

ASHLEY'S BETTER NUTRITION LESSON

DO 1 THING BETTER THIS WEEK

WHAT DOES YOUR BODY REALLY NEED?



We all want better health, and we know that nutrition choices play a key role in enabling or deducting from that better health. But we also know, that every body has different needs, at different times. So let's learn to assess what yours needs!

Why do some things (plans, programs, supplements) work for some people but not for you? The answer is simple, that other person(s) body got what it needed right now, and yours didn't. Simple. True. And totally annoying. If you invest in something and don't get the outcome you paid for or felt promised. When it comes to better health goals:

"You can't always get what you want. But if you try sometimes, well you might find you get what you need." -The Rolling Stones

If you *do one thing better*, better results will happen. That one thing is: assess yourself. Failure to assess yourself (or for someone to assess you) before starting, adjusting or advising is the number one reason I see so many people with not just one, but repeat "failed" attempts at reaching a better health goal. You would not drive your car into the shop and say "my car isn't able to go as fast as it used to, please change 'X,'" but rather you would ask them to do a diagnostic check up - an assessment - to identify the cause(s) of the problem and then share the recommended fix. And that's what your body is asking for you to do, too. It is sending you signals that things aren't working better - weight gain, low energy, gas, bad breath, loose stools, acid reflux etc - so you take notice and make time to do an assessment.

A is for Assess... and you don't get to go on to B, C, D etc until you take the time for this key step. Take a moment to think about diet books, plans, programs or items you've purchased that you've used *before* any assessment of yourself. Did those investments work? Let's do better, together, and stop wasting our time, money, efforts and emotions by vowing to do any of these (or all) assessments before we begin any new thing or plan. Do you have an assessment tool that you are willing to share with better nutrition members in the private Facebook group?

HOW TO ASSESS YOU BETTER?

- Let's get (a) physical: when was your last physical? Did you do what the doctor recommended at that appointment? What is the follow up? Use [the Better CheckUp CheckList](#) to help you improve what you and your doctor get out of your next physical.
- You are not what you eat, you are what you digest and absorb: so how is your digestion? Do [the Better Digestion Evaluation](#) & get better digestion to work better for you.
- Are you stressed? Yes you are. We all are. But it shouldn't be keeping you from better health goals. The body doesn't act differently with good or bad stress, so you shouldn't either. Instead, [evaluate your Magnesium intake](#) to see if you are getting enough of the mineral your body uses to turn off stress.
- Are you over-adding sugar? While sugar gives us energy, too much of any kind, especially added sugars, interfere with the body functioning better. [Assess your Added Sugar intake](#) & use the [No Added Sugar menu](#) to make better not perfect choices for better energy more often.

SOME OTHER BETTER ASSESSMENTS

- Vitamin L (Laughter) Are you getting your daily dose?
- Vitamin M (Massage) Do you DIY or Spa monthly?
- Vitamin N ('No') How often do you say it?
- Vitamin O (Organize) When did you last review & organize your cupboards?
- Vitamin P (Play) Do you have a play day or hours weekly?

