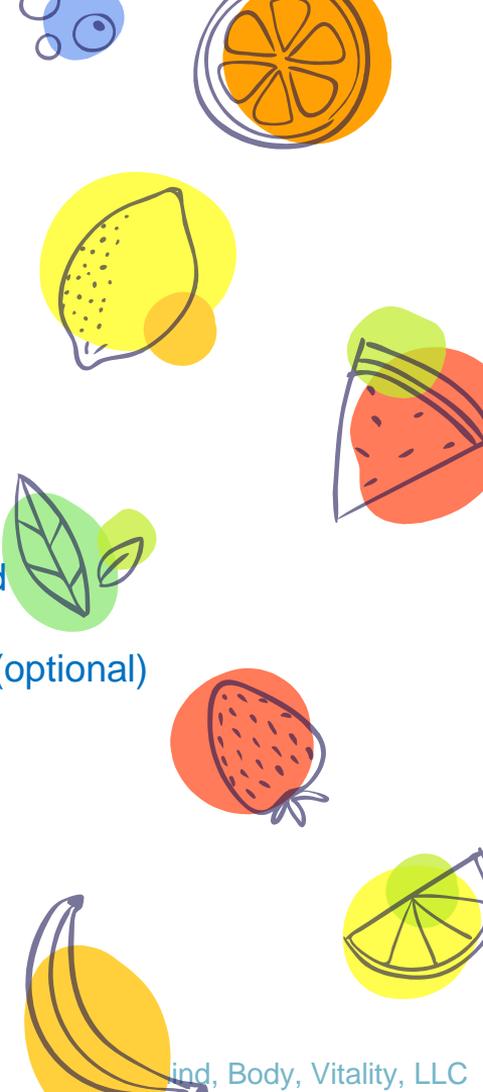
FOR THE SALAD:

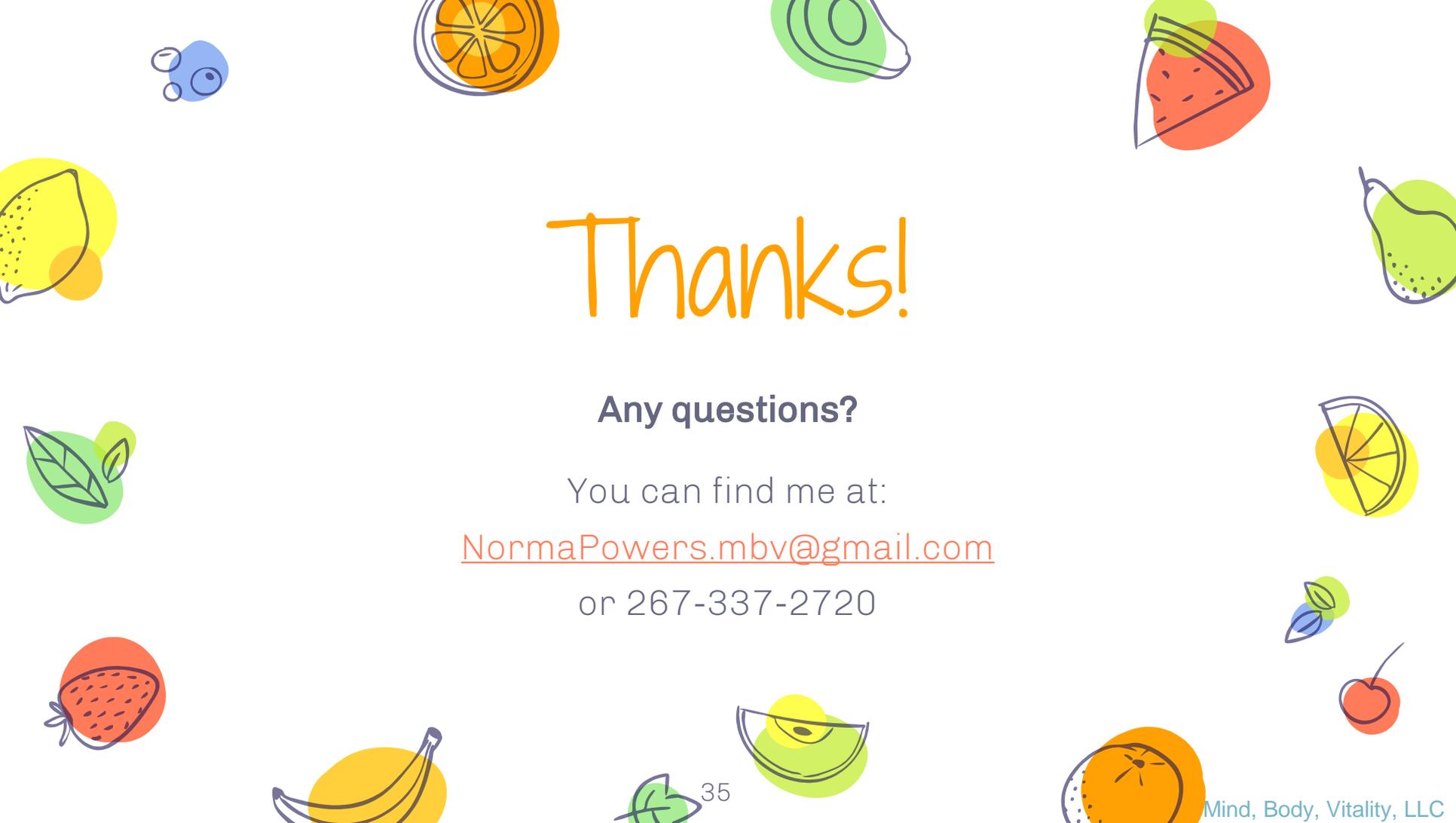
- 1 (15-ounce) can chickpeas, rinsed and drained
- 3 tablespoons tahini
- 1 teaspoon Dijon or spicy brown mustard
- 1 tablespoon maple syrup or agave nectar
- ¼ cup diced red onion
- ¼ cup diced celery
- ¼ cup diced pickle
- 1 teaspoon capers, drained and loosely chopped
- Healthy pinch each sea salt and black pepper
- 1 tablespoon roasted unsalted sunflower seeds (optional)

FOR SERVING:

- 8 slices whole-wheat bread
- Dijon or spicy brown mustard
- Romaine lettuce
- Tomato, sliced
- Red onion, sliced

<https://www.forksoverknives.com/recipes/vegan-no-tuna-salad-sandwich/#gs.9lu7Hrgt>



The background of the slide is decorated with various colorful illustrations of fruits and vegetables. At the top left, there are blueberries. To their right is a sliced orange. Further right is a green avocado. At the top right is a slice of watermelon. On the left side, there is a yellow lemon. On the right side, there is a green lime. In the middle left, there are green leaves. In the middle right, there is a sliced yellow fruit. At the bottom left, there is a strawberry. At the bottom center, there is a banana. At the bottom right, there is a cherry. At the very bottom center, there is a green leaf and a sliced green fruit.

Thanks!

Any questions?

You can find me at:

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or 267-337-2720