



## MASTER INFORMATION

The information in this email is sourced by the 1st Phorm Nutrition Seminar I attended and Shawn Stevenson's book Eat Smarter. I will go over general health tips I feel that everyone needs to know. I understand this is a lot of information at once, but I am providing this for constant reference and/or a starting point. Thank you for reading.

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### TOPICS COVERED

- **General Health Reminders**
- **Daily Supplement Recommendations**
- **Protein**
- **Carbs**
- **Fats**
- **Omeegas**

## **GENERAL HEALTH REMINDERS**

### **WALKING**

- Walking is THE best way to INCREASE overall calorie expenditure, WITHOUT decreasing energy AND without INCREASING hunger.

### **WATER**

- SO many things CAN be “fixed” with water. Cravings, bloating, digestive issues, natural energy.

### **SUPPLEMENTS**

- They should be used in ADDITION to nutrition and training. Don't even waste your money until you are serious about your health because in order to digest them and work correctly, you need to have a healthy gut and mostly whole food nutrition plan.

### **SLEEP**

- Quality is much more important than time asleep.
- Deep sleep or REM is when your brain is restored, cells, body, and metabolism.
- Keep all lights out even some light on your skin apparently disrupts your cells still. I thought that was interesting. Screens off 2 hours before bed. I raised my hand and asked if “I fall asleep within 3 minutes but I am on my phone right before bed, does that still disrupt my brain from restoring regardless if I know of an impact?” And they suggested wearing blue light glasses.

### **BURNING CALORIES**

- You burn more calories in your DAILY activity than you do in a workout/structured exercise. That's why it is so important to do daily walks. Habits matter. They literally dictate your future.

### **TRACKING FOOD**

- Step 1 is to take control of yourself. What's measured, is managed. You must understand the foods that you are eating. Start here by practicing honesty to yourself, keeping promises made to yourself.
- Step 2 is track your food. There is a free app to start building the habit MyFitnessPal. I recommend tracking your typical routine, honestly,

to see what you have been putting into your body for most of your life. Whether you “think” you’re eating healthy or not. BE COMPLETELY HONEST AND TRACK EVERYTHING. This isn’t requiring you to do any diet or starve yourself, this is literally requiring you to be honest and take control and complete a task. Learn how to measure your food, learn how to look at the labels, start there without changing anything in your life

- Then when you get the hang of it, I recommend downloading the 1st Phorm app and paying the 12.99 a month because you now get a PERSONAL NUTRITIONIST. This has been my saving grace. It is incredible I am always asking questions, they offer live streams that teach me all of this awesome information, and she can SEE what I am eating. Your advisor will give you custom macros to start with, and depending on your expertise and experience will COMPLETELY meet you where you are at. I think this is an excellent tool when you are ready to take it to the next level.
- Talk with your advisor about your specific goals. And don't hesitate to divulge all truths because the way to succeed is to do things that are right for you. And you’ll only know that by trying and learning and being honest to yourself.

*\*\*If you are ready for the accountability aspect and decide to join the 1st Phorm app, please reach out to me so I can send you a code! Because I am in the running for the Sponsored Athlete Search, I am continueing with the 1st Phorm App. I attend Live Streams to learn more information to share with you guys and keep in constant communication with the 1st Phorm Team. However, If you take this step, I could see only needing it for 4-6 months to create your solid, individualized plan.*

#### DAILY SUPPLEMENTS I RECOMMEND FOR EVERYONE

- Creatine
- Omega DHA & EPA
- Multi-Vitamin

**\*\* be sure that all your supplements are 3rd party tested**

## FOOD

- You want to think: the more ENERGY it takes our body to break down food, the more CALORIES we burn.
- Whole Foods take longer to digest than anything processed.
- Protein is the #1 in energy expenditure.

# PROTEIN

The recommended protein amount is published as a marker to prevent *deficiencies*. That is not **THRIVING** though, don't you want to be thriving?

1 gram of protein per pound of body weight, no exceptions. And the only way you will get there, is if you track your food. If you have **NEVER** tracked your food, you **OWE** it to yourself to **KNOW** how you take care of it. That being said, protein should be in **EVERY** meal. If fat loss is your goal, and you want a snack, your snacks should be protein.

Some snack ideas:

- hard boiled egg
- 1st Phorm protein meat stick
- protein bar
- protein shake
- nuts/seeds
- tuna packet
- deli meat/cheese

A good tip to set yourself up for success is to pre-track your food for the day

If you are having a hard time hitting your protein for the day, you do not necessarily need to eat more times/meals. You can just increase your protein per meal. For example, use 2 scoops of protein in your shake each day. Add deli meat to your salads or just increase the portion size of your meat of choice overall.

Also, you don't have to starve yourself and wait to eat a big dinner that leaves you still hungry after anyways. You have to get to know your body and be in control in order to feel good. So that being said, adjust your high hunger times to fit with meal times.

## IF YOU ARE STRENGTH TRAINING

Okay this one is super important – ignition (glucose) and protein powder (isolate) after a strength workout. So think of a tank of glucose full, you workout, empty that tank, and you drink isolate+ignition. These are formulated to be digested quickly and delivered straight to your muscles. Depending on your goals, it does matter when you drink your mixture (30 min after workout vs. anytime in the day. If you are looking for definition in your muscles, it is important to drink it right away because during your workout you tore those

muscles and this drink will fill up your glucose tank and stop the breakdown of the muscles, which influences them how they grow.

There is an alternative if you can't afford to buy ignition, and that would be honey or chocolate milk. However, by replenishing your glucose levels this way, you are digesting more than just glucose, so the process of delivering it to your muscles will be slowed down. By drinking fast digesting protein powder, it is acting as bus, delivering the glucose even quicker to your muscles. When you choose chocolate milk, it contains fats as well so it would be slightly slower than a shake but must more cost efficient.

## CARBOHYDRATES

- Your body has to break them down into single molecules to use them as energy. So multi chain molecules / complex carbs aka Whole Foods (vegetables, lentil pasta, whole grain bread) AS WELL as the fact that THESE carbs are typically a BLEND. Which means that fiber is included which slows the digestion down and overall BURNS MORE CALORIES.
- If leaning out if your goal, vegetables and whole grains should be your source of carbs

## FATS

- Trans fats are man made. Keep them out of your body. Trans fats are anything that is partially hydrogenated or hydrogenated.
- Saturated fats are solid at room temperature (butter, grease, coconut oil) Un Saturated fats are liquid at room temperature. If you are eating out that means that you are eating saturated fats

### **IMPORTANT!!!!**

**HUGE fact I learned is that the FDA doesn't require 0.9 trans fat to be listed on a nutrition label.**

**SO if there are 5 servings in a bag of cheese-its and it says 0 grams trans fat per serving, BUT there is ANYTHING hydrogenated in the label, it contains .9 per serving, totaling almost 5 GRAMS OF TRANS FAT that you had no idea about.**

**If you have more questions about this I am happy to go into more detail with you if you reach out.**

### Have you ever done a liver cleanse?

I recommend doing a liver cleanse once a year. Really everything is processed in the liver so it is so important to have it functioning optimally. I learned about the Essiac Liver detox from Nutrition Stop. That store is in Saint Peters.

Side note: If you don't live in the area, I do suggest just finding a reputable place to buy natural, local items from people that you trust. Obviously you need a grocery store for most, but to have that relationship now with Nutrition Stop, I feel confident in what I am spending my money on and putting in my body. I just looked online and 1st phorm has a liver detox as well for the same cost.

## OMEGAS

First off, Omega-3 and Omega-6s are vital nutrients and are called essential because your body cannot make them and they must be procured from your diet.

It's all about the ratio. And the ratio is FUCKED UP because of "vegetable oils" Vegetable oils in itself is a misnomer. It is not broccoli oil, or kale oil, what it really consists of are industrial seed oils from corn, cottonseed, safflower seeds, rapeseeds, and soybean oil. All of them processed at extremely high temperatures and must be refined, bleached, and deodorized before they are suitable for human consumption. According to research published in Inhalation Toxicology, even inhaling the smell of them while cooking can damage your DNA. WTF!?

SO, if vegetable oils didn't exist, we would consume a ratio of about 3:1 omega-6s to omega-3s.

Now, thanks in large part to our consumption of these industrialized vegetable oils (primarily in cooking and processed foods) the ration is approximately 17:1 on average, some segments of the U.S. climbing to 50:1 omega-6's to omega-3s.

### **A diet with a BALANCE of omega-6s and omega-3s**

*\*\*which you most likely won't achieve without taking an Omega-3 supplement*

- reduces inflammation.
- anti-obesity effects
- improved levels of adiponectin (helping to regulate appetite)
- potent anti-inflammatory properties that can be therapeutic against several acute and chronic inflammatory conditions
- improve hip-to-waist ratio and reduce belly fat compared to participants in a study that weren't taking the supplement

## But a diet with excessively heavy ratio of omega-6s is

- pro inflammatory
- pro-obesity
- dysfunction of our hunger-related hormones
- increase fat storage

Even a report published in the journal BMJ:Open Heart found that these vegetable oils can be a major culprit behind organ failure, cardiac arrest, and sudden death.

When buying your Omega-3 Supplement, you are looking for EPA and DHA in the label. 1st phorm has the highest concentrated by only taking 2 pills. I have found a more cost efficient brand on Amazon, which I take 3 of, and placed it at the bottom of this email (\*\* this isnt working so you can reach out to me and i will send you what I buy). If you CAN afford it, I would choose 1st phorm products because of the quality and amount of nutrients contained. PLUS you are SUPPORTING LOCAL. which is vital to our country as a whole.

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