



— PURE —

Whole-Food & Plant-Based Support

Disclaimer

- 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 6 Guide

Assessing Your Eating Mindfulness

- Exercises in Mindfulness

Goal Setting

- Review Why
- Food and Movement
- What went right? What could be better?



Assessing Your Eating

Not everyone participating in this program wants to lose weight. You may be in this for health and not worried about weight loss and that's great, you can skip this page. For those of you who want to lose or gain weight, this is for you.

There isn't any estimate of time that you should lose or gain weight when changing to the plant-based, whole-foods lifestyle. It will depend on how you were eating when you started, your weight and your metabolism. If you feel like you've been doing everything right up to now, eating the foods allowed and skipping the processed foods and other non-plant-based, then the following suggestions should help.

If you want to prevent weight loss or gain weight, add nuts and seeds and you may want to increase your grain portions. Trail mix is a fun way to add calories to your day.

A close-up photograph of a clear glass filled with water. Several thin slices of yellow lemons are floating on the surface and partially submerged. Fresh green mint leaves are also in the glass, some at the bottom and some near the surface. The glass is sitting on a white, slightly wrinkled cloth.

Assessing Your Eating

The good news is, you are becoming healthier with your lifestyle change. You may want to make a few tweaks to assist your metabolism, especially if you're taking medications that cause weight gain, you're 45 or older, or you live more of a sedentary life.

Make sure you're getting plenty of NEAT, about 10,000 steps in a day and 3 days a week 30 minutes of strength training and 2-3 days a week of cardio HIIT.

Eat 6 times a day, smaller meals.

Drink plenty of water, Calculate .5 to 1oz per pound. If you weigh 100 pounds, drink 50-100 oz of water a day.

Assessing Your Eating

- Many food allergies are taken care of with this style of eating. If there are foods that you're sensitive to or allergic to, substitute them. We have an easy "alternate list" that will help you to do this. You should check with your doctor, or dietitian if you have health issues with special restrictions.
- PURE is naturally anti-inflammatory. Chronic inflammation shows up in headache, joint pain, fatigue and pain. It also causes you to be more likely to have diseases that threaten your health and life. This is a lifesaving change you are making.



Mindfulness

Mindfulness is like weight loss. We're not looking for a "quick fix," we're looking for lifestyle changes. You'll need to establish new habits and train your mind to be quiet. You'll need to practice, and the more you practice the more natural it becomes.

Mindfulness Exercises

Practice a few mindfulness exercises this week. It should make you more aware of what you aren't mindful of. Set aside some time for them, so you don't get too busy. Mindfulness can be pure awareness or practiced meditation. It could be that you're participating in some mindful activities, and you don't even label it as that.



Mindfulness

- Seeing things with new eyes. It's fun watching babies react to objects we take for granted. They respond with new excitement and original perceptions of things that we look at every day and no longer react to. Find a window and look outside. Pay attention to movement, variation in color, shape, and texture. The idea is to look at the world as if you've never seen it before. Don't make judgments, just be observant and aware.
- Look into their eyes. Next time you're talking to someone, whether it's your child, spouse, friend, relative, or customer, look into their eyes and listen carefully to what they have to say. Without judgment, think about the meaning of what they're saying and understand them.

Mindfulness

- Focused breathing. Lay down and relax someplace quiet. Feel your breath move in and move out. Pay attention to your nose as the air comes in, notice your belly expanding and collapsing with each breath. Don't judge the way you breathe, naturally become aware.
- You don't have to start out with 2-hour meditations, as a matter of fact, that's probably not a good idea. Simple steps to get started can help you to appreciate mindfulness, and you can grow gradually.
- The world is a busy place. There always seems to be something there to pull our attention in another direction. When you're first starting out, you might want to take advantage of some of the tools available, like videos, podcasts, apps, CDs and even classes, that help us to improve our abilities.

Assessment

	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?