

Be Well Conversations



Calling women of all ages!
Let's talk delicious foods, recipes, sourcing healthy local food options and avoiding toxins, and most of all how to keep your sanity and well-being in a very challenging world.

HEALTHY HABITS

for Life

THE

Basics

In other weeks we will dive into:

Blood Sugar (Energy, fasting, food choices)

Gut health (Bloat, digestion, mood, acne, energy)

Happy hormones (menstrual cycle, energy, weight)

Toxin-free homes (Obesogens)

Toxin-free skincare (longevity and prevention)

And others :)

FROM THE *Experts*

Dr Mindy Pelz on Hormone Balance for Women with
Dr. Mark Hyman

KNOWLEDGE
IS
POWER!

LETS CHAT *Questions*

Questions from Dr. Pelz:

Am I fasting?

Am I varying my foods?

Am I working on my microbiome?

Am I detoxing?

Am I slowing down?

FROM THE *Experts*

It's Not Our Fault and It's Not Just "Willpower"

Blood Sugar Disregulation

WANT BETTER *Energy?*

Each time we consume Carbohydrates/Sugar, our pancreas must produce Insulin and then release it into the bloodstream to break down the Glucose.

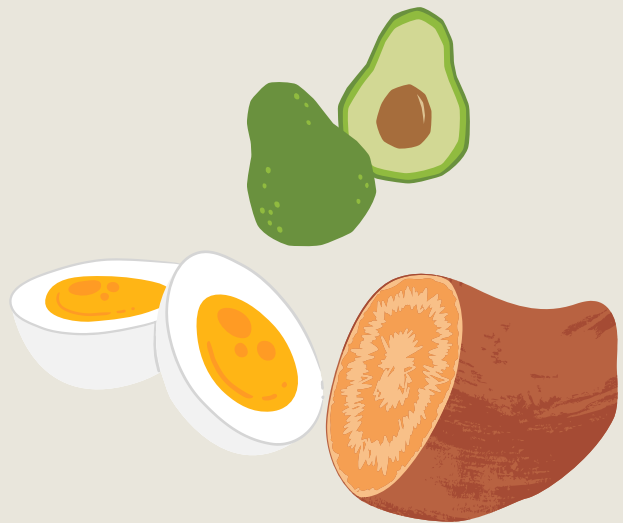
A constant demand for Insulin will eventually create fatigue and poor function of the Pancreas. An excess of glucose in the blood is then converted to fat in the body.

THE *Basics*

1

Blood Sugar Balance

Protein + Fat + Carb for balanced blood sugar and better energy



THE *Basics*



Mark Hyman, M.D. 
@drmarkhyman

The truth is, most chronic diseases (diabetes, cancer, heart disease, and kidney disease) are rooted in insulin resistance— even Alzheimer’s is now being called “type 3 diabetes.”

What's the primary driver behind insulin resistance? A diet abundant in quickly absorbed sugars and carbohydrates (bread, pasta, rice, potatoes, etc.) that continuously spike your glucose.

Blood Sugar Balance

THE *Basics*

2

Decision Stressors

Grocery purchases – sleep – exercise – stress – eating in a time crunch – meal prep overwhelm



THE *Basics*

3

Routine

What to eat? When to eat?

How often to eat?

How much to eat?



THE *Basics*

4

Support Systems

Who is your biggest supporter or partner as you try to navigate your own and/or your family's wellness?



THE *Basics*

5

The Goal

Healthy Habits for a Healthy Life



B E *Patient*

Plug in!

Baby steps yield sustained results :)