



FIVE PHASE ROAD MAP

SELF REFLECTION

**Where Am I
Right Now?**

A healthy outside starts from the inside.

- Robert Urich

Congratulations on your decision to fast track your health success!


This 5 phase road map will help you assess your health, set goals, and achieve them to accelerate the changes you want to make.

Brainstorming My Health Goals

You've learned so much already, and you might already have some goals. **Go ahead and mark any on this list:**

- Eat healthier
- Have more energy
- Lose weight
- Cure your diabetes or cancer
- Figure out what's causing your stomach issues
- Get better sleep
- Cure your depression
- Get clear skin
- Get your hormones in check
- Figure out why you don't feel well
- _____
- _____
- _____
- _____





This plan will help you zoom in, make specific action steps, and figure out what you need to do to reach your goal.

Take the first step right now and write down your big goals and what you want to accomplish with this Road Map.



Why I want to fast track my health:

1 Self Reflection

WHERE AM I RIGHT NOW?



Self reflection is the school of wisdom. - Baltasar Gracian

Before embarking on this quest to fast track your health, let's pause and look at where you are.

You learned a huge amount of information about health through Food, Health, and You, and that might excite or even overwhelm you.

That's okay. For right now, you don't have to feel bad about where you are, or worry that you don't know where to start.

We'll just figure out where you are so you can create a roadmap to where you want to be.

Why Assess Your Health?

Traditional medicine offers many ways to measure how healthy we are, from checking our weight, our Body Mass Index, our blood pressure, or blood work.

Those can find some problems.

The truth is, calculating your Body Mass Index might not tell you if you're at a healthy weight. It's simply taking your weight and height and making a percentage.

Some of us have more muscle or denser bones, so our BMI would appear to be too high when it isn't.

A medical test will catch many things, but not all.

Katie H. experienced this when she felt sure something was wrong with her thyroid.

She was exhausted all the time, and had gained weight steadily over the last year while eating less and exercising more.



She had classic symptoms that her thyroid wasn't working properly.

Her doctor agreed and ran blood work, which came back negative. Her doctor was shocked, and prescribed birth control, saying that might help if it was a hormone issue.

So the doctor basically didn't know what was going on, and prescribed something so Katie would feel like the doctor tried.

Several years later, after watching Food, Health, and You, Katie stopped drinking soy milk and cut soy out of her diet.

She dropped twenty pounds and got her energy back.

Not many doctors will tell you that ingesting too much soy is bad for both men and women, as we learned in Food, Health, and You.

How often do doctors tell you that sugar causes inflammation and leads to an array of diseases?

They look for things that will show up in a medical test. If nothing shows up, they can't treat anything.

Most doctors won't spend the time to go through your diet, sleeping habits, and stress levels. They'd like to, but they just don't have the time within a normal appointment.

That's why it's critical to know your body and to educate yourself on health.

That allows you to assess and make positive changes.

There is a place for traditional medical tests and intervention, but you can partner with professionals to ensure you get the best care possible.

That's where a self assessment comes in.

It's easy to get busy so you're not fully aware of your health.

You might have minor issues that you learn to live with, or problems that a doctor hasn't been able to diagnose.

In the medical field, a health assessment is a plan of care that identifies your specific needs and how those needs will be addressed.

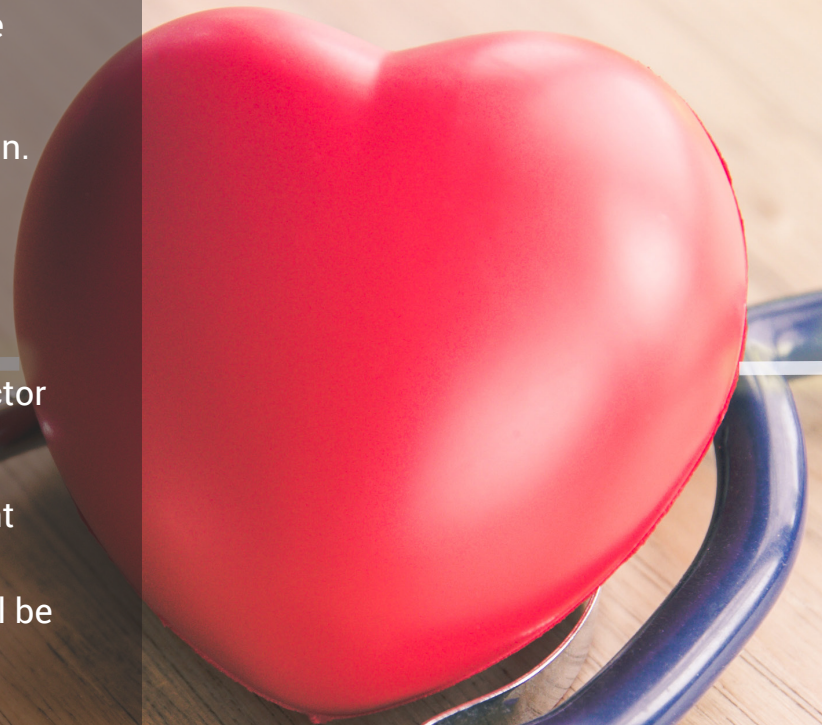
A health assessment includes a health history and physical exam, and the purpose is often to detect diseases early in people that might not be experiencing symptoms.

Doing an honest self assessment might bring issues to your attention that you can work on, or help you decide what you want to improve.

Thomas Fuller said, "Health is not valued till sickness comes."

Why wait until you're sick, feeling off, or exhausted all the time?

An assessment can help you determine if any issues could get worse.



How to Assess Your Health

The easiest way to assess your health is to ask yourself:

Do you feel good?

Or do you have aches and pains, lack of energy, or other troublesome issues?

If we take the time to listen to our body, it will tell us a lot about our health.

Next you'll take an assessment, but before that spend a few minutes reflecting on how you feel.

Jot down these sections and answer the questions to create a health profile.

1. Current Health

Where do you think you fall health-wise, on a scale of 1 to 10?

In general, I feel:

Jot down how you feel in general, whether good, bad, tired, sick, etc.

2. Positive Aspects

What do you feel you're doing right? What areas do you feel strong in?

3. Current Concerns

What are your health concerns?

Are you aware of any conditions you have such as diabetes, heart conditions, high blood pressure, cancer, autoimmune disease, or arthritis?

Along with the condition, list what you're doing to manage it and make it better, including anything you learned from the videos.

Or do you have issues but aren't sure what's going on?

4. Changes You Know You Want to Make

Are there things that you learned about in Food, Health, and You that are encouraging you to make changes?



Are you aware of things in your lifestyle and diet that are hurting your health?

Think about:

- Sugar intake (causing insulin spikes, energy crashes, inflammation)
- Artificial sweeteners use
- Junk Food, fast food, fatty food, and packaged or processed foods
- High Fructose corn syrup in your diet (causing inflammation, exhaustion, hormone imbalance, and many other problems)
- Soy in your diet (causing issues with weight gain, can cause hormone problems for both sexes)
- High meat, low vegetable diet
- High carb diet without vegetables
- Alcohol intake
- Lack of exercise and regular activity
- Social time
- Back pain (stretching and yoga helps!)



Write down things that you're currently working on as well.

5. Family History

Do you have any diseases, illnesses, or conditions that run in your family?



Once you feel that you have a complete health profile written down, take the following assessment to hone in on any issues.

Self Health Assessment

Please rate the following items on a scale of 1 – 10.

1 is disagree, or not satisfied at all with that item, and 10 is agree or very happy about the given item.

- ___ I can fall asleep in a reasonable amount of time.
- ___ I sleep for most of the night, not waking up often.
- ___ I am happy with the amount of sleep I get every night.
- ___ I feel refreshed in the morning.
- ___ I am happy with the amount of activity in my normal life.
- ___ I am happy with the number of times I exercise or workout each week.
- ___ I get time outside to breathe fresh air and spend time in nature.
- ___ I feel my diet helps me feel good physically, mentally, and emotionally.
- ___ I don't have problems with brain fog. I have mental clarity instead.
- ___ I'm mostly free of stomach and digestive issues.
- ___ I don't get sick often from colds, stomach flu, or just feeling bad.
- ___ I rarely get headaches.
- ___ When I feel down, I don't get stuck there.
- ___ I manage stress so it doesn't affect my health.
- ___ I monitor and control my sugar intake, and know hidden sources of added sugar.
- ___ I am happy with my weight.
- ___ I know if I need to avoid gluten and/or don't have gluten issues.

- ___ I use information from Food, Health, and You to create macro balanced meals with half vegetables, and one quarter each protein and carbs. (Or your diet is close to that in general)
- ___ I feel energetic.
- ___ I'm mostly free of joint pain.
- ___ My physical health doesn't get in the way of enjoying activities or life.

After rating your health in these areas, go back to add any notes you'd like to your initial self assessment.

This assessment will be useful after you work on your health changes. Then you can see how much you've improved.

Reading Your Results

Knowing your symptoms can greatly improve the chances of fixing the root problem.

For instance, **sleep problems can indicate:**

Stress keeping you up and waking you up—try meditation, short deep-breathing breaks during your day, yoga, exercise, time in nature, and more social time.

Back pain—might indicate not enough physical activity, not enough stretching, being overweight, or even a unsuitable bed.

Weight issues—being overweight can create breathing problems in your sleep. This program will help you lose weight, which helps back pain in many ways.

Heartburn and digestive problems—these are often caused by food insensitivities.



Back pain can indicate:

- Actual issues with disks
- Not enough stretching
- Weight problems
- Posture problems

Also, too much time in front of a computer with bad posture. Let's face it, working in an office can put a strain on your body, so take breaks, stretch, and make sure your chair and keyboard position are adjusted for your body.

Foot pain can indicate:

- Excess weight
- Too much time on feet
- Not enough stretching—plantar fasciitis is when the tendons in your feet are too tight and get shredded when you walk.

Digestive issues can indicate:

Too much sugar causing blood sugar spikes.

Too much fat causing sickness from grease.



Food insensitivities—use a food diary and elimination diet to uncover these. These include gluten, dairy, preservatives, food dye, other chemicals, or certain foods. This can cause Leaky Gut.

Unbalanced gut microbes. A plant based diet is the fastest cure. Cut sugar and even make sure to eat carbs with protein and fiber.

*If you get sick easily when eating out and at other homes, check your family history for diabetes, hypoglycemia, and hyperglycemia.

Evelyn G. had a father who was hypoglycemic and then borderline diabetic. She always passed blood sugar tests, but she also get sick easily from grease or sugar, and could even pass out from a milkshake.

Medical tests are useful, but if you know your body you sometimes know you react a certain way even if you don't test for that disease.

Dietary changes can be a miracle for stomach issues. Going on a natural diet and avoiding gluten and any other triggers will make a huge difference.

Food and seasonal allergies, asthma, skin problems:

Gluten intolerance and insensitivity can cause or worsen all of these. There's a strong link between them, so even if science hasn't figured it all out, you can help these issues by cutting wheat and gluten.

Sometimes it's the additives and preservatives too.

Joint pain is from inflammation.

Avoid sugar, avoid nightshade vegetables, and check for food insensitivities.

Brain fog can indicate:

- Stress
- Depression
- Food insensitivities
- Hormone imbalance

Stubborn weight that you just can't lose can indicate:

High fructose corn syrup intake—you might not be aware of how much you're eating!

Soy and other additives in packaged foods. Some of these have packaging that says they're healthy, but look at the labels.

We learned in Food, Health, and You that:

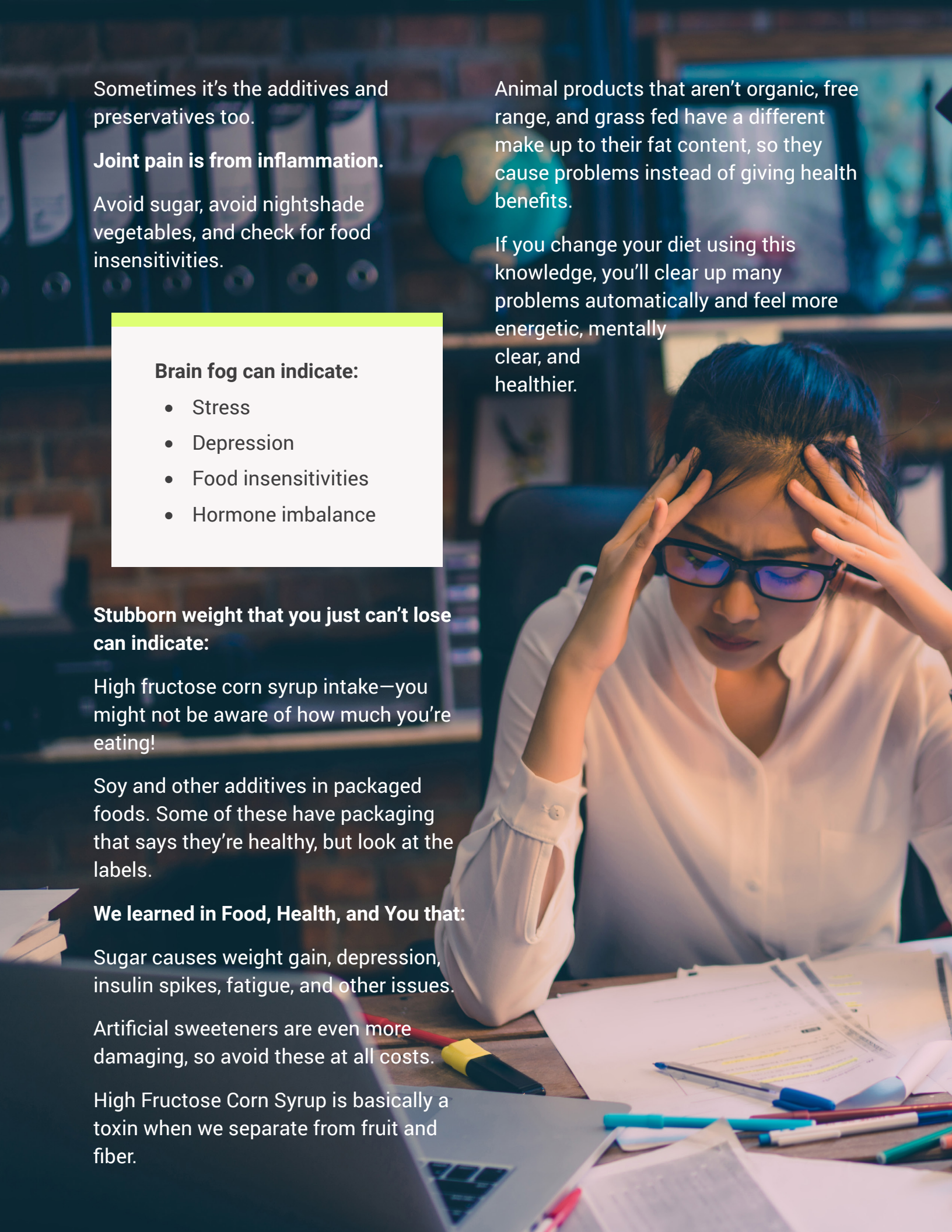
Sugar causes weight gain, depression, insulin spikes, fatigue, and other issues.

Artificial sweeteners are even more damaging, so avoid these at all costs.

High Fructose Corn Syrup is basically a toxin when we separate from fruit and fiber.

Animal products that aren't organic, free range, and grass fed have a different make up to their fat content, so they cause problems instead of giving health benefits.

If you change your diet using this knowledge, you'll clear up many problems automatically and feel more energetic, mentally clear, and healthier.





A plant based diet full of superfoods will help you lose weight, gain mental clarity, live longer, and also prevent and fight heart disease, cancer, and diabetes.

Lastly, if you're tired all the time, struggle with brain fog, struggle with weight issues, and just don't feel good...

You might have fallen victim to the Standard American Diet of high protein from bad sources, high sugar, high in processed foods, and low in omega 3s, vegetables, and real nutrients.

Our busy, modern day lifestyle is full of stress that also wears us down.

Let's commit to slowing down, enjoying healthy food, enjoying our meal time with family and friends, and enjoying life in general.

**The secret of
getting ahead is
getting started**

Mark Twain

**So let's get
started!**