

7 R Method – Nourishing the whole body with more than food

1. Reduce Inflammation

- a. Identify and remove aggravating inflammatory foods
- b. Replace with safe foods while expanding options
- c. Increase anti-inflammatory foods and/or add supplements

2. Restore Balance

- a. Balanced Meals, schedules, planning that matches who you are
- b. Restore the integrity for the body to heal physically, mentally, spiritually and emotionally.
- c. Implement practical steps to mindful eating to improve digestion and balance microbiome

3. Re-establish Self-Care

- a. Identify your personal needs, passions and ways to get grounded - then prioritize them
- b. Reconnect to your movement therapy and activities that makes your heart sing – grounding moving meditation principle
- c. Creating boundaries to honor body, mind and spirit

4. Repattern Your Response to Stress

- a. Incorporate deep breathing exercises and Implement practical mindful eating principles
- b. Work through emotional triggers with peace, love and understanding
- c. Identify and release emotional trauma from childhood

5. Realign with your True Nature/ Remember Who You Are

- a. Reconnect with your heart center, Universe, Source and Spirituality
- b. Rediscover what makes your heart sing and brings you absolute joy
- c. Understand the messages of the body as your inner guidance system

6. Redefine your relationship with body, food and sport

- a. Redirect self-dialogue to self-love with grace and compassion
- b. Develop a loving relationship with food – what & why you eat, how you eat and giving yourself permission to really enjoy your meals.
- c. Release food rules while listening to what your body, mind and soul need – know what nourishment is needed beyond food

7. Rejoice and celebrate the wins

- a. Live your life fully as you love your body, your sport and your life!
- b. Celebrate the wins along the journey every day
- c. Celebrate who you are and all the possibilities ahead!