

TIPS for a Successful Program

When starting a nutrition program, there are several things you can do to ensure that you get the best results. The most important tip is to plan ahead. Make sure you are aware of any social engagements during the time of the program that might sabotage your efforts. If you have an event coming up during the program – let us know and we can help!

1. If you are a coffee drinker, slowly begin to cut back now! It will make it much easier to handle the first few days of the program. A good coffee alternative is Dandy Blend, which contains dandelion roots and other health promoting foods.



2. Get support. Tell those around you what you are planning to do. See if someone wants to do it with you (you can send them the link to register at <http://nourishinggurus.com/summerrecharge>). Announce it, tweet it or post it on Facebook, so have some accountability. Let them know that you will need their support. If possible, avoid people who will try to halt your progress with statements such as “go ahead have one cookie” or “it’s just one drink.”

3. Get mind-ready. Remind yourself the reason why you are doing the program in the first place, post it throughout your home or office and picture yourself at the end feeling great.



4. Be prepared. Plan the menus, stock your fridge and pantry with foods you can enjoy and get rid of foods you want to avoid.

5. Eat light and be mindful when you are eating  (we will help you with this).

6. Consider an electronics detox, limit computer use, television watching (particularly violent shows and news).





7. Exercise – sweating helps you get rid of toxins.
8. Meditate or spend at least 5-10 minutes being quiet and turning inward. Practice mindful breathing. On the inhale breathe in peace and nourishment. On the exhale visualize getting rid of waste and what no longer serves you.
9. Emotional detox. At the end of the day think of any feelings or thoughts that were negative or draining. Write them down then let them go!



10. MOST importantly, be grateful and loving to yourself. Honor your body for what it has done for you and what it continues to do.

Congratulations! You are nourishing yourself!