

Introduction

This plan is for you if:

- You think you're eating well, but you're just not seeing the results.
- You're confused about what's truly "healthy" and where to start.
- You've started your eating program, but you keep 'falling off' it.
- You've given up because of all of the above.

How to Use This Book

You can use this book in 2 different ways:

- As a stand alone guide for the whole family.
- As information as it relates to your Customized Plan.

If you chose option #2, make sure you read "How to Customize Your Plan" on page 12!

Note: When you read this book, make sure you also read the footnotes. They are full of additional interesting information.¹

The Fit 'n Healthy Plan is divided into three parts:

Part One: Getting Started

Part Two: Your Action Plan

Part Three: Support Tools

"Part One: Getting Started" is the framework for your healthy lifestyle. In this section, you'll learn the principles behind eating healthily and the concepts to adopt to stay healthy for life. You'll also learn how to make meals and snacks in four simple steps and which foods to stay away from no matter what. Get ready to take the guess work out of meal preparation – hooray!

¹ Just checking!

Now, you might find that some of the foods I recommend avoiding are ones that you are accustomed to eating. In that case, follow the steps in “EASY-ing Your Way into the Plan” on page 35. Here, you’ll find health tips to gently guide you into a healthier way of eating. I’ll also help you clear out your kitchen cupboards so you don’t have to face the temptation of unhealthy choices. Before long, you’ll find yourself eating, feeling and looking much better!

Best of all, most of the information in this section has a counterpart in the Appendices that you can print out and use as a take-along guide to help you make the right food choices when grocery shopping. Easy!

“Part Two: Your Action Plan” is all about putting your newfound knowledge to use. It gives you a well-designed, health-promoting meal plan and teaches you how to design your own variation. This section also introduces tons of incredibly tasty, absolutely scrumptious RECIPES! From mouth-watering breakfasts to guilt-free evening snack choices, I’ve got your dietary needs and your cravings covered!

“Part Three: Support Tools” is there to help you if you find yourself struggling during a phase of your transformation. Let’s face it, sometimes it’s difficult to change a routine – even when you know it doesn’t serve you well. Amongst other things, this section addresses common physical reactions to the body trying to clear itself of trapped toxins. I provide tips for you to manage your symptoms and make sure your transition to health is as smooth as possible.

The support tools also address temptations, cravings and setbacks and how to overcome them. I’ll offer motivation for you to stay on track and encouragement to get back onboard if you happen to fall off.

Finally, there are additional tools to help you support your family’s healthy lifestyle. I’ve included time-saving ideas for nutritious eating and even how to feed those picky eaters the foods you know they need! Also included here is a Fit ’n Healthy Journal template for you to record your daily endeavours. Many people find journaling helpful to document what is and isn’t working. It’s also great for keeping track of which foods cause you discomfort and which build up your strength and energy.

Any questions? Good! Now let's get started!

My Story – I was Just Like You!

My personal journey started in my late teens when my mother, who was concerned about my health, took me to a doctor. After I met with him and had some tests done, I got some sobering news. My doctor had these words for me: “Michale, you have the body of an 80-year-old grandma. If you continue with your destructive lifestyle and eating habits, you may not make it.”

I was shocked. I was very athletic, but clearly physical fitness wasn't enough to keep me “healthy.” I certainly didn't want to die, so I had no choice but to face the fact that my diet needed drastic attention. Even though my mom had been providing me with wholesome foods, I was eating nothing but sugar and processed junk when I was outside the home. Looking back, I admit that I never gave a single thought to what foods would nourish my body. I chose my food **ONLY** for its taste – which meant I pretty much lived on chips, fast food and candy.¹

So there I was, just out of high school and ready to face the world with a body that was physiologically UN-fit. I was tired and UN-healthy. Desperate for answers, I followed mainstream media's nutrition recommendations, which, at the time, included the use of margarine instead of butter, artificial sweeteners instead of natural sweeteners and low-fat everything. Some of which is even marketed to us as ‘healthy’ today!

Well, the result of this new “healthy” eating plan was amenorrhea² followed by osteoporosis by the time I was 31 years old. Not good. Bone mass is supposed to peak at age 30, yet mine was deteriorating! Obviously, the things I was doing to improve my health were **NOT** working. This was the turning point. Finally, I began to look at a natural approach to health.

1 (NON-Foods)

2 The loss of a menstrual cycle.

Once I began reading about “alternative” health, I didn’t stop.¹ I wanted to know the truth about what we’re really designed to eat and not be swayed by what’s marketed as healthy food. This was the beginning of my journey to find the answer to my question, What’s the best diet?

My curiosity and passion spurred me to complete a degree in nutrition. As I learned more and more about how the body functioned, I realized that for me to rebuild my body (particularly, my bones), I needed to bring back balance to my body’s systems. In my case, it was my hormonal (endocrine) and electrolytic systems that needed support. So, I began applying certain nutritional principles to my own life. I systematically replaced the foods that were making my body weak with selections that nourished my body. It wasn’t long before I noticed small but consistent health improvements. This new way of eating and living was working!

Eventually, my body made a complete recovery. At age 42, my bone density test results indicated that my BMD measurement had increased significantly. My bones were rebuilding themselves – naturally!² **I actually reversed my osteoporosis and remain free from the condition to this day.**

I am here now to share the things I have learned and experienced in order to help you build a healthier, fitter body. This is truly an achievable goal. Trust me and trust yourself – you can do it!

How the Fit ‘n Healthy Plan Began!

When I first started counselling people about nutrition, one of the initial questions I’d ask was, “What is your purpose in seeing me today?” Many people answered, “To feel fit and healthy,” which is how I came up with the name of my practice: Fit ‘n Healthy Nutritional Consulting.

1 You would have literally seen me reading while standing in line or walking down the street.

2 Building bone density after age 35 can be very difficult to do.

When I saw how many people strove to become “fit and healthy,” I began work on The Fit ‘n Healthy Plan. The plan evolved through a process of combining proven medical research with practical knowledge from my family kitchen. My 9 years of real-world experience as a busy mother of two definitely came in handy! The final result is the version you will be reading about today: an easy-to-follow, highly effective nutrition and lifestyle plan for today’s modern world. You’re going to love it!

What the Fit ‘n Healthy Plan Will Do for You

Whether your goal is the “perfect weight” or a Fit ‘n Healthy body, The Fit ‘n Healthy Plan will give you the answers that you’ve been waiting for.

Answers like:

- How to feed your body nourishing **and** great tasting food
- How to eat well on a budget
- How to create balanced meals in a hurry
- How to integrate good eating habits into your family routine
- How to recognize healthy food from junk food in disguise
- How to determine how much protein is enough

You will learn about a simple, natural way of eating that will give you:

- A strong, lean and better-shaped body
- A body with optimal energy and glowing health
- A way to live without harmful, unnecessary pills or medications

Best of all, you won’t have to waste time counting calories or feeling confused about what to feed yourself and your family!

CALORIE COUNTING – Unnecessary!

Calorie counting is unnatural, unsustainable and time consuming. Plus, it’s unrealistic to assume to know exactly how many calories your body needs on any given day. Caloric needs are related to activity. The more exercise you do in a day, the more food you need to consume. As you retrain your body with The Fit ‘n Healthy

Plan, your natural built-in-hunger response will tell you when you need more calories. Get ready to toss those diet books!

EATING WELL – Easy!

Many of today's diets are too restrictive. Get ready to enjoy real butter and all the good fats, while avoiding the 'low fat' scam! They're good for business but bad for our health. Remember, the goal of this plan is **health**. If your primary goal is weight loss, you'll be pleased to see that weight is usually a natural secondary effect of healthy eating. For more information, visit www.fitnhealthynutrition.com and look under "Weight Loss."

HEALTHY MEALS – Quick!

In today's society, most of us are busy working, raising children, driving from A to B, and frantically trying to schedule social time and exercise. Typically, we only have a minimal amount of time available to prepare and eat nourishing foods. As a result, many of us turn to fast food, even though we know it's devoid of vital nutrients!

Unfortunately, we are trading health for convenience. Many of the degenerative diseases we experience today are directly attributable to poor diet. We're in the midst of a worldwide healthcare crisis, which tells us that not enough people are finding solutions.

Consider this, as of April 2009, according to the National Cancer Institute (NCI)

Serious diseases that are linked to what we eat kill an estimated 3 out of 4 Americans each year

NCI goes on to say that, "Heart disease, which is largely influenced by what we eat, remains the number one killer of both American men and women. And, *high blood pressure, which can be reduced within a month by changing eating habits*, will affect 90 percent of American men and women at some point in their lifetime".

NCI is telling us that simply changing your eating habits can normalize your blood

pressure within one month. Why, then, is the first line of therapy – medications when it clearly needs to be the right eating and lifestyle plan.

Did you know...

Just 1 tsp of sugar can put a halt to your immune system¹ for up to 6 hrs²? Did you also know that as few as 2 or more servings of garlic a week may help protect against colon cancer and that garlic has been shown to actually stop the growth of cancer cells once they develop³? That's the power of whole foods!

Cancer cannot live in a healthy body, period.

Never fear, help is on its way! The Fit 'n Healthy Plan is full of delicious fast food solutions such as breakfast smoothies, protein shakes, ready-made chicken wieners and bison burger patties. I've also included a list of grab-and-go foods in the Appendices that you can print out and take with you the next time you head to the grocery store.

SAVE MONEY – Really!

In this day and age, we need to be mindful of where we spend our money. We want good value for our dollar. The Fit 'n Healthy Plan is designed with this in mind. As you read further, you'll discover how truly inexpensive healthy foods are. I'll even teach you a new way to shop that can save you money!

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- 1 Your immune system is your defence system that, when it is working well, you are well ... uh huh!
 - 2 Contrary to popular belief, you do not catch a cold - you eat it. When you eat too much sugary junk or foods your body simply is not designed to eat, your immune system becomes weak and you lose the ability to defend yourself against harmful pathogens. If you can remember anything from this book, just remember this -Sugar feeds Cancer – choose natural sweeteners instead!
 - 3 Even as early at the 1600's, Sir John Harrington, in *The Englishman's Doctor*, summarized garlic's virtues by stating "Garlic then have power to save from death".

How to Customize Your Plan

Over the years, I have come to realize that there is no such thing as “one diet” that suits all people. You are unique and so are your dietary needs. In other words, what works for you may not work for your neighbour or your friend. A food considered “healthy,” like tomatoes or almonds, is healthy for some while not healthy for others.

In order to maximize the efficiency of your plan, you can customize it by following these three simple steps:

Step 1: Complete the Nutri-Body® Questionnaire

Step 2: Review your personal solution

Step 3: Integrate your customizations into your Fit ‘n Healthy Plan

Step 1: The Nutri-Body® Questionnaire

The Nutri-Body® Questionnaire is an incredible health-assessment tool that uses your answers to identify nutritional deficiencies, excesses or imbalances related to your particular symptoms. The questionnaire was developed by David Rowland, PhD in Nutrition, after he invested years of research into Nutritional Symptomatology.¹ I, personally, have had great success in using this questionnaire to help my clients, which is why I am making it available to you.

If you haven't already done so, please visit www.fitnhealthynutrition.com to take your test.

Step 2: Your Personal Solution

After you have completed your online health assessment, your results will immediately be sent to you. You will receive a report containing information on:

- Your individual body weaknesses as identified by the Nutri-Body® Questionnaire
- My recommendations for food, supplement and lifestyle adaptations

¹ A systematic way of studying how a person's symptoms and body language relates to nutritional causes linked to ill health.

- The results you can expect by following the recommendations

This is powerful information for you to have. With it, you can take corrective action in your life before little problems become big problems.

Step 3: Integrating Your Customizations

Now for the fun part! In your own, special report, I will give you a list of foods and highlight which to avoid and which to eat more of. You can then use this information to make adaptations to your Fit 'n Healthy Plan. For example, if your report suggests that you have signs of an underactive thyroid (hypothyroidism), I would advise you to avoid all soy products and goitrogenic¹ foods. Knowing this, you could make meal substitutions to the menu plans in the book so that your Fit 'n Healthy Plan is optimized for you.

¹ Foods that block iodine function in the thyroid.

Part One: Getting Started

The 10 Natural Laws of Health

Although practicing good nutrition is the focus of this book, there are other elements involved in living a fit and healthy life.

Following are what I consider to be the ten most important habits for a lifetime of top-level health and wellness:

Principle 1: Drink enough clean water

Benefits: Water provides your body with oxygen, which increases your energy levels. It also normalizes your body weight by assisting in 1-3 well-formed bowel movements per day. And, it aids in the expulsion of toxins!

Aim to drink one litre of filtered water for every 50 lbs of body weight. Drink more if you are: breastfeeding, in extreme heat, doing extreme sport or detoxifying.

Make sure your water is filtered water! Installing a water filter in your home, or having your water delivered, is a smart way to invest in your health. Many agree that the process of reverse osmosis (RO) produces the best drinking water available today. Unfortunately, reverse osmosis also removes beneficial minerals. Therefore, if you were to use an RO system, make sure these minerals are restored in your daily diet.

The installation unit I personally like and recommend for home or office is available through Radiant Life.¹

1 Radiant life Contact info - Phone: 1-888 593-8333 or website: www.radiantlifecatalog.com

Principle 2: Be mindful

Benefits: Slowing down and paying attention to your day- to-day activities helps you live in the moment. Having this awareness connects you with inner wisdom, and listening to your inner wisdom keeps you on track to being fit and healthy.

Principle 3: Practice good nutrition

Benefits: By following our traditional diet and eating 4 – 5 meals and snacks comprised of nutrient-dense proteins, carbohydrates and fats each day, you will keep your mind and body strong and your waistline lean.

Remember to only eat until you are 80% full¹. Do you ever notice that your meal taste incredibly good when you are really hungry? Do you also notice that the very same meal loses its flavour after you eat it for a while? This is your signal to stop eating. Your body is telling you it is full.

Also, try to stop eating two hours before bedtime to keep your digestive tract healthy.

**Traditional diets maximize nutrients while
modern diets minimize nutrients²**

Traditional Diets	Modern Diets
Food from fertile soil	Foods from depleted soil
Organ meats over muscle meats	Muscle meats, few organs
Animal fats	Vegetable oils
Animals on pasture	Animals in confinement
Dairy products raw and/or fermented	Dairy products, pasteurized
Grains and legumes soaked/fermented	Grains, refined, extruded
Bone broths	MSG, artificial flavourings

¹ Over eating is known to be a MAJOR risk factor of all cancers.
² Nourishing Traditional Diets, The Key to Vibrant Health, power point presentation by Sally Fallon Morrell, President of the Weston A. Price Foundation