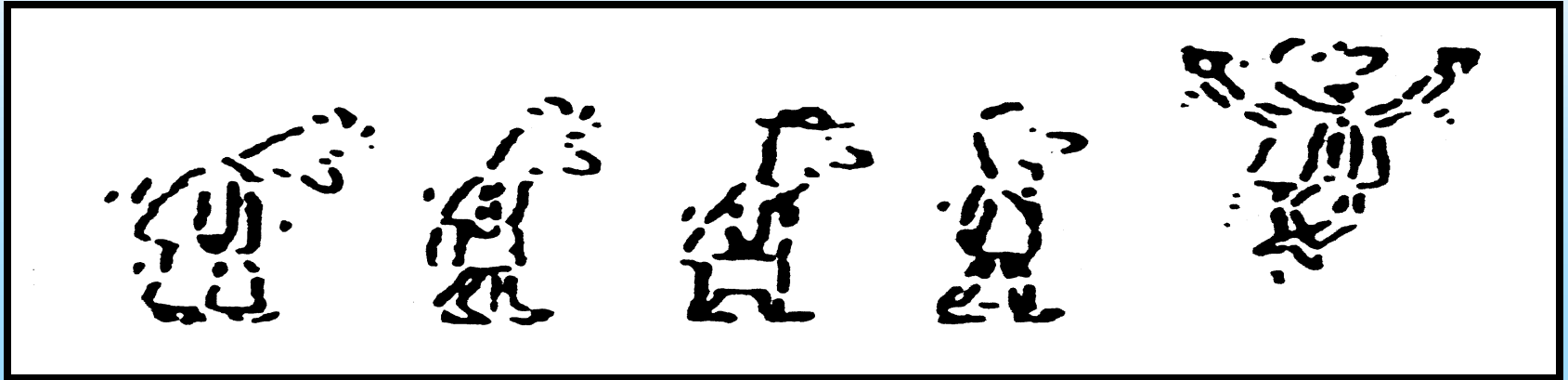


Dare to Live Again!



THE OBJECTIVE:

To learn how to slow the aging process, increase your energy, and *prevent an injury from ruining your quality of life.*

Let's Assess Your Day

- As a typical day progresses how many of you feel tired, stiff, and/or achy?



- Do you arrive home without energy to pursue activities of your interest?

WORK SMARTER!



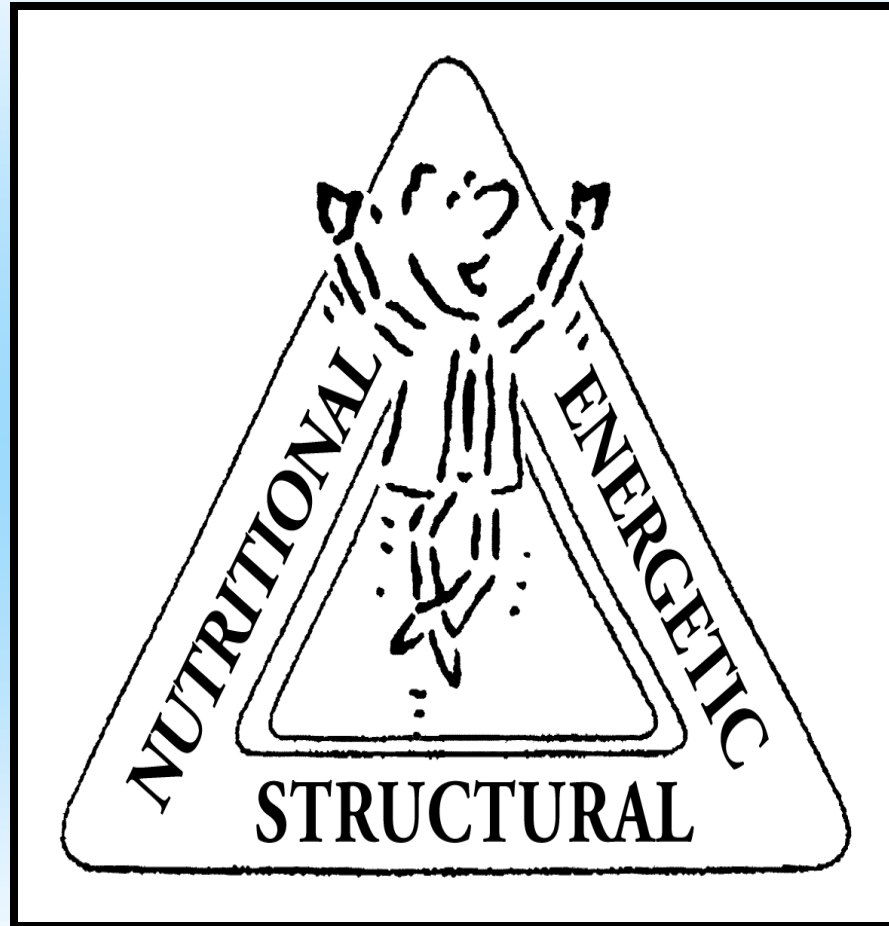
NOT HARDER!

By the end of our session, you will learn about foods that:

- **Reduce pain & increase energy**
- **Increase flexibility & drastically reduce the aging process**

Simple Solutions

1. Structural



2. Chemical

3. Energetic

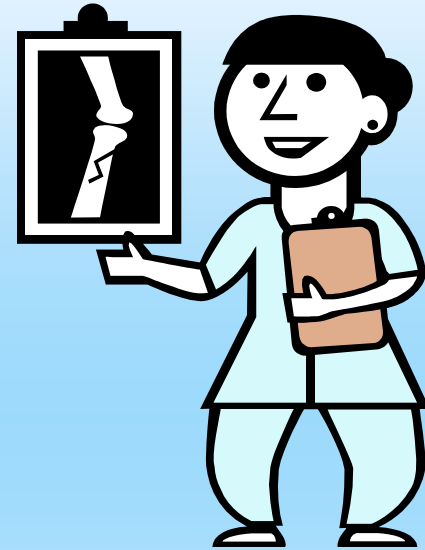


**How many of you would like to
improve your quality of life?**

Nutrition 101

Let's start by understanding the 3 basic categories of nutrients.

- Energy
- Catalysts
- Building blocks



Our bodies need...

Macronutrients!

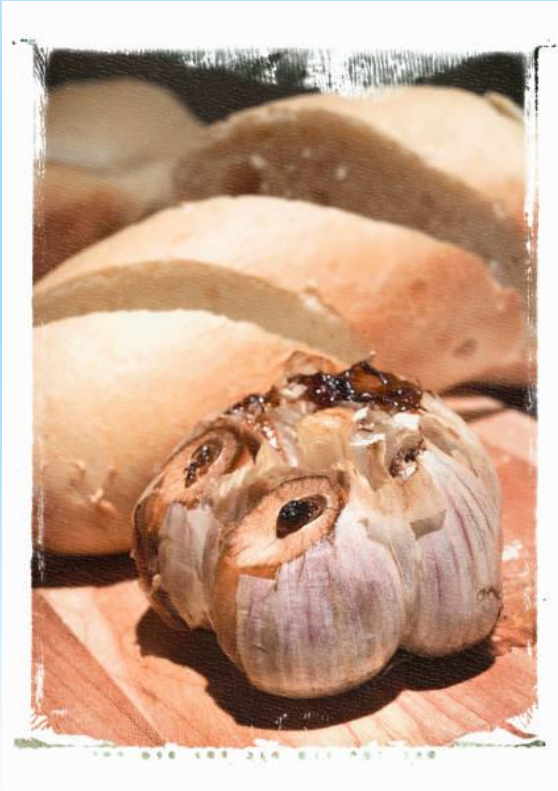
- **Proteins: Build all tissues**
- **Fats: Provide long term energy and produce hormones**
- **Carbohydrates: Provide short term energy**

Would you like to feel like this when you are 80 years old?



Carbohydrates

Examples of foods that offer short term energy



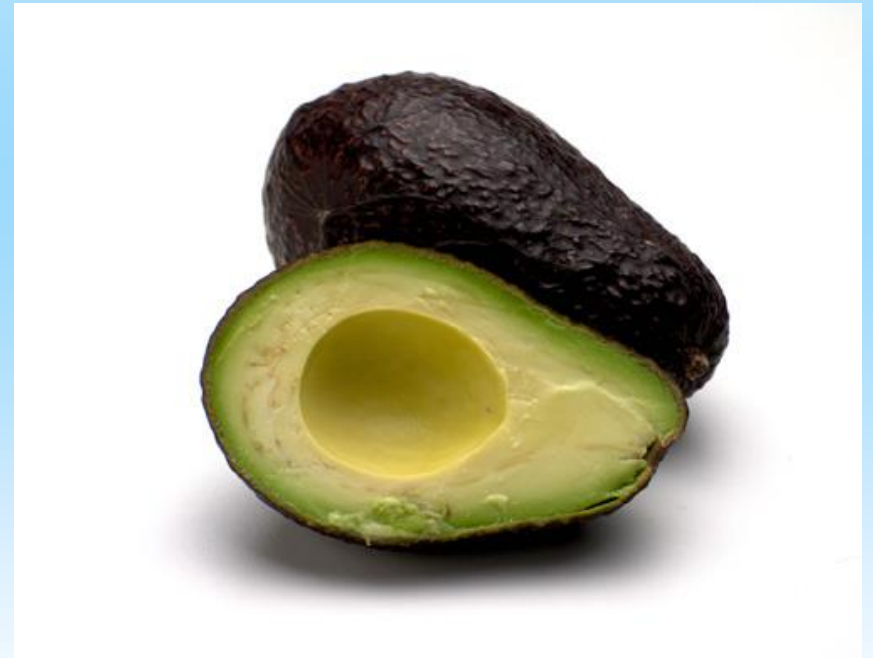
Proteins

Examples of foods that build tissues



Fats

Examples of foods that offer long-term energy.



Catalysts



- **Vitamins**

- **Minerals**



- **Enzymes**

SUPERFOODS!



Beans

Blueberries

Soy



Oats

Broccoli



Spinach

Tea (green or black)



Tomatoes

Turkey

Walnuts

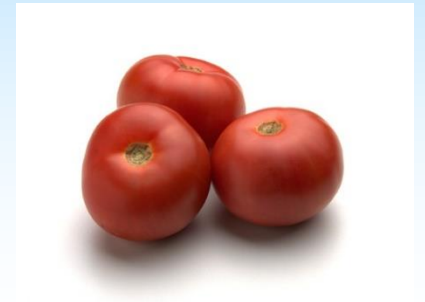
Yogurt

Oranges



Pumpkin

Salmon



1-2-3's of Eating



Create a Meal

Exercise 1

Objective: Create a well-balanced meal.

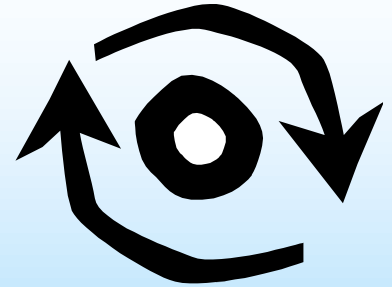
- 1. Partner with 1 other person**
- 2. Select and place foods together in order to create a complete meal**
- 3. Coach and discuss**





Rotation Diet

Exercise 2



Objective: Identify the nutritional needs for your body.

- Decide what you want from your body.
- Add the type of food you need to **increase** or **decrease** to get what you want from your body.

Increase Your Vitamins

Exercise 3

Objective: Increase the potential vitamin intake of your meal using the charts that are provided.

1. Switch partners
2. With your new partner, find 3 foods that help to increase vitamin B



Q & A

If you have any questions or comments,

Please contact:

Total Natural Health

Dr. Mario J Dominguez, DC

Dr. Steven E Shaffer, DC

Email: reception@tnhc.org

Phone: (714)540-0555