



# — PURE —

Whole-Food & Plant-Based Support



# Disclaimer

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- This program cannot be construed as a recommendation of medical treatment or medication. It is not professed to be physical or medical treatment nor is any such claim made.
- There are no medical recommendations or claims for the PURE program or for any of the vitamin or mineral regimens described in this program.
- No individual should undertake the PURE program or any of its regimens without first consulting and obtaining the informed approval of a licensed medical practitioner. The author makes no warranties or representation as to the effectiveness of the PURE program.





# Module 5 Guide

Entertaining

- Foods to Share

- How to talk about WFPB

- Make it fun

Buddy Up

- Encouragement

- Giving Back

- Accountability

Assessing Your Movement



# Parties

Entertaining and being entertained is a challenge for anyone with a rigid lifestyle choice. There are several obstacles that you'll run into.

## What to eat.

As a host, you can handle the issue in a couple of ways, either offer hors-d'oeuvres with traditional foods that are normally plant-based or with slight alteration. You can invite a pot-luck for people to bring their favorite dishes around a theme that you can provide a vegan alternative, while they bring foods that they prefer. You can also just have a plant-based party and provide them with delicious plant-based, whole-food choices.

As a guest, you might call ahead and ask if you can bring some additional plant-based hors-d'oeuvres. You'll be surprised by how many people will choose your contribution because they're usually happy with some healthy alternatives.



# Parties

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How to keep from feeling isolated or different.

Choose to focus on the company instead of the food. We enjoy food and drink at parties, hopefully it's the interaction that we remember. Feeling good and balanced will help you to focus on others at the party and you may find that parties were never so much fun.

How to discuss your lifestyle choice.

Most people don't really care about your choice until your health begins to change and your body starts to reflect the change. If they make snarky remarks about what you're not eating, just acknowledge the remark and move on. You won't convert them, and it will just be an uncomfortable conversation. If they are genuine in their interest, discuss it with them.

Temptation

The pre-work is important when it comes to temptation. Remember your why. It's a lot easier not to eat cheese when it's not being held in front of you. Stick with this program, talk to your community of peers, they know what you're going through because they're experiencing the same things. If you need to, watch a movie that originally inspired you before your party. Read an article or listen to an inspiring podcast. We have lots of tools to stay motivated and resist temptation, take advantage of them.



# Buddy Up

We are all parts of communities and maintain relationships with many different people. Those communities and relationships can have a dramatic impact on the success of lifestyle changes.

This week we'll be looking at community in the context of your new PURE lifestyle: how to best manage the changes you're making with the community you already have, and how to create new community and relationships to support the changes you've made.





# Buddy Up

Throughout history people have found strength in communities formed around religion, sports, education, addiction and recovery, and political affiliation. These are people who share the same beliefs and intentions and add strength, purpose and conviction to their lives. One of the most important human needs is to “belong”. Belonging also fills other human needs of importance, contribution, socialization and security.

Dr. Ruden’s studies show that without sufficient community connection our brains produce less serotonin, a key neurotransmitter that gives us a feeling of security and well being.

Become a part of a community, tribe or group who support each other in growth. There are groups sprouting up all over the place; they may be in your geographical community or on the internet. Whether it is health, spiritual, religious, weight loss, authors, blogging...if there is something that you like to do...find a group of like-minded people and thrive!



# Buddy Up

While changing your lifestyle can have some downer moments with the people you love, there are also opportunities where people will want to support you and cheer you on.

First, within your existing friends and family you may have a few individuals that you can share your progress with, how you're approaching food from a healthful angle designed to last a lifetime, and your thoughts about who you are now and who you'd like to be.

Next, when you don't have those supportive helpers in your immediate community, it's time to find a community that will support you! Whether it's joining a group, using your online support community, or taking classes at your gym for the social factor and support - find what works for you. It's critical to feel supported and understood as you make your changes, and there is a community out there for each of us - we just need to find it.





# Buddy Up

A question to ask is, who am I surrounding myself with? People who encourage growth and compliment your efforts...or people who are suppressing possibility?

We don't always get to pick who our coworkers are, our family or our neighbors. You do choose those in your tribe; are you choosing to be with the people who say, "I can't"...or someone who says, "I will find out how"? Are you with people who make you crazy...or someone who encourages growth?

Benefits of Community Support:

- Accountability
- Support
- Contribution
- Shared resources
- New perspectives

# Give Back

Once you've begun this journey, you will find that the best way to help yourself is to help others. It's nice to step back and take an honest and full look at the idea of gifts and contribution in a different way. There is one thing you can do – always, always – that makes you feel good and that is to help others.

Do you ever wonder why you are not satisfied?

Is there something in your life that feels like a big gaping hole that needs to be filled?

The Need to Give

A contribution is the one sure way to feel worthwhile and purposeful.

In addition to that, by giving of ourselves selflessly and sincerely, we improve every single relationship in our lives and achieve abundance that we can not even fathom.





# Give Back

## Giving Selflessly

It is hard to conceive of giving as a selfless act, because, regardless of what your intentions are, you always, always receive more back than what you gave. It could be a lesson, a better relationship, social acknowledgment or just the great feeling you get by doing the right thing. This is where you have to separate out the intention from the expectation. The thing is, when you do something with an expectation of return or reward, you are very seldom pleased. If you do something with no expectation of the act being a reciprocal arrangement, you will never be disappointed. It removes the idea that we think we deserve something in return and opens us up to unlimited abundance in everything.

## The Size of the Gift

We often think of contribution as being some grand gesture at huge expense and that is where we get it wrong. Subtle acts of kindness can make a tremendous impact on the life of another and the world.

# Assessment

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	Weight	Sleep	Constipation/ Diarrhea	Energy	Mood
Sunday					
Monday					
Tuesday					
Wednesday					
Thursday					
Friday					
Saturday					



# Assessment

Five positive changes this week?

- 1.
- 2.
- 3.
- 4.
- 5.

What are your main concerns?

What can you do in the next week to bring you closer to your goals?

How did you feel?