

VIBRANT WELLCARE



eBook

Best Body Diet Plan

BUILD YOUR BEST, HEALTHIEST BODY
SO YOU CAN LIVE YOUR BEST, HEALTHIEST LIFE!

Best Body Diet Plan

Introduction

My Story

Changes Are Coming

The Yes List

Tips for Success

The ideal Plate

The 90/10 Rule

Exercises to increase digestive motility

Supplements for better digestion

The NO List

How to read a nutrition label

Misleading food claims

Sneaky names for gluten

Sneaky names for corn

Sneaky names for dairy

Restaurants to avoid

Introduction

I am so glad you decided to take care of yourself and build your ***best body every!*** This eBook contains all the information I want my clients and you to know to get the best results for their health plans and to build the best body possible.

Here are the disclaimers. This is not intended to diagnose, treat, or cure disease. Please consult with your primary care provider before starting any nutrition program.

With that out of the way, the Standard American Diet (SAD) is just as the acronym says. It is SAD. It is deficient in so many nutrients, contains so many chemicals, and if you want to look like the food pyramid, then by all means eat the food pyramid.

Eating a nutrient dense, healthy diet is one of the most important things you can do for yourself and your family. The problem is that many people do not know what that really means. Just because you eat a salad one day does not mean you can eat at McDonalds the next day and still remain healthy. It is a commitment to ourselves. And we deserve it!

You deserve to be nourished and fed with only the best foods. You deserve to feel vibrant, energetic, and healthy! If you feel great, then you have the energy to take care of your family. If you feel bad, there is nothing left in your tank to take care of your family. So if you won't do it because you deserve it, then eat right because your family deserves the best you also.

If you struggle with making food choices or feel deprived by eating healthy, then consider getting the ***Change Your Mindset About Food*** workbook. This is a step by step workbook designed to guide you through the process of changing how you think about food to make reaching your goals easy. You can purchase this workbook from vibrantwellare.net

This document is intended to be printed so that you can refer back to it again and again. Post the lists in your pantry. Take the Yes and No lists shopping with you. Write notes on it so you can make your best choices for the best you!

I created the Best Body Diet Plan to teach clients about the diet that would give them the best results that they could sustain for the long run. This does not always result in dramatic weight loss quickly, but it always results in some weight loss. For

quick effective weight loss you need to try the ***Revolutionary Weight Release Program*** from Vibrant Wellcare.

This diet does not need to focus on macros or micros. It is not low carb or low fat or Keto or South Beach or any other program you have been sold. Those programs are not designed for long term perfect health. They are designed for a short term result and when you go back to eating SAD you will go back to feeling SAD.

The Best Body Diet is a long term plan for long term results. It does not pretend to be temporary or give you cheat days. You don't deserve to be cheated on!

My Story

At 34 I had 2 young children, a husband and was completely exhausted all the time. It got so bad at one point that I remember crying in the garage because I did not have the energy to get my baby's carseat in the car. My muscles had no energy to work, my brain had no energy to think, and my organs had no energy to function. I was gaining weight quickly with no hope or end in sight.

If you had asked me at the time, I would have told you that I was a pretty healthy person. There were no prescriptions, no diseases, no mental health concerns. My blood work was normal. Nothing that a conventional MD could look at and say "Aha! That is the problem and we can fix it." But I also knew that things were not right. I felt broken. Do you know what I mean? Have you every felt just broken? There was nothing specific that was wrong, but I knew things were not right. I knew that this could not be my life forever.

That day in the garage was the turning point for me. The next day I booked an appointment with a Traditional Naturopath. That day I changed my life. I worked with my Naturopath to support my thyroid, clean up my gut, detoxify my liver, and finally fix my diet. She identified the foods that my body could not use and helped me see that there was hope for the life I wanted to live.

The best part about working with a Naturopath is that now I had HOPE! Hope that I could feel good again. Hope that I would be able to keep up with my kids. Hope

that my body was not betraying me. Hope that I could lead a Vibrant, Energetic, and healthy life.

The best part for you is I have been where you are. I understand how you feel and I know what it takes to make a complete recovery. To regain the life I was meant to lead! That day in the garage was also the day that set me on the path to becoming a Board Certified Traditional Naturopath. If I could do for someone else what my naturopath did for me, then my struggle had some meaning.

If you are interested in the DIY approach I will provide you with all the tools necessary to problem solve your way to better health in my private Facebook community, **Naturally Vibrant You**. You can do this! Professional grade supplements can be purchased from my exclusive store at **vibrantwellcarestore.com** The password is *vibrantwellcare*.

But if you want me to shortcut the process for you and change you life in an hour, book your comprehensive consultation at **vibrantwellcare.net**

Let's get you back on track quickly!

I hear stories about dramatic improvements in my clients every day. Clients come to me with concerns about hormones, digestion, mood, pain, energy, immune issues, weight loss and so much more.

Changes Are Coming

So many aspects of your health are going to change by dedicating yourself to eating well. Here is a list of what I personally noticed and some of what my clients have reported to me.

My taste buds have changed

My workout recovery time is so fast

I no longer crave sweets

I feel so productive

Fast food doesn't taste good anymore

Why didn't I know this before?

I have so much more energy

My hair and nails grow faster and thicker

Clearer thinking comes easy

I need fewer supplements and pills

I am no longer hungry all the time

Yeah! No more blood sugar issues.

My body pain has gone away

I have lost weight and wasn't even trying

No more gas and bloating

My blood pressure has balanced without medication

My chronic headaches are gone

Wow! My cholesterol dropped 20 points in 4 weeks

Food has become fun again

Fresh food is so pretty!

This is your yes list!

Veggies:

Asparagus
Brussels Sprouts
Carrots
Celery
Chard
Chives
Eggplant
Garlic
Kale
Leeks
Okra
Onions
Radish
Rutabaga
Parsnips
Snow peas
Squash
Spinach
Tomatoes
Turnips
Romaine lettuce
Kale
Cabbage
Collards
Sweet potatoes
Avocados
Broccoli
Cauliflower
Sprouts
Microgreens
Zucchini
Spaghetti squash
Cucumbers

Healthy Oils:

Coconut oil
Olive oil
Almond oil
Sunflower oil
Safflower oil
Avocado oil

Whole Fresh Fruits:

Lemon
Lime
Strawberry
Blueberry
Blackberry
Cranberries
Peaches
Plums
Kiwi
Apples
Avocado
Grapes
Pineapple
Grapefruit
Papaya
Oranges

Grains and Legumes:

Quinoa
Millet
Old Fashioned Oats
Steel-cut oats
Lentils
Brown rice
Buckwheat

Meats:

Beef
Bison
Chicken
Eggs
White fish
Salmon
Shellfish
Turkey
Duck
Pheasant
Goose

Nuts and Seeds:

Sunflower seeds
Sesame seeds
Pumpkin seeds
Walnuts
Almonds
Almond Butter
Chia seeds
Flaxseeds
Hemp seeds
Pecans
Cashews

Others:

Apple Cider Vinegar
Balsamic Vinegar

Snacks and Energy Boosters:

Cacao powder
Bee pollen
Spirulina
Chlorella
Rice Crackers
Nut Crackers
Kale chips

Dairy Substitutes: (unsweetened)

Ghee
Almond milk
Coconut milk
Oat milk
Coconut cream

Sweeteners:

Raw Honey
Real Maple Syrup
Liquid Stevia
Coconut Sugar

Drinks

Filtered water
Herbal tea
Green tea
Black tea
Coffee
Plain club soda (no flavors)

Spices & Herbs:

Parsley
Cilantro
Cumin
Turmeric

Coriander
Curry
Paprika
Chili powder
Cayenne
Black pepper
Salt
Garlic
Seaweed
Rosemary
Sage
Thyme
Basil
Ginger
Cinnamon

Best Body Diet

Melissa Olson
Board Certified Traditional Naturopath
vibrantwellcare.net

Tips:

Below is a list of tips and extras that allow you to maximize the health benefits of this new healthy diet. Read through them and use them whenever you can.

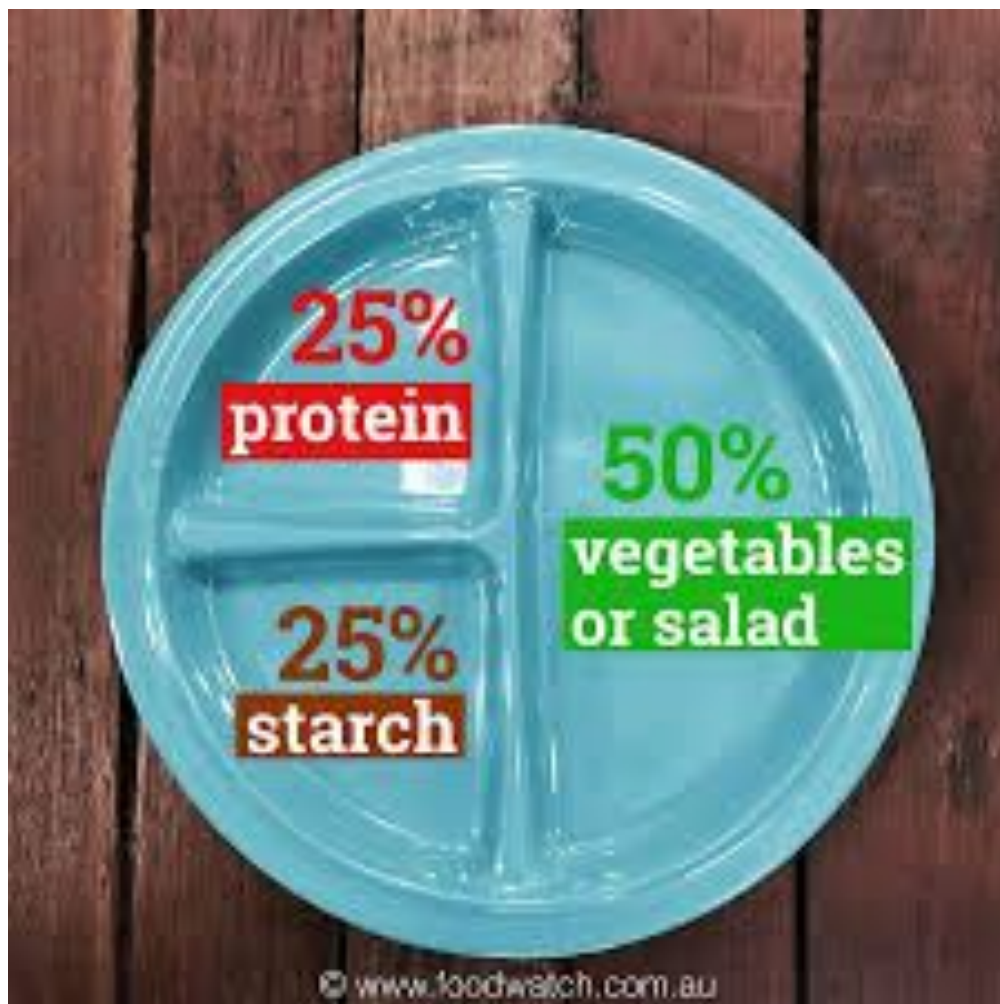
- Drink no more than 80 ounces of filtered or distilled water per day.
- Eat a large variety of these foods and make sure to rotate through foods often to provide the best nutrient profiles and prevent sensitivities from developing.
- Eat as many whole fresh foods as you can.
- Try to eat organic foods. Visit EWG.org to find out the dirty dozen contaminated foods.
- Packaged or prepared foods should be very limited. If you do have a packaged food, make sure you really know what is in it by reading the ingredient label. More on that later in the book.
- Calories do not matter. If you are hungry, eat something. Ill repeat that..... Calories do not matter. If you are hungry, eat something.
- Eat 3-4 meals per day
- Be done eating for the day by 7pm
- Break your fast by 9am
- Proportions do matter. Show plate diagrams
- Know your food sensitivities so you can fine tune this program even further. Visit vibrantwellcare.net to have your food sensitivities identified.
- Do not combine fruits with meats and fats. The fruits digest at a different pace and will cause fermentation in your gut if combined with meats and fats.
- Eat a whole fresh fruit first thing in the morning to feed your liver.
- If it is green and fresh it is a yes, even if I forgot to list it.
- Print out the Yes and No lists and post it in the pantry
- Keep a copy of the Yes and No lists in your purse for shopping
- When in doubt ask yourself this question. “Does this food move me closer to my health goals?”

The Ideal Plate

Below is a picture of what your ideal plate proportions should look like. This is an easier way to regulate macros and micros and all the other measurements. Every meal should have 50% vegetables, 25% animal protein, and 25% starch or grain.

Notice that there is no room on the plate for fruit. That is because we do not eat fruit with meat and fats. Fats are not listed separately because they are part of cooking and dressings and other stuff. We do not measure fat content.

It also does not matter how big your plate is. What matters are the proportions. You can eat lunch on a small 10 inch plate and dinner on a larger 14 inch plate. Or you can eat every meal on a 20 inch plate. It does not matter. Remember what I said earlier, Calories do not matter. It is quality and proportions of food that matter.



90/10 rule

This is where your special events and dinners out come in. 90% of the time you eat from the yes list and 10% of the time you eat from the no list.

There are several ways to look at this rule. 9 out of 10 meals you eat from the YES list or 9 out of 10 ingredients or 9 out of 10 foods. Any way you slice it you are eating 90% of your foods from the yes list. Pick one method that is easiest for you and stick with it.

Exceptions to this rule is if you are allergic to dairy or your Naturopath said stay away from dairy then all dairy is always a no for you. Same goes for any other allergy or food sensitivity.

Food reactions are common and can include symptoms like clearing your throat 15 min after consuming a food, or getting the sniffles after eating a food in addition to the common gas and bloating felt after eating certain foods. If any of these symptoms present themselves then stay away from that food always.

For those DIYers you can look up something called the Coccus Pulse Test to determine food sensitivities, or learn to muscle test yourself.

To have your food sensitivity list run quickly, contact vibrantwellcare.net

The bigger your health concerns are or the bigger your goals are the closer you stick to 100% on the YES list. When you are feeling great and have reached your goals then you can do 90/10.

As you go along there will be times where you catch a “cold” or need to recover from something, then you shift to 100% Yes list. When you are done recovering then you can switch back to 90/10. There is some fluidity, but make sure that all foods that go into your body deserve to go into your body and move you closer to your ideal health or Best Body.

Exercises to Increase Digestive Motility

Ok I know you are asking “What is Digestive Motility?” Digestive motility is the movements of the digestive system, and the transit of the contents within. When nerves or muscles in any portion of the digestive tract do not function with their normal strength and coordination, a person develops symptoms related to motility problems. This is measured as transit time.

The time it takes for a food to move all the way through your digestive tract from beginning to end. Your transit time should be about 18-24 hours.

There are things you can do to regulate your transit time and motility.

- Gargle with water to increase vagal activity several times per day to the point of tearing.
- Walking or jumping 30 min 3 times per week
- Coffee enema to increase glutathione, activate the gut brain axis, and improve motility.
- Make sure you are having 2-3 regular bowel movements per day for best health.
- Chewable vitamin C can increase transit time.
- Magnesium can increase transit time.
- Vitamin D and potassium can slow down transit time.
- Fiber will decrease transit time
- ReleaseZyme can increase complete evacuation of bowels if constipation is a concern. You can purchase ReleaseZyme at vibrantwellcarestore.com

Basic Supplements for digestive health

ClearVite-CLA uses an advanced multivitamin, mineral formulation containing collagen-based protein and targeted amino acids that are intended to support the intestines, liver detoxication, and sugar metabolism.* Hydrolyzed collagen, a hypoallergenic protein source, may support the gastrointestinal function and muscular system, as well as skin, hair, nail, and joint health.* ClearVite-CLA is carefully formulated to help support energy levels with no added sugars or carbohydrates.

SuperDigestZyme is the best digestive enzyme on the market. Digestive enzymes help you get more nutrients out of your food. They support liver health and regulate blood sugar. SuperDigest-Zyme offers digestive support for occasional overeating through a combination of proteolytic and carbolytic plant-based enzymes.* Aloe vera, fennel, ginger root, and hawthorne fruit have been added to offer additional support for enzyme production.*

Transbiotic Is living microorganisms which, when taken in adequate amounts, provide health benefits.* For example, maintaining a friendly environment in the gut supports the optimal absorption of nutrients.* However, to be considered beneficial, these “good” bacteria must maintain a delicate balance in the gastrointestinal tract.

RepairVite is part of a dietary program intended to support the intestinal tract and intestinal lining.* This unique formula includes flavonoids, carotenoids, and phytochemicals that may nourish gastrointestinal tissue.* It includes extracts with mucilage content and uses glycoproteins that help sustain the mucous membrane.* Additionally, this product incorporates plant sterols and ferulic acid esters intended to support the enteric nervous system.* Primary ingredients include L-glutamine, deglycyrrhizinated licorice, and aloe vera extract.

PathoGuard is a targeted formula that supports the body's immune system in clearing bacteria, worms, parasites, and viruses from the digestive tract. It supports the immune system and healthy gastrointestinal function.

This is a spectacular combination of products to ensure your body is functioning at optimal levels. It balances blood sugar, detoxifies the liver, provides nutrients, cleans up the gut for better nutrient absorption, and repairs the gut to prevent allergies. All these products can be ordered and shipped from vibrantwellcarestore.com

If you have questions about these or any other product, contact Melissa at vibrantwellcare@gmail.com

This is your NO list

Quick list of Foods to avoid:

There is much more to it than this list, but it will get you started. Read the entire document to get all the details. If you are making one of these items from scratch from ingredients on the yes list it may become a yes food, like salad dressings or seasoning mixes.

Gluten	Chocolate	Flavored sparkling waters
Wheat	Processed foods	Alcohol
All dairy	Packaged foods	Wine
All whey	Processed meats	Beer
White rice	Deli meats	Animal milks
Chickpeas	Lunch meats	Soda or Pop
Garbanzo beans	Pork	Athletic recovery drinks
Corn	Bacon	Cool-aid
White Potatoes	Sausage	Lemonade
Peas	Ham	Fruit Punch
White Vinegars	Hotdogs	Natural Flavors
Salad dressings	Butter	Sucralose
Ketchup	Canned vegetables	Saccharin
Mustard	Watermelon	Powdered stevia
Soy	Melons	Aspartame
Soy beans	Dried fruit	Dextrose
Soy sauce	Canned fruit	Fructose
Peanuts	Fruit juices	Corn syrup
Peanut butter	Dates	Maltodextrin
Mayonnaise	Raisins	Natural Flavors
Seasoning mixes	Prunes	Food Colors or Dyes
Yeast	Banana	Sodium Nitrate
Mushrooms	Fruit juices	Carmel color
Alcohol	Flavored waters	
Sugars		

Continue reading to find the sneaky names for some of the ingredients above.

How to read an ingredient label

- Don't let claims on the front of the package fool you
- The only information that matters is in the ingredient label.
- All other information on the package is irrelevant
- Find the ingredient list on the back of the package usually below the nutrition label
- Quickly scan the top 5 ingredients as this is the bulk of what is in that product
- If the product has more than 10 ingredients you probably do not want to eat it
- Look for products with whole foods as the first 5 ingredients
- Ingredients are listed by weight so liquids will weigh more than powders.
- Read the labels on **every** product. Even meat(especially chicken and pork) has ingredients. Baking powder has ingredients. Baking flours have ingredients. Brown sugar has ingredients.
- Product labels changes often depending on the price of ingredients so just because you read it once doesn't mean you shouldn't read it regularly.
- The more savvy consumers get about food ingredients, the more sneaky manufacturers get.
- Check to see what the meat is frozen in. Pork and Ham, whole turkey and chicken are often frozen in a "patented solution" That means non food solution.

Misleading Health Claims on food labels

Health claims on packaged food are designed to catch your attention and convince you that the product is healthy. Here are some of the most common claims — and what they mean:

- Light. Light products are processed to reduce either calories or fat. Some products are simply watered down. Most often these foods have an increase in sugars or artificial ingredients to cover up for the lack of fat. Check carefully to see if anything has been added instead — like sugar.
- Multigrain. This sounds very healthy but only means that a product contains more than one type of grain. These are most likely refined grains — unless the product is marked as whole grain.
- Natural. This does not necessarily mean that the product resembles anything natural. It simply indicates that at one point the manufacturer worked with a natural source like apples or rice.
- No added sugar. Some products are naturally high in sugar. The fact that they don't have added sugar doesn't mean they're healthy. Artificial sugar substitutes may also have been added.

- Low-calorie. Low-calorie products have to have one-third fewer calories than the brand's original product. Yet, one brand's low-calorie version may have similar calories as another brand's original. Reduction in calories usually means an increase in artificial ingredients or starches.
- Low-fat. This label usually means that the fat has been reduced at the cost of adding more sugar. Be very careful and read the ingredients list.
- Low-carb. Recently, low-carb diets have been linked to improved health. Still, processed foods that are labeled low-carb are usually still processed junk foods, similar to processed low-fat foods.
- Made with whole grains. The product may contain very little whole grains. Check the ingredients list — if whole grains aren't in the first five ingredients, the amount is negligible.
- Fortified or enriched. This means that some nutrients have been added to the product. These nutrients are almost always synthetic and not beneficial to your body. For example, vitamin D is often added to milk. Yet, just because something is fortified doesn't make it healthy.
- Gluten-free. Gluten-free doesn't mean healthy. The product simply doesn't contain wheat, spelt, rye, or barley. Many gluten-free foods are highly processed and loaded with unhealthy fats and sugar and corn.
- Fruit-flavored. Many processed foods have a name that refers to a natural flavor, such as strawberry yogurt. However, the product may not contain any fruit — only chemicals designed to taste like fruit.
- Zero trans fat. This phrase means "less than 0.5 grams of trans fat per serving." Thus, if serving sizes are misleadingly small, the product may still contain trans fats.

Sneaky names for wheat

- Triticum vulgare
- Triticale
- Hordeum vulgare
- rolyzed wheat protein
- Wheat starch
- hydrolyzed wheat starch
- Wheat flour/bread flour/bleached flour
- Bulgur
- Malt
- Seitan
- Wheat or barley grass
- Wheat germ oil or extract
- Vegetable protein
- hydrolyzed vegetable protein
- Modified starch/modified food starch
- Natural flavor/natural flavoring
- Artificial flavor/artificial flavoring
- Caramel color
- Modified food starch
- Hydrolyzed plant protein (HPP)
- Hydrolyzed vegetable protein (HVP)
- Seasonings
- Flavorings
- Vegetable starch
- Dextrin and maltodextrin

Sneaky names for corn

- Corn flakes
- Corn solids
- Corn meal
- Corn starch
- Corn flour
- corn syrup
- high fructose corn syrup
- fructose
- maltodextrin, dextrin
- dextrose
- glucose
- malt, malt syrup, malt extract
- excipients
- GDL – gluconic delta lactone
- mono-glycerides, di glycerides
- MSG – Mono-Sodium Glutamate
- sorbitol
- sugar (unless it says Cane Sugar)
- Food starch,
- modified food starch
- sucrose
- Carmel flavoring or coloring
- Vegetable oil,
- vegetable broth,
- vegetable protein,
- hydrolyzed vegetable protein,
- vegetable mono or di glycerides.
- xanthan gum
- zein

Sneaky names for dairy

- Acidophilus Milk
- Butter (natural or artificial)
- Buttermilk or powder
- Casein & caseinates
- Ammonium caseinate
- calcium caseinate
- Magnesium caseinate
- Potassium caseinate
- Sodium caseinate
- Hydrolyzed casein
- Iron caseinate
- Zinc caseinate
- Cheese (all types)
- Cheese flavor
- Vegetarian cheese
- Cream
- Curds
- Custard
- Galactose
- Ghee
- Half & Half
- Hydrolysates
- Ice cream
- Lactalbumin
- Lactalbumin phosphate
- Lactate solids
- Lactyc yeast
- Lactitol monohydrate
- Lactoglobulin
- Lactose
- Lactulose
- Margarine
- Milk
- Goat's Milk
- Powdered Milk
- Milk fat
- Nisin preparation
- Nougat
- Pudding
- Quark
- Recaldent
- Rennet, rennet casein
- Sherbert
- Simplesse
- Sour cream
- Whey
- Whipped topping
- Yogurt (regular or frozen)
- Lactic Acid

Restaurants to avoid like the plague!

- A&W Restaurants
- Arby's
- Auntie Anne's
- Burger King
- Carl's Jr.
- Chuck E. Cheese's
- Church's Chicken
- Cinnabon
- Dairy Queen
- Domino's
- Dunkin' Donuts
- Hardee's
- Jack in the Box
- Jollibee
- KFC
- Little Caesars
- Long John Silver's
- McDonald's
- Panda Express
- Papa John's Pizza
- The Pizza Company
- Pizza Hut
- Pollo Campero
- Pollo Tropical
- Popeyes
- Quizno's
- Subway
- Taco Bell
- TCBY
- Tim Hortons
- TKK Fried Chicken
- Wendy's
- Wingstop
- WingStreet

These are not good places to eat and they will not build a healthier, stronger you no matter what you order.

Even if they say they have gluten free or dairy free options, they always contain many of the chemical ingredients and flavorings that are bad for you. One example: iceberg lettuce is often washed in a corn syrup solution to keep it looking fresh and tasting sweet but it is not listed on their ingredient label. Hmmmmm. What else are they doing that they are not telling you about?