

Utter Wellness presents:

10 steps to a
healthier, leaner you.

Free ebook from Utter Wellness



Hello!

Discover the 10 steps which will lead to sustainable healthy living.

Learn about:

- ★ The 4 pillars to keep you healthy
- ★ The 10 Ayurvedic daily tips to keep balance
- ★ What foods to increase in 2017
- ★ How to keep your weight off forever



About the ebook

Here is 2017!! As we look forward to the New Year and our resolutions, one thing is clear: Being healthier, leaner, less-stressed, stronger and happier come at the top of our list.

But why does the research show that 25% of people abandon their resolutions within a week, and that number increases as the weeks pass (up to 90%).

Well, our explanation is that our resolutions lack information and are too broad to be sustainable and that is why we are offering this free ebook with information and a focused, actionable, easy, specific and sustainable plan.

Let' s make 2017 a little different . 2017 will be an awesome year !! Even if it sounds like a “cliche,” we'll help make it a reality and an accomplishment for you.

We are dedicated to provide tips to a healthier you on regular basis, we are devoted to advocating healthier living for all, we are committed to empowering you with all the tools for an awesome 2017 and hope you will enjoy it..

With love and light,

Team at Utter Wellness



1. EAT MORE FRUITS AND VEGETABLES

It is not about avoiding that cheesecake, or that pasta or that chocolate chip cookie, it is about increasing the healthy goods in life so they slowly take over the more processed, junky foods.

So for the New Year increase your intake of colorful vegetables, leafy vegetables, legumes and fruits.

Add 1 or 2 serving at each meal, you will want or crave that cheesecake less and less...be aware of it..

By increase fruits and vegetables you will be increasing your intake of phytonutrients, antioxidants and **fiber**..

High fiber will satisfy your appetite with fewer calories. Fiber signals to the brain that you are full.

Tips: Fiber is mostly found in plants food: whole-grains, vegetables, fruits, beans and lentils. NOT in eggs, refined foods, dairy products or meats..



2. SKIP THE FATTY FOODS

It is probably the most important factor to being healthy...
1 gram of fat is 9 calories.. It might not sound too much
but on average we consume so much more fat than the
recommended daily allowance.

Just to give you an idea:

Salmon is 40% fat

Beef is 29% fat

Egg is 61% fat

Cheddar cheese is 74% fat

A low fat diet is not a no-fat diet, there are fats in many
vegetables, seeds and nuts and those are the healthy fats.
Just be conscious about how much fat is in your food and
avoid added fats which are mostly in all processed foods.
Nuts are also loaded with fat so eat just a handful a day.

TIP: To avoid fatty foods, just try to skip the animal
products and dairy products in one meal a day.

3. USE THE GLYCEMIC INDEX

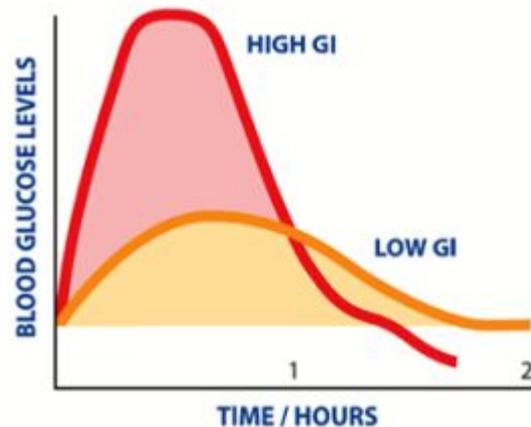
The glycemic index is a system for rating the effect of foods on blood sugar. It indicates how intensely and rapidly a food will influence glucose and insulin levels. Glucose is the sugar that cells can immediately use as food. Foods in the lower range of GI which do not increase the glucose rapidly in the blood are complex carbohydrates, beans, legumes, certain fruits and oats..

Food with high GI index are white bread, crackers, white potatoes, cereals, and sweets, make the blood sugar rise rapidly. They are called high Glycemic foods.

Step 1: Swap high GI foods for low GI foods. See www.glycemicindex.com for more information

Step 2: Eat at least one serving of a low GI carbohydrate food at each meal, and choose low GI snacks. Say NO to high GI fruits, crackers, biscuits and soft drinks.

Step 3: Be mindful of the serving sizes. Even if the food is healthy eat mindfully and keep the quantities in control.



4. CUT DOWN ON SUGAR

Sugar is the number one cause for inflammation in the body. In the US a person consumes 152 pounds of sugar a year, that is 22 teaspoons a day. Kids consume 34 teaspoons of sugar a day... That is a lot of sugar.

But why? Well sugar is 8 times more addictive than cocaine.. Scary right?

Sugar unfortunately is hidden in the majority of food on the shelves of the grocery. Even the healthy ones.

- 1) READ food labels: you will be surprise how many grams of sugar are in even healthy foods. Tomato sauces, crackers, condiments, salad dressings.. Etc.. just for your info 4 grams of sugar is equal to 1 teaspoon.
 - 2) Don't drink your sugar: avoid all sodas including diet ones. 1 can of coke contains 35 grams of sugar. That is approximately 9 teaspoons.
 - 3) Beware of different names sugar hides in: high fructose corn syrup, dried cane syrup, invert sugar, sucrose (or any word ending in "-ose"), brown rice syrup, honey, and maple syrup.
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5. EAT MINDFULLY

Health is not just about eating the right food, how we eat, when we eat and which state of mind we have when we are eating, are all important factors in healthy eating.

- 1) Try not to eat in front of the TV, computer or driving, or walking. Sit on the table look at your food for few minutes before you eat, be aware of what is on your plate, smell it.
- 2) Try not to eat when you are stressed. Eating when you are relaxed or in a relaxed environment is key to healthy digestion.
- 3) Eat slowly. Enjoy your bites slowly. We are living in a fast paced society and we eat way too quickly. This also affect our digestion and will allow you to be in touch with any signals your body might give you.
- 4) Make your lunch the biggest meal. Digestion is at it highest at lunch time. Making the lunch the biggest meal really help your digestive process. Make dinner a lighter meal.



6. EAT WHEN HUNGRY AND STOP WHEN FULL (2-7)



It is important to be aware of your hunger level and your body's signal of true hunger. Here is a technique which works really well.

Whenever you feel like eating put your hand on your tummy and bring your awareness to your stomach and ask yourself: on a scale of 1 to 10, (1 being extremely hungry and 10 being really stuffed) how hungry do I feel?.

The rule is to eat when your hunger level is about 2 and to stop eating when your hunger level is 7.

It is important to leave $\frac{1}{3}$ or $\frac{1}{4}$ of your stomach empty for your digestive system to work efficiently, and to feel more energetic and lighter.

Using this method is important as it allows you to realise whether you are really hungry or you are eating out of boredom, stress, or habit.

Another tip is whenever you want to snack on something between meal, first drink a glass of water. As some people confuse hunger with thirst.

7. STRESS MANAGEMENT EXERCISES

Without stress management, your body is always on high alert (fight or flight mode). This mode is extremely stressful for the body and can lead to many serious health problems.

Don't wait until stress overtakes your health and your quality of life, start practicing some stress management techniques today..

- ★ Meditate for 10-15 minutes a day: Meditation has been proven to lower stress, relieve anxiety, and increase compassion and self-love. Try [Headspace](#) or [Tara Brach](#) for guided meditation.
 - ★ Go to a yoga class
 - ★ Walk in nature
 - ★ Listen to calming music
 - ★ Breathing exercise
 - ★ Get a massage
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8. GET MOVING

“You Have to Exercise.” We hear it all the time... but why is it so hard to sustain. Well because we sometimes put such high goals which are difficult to maintain in our busy lifestyle.

If health and fitness are part of your resolution, a small change you can make is to decide to : MOVE MORE...

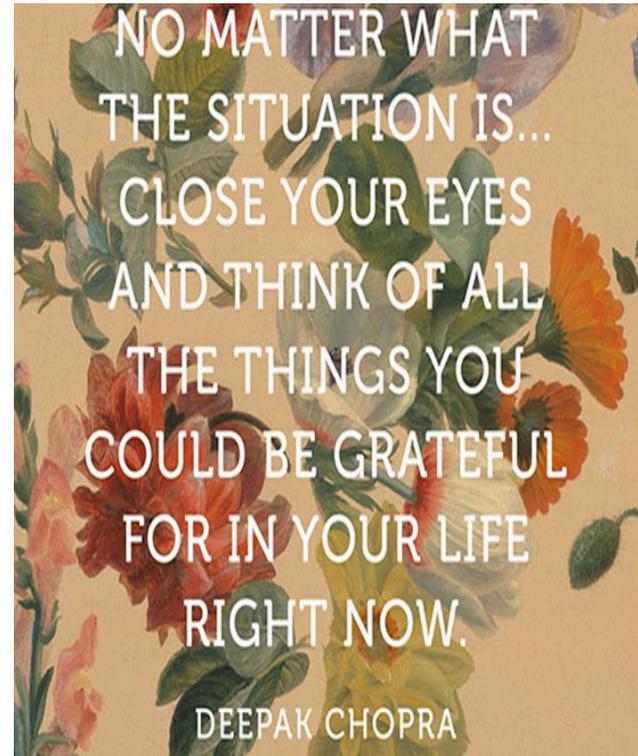
- ★ Move more at work: make sure you get up from your desk and walk around every 30 minutes. We are not made to sit for long periods of time.
 - ★ Move at home: try to cut down on sitting time and move and do some jumping jacks, jog in place etc.. or do a virtual yoga class.
 - ★ Move elsewhere: try to walk as much as possible. Park far away or get off the subway stop a stop earlier than usual so you force yourself to walk to your destination. Get up 30 minutes earlier and walk around the block.
 - ★ Try to hit 10.000 steps a day...
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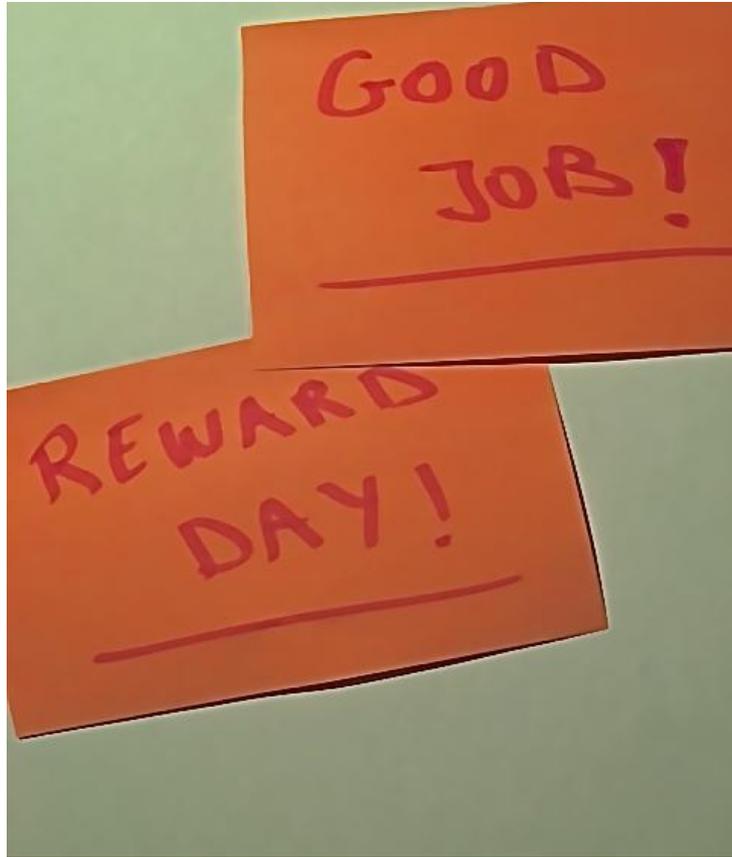
9. EXPRESSING GRATITUDE

Practicing gratitude regularly has a very powerful impact on your health. It gives a fresh perspective to life, create loving relationships, and reduces stress. It also boosts serotonin in the brain.

Gratitude will allow you to move away from the ego and from fear. It allows us to bring our attention to the present moment in a positive way.

- 1) Take a moment this year to sit and reflect on 2016 and write down what you are thankful for.
 - 2) Write the name of 5 people who you are thankful for and write them a letter expressing your gratitude
 - 3) Buy a gratitude journal and keep it next to your bed and start writing every night before sleeping, what you are thankful for and why by reflecting on you day daily. We love the [Five-Minute Journal](#).
 - 4) For 1 minute without stopping write what you are thankful for and what you appreciate about yourself.
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10. REWARD YOURSELF

One of the best way to stay motivated it to reward yourself. Whenever you achieve a goal (business, family, personal or weight) reward yourself for that achievement. Everyone likes to get a pat on the back sometimes, it feels good, it motivates and it encourages.

We so easily can be so hard on ourselves by criticizing and blaming ourselves for our “wrongdoing”, and rarely just reward ourselves for our “good doing” .

So find ways to just regularly reward yourself and pat yourself on the back and give yourself a word of encouragement or a celebration for who you are, what you have achieved, or for what you did or for what you did not do.

Rewarding yourself can create wonders....

Whenever you feel that you have achieved something. Go out and reward yourself with a gift, or a massage, or a walk, or a yoga class or whatever makes you happy. Even the smallest reward can create change in your health.

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