

Health Concepts	Food & Drink	Lifestyle	Supplements
No such thing as ‘good’ or ‘bad’ foods – only foods to help your personal symptoms.	Protein in the morning to stop sugar cravings so any health program is easy	Specific ideas to feel better that fit your lifestyle	The magic pill approach – which vitamins, minerals and herbs will help you?

1. This month is going to be about strengthening – building a strong and satisfied body. To feel the strength and satisfaction, enjoy protein for breakfast. If you have sugar cravings then poached eggs with toast and greens; chicken soup with big chunks of chicken; pork sausage or even fish tacos for breakfast. If you’re feeling weak and have sugar cravings then make it beef – ground in a patty or thin sliced steak from the night with tomatoes. Think outside the box and have dinner for breakfast.
2. This is part of a building plan, preparing for a cleansing plan without any cravings and deprivation next month. Don’t let my focus on protein scare you – it won’t last forever and it will feel great!
3. Simply choose a protein to eat within 2 hours of waking in the morning. Eggs, beef, chicken, turkey, rice whey or pea protein powder.
4. The goal here is to really feel the affects of eating a big strong protein breakfast and don’t worry about any other food or activities during the day.

Task – Eat protein (eggs, chicken, fish or beef) within 2 hours of waking.