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WIT FIT AND BALANCE... STRATEGIES FOR SUCCESS



Handouts by Meg Soper

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FOUR KEY INGREDIENTS TO BE OUTSTANDING IN YOUR ROLE

- BE GOOD AT WHAT YOU DO...ALWAYS LOOK FOR WAYS TO DO IT BETTER
- COMMUNICATE EFFECTIVELY
- LIVE IN BALANCE...TAKING CARE OF OTHERS BEGINS WITH TAKING CARE OF OURSELVES
- HUMOUR AND PERSPECTIVE...TO BE ABLE TO SEE THE LIGHT SIDE

Live in Balance

- LEAVE TIME BETWEEN COMMITMENTS
- SHARE THE LOAD
- TAKE 30 MINUTES A DAY TO LOOK AFTER YOURSELF...TREAT IT LIKE ANY OTHER APPOINTMENT
- CONSIDER 30 MINUTES OUTSIDE FOR 30 DAYS

We can learn to figure out what makes us happy

“Joy cannot be found outside ourselves...it’s not what we have that makes us happy. It’s how what we have makes us feel that creates happiness.” Brian Tracy

Secret to Balance – Joy - Success

To truly balance your life, from time to time, you need to reassess your priorities. Decide which things in your schedule are important and which are not and get rid of some.

Get Unstuck

We get used to doing things the same way...but we can get unstuck and open our minds to doing it differently. Be open to new ideas.

Meg’s Daily Affirmation

Nobody said it would be easy...they just promised it would be worth it.

Live in Balance...through Nutrition...Exercise

The future is that time you will wish you had done the things you are not doing now. Make the time. We don't drive our cars until they run out of gas or oil...we maintain them so they don't give out. For us...we need to avoid taking on more and more stress until we reach the breaking point.

Eating well and moving your body are two of the best anti depressants that exist.

It takes 21 days to form a habit. To make a change...do something new for 21 days in a row...it will become a routine.

Applying ONE good habit such as WALKING regularly can cut disease risk and improve our health.

Research indicates after the age of 40 our metabolism rate slows down and we lose ½ pound of muscle a year.

We get stuck doing the same thing. Be bold and make a change...we can always do it better...

January 2013 I wrapped my head around taking on this Challenge. At first I thought it would only be possible if I was asleep. But then I decided I had nothing to lose taking it on. The first few days were very challenging. It took about 3 days to come off sugar. The sugar cravings decreased around the 3rd day. Then I started to feel the difference and noticed a number of positive changes. I had more energy, had minimal bloating and slept more soundly. As a result of those positive changes ... I have instituted many of these guidelines. I encourage you to take this Challenge on and see if you feel any different as a result.

The Eating Challenge (follows the Paleo “Caveman Diet”)

1. **No Dairy.** Humans are the only species to continue to drink milk after infancy. After the age of two we lose the digestive enzyme rennin which is responsible for allowing us to digest milk. Dairy is an immune system stressor and everyone is allergic to cow dairy to some extent. This includes milk, butter, cream, yogurt, ice cream, and cheese.
2. **No Starches.** No corn products, no white potatoes, no rice, no breads. Try cauliflower (process it and spice it up).
3. **No Processed Foods.** If it comes in the freezer section or in a box...don't eat it. Whenever a food is refined or processed ... the natural fiber is taken out of it. Fiber is the part of any plant including sugar cane. Fiber is what balances our blood sugar.

Avoid all nitrates ... especially in bacon and sausage. Grass fed and without nitrates is best.

4. **No Grains.** Not even corn. Wheat has gluten and all grains have a very high glycemic index – which means that these foods carry sugar too rapidly into the bloodstream, causing a spike and a crash.
5. **No Alcohol.** Avoid booze completely during the challenge. When you are complete you may opt for organic red wine or aim to only have alcohol once or twice a week.
6. **Eat Meat.** Try to focus on moderate to high animal protein. Eat a variety of poultry, seafood, red meats and eggs...grass fed if possible.
7. **Eat Vegetables.** Eat as many and as much fresh or frozen vegetables you want. Go organic if you can.
8. **Eat Fruit and Fruit Juices.** If you are trying to lose weight...limit your intake. Go for organic juices. Non blends with no added sugars. It's better if you juice it yourself.



9. Cook with high quality oils. Good oils are coconut and organic olive oil. Avoid corn, cottonseed, peanut, soybean, rice bran, and wheat germ oils. Avoid any foods made with these oils...chips and mayo.

10. Sea Salt. Do not use iodized salt. Go for unrefined sea salt. A good sea salt should be coarse and grey in color.

Alkaline versus Acidic

The body tries to maintain a healthy blood pH between 7.35 – 7.45. Stress, toxins and diet can affect that. An acidic pH can occur from an acid forming diet, emotional stress, toxic overload, and/or immune reactions or any process that deprives the cells of oxygen and other nutrients.

We are far more susceptible to fatigue and illness in an acidic environment.

To maintain health, the diet should consist of 60-70% alkaline forming foods and 30-40% acid forming foods.

To restore health, the diet should consist of 80% alkaline forming foods and 20% acid forming foods.

An example of Foods that are Alkaline:

Vegetables

Most Fruits

Some legumes – peas, beans, lentils

Herbs and Seasoning

Almonds

Sunflower Seeds

Organic Yogurt (with live bacterial enzymes – probiotics)

Most Herbal Tea

An example of Foods that are Acidic:

Red Meat

Fish

Eggs

Poultry

Wheat and Grains

Milk – Dairy

Processed Foods

Black Tea

Coffee

Alcohol

Studies show that it takes 3 servings of vegetables and fruit to neutralize one serving of animal food.

CALCIUM

If you are concerned about cutting back on dairy...Here are some sources of calcium other than Dairy...

Almond Milk

Almond Butter

Almonds

Sesame Butter (Tahini)

Tofu

Sardines

Green Leafy Vegetables

Sunflower Seeds

Flax Seed

Orange Juice with calcium

Salmon – canned with bones

BOOST YOUR IMMUNE SYSTEM

Try this fabulous drink daily to give your immune system a kick start...hot or cold.
This helps you fight against illness particularly during Flu season.

Water 6 – 8 oz

Lemon (1/4 – 1/2 squeezed)

Ginger (1 – 2 tbsp)

Cayenne (sprinkle)

Agave or Honey (1 tsp)

Examples of ANTIOXIDANT FOODS – Slow down cellular aging...try to work them into your diet

- **Green Tea**
- **Blueberries**
- **Cranberries**
- **Broccoli**
- **Almonds**
- **Walnuts**
- **Kale**
- **Tomatoes**
- **Garlic**
- **Fish**

After taking on the 21 Day Challenge...I changed many of my eating habits and incorporated a greater variety of vegetables like kale into my diet. Some things I could not give up on a permanent basis were good cheese, chocolate and wine...life didn't seem as much fun without them.

Life is like a marathon. Pace yourself. Save some steam for the end. We are going to cross the finish line with our chest out...chin up and a kick in our step.