

## **NUTRITIONAL HABIT #1**

Our nutritional habits help us create a healthy approach to eating and establish a healthy relationship with food. Once we have established good nutritional habits, then all efforts made towards detoxing will have a permanent and potentially life-changing positive effect on our body.

Answering the who, what, where, why and how helps us to establish good nutritional habits.

### **WHO - WHO IS EATING?**

YOU are the one who is eating; therefore, it is important that you develop your own sense of what the best diet is for you. Are your food choices currently based on the needs of others or are they based on what you need?

Have an open mind. Review and challenge the diet you were raised on or certain beliefs you currently follow, especially if you are experiencing health problems or weight issues. Sometimes we are unable to achieve what we desire to achieve because we have closed our minds to new ideas and concepts. Just because we choose to open our minds to consider other possibilities does not mean we must accept them. It simply means we are willing to consider them. We still have the right to choose what is best for us in this moment of time.

### **THE IDEAL DIET**

The ideal diet is the diet that adapts and fluctuates with individual needs including: age, activity level, state of health, environment, lifestyle, season, cultural background, current knowledge and tastes, food availability, and expense.

This means that everyone's ideal diet will be continuously fluctuating and changing throughout their lifetime.

**The above material is for informational purposes only and is not meant to be a substitute for professional medical advice.**

#### References:

1. Haas, Elson M. (1992). *Staying Healthy with Nutrition*. Berkeley, California: Celestial Arts Publishing