



## **PREMIUM OR UNLEADED?**

**WHAT YOU PUT IN... YOU GET OUT.**

It is a fact that the better you take care of a car's engine, the better that car will run. Proper maintenance, clean, premium gas, and a wash here and there and...SHAZAM!! You've got yourself a reliable, high performance machine. We're no different; our bodies are the vehicles that give us the vitality to truly live. So, why are so many of us SO tired? Why are we battling with our weight? Why are so many of feeling sick and lethargic when our bodies were designed to do so much more?

Our bodies are a living organism. It is filled with cells that require fuel to work properly. There are two types of fuel (food!) available to us: natural or processed. Natural foods are LIVING foods. They are foods with a very quick expiration date (fruits, vegetables, legumes). Processed foods are foods that live in the interior of grocery stores; that can sit on shelves for months, sometimes even YEARS at a time without going bad.

If our bodies are a living organism, and we are fueling it with processed, manufactured, and DEAD food, than we can't expect to feel ALIVE. In order to have our body operate in the way it's designed to, we must fuel it with the premium stuff: the natural, living foods.

**BUT YOU ALREADY KNEW THAT, DIDN'T YOU?**

We all seem to know that fruits and vegetables are the key to a longer, more energized life; but why do so few of us actually do what we know we need to do? Lack of time?

Convenience? Sugar addiction? Subliminal advertising?

**What's your excuse for not eating for optimal health?** \_\_\_\_\_

Today, we're going to notice what we put into our bodies and how it makes us feel. Fill out the chart below as you eat and drink throughout the day. The first step in making any change is noticing where you're at and how it's working for you.

WHAT I CONSUMED	HOW IT MADE ME FEEL
<p><b>Ex: Lunch: Turkey sandwich on white bread, with chips and a cookie. Diet coke to drink.</b></p> <p><b>Drinks: Had three beers after work with friends.</b></p>	<p>I felt tired after I ate. I felt bloated. I lacked focused and clarity during my work. I had a surge of energy then totally crashed. I craved sweets.</p> <p>Beers made me feel full and FUN in the moment. When I got home I felt tired and groggy.</p>

What you're noticing is the signals from your body letting you know that what you're putting in is either working OR not working. Your body is designed to feel more energized with have more mental clarity AFTER we eat; NOT bloated, tired, slow, or groggy. Notice where you are and make shifts as necessary.

**YOUR STEP OF GREATNESS:** Every time, before you decide what you're going to eat, ask yourself: **will this make me feel more alive or will it make me feel energetically dead?** Make your food decisions consciously so you can begin to take responsibility for your health.