

The Intuitivarian Process

Nourish Your Body & Bare Your Truth

A 22-day process toward self-exploration and acceptance



Welcome!

- I did everything in my power to try not to overwhelm. If you need to make each phase longer in duration, please do!
- Before you get started....
- Review your materials for each Phase the Day before you begin: For example the materials for Nourish Phase 1 are: The Guide Book, The Journal, Conscious Nutrition Recipe Book. The Experiment phase includes the Cravings Guide
- The Intention.. say together

Balance Phase 1 Welcome

Video: Overview:

Your Materials: Read The Intuitivarian Guide Book & The Journal Directions

1. What Your Yes Feels Like? p. 17, 18, 19
2. Journaling Overview
3. Meditation Practice begins and gradually increases during the 22 days.
4. Releasing the list of inflammatory foods on page 27, Grocery list on page 26.
5. Learning the Different Meal Types: Food Tree Video: <https://www.youtube.com/watch?v=VImKmybJPJM&t=17s>
6. Feeling your true & tricky hunger (emotional eating support coming soon)








Welcome: Feel Your Yes(™)

- The Conscious Connection Flyer: Hand on your heart and tummy
- How to Hear Your YES! Clear your mind. Alignment with yourself. Every day is different and we need to adjust.
- Personal Muscle Testing (Donna Eden's Energy Work)
- What is Intuition?

Nourishment Day 1: Journal Overview

- Physical/Mental/Emotional/Spiritual emphasis
- How to check in to access more of your OWN energy and power.
- What is your gas gauge at today? Emotionally, physically and mentally?
- Understand your poop: Bristol Scale Link:
- Different Protein Powders: VegaOne, Sunwarrior, Metagenics
- Monk fruit is ok

Bristol Stool Chart

Bristol Stool Chart		
Type 1		Separate hard lumps, like nuts (hard to pass)
Type 2		Sausage-shaped but lumpy
Type 3		Like a sausage but with cracks on the surface
Type 4		Like a sausage or snake smooth and soft
Type 5		Soft blobs with clear-cut edges
Type 6		Fluffy pieces with ragged edges, a mushy stool
Type 7		Watery, no solid pieces, Entirely Liquid

Nourishment Phase Day 2: Why Meditation?

- Ziva Mind & Visualization
- Deepak & Oprah

Nourishment Day 3: Conscious Nutrition Meal Types

- Food Tree Video: <https://www.youtube.com/watch?v=VImKmybJPJM&t=17s>
- Food Tree and Different Meal Types: Add Food tree document to the website.
- How to feel if you “need” or want Protein, Starch, Vegan Meals.
- Food to release Resource page & Why we are releasing them.

Nourishment Day 4: True or Tricky Hunger

- Cues that your body is utilizing fat for fuel
- Emotions that may be causing tricky hunger

Nourishment Phase Day 5: Breakfast & Snack ideas

- The list of meals: Hot: Quinoa with coconut milk and cinnamon (sweet), Quinoa and/or Chicken sausage with veggies, Sweet potato with nut butter (sweet)
- Cold: Celery juice, Protein shake, apple and seed butter, grapefruit, mango, green juice.
- Eggless Mayo:

Nourishment Phase Day 6: Meal Ideas

- The recipes: Roasted Veggies, Soups, Ginger stir-fry, portobello mushroom burger and parsnip fries, Moroccan quinoa stuffed peppers.
- Salmon, capers, avocado salad, Tahini dressing, Garbanzo bean salad
- Snacks: Hummus with cucumbers and broccoli stems.

Nourishment Phase Day 7: Assessing your relationship with grocery shopping, cooking, etc.

- **My first job was in a grocery store I should have gone on the price is right, totally would have won.**
- **What's your attitude around food prep? Do you try to always plan? and if you don't shit hits the fan?**
- **Do you know how many days a week you like to cook?**
- **Grocery List making, Dining out, Pantry support**
- **When was the last time you moaned over food? I challenge you to moan over a meal within the next 48 hours.**
- **Farmers Markets & CSA (Community Supported Agriculture)**
- **Staples (Safe Meals coming in phase 3)**
- **Family meal planning ideas: Start with a veggie as a base, then add in what the cook is craving, and make a side dish for the other. For example you are craving quinoa and know they will not eat it, so the side dish for them is a meat while you have quinoa and veggies as your main.**

Experiment Phase 2

Overview:

- Emotional & Spiritual Intention: Observing fears and beliefs in regards on when, what, where and how you need to eat. This phase is going to challenge any beliefs and shift your perspective.
- Physical & Mental. You may notice some detoxifying effects. We will offer different suggestions to support these, we believe in gentle and the body knows best. You are not suppose to have stomach discomfort. This is the whole reason I became a nutritionist. Mentally we hope you feel a deeper sense of relief in regards to what to feed your body and this leads to feeling empowered and more confident. Releasing protein shakes, minimal combined meals. Lighter exercise this week.
- Food Freedom: This phase is a bit detoxifying but not in a restrictive way, but in a liberating way: For example, something that you did that was challenging like running a tough race, it is not like you want to always be running races everyday, but you feel a sense of accomplishment and expansiveness after.
- Understanding your Cravings: I LOVE and adore this cravings guide. Cravings are meant to be condemned, actually we are blessed to have so many options. There are many people who have amazing life force and vitality that live off of beans and rice. Peruse the Cravings Guide when strong cravings come up.
- Supplements & Onesies vs. more comprehensive ones. Digestive Enzymes (be cautious of protease if you are susceptible to ulcers), Vitamin B, C, turmeric, artichoke, Green tea extract, Magnesium. Add them in one day at a time if you have never tried them so you can observe how your body responds. More details to follow.
- Physical & Emotional Cues to choose a Vegan Meal: Goal 3-5 Vegan meals this week. Learn some simple, satiating Vegan Meals.
- Physical & Emotional Cues to experiment with an Intermittent Fasting Day: Learn how to make kitchari
- Liver & Organ Health: All that our liver does for us, we are giving it a mini-break, Detoxification effects: Body Clock
- Self Care: Get a massage!

Experiment Phase 2 Day 1: Food Freedom

- What I learned practicing being a Breatharian for 8 days. I use food to connect with myself? Is that ok?
- Restrictive vs. Experimenting. GENTLE!
- RELIEVE ALL guilt. Practice the Conscious Connection 3 Steps.
- Food Freedom: Releasing protein shakes this week. Less combined meals. Wait until you are truly hungry, you will be surprised.
- Movies we suggest: Louise Hay “You can heal your life”, “Embrace” Documentary, “The Shift” with Wayne Dyer, “Chocolat” with Johnny Depp (enough said)

Experiment Phase Day 2: Supplements suggestions & Onesies

- Digestive Enzymes (be cautious of protease if you are susceptible to ulcers), Vitamin B, C, turmeric, artichoke, Green tea extract, Magnesium. These supplements provide comprehensive benefits for many of the organs and systems of the body. Some supplements do not work as synergistically as these. Please keep in any supplements that support your overall health.
- Digestive Enzyme Brands: Vitalzyme, Garden of Life, Enzymedica Digest Gold, Papain, Bromelain, Triphala. Experiment with these. I recommend to take ANY time with, before or after a meal, especially if you are noticing bloating, congestion, or sensitivity.
- Vitamin B, complex and B-12 and if you have a methylation issue, try Garden of Life B-12 spray. Take in the earlier part of the day, may provide energy before bed.
- Vitamin C: My favorite is Camu Camu. Take in the mid day, around 1,000 mg. Be cautious of too much it may cause loose stool.
- Turmeric & artichoke, purchase organic brands: Gaia Herbs. Link below
- Green Tea extract or decaffeinated liquid or tea. My other favorite hydrating tea is: Spring Dragon Longevity tea. Link below.
- Magnesium: I personally love the brand Calm. Take in the evening to help with sleep. And will add other brands below, as updates come in. The link is below to the company's website.
- Be cautious of the tiny print on supplements under the ingredients, keep an eye out for Dyes with a #, fillers and other words you find alarming.
- I am not sponsored by any of these brands at this time. I have an application into Garden of Life for wholesale prices. Also, I may recommend products from Metagenics and Xymogen for my private clients and I do receive these at wholesale and make a commission on retail from my site, I provide discounts from time to time.

Experiment Phase Day 3: Intermittent Fasting Cues & Kitchari Recipe

- What is Intermittent fasting
- What are the cues to allow your body and mind to experiment with it.
- What is Ayurvedic Nutrition
- A great recipe to experiment with
- Sprouting information:

Kitchari Recipe

1/2 cup basmati rice
1 cup mung dal (split yellow)
6 cups (approx.) water
1/2 to 1 inch ginger root, chopped or grated
A bit of mineral salt (1/4 tsp. or so)
2 tsp. ghee
1/2 tsp. coriander powder
1/2 tsp. cumin powder
1/2 tsp. turmeric powder
Handful of fresh cilantro leaves
1 and 1/2 cups assorted vegetables (optional)

PREPARATION

Carefully pick over rice and dal to remove any stones. Wash each separately in at least 2 changes of water. Add the 6 cups of water to the rice and dal and cook covered until it becomes soft, about 20 minutes. Follow Sprouting recommendations on this link: <http://www.consciousnutrition.com/soak-sprout-nuts-beans/>

While that is cooking, prepare any vegetables that suit your constitution. Cut them into smallish pieces. Add the vegetables to the cooked rice and dal mixture and cook 10 minutes longer. Add spices and cook until tender.

Serve warm or chilled and add cilantro on top.

Try adding Ghee when cooked during Phase 3.

Experiment Phase Day 4: Vegan Meals

- Where is your Liver?
- Cues for when to eat Vegan:
- Hot Liver: Yellow in the whites of your eyes, flushing, quick to anger, high triglycerides, weight around abdomen.
- Inflammation & Congestion: High blood pressure, arthritis, tired, trouble sleeping. Congested emotionally, all of us.
- 3 Vegan Meals: Massage Kale, Cabbage, not intimidated by pomegranate, pecan salad, Spiralized Zucchini or Spaghetti squash with Walnut Pesto Plain hummus

Experiment Phase Day 5: Detoxification effects & support

- How the body releases toxins: Sweat, urine, skin, BM's and CO2!!! (Show kitchari)
- Liver health: My Blog reference: <http://www.consciousnutrition.com/body-type-saying-hormones/>
In healthy individuals, blood sugar naturally rises in the morning because of natural hormonal changes, but after fasting overnight, liver types inevitably wake up with low blood sugar and can be irritable. They also have digestive problems such as gas and heartburn after they eat because of their sluggish digestive juices, which means food is not breaking down thoroughly, and if bile isn't released, the person will feel unsatisfied and craves carbs for energy
- Cacao nibs and goji berries: Powerful antioxidant
- Brazil Nuts: Selenium
- Coconut water
- Raw pineapple
- Herbal Teas: Peppermint, Ginger, Twig, Tumeric
- Homeopathic for headaches
- Pressure Point on thumb

Experiment Phase Day 6: Cravings Book Review

- How to learn and listen to our Cravings
- Cravings book overview
- Other supplements to experiment with: Probiotics and spirulina.

Experiment Phase Day 7: Self Care Practices

- Giving you permission to add in self care! It is essential in many cultures, and we have to step up and not put our needs off.
- Sleep: Provide yourself with the most amazing sleep experience you can dream of:)
- Stress management: If you are ramping up to a 7 out of 10, you have to get your cortisol down ASAP. Calm. And the following...
- Essential Oils
- Apple cider vinegar and inner dampness feeling
- Herbal tea with raw, organic honey and ginger
- Epsom Salt Baths
- Massage & Acupuncture
- Castor Oil Packs for you liver. Begin slowly. Abdominal Massage experts.
- Enema: Oil based enemas. Gerson Institute recommends coffee enemas.

Balance Phase 3: Overview

- Fun meditation practice: Eat pray love, for everyone! On page 23. “You make serious face like this, you scare away good energy. To meditate, only you must smile. Smile with face, smile with mind, and good energy will come to you and clear away dirty energy. Even smile in your liver.”
- Food Relations: How to add foods back in. 48 hours. For example, eggs for 2 days, then add in cheese, then coffee, then chocolate:)
- Comfort Foods Support & Safe Meals: Texture, Taste Buds. What is Umami? Baking, meatloaf, pancake, egg scramble with raw cheese, Ceviche, Avocado Smash, Chia Seed pudding.
- Reality: Living in the moment. What would an Intuitivarian do? How do you decipher if the gelato is serving you or offering you stress?
- Movement, intense exercise & stretching. Checking your heart rate.
- Journal Review. What you learned, What you now notice about yourself. What other questions to ask yourself?
- Why staying grateful keeps you young.
- What’s next? How can I stay feeling this good?

Balance Phase 3: Day 1: Food Relations: How to add foods back in

- If you are feeling great and do not want to do this, that is fine. Wait until reality adds them back into your life organically.
- Add in foods every 48 hours. For example; eggs for 2 days, then cheese, then coffee, then chocolate:) This phase could last longer for each individual if you have many food items you want to experiment with.
- True food sensitivity vs. choice: “I can’t eat that”.. Let’s replace with, “that doesn’t align with me at the moment”. Some of us are blessed that we can make these choices. Some cultures thrive off of white rice and we may have some judgment around it and certain foods that could support us at times.
- What to notice: Bloating, low energy, high energy, comfort, connection, satiated. Journal this. This will help you with your entire future.
- Combinations of foods that create more variables: Fruit and a turkey sandwich. May be ok for some but if you had oatmeal for breakfast, this combination can create a chemistry challenge for certain people.
- If I had cheese with friends one day, I personally relieve myself for the next few days. I go thru phases with each of these cravings.
- Just try understanding the signals your body is giving you to know when to add nourishment from certain foods and when to add nourishment from other experiences.

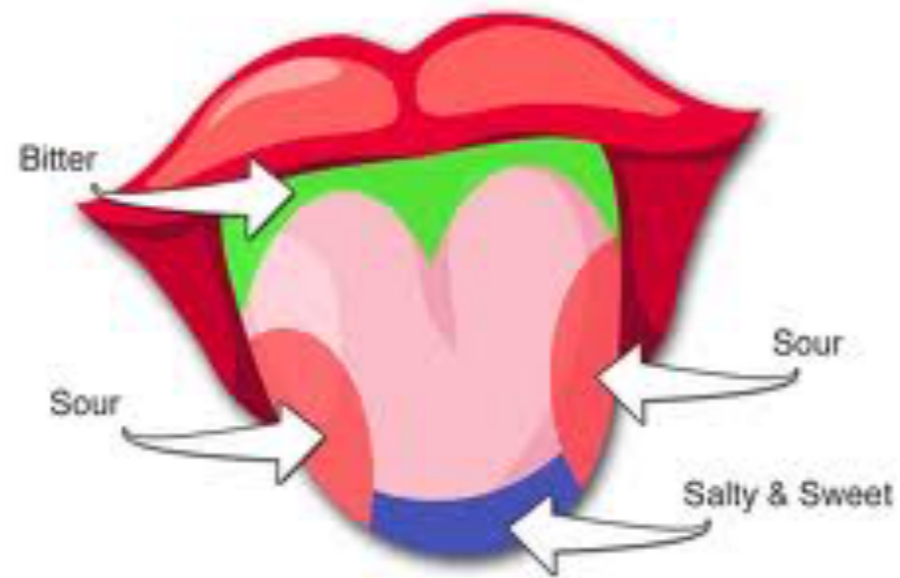
Balance Phase 3: Day 2: Movement

- When to add intense exercise vs. stretching.
- Checking your resting heart rate first thing before getting out of bed: 1. Find your pulse at your wrist (the radial artery) or at your carotid artery in your neck. 2. Using your index and middle finger, count the number of beats you feel in 10 seconds 3. Multiply the number of beats you count in 10 seconds by six to find the number of beats per minute.
- A **normal resting heart rate** for adults ranges from 60 to 100 beats a minute. Generally, a lower **heart rate** at rest implies more efficient **heart** function and better cardiovascular fitness. For example, a well-trained athlete might have a **normal resting heart rate** closer to 40 beats a minute. — Mayo Clinic
- Target Heart Rate: Your maximum heart rate is about 220 minus your age. Count your pulse for 10 seconds and multiply by 6 to find your beats per minute. You want to stay between 50 percent to 85 percent of your maximum heart rate.
- Wisdom is knowing when to go to 100% and when not to. If you have a high heart rate: Stretching could be the best thing for you.
- Do things you love. We all need more joy. Hula hooping, dance, martial arts.

Balance Phase 3: Day 3: Safe Meals, Comfort Foods & Baking

- What the rebel desires, the critic criticizes. Make friends with these two aspects of you.
- Textures and taste buds
- What combinations of foods raise and lower your energy
- What is umami...Fried Chicken (yang) Blood. Why Ghee? Some people with lactose issues may digest better.
- Alkalinity and resources to support you journey.
- What foods, mind set, attitude, beliefs truly support you

Taste buds



Balance Phase 3 Day 4: What would an Intuitivarian do?

To be continued: What the rebel wants and desires the inner critic judges and criticizes.

I recall a time I wanted to release caffeine, I set up a date to begin, and wow, did my inner voices go wild. Try not forcing yourself however support all of the different hormones to be communicating together.

3 steps:

1. What emotion am I bypassing by putting this in my mouth?
2. What does my body truly need? Oxygen. Hydration. Nutrition?
3. What experience with this food will fulfill me even more?

Gelato?

- Cold and creamy, usually repressed anger and trying to cool it down.
- Cold and creamy support: . Avenin Deficiency (Craving of gelatinous substances). Feeling alone and depressed.
- Chia seed pudding, Frozen fruit and coconut cream, a hug.
- Have gelato with friends walking on the beach or after a hike. Let's go to Italy:)
- An Intuitivarian would release old negativity, and enjoy the darn gelato:) only if it aligned and the emotion wasn't getting replaced.

Chocolate:

Cookies:

Balance Phase 3 Day 5: Highlights of You

- Finding your rhythm and flow. Do you feel less worried about what to eat? Do you notice more calmness around meal times and grocery shopping?
- Where is your gas gauge at today? Look back and notice how many days your gas gauge was higher or stayed steady.
- Review your journal and observe some patterns, for example, low energy makes me want carbs:), or a tough conversation makes me say F*** it.
- Review symptoms you were experiencing when you began, such as low energy, tummy aches, digestive issues, moodiness.
- One of my favorite stories is when a client slept thru the night for the first time in 30 years, jumped out of bed with energy, didn't have cravings for a week, and was still worried about when she was going to see results. Be careful on what results mean to you.
- You can not lose weight until your healthy
- You can not beat yourself up, malnourish and guilt your body into becoming healthy.

Balance Phase 3 Day 6: The ABC's of an Intuitivarian

- Keep it simple: The ABC's are a great review of some tips and what to focus on. p. 33. My type of glossary:)
- Why staying grateful keeps you healthy and young. Can notice in seconds when my attitude is a bit too negative my outcome, then shifting it. Just like walking away from your computer. Say 5 things you are grateful and write them out once a day.
- What do I get out of not being connected to myself? This is a tough question to ask and hearing the answer may be harder. For example, how is having extra weight on my body supporting me? I have heard this answer, People expect less of me. or What am I receiving by not eating consciously? What aspects of my personality can sabotage me?
- There is a heaps of responsibility in trying to be perfect, doing it all, so having aspects of your life not organized may be serving you somehow.
- It is all about taking one step at a time, or changing one choice and habit at a time. (I stopped checking emails before I nourish myself)

Balance Phase 3 Day 7: Other ?'s to ask yourself

- Be vulnerable and courageous and ask yourself some difficult questions. p. 31.
- Embody Trust: Mind-Body Connection. Feel first then let the logical mind chime in.
- Being your own guru
- Continue creating your life from the inside out
- The Long Game: keep practicing meal combining, and following your own intuition and trusting your own evolution.

**Yesterday is history.
Tomorrow is a mystery.
Today is a gift.
That is why it is called
the present.**

Celebrate!

- My favorite Day!