



Some Practical Tips Towards Healthier Eating

1. You don't have to start eating well overnight. You can incorporate healthier eating into your lifestyle bit by bit, at your own pace, avoiding the massive discomfort of sudden change.

2. You're likely more scared of change than of healthier food. Humans are wired to resist change, so the prospect of modifying your diet for something unfamiliar can be more put-offing than the actual food you'll be eating.

3. Approach your diet as you would your business. Think of it as split testing a hypothesis to see if it will work for you. What are the small steps where you can make change, and what results are you after? Experiment with your diet, see what you learn, and retain what benefits you.

4. Avoid all-or-nothing thinking. If sugar is your vice, don't think of it as having to cut out all sugar forever. If you can start by reducing the amount of sugar you consume, you're already headed in the right direction.

5. Gamify things. Instead of thinking about the "fun" foods you'll be eliminating, think about what you can eat and how to add variety to your diet. Add foods that reduce inflammation, that increase tastefulness, that don't make you bored of what you're eating.

6. Realize it can actually be great. There are gluten-free, low-sugar food choices out there that actually taste fantastic, if you keep an open mind. Be willing to explore. "Problem" ingredients like wheat, cow dairy and sugar have healthier substitutes and can even be done away with completely in many recipes.

3 Actionable Items:

1. Eliminate 4 problem food items for 14 days. These "Four Horsemen of the Apocalypse" are:

- **Gluten** (Read labels for anything with wheat, soy or barley - don't assume.)
- **Added sugar** (Again, read labels. Sugar can be hidden in food stuffs like sauces or stock cubes.) You can substitute sweeteners like stevia or xylitol. Fruit is okay.
- **Cow dairy** (Some purists would cut out all animal dairy, but cow dairy is usually the most reactive. Try substituting goat products or plant-based milks.)
- **Alcohol**

After 14 days, reintroduce these items one at a time and see how your body



reacts. This will tell you whether you have food sensitivities and need to reduce or cut things out of your diet.

2. Get genetic testing. This can be had from 23andMe, and the resulting data sent to a genetic report service like Rhonda Patrick's. This will tell you things like what carbohydrates and fats you're better suited to, and whether you do well with animal or plant-based protein. You'll learn whether you're able to convert nutrients to essential vitamins, or whether you need a supplement. Make adjustments to your eating habits from there.

3. Cook from scratch. If you can cook 80 percent of your meals from fresh with a variety of ingredients, it will do wonders for your nutrition. Just start by listing what you can prepare for breakfast, lunch and dinner, then find out how you can cook them from scratch. Within just two weeks you should see a difference in how you feel.

Note: You needn't do all of the above all at once. Pick one item, see how it works out for you, then pick another. Keep only the things that benefit you.

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