

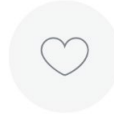
# Committed Change

## HEALTH & WELLNESS

Change Through Connection and Communication

### What is Integrative Nutrition?

Integrative Nutrition is a “whole person” approach to well-being that focuses on all the aspects of life that impact your health. These include relationships, physical activity, career, and spirituality in addition to the food you consume. When any of these areas are out of balance, food-based nutrition is likely to be out of balance as well and can negatively impact your mind, body, spirit, and overall health. It’s important to be mindful that health is so much more than food!



Relationships



Physical Activity



Career



Spirituality

There are many factors that lead us to choose certain foods, including:

- Current Health Status
- Lifestyle
- Environment
- Physiology and Psychology
- Society, Culture, and Economy
- Personal Belief System, Relationship with Food, and Knowledge of Food

### The Core Concepts of Integrative Nutrition

Bio-individuality	Primary Food	Secondary Food
This is the most foundational theory. It’s the idea that everyone has different needs. Just as we are all unique in mind, body, and spirit – we are also unique in the things that support our individual health and happiness.	This refers to what nourishes us <i>off</i> the plate. It’s called primary food because wellness goes beyond the food we eat.	This is the food that we eat every day – it’s the food <i>on</i> our plate. Secondary food refers to the nourishment we derive from the food we eat and explores the intersection of nutrition and health and the impact it has on our lives; both positive and negative.

Nourishment happens on different levels, so when you’re thinking about secondary food, it’s important to go back to your primary food. Deficits in any primary food area are bound to have a negative effect on another aspect of your life or health.

### Application of Integrative Nutrition

To apply an integrative nutrition approach to your life, you need to know where the imbalances lie. This is done through an assessment of your current well-being using the Circle of Life Tool. [See Circle of Life handout attached.](#)

Once you know where the imbalances are, you can address them through a series of interventions which include further personal evaluation and reflection, physical movement, mindset activities and shifts, selfcare activities, changes in nutrition as well as coaching.

A integrative approach has the added benefit of utilizing food to create change in these areas as well. The integrative approach emphasizes “[Food is Medicine](#)” and looks to changes in personal nutrition to support changes in your biology.

## What are the Basics of Integrative Nutrition

**Clean Foods:** Eating fruits and vegetables, quality protein sources, and healthy fats as well as adequate amounts of water. This approach doesn't include a lot of added sugars, preservatives, or unfamiliar ingredients. Organic is best but the best options of these foods are the primary goal. You will also benefit from reduced wheat and alcohol.

**Start Slow:** Small, sustainable changes are encouraged. Grand sweeping changes in diet usually lead to regression and set-back. Choose clean, healthy foods that are appealing to you and that you are likely to eat.

**Crowd Out/Fit In:** This means adding more whole foods into your diet rather than focusing on removing certain foods. Since food habits form over many years – and food choices often have an emotional component – simply taking things out of the diet usually doesn't work well for very long. Crowding out is all about the possibilities. Plus, not restricting reduces cravings for those foods. You will find over time that foods from your old way of eating are no longer appealing as you experiment with new foods and get expansive with your nutrition options.

**Selfcare for Nutritional Support:** In addition to eating well, selfcare and stress management play huge roles in helping you make and sustain healthy personal and nutritional changes. Being overwhelmed, tired, and stressed can lead to making poor eating decisions. Along with having healthy snacks when you are short of time, make sure you stay hydrated and build in sufficient time for your daily activities and include self-care as one of those activities. Schedule it if you must!

## Things You Can Do Now to Improve Your Overall Health

- Take a high potency multivitamin everyday (vitamins: B Complex, C, D3, E, Magnesium, Folic Acid, Probiotic)
- Incorporate Omega-3 into your daily diet via foods or supplements
- Eliminate as much sugar as possible from your diet
- Connect with others and volunteer your time
- Engage in a meditation practice (any amount of time is valuable)
- Move at least 10 minutes every day; work up to 30 minutes
- Carve out personal time; nurture your interests
- Work with a Health and Wellness Coach

## Benefits of health Coaching Include:

Better Overall Health	Reduced Weight	Expended Mindset	Accountability
Reduced Stress	Improved Relationships	Nutritional Knowledge	Long-term, sustainable habits

## About Us

Committed Change Health & Wellness is a progressive, Integrative Nutrition Health Coaching company that works with motivated clients to realize growth and change in their daily lives. Courtney Capece, owner, is an Integrative Nutrition Health Coach trained in all aspects of integrative health and wellness techniques.

## All Things Social – Let's Keep in Touch!

Web: [www.committedchangehealth.com](http://www.committedchangehealth.com)

Instagram: <https://www.instagram.com/courtneycapce/>

Facebook: <https://www.facebook.com/groups/438406301513962>

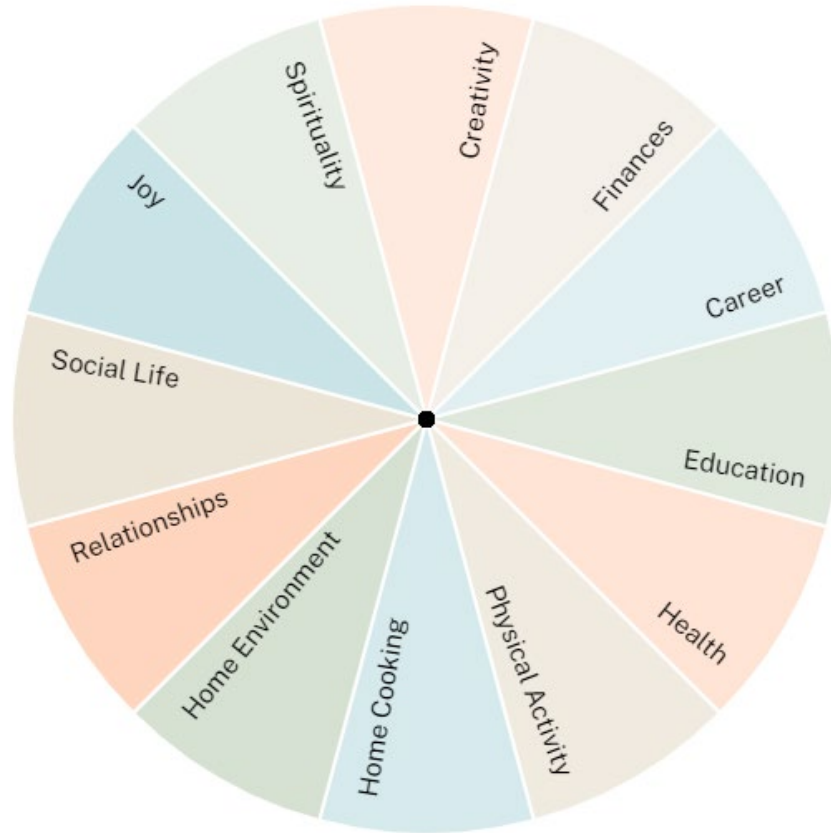
LinkedIn: <https://www.linkedin.com/in/courtney-capece-3206956>



Coaches do not act in the capacity of a doctor, licensed dietician-nutritionist, psychologist or other licensed or registered professional. Any advice given by a Coach is not meant to take the place of advice by these professionals. If you are under the care of a health care professional or currently use prescription medications, you should discuss any dietary changes or potential dietary supplements, use with your doctor, and should not discontinue any prescription medications without first consulting your doctor. By choosing to work with a Coach, clients understand that the information received should not be seen as medical or nursing advice and is not meant to take the place of seeing licensed health professionals.

### The Circle of Life

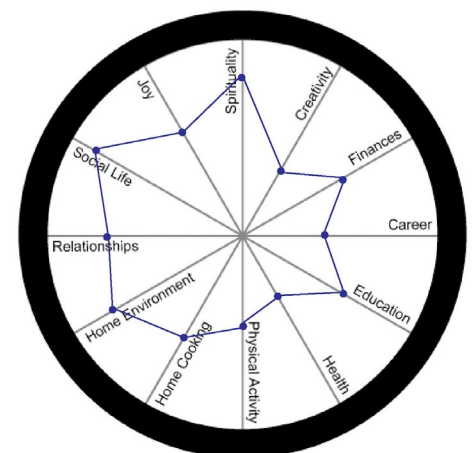
Discover which primary foods you are missing, and how to infuse joy and satisfaction into your life.



### Example

#### What does YOUR life look like?

1. Place a dot on the line in each category to indicate your level of satisfaction within each area. A dot near the center of the circle indicates dissatisfaction, while a dot closer to the outside of the circle indicates satisfaction. Most people fall somewhere in between. See example.
2. Connect the dots to see your Circle of Life.
3. Identify imbalances. Determine where to spend more time and energy to create balance.



#### Your results

Did you find any areas that may need support? Contact me to book a complimentary wellness assessment and health history review today!