



OPTIMIZING YOUR LIFESTYLE

NUTRITIONAL FOUNDATIONS

H O L I S T I C G U I D E



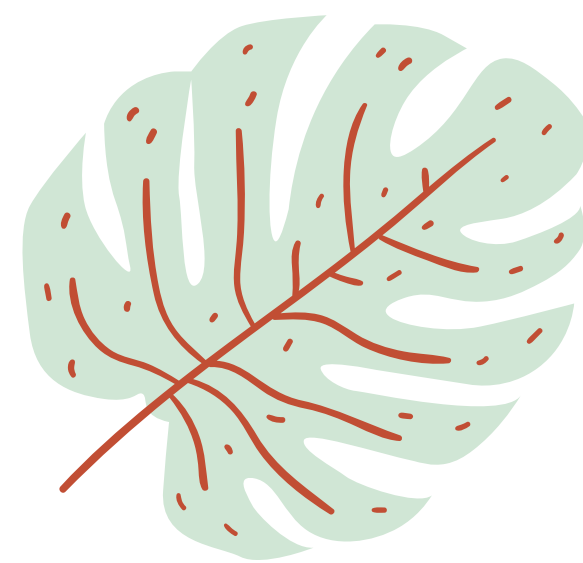
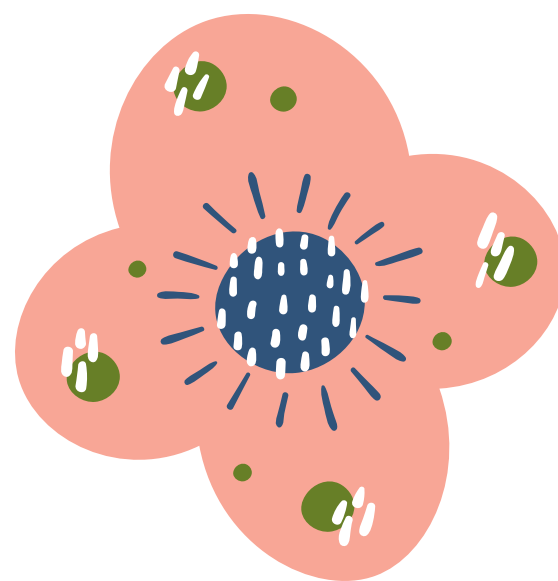
Lifestyles By Liz

To live optimally, the Nutritional Therapy Association has formed certain principles in order to help individuals reconnect with their bodies and food.



oliviajoan

PROPERLY PREPARED, NUTRIENT DENSE DIET



REAL FOOD BUILDS REAL HEALTH

*To feel our absolute best,
it's important that we
include a variety of foods
into our lifestyle so we
can ensure we are eating
a wide array of vitamins
and minerals.*

*Think about whole foods
that aren't processed,
come from nature, and
are readily available.*

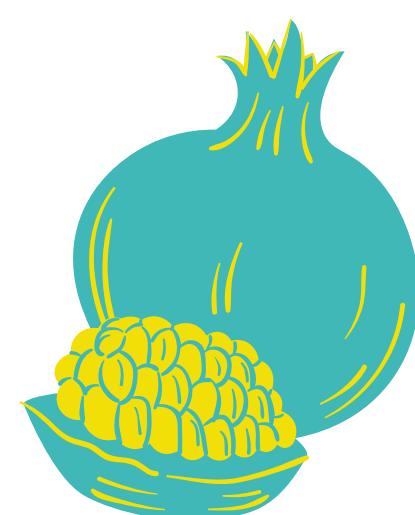
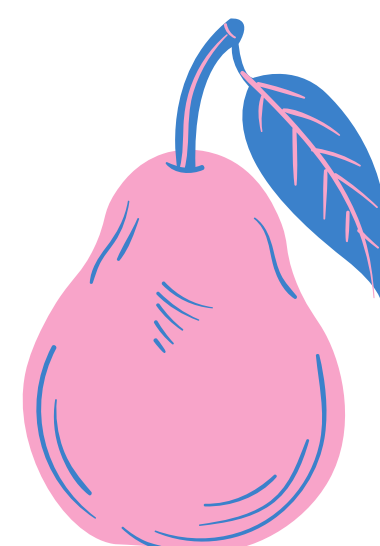
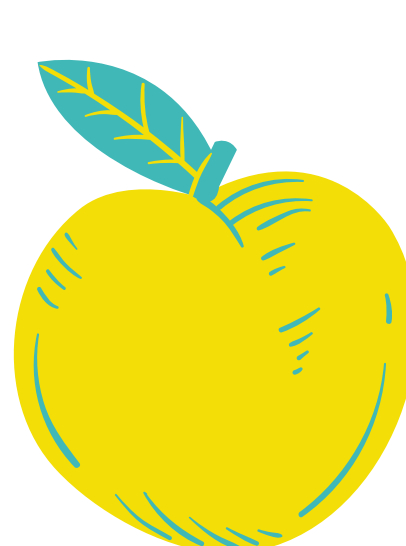


D I G E S T I O N

WE ARE WHAT WE ABSORB

*Proper digestion provides
the nutrients that fuel and
build every single cell in
the body.*

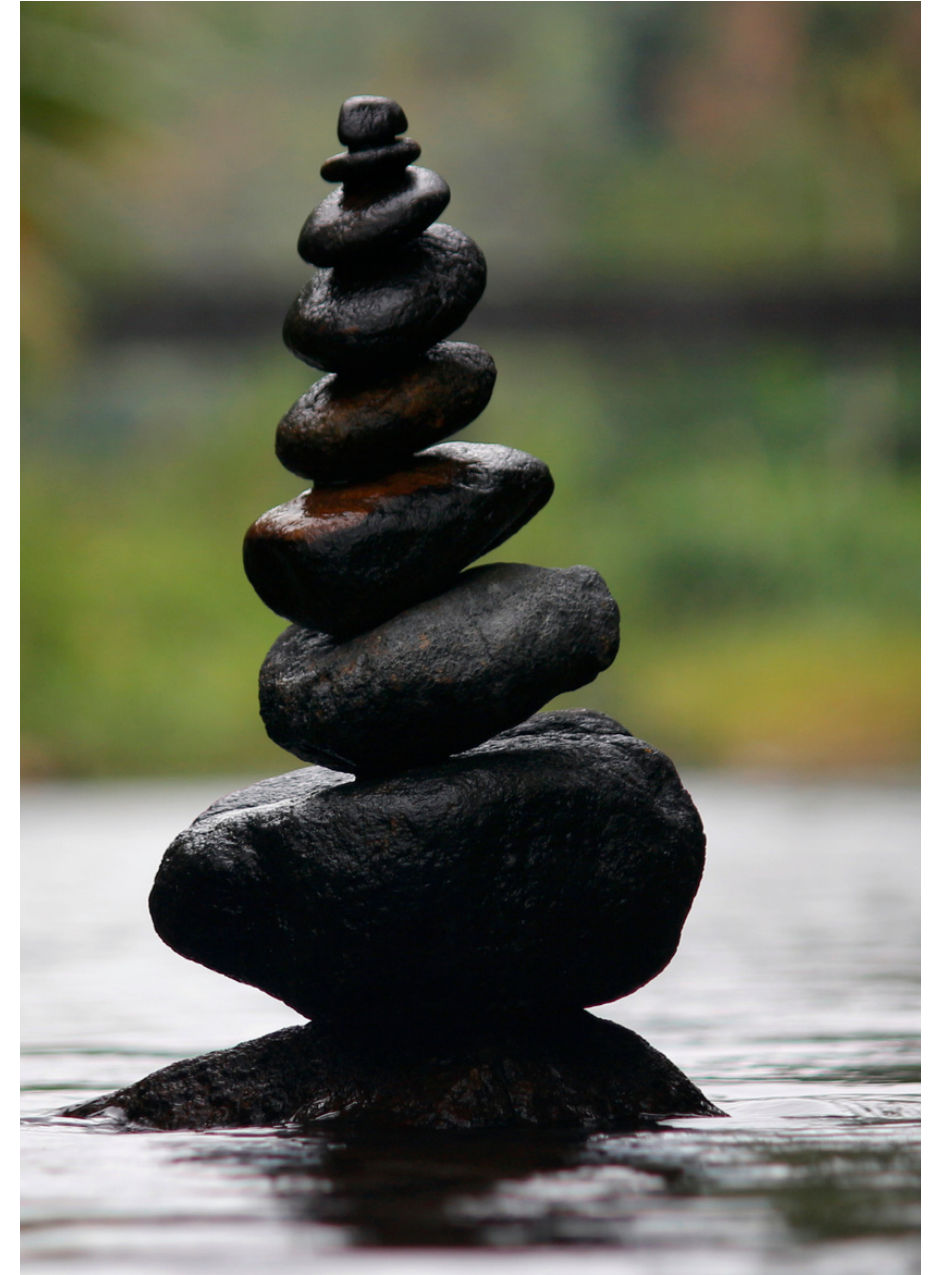
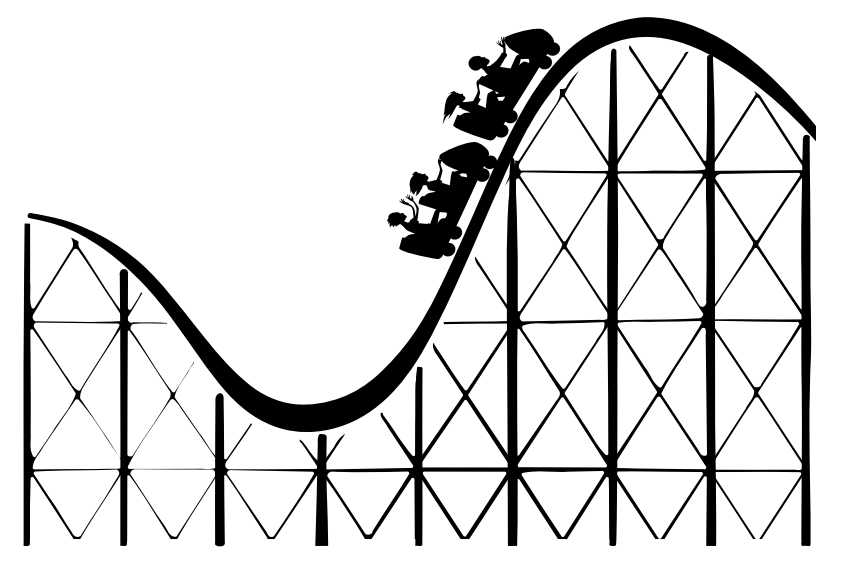
*Coming into a state of
relaxation can help our
mind and body prepare for
healthy digestion.*



B L O O D S U G A R R E G U L A T I O N

A BEAUTIFUL BALANCE

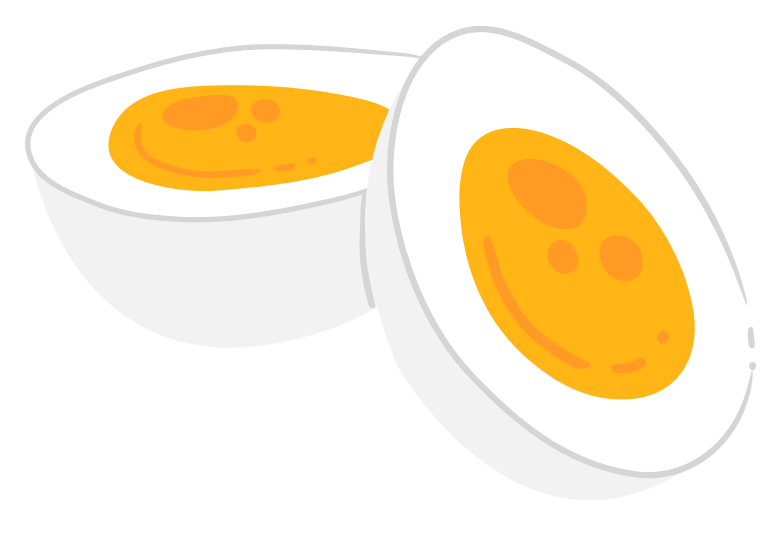
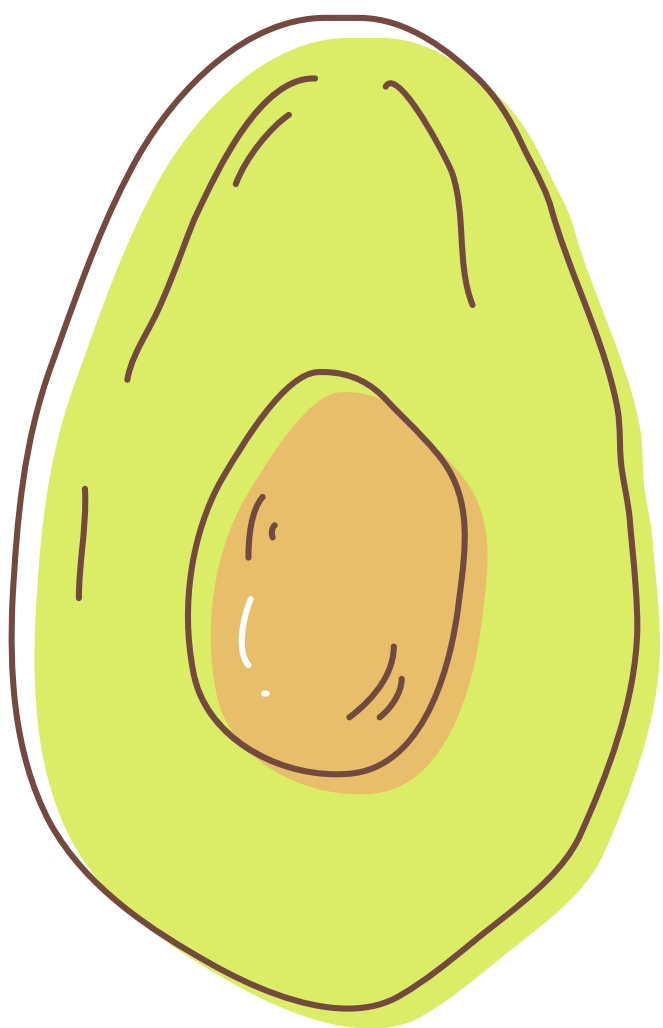
We can help ensure balanced energy levels and prevent sharp spikes or drops in blood sugar by adjusting the quantity and quality of macronutrients we consume, reducing stress levels, getting adequate sleep, and engaging in regular movement.



F A T T Y A C I D S

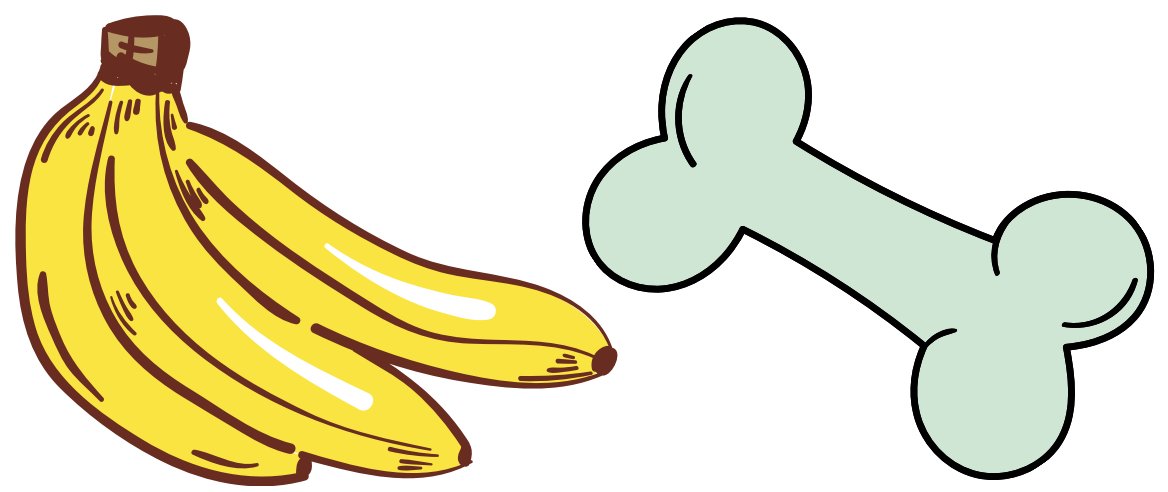
A SOURCE OF FUEL

Contrary to popular belief, a high percentage of diverse, good quality fats are required for optimal health. They are another source of fuel for our body along with carbohydrates. Our body thrives when we have a balance of omega 6 and omega 3 fatty acids.



MINERAL BALANCE

Supporter of many functions



Minerals are not made in the body. Therefore, we must consume them. Minerals help regulate tissue and bone growth, provide structural and functional support, and facilitate the transfer of nutrients across cell membranes. The most abundant mineral is, calcium.



HYDRATION

The MOST Important Nutrient

Take a sip of cool water. It is helping us move through our daily lives. Dehydration can happen quickly. To hydrate properly and facilitate the many roles of water, add sea salt, lemon, fruit, ginger, etc. to make it easier to drink and provide your body with the added minerals and electrolytes.

