

Addiction Food Revolution



Food for Recovery & A Happy Vibrant Life



Full Recovery Needs all 3 Legs



The Missing Link

The Body...The Bio-chemistry



Bio-chemical Factors leading to Addiction, Mental Health & Relapse

- * **Neurotransmitter Depletion:** mood disorders, tolerance, trauma
- * **Allergies:** susceptibilities to foods & substances
- * **Toxicity:** heavy metals, toxic chemicals & food additives, bio-toxins & infections
- * **Hormone Imbalances:** PMS, Menopause and Andropause
- * **Genetics:** inherited differences in bio-chemistry which contribute to all the above
- * **A Starving Brain:** the SAD diet, low blood sugar, deficiency in important nutrients, protein & essential fats

*Do You have a **Starving Brain?***



A Starving Brain

- Cravings...Addicted
- Brain Fog, Can't Focus, Can't Remember!
- Tired, Wired, Weird!
- Upset stomach, diarrhea, constipation
- Can't sleep...Depressed
- Irritable, anxious and obsessive
- Pain: Headaches, Fibromyalgia, TMJ, etc!

*Brain Neuron
Neurotransmitters...
It's a Chemical Thing*



Serotonin

One of our major Neurotransmitters



Balanced Serotonin

Mood Regulation

- *Positive Outlook*
- *Emotional Stability*
- *Self-Confidence*
- *Emotional Flexibility*
- *Sense of Humor*

Serotonin Depletion

- **Anxious, agitated depression**
- **Tearfulness**
- **Social Anxiety & low self esteem**
- **Panic Attacks, Phobias**
- **Worry/rumination /obsessive thinking**
- **Obsessive behaviors (OCD)**
- **Irritability, Rage, Violence**
- *Suicidal Thoughts*

Suicide Watch

Neurotransmitter Depletion



More Symptoms of LOW Serotonin

- **Chronic Pain: fibromyalgia, migraines, TMJ, etc**
- **Sugar and Carbohydrate Craving**
- **Bulimia and Compulsive Overeating**
- **Afternoon and Evening Cravings**
- **SAD (Seasonal Affective Disorder)**
- **Hyperactivity**
- **Sleep Issues: trouble falling asleep, frequent waking**
- **PMS (serotonin drops as estrogen drops)**

Restoring Serotonin

- **Amino Acid Therapy**

5-HTP or L-Tryptophan

with co-factors B-Complex & Vit C...additional nutrients as needed

- **Personalized Nutrient Therapy**

- **Other Integrative Therapies**

- **Food...The Pro-Recovery 5 * Diet**

The Pro~Recovery

5 ★ Diet ©



The Pro-Recovery 5 Diet



Number 1...Protein



Number 2...Fats



Number 3...Complex Carbohydrates

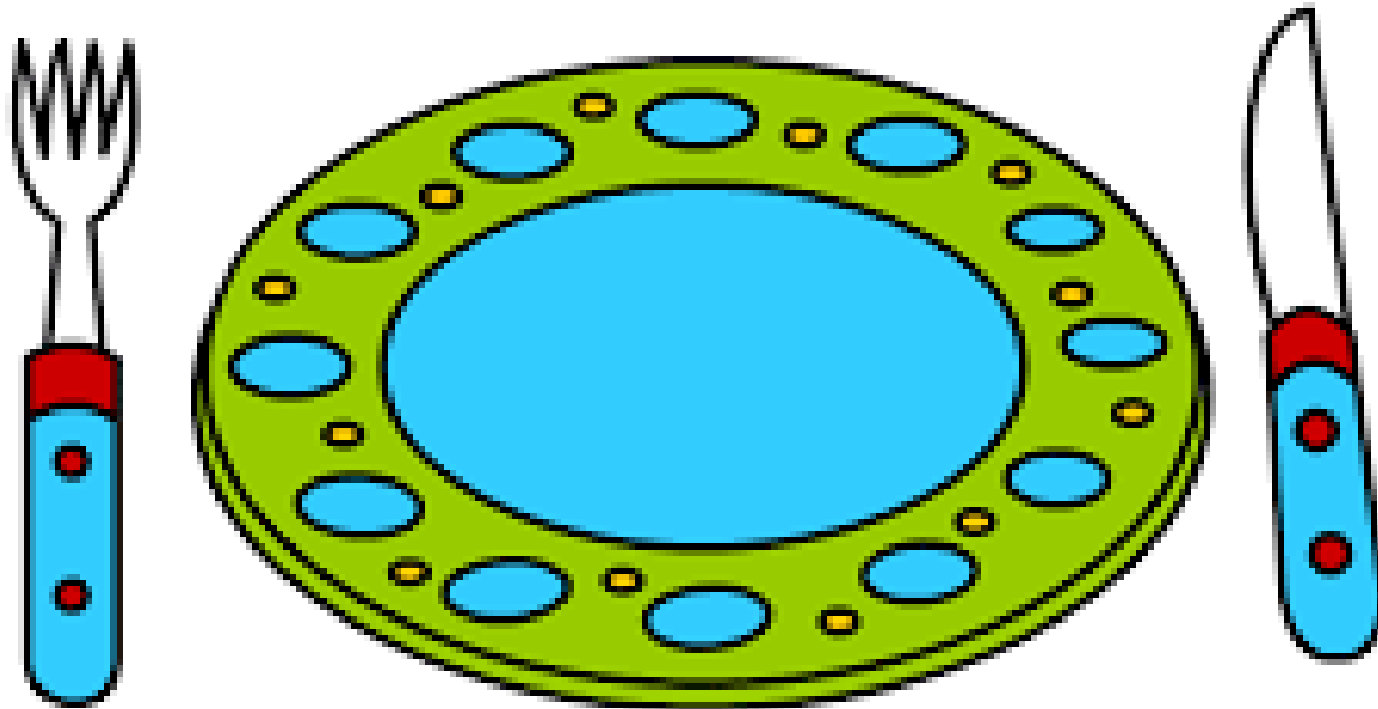


Number 4...Quality Clean Food



Number 5...Personalized Food Plan...Diversity

What's on your Plate?



Protein ★ Number 1





Number 1...Protein

- * Supplies your body with the building blocks for amino acids...
- * Which helps with the creation of hormones, tissues, nerves, blood, bones, skin & organs, enzyme function
- * Blood Sugar Balancer

Fat ★ Number 2

Friend not Foe





Number 2...Fats

More Friend than Foe

- * coat for body & brain cells
- * production all hormones
- * prevents carbo cravings
- * long smooth energy ride
- * supports healthy libido
- * helps keep bowels regular
- * 60% of the brain

Number 3

Complex Carbohydrates: ☺ Friend





Number 3

Complex Carbohydrates

- * Vitamin & Mineral Supply
- * Fuel for Energy Production
- * Provides Enzymes & Fiber

Eat Mostly Veggies...

lots of leafy greens

and a Variety of Colors

Honorable Mentions

SuperFoods

“A nutrient-rich dense food especially beneficial for health & well-being”

The ANDI Nutrition Rating System

Aggregate Nutrient Density Index

Dr Joel Fuhrman

“Eat to Live” “Eat Right America”





Number 4...Quality Clean Food

- Why Organic? More nutrients minerals vitamins...no pesticides herbicides etc...
- Secret Assassins in Food ☹️ Toxic Overload
- MSG, Aspartame, Glysophate, Zonalin, Additives, Dyes, HFCS on and on.....
- Since 1950s the # of food additives...800 to 10,000...2001....GRAS...loophole “generally regarded as safe”??
- “Swallow This; Serving Up the Food Industry’s Darkest Secret” by Joanna Blythman



Number 5 Personalized Food Plan



We are all Bio~Individuals

- * Health History...Family Genes
- * Blood Type Diet: O ~ A ~B ~AB
- * Ayurvedic Constitution: Pita, Vata, Kalpa
- * Metabolic Type:
 - Fast Burner ~ Protein Type
 - Slow Burner ~ Carb Type
 - Mixed Type ~ Protein & Carb



The Pro~Recovery Daily Deal

Food, Health & Recovery...Never Tasted so Good 😊

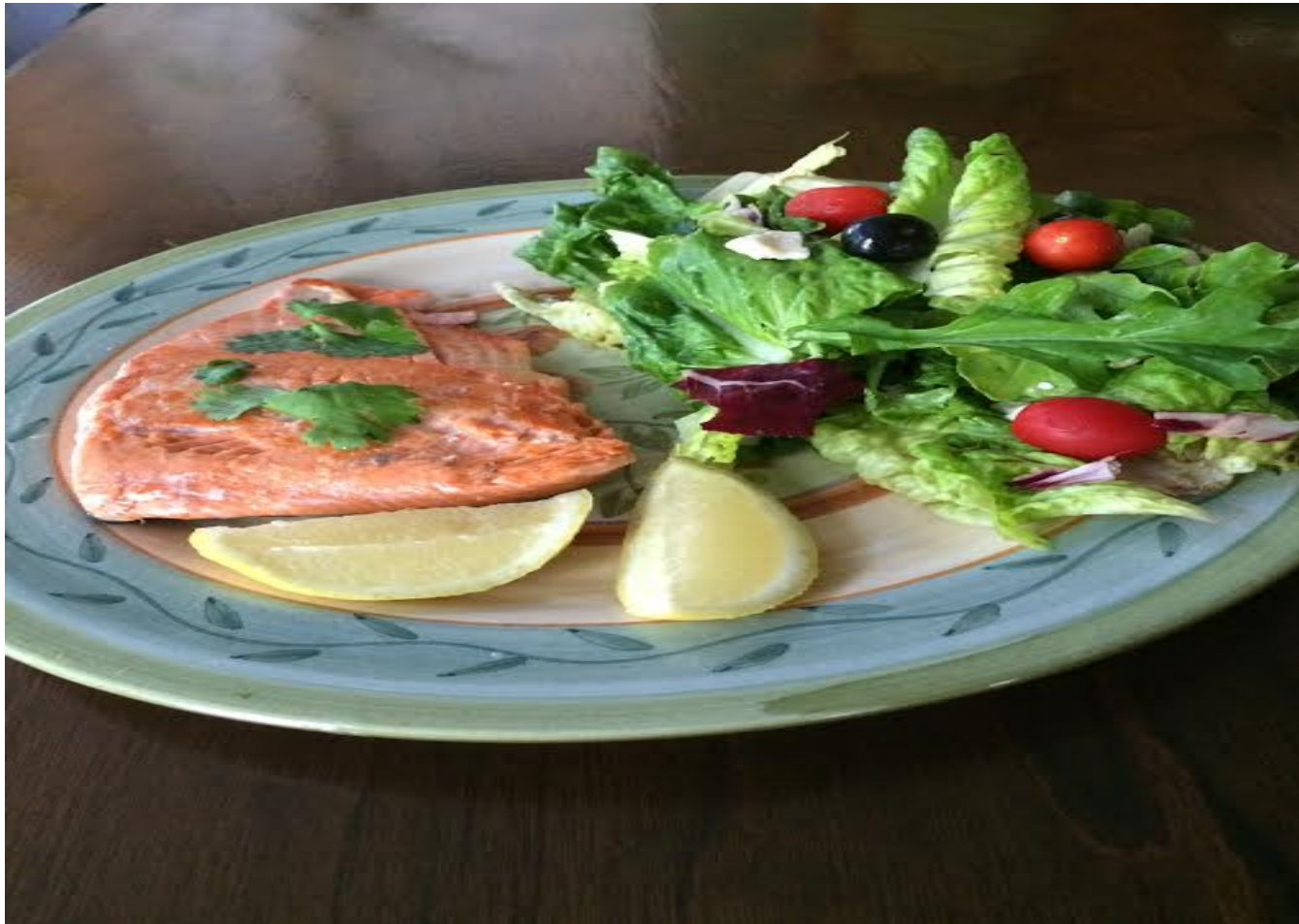
- * **Plan Meals and Snacks...COOK!**
- * **3 meals a day with protein...fats and complex carbs...2 snacks if needed**
- * **Sit and Eat...slow not stressed...**
take 3 deep breaths
- * **Supplementing & Hydrating....Drink Water...in between meals**
- * **Eat Clean...Stay Clean...Read Labels!**
- * **Move...Rest...Meditate...Deep Breath**

Cooking Menu Planning

“Cook like your life depended on it, because it does,” Joshua Rosenthal Institute for Integrative Nutrition



A Favorite Pro~Recovery Meal



Pro-Recovery Tempeh Lettuce Wraps!



Pro~Recovery P & F



Pro-Recovery Smoothie



A Pro~Recovery Snack

Brain Balls



*** Menu of Services ***

The Holistic Gourmet & High Vibe Recovery

Bringing Health and Recovery to the Planet...one Plate at a time!

Online Coaching, Classes & Workshops

- ***Holistic Health Food Recovery Coaching***
- ***Personalized Nutrition Food Plan***
- ***Cooking, Food Kitchen & Work Set Up***
- ***Brain Chemistry Balancing: Nutrient & Amino Acid Therapy***
- ***Meditation...Qi-Gong...Healing Breath Practice***
- ***Coaching & Mentorship Program***

"One cannot think well, love well, recover well or sleep well, if one has not dined well" Virginia Woolf

Pati Reiss BA HHC NRC

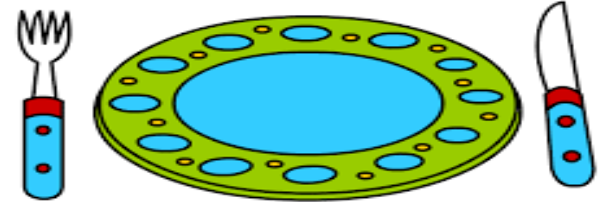
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Plate Up!!!

*An Eating and Lifestyle Class
for Recovery & Vibrant Health*



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- * Recipe Videos & Handouts
- * Personalized Clean Food Plan...3 Meal a Day
- * Daily Spiritual Practice & The Daily Food Deal 😊
- * Qigong for Recovery Energy Healing Tips
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Happy Recovery...Bon Appetit'

