

Nourishing the Body and Soul

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Topics

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Nourishing the Body and Soul

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What is health?

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Diet culture and why we eat

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Strategies for Wellness

Nourishing the Body and Soul



Nourish: to cause to grow or live in a healthy state especially by providing with enough good food and nutrients (Merriam-Webster)

Ways to Nourish the Body and Soul

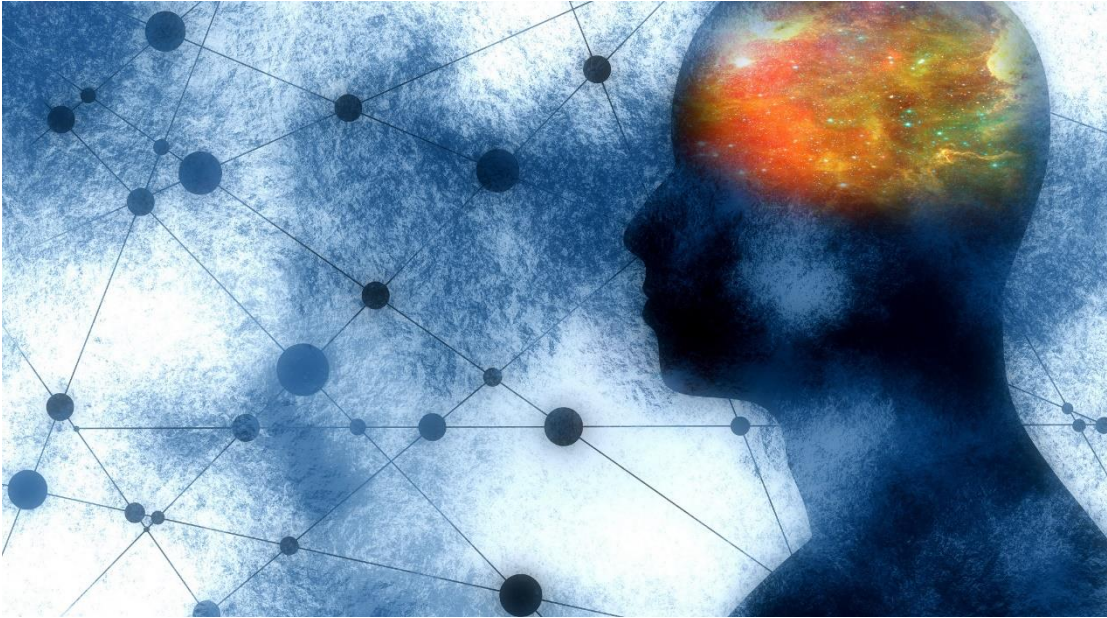
1. Move your body
2. Feed your body
3. Calm your mind
4. Sleep

What is health?



- Health and wellness are multi-dimensional. You are at the centre.
- Physical relates to your body and how it works/moves. Physical activity and nutrition feed your body.
- Emotional relates to your range of feelings and also how you interact socially.
- Mental relates to your thoughts which come from your knowledge, attitudes and beliefs.
- Spiritual relates to your relationship to yourself, your creativity, your life purpose.
- The aspects are inter-related; if one aspect is struggling, the whole person is struggling. **Focus on balance.**

Mindfulness



Mindfulness means maintaining a moment-by-moment awareness of our thoughts, feelings, bodily sensations, and surrounding environment, through a gentle, nurturing lens.

<https://greatergood.berkeley.edu/topic/mindfulness/definition>

Think:

What has changed in the environment since your childhood?

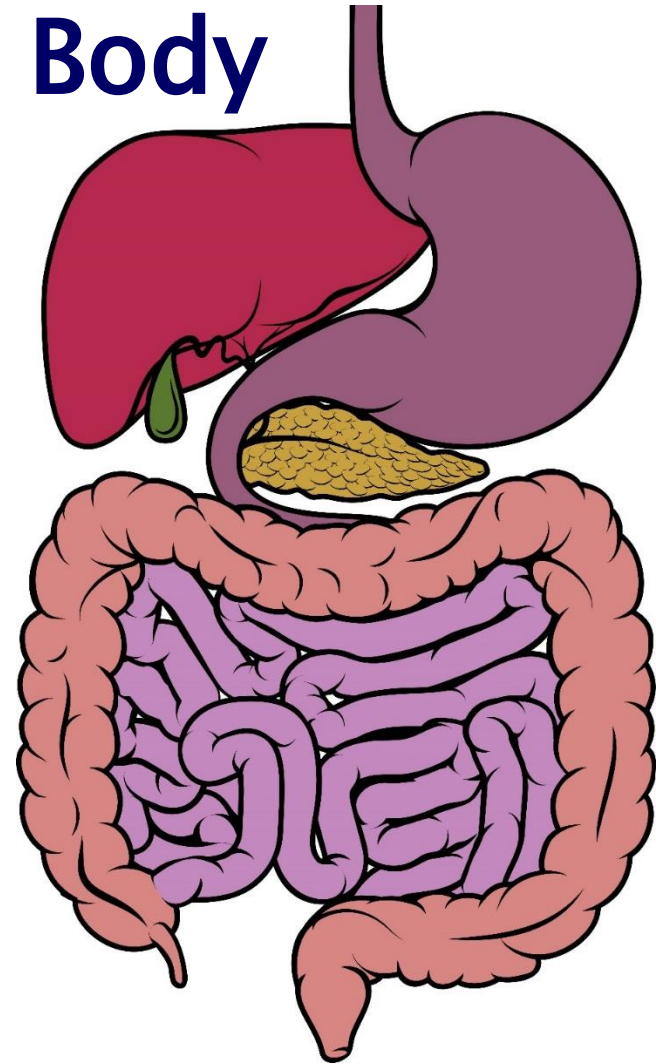
Evolution of the Human Body

Lifestyle:

Hunter-gatherer → Urban

Metabolism:

- Fixed and tightly regulated system
 - How our body utilizes energy
 - “Energy” = calories (kcal)
- Homeostasis: energy in = energy out



Metabolism = non-modifiable

Intermittent Fasting Biggest Loser Apple Cider Vinegar
Keto Cabbage Soup Jenny Craig 5:2
Diabetes Low Carbohydrate Paleo Raw Food
Mediterranean Low Fat Shakeology 100 km
Weight Watchers Eat for your Blood Type Atkins
How Many of These Do you Know?
DASH South Beach Volumetrics
Boiled Egg Kardashian Whole 30
Vegetarian Nutrisystem
Dr. Bernstein Vegan 3 Day Juice Cleanse
Macrobiotic Wheat Belly Master Cleanse Noom
Calories In, Calories Out What I eat in a day Dukan
Grapefruit Alkaline

Basics of Eating

When

- Earlier in the day
- Every 4-6 hours
- Routine

What

- Foods closer to the way Nature intended
- Culturally relevant
- Variety in type and kind, colourful
- Vegetables, Fruit, Starches, Protein
- Fibre

How Much

- Split Plate
- Hand Jive

Canada's Food Guide Snapshot

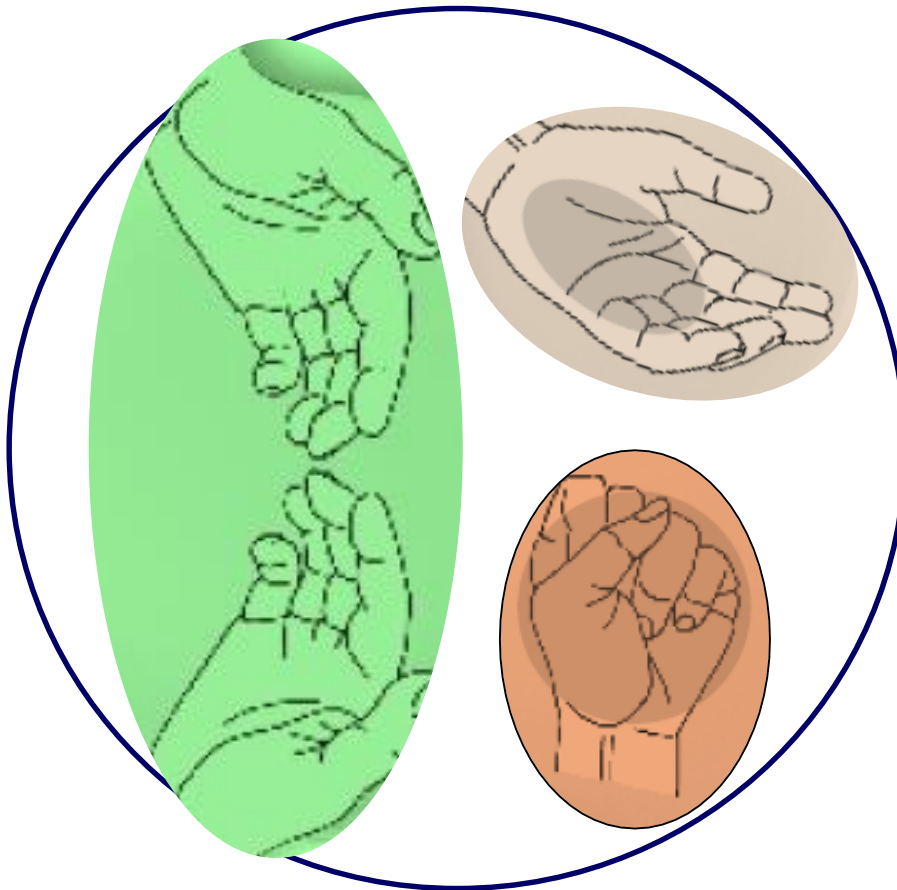




A Word about Beverages



Hand Jive: A way to “eyeball” portions



A fist is about 1 cup
or a medium fruit

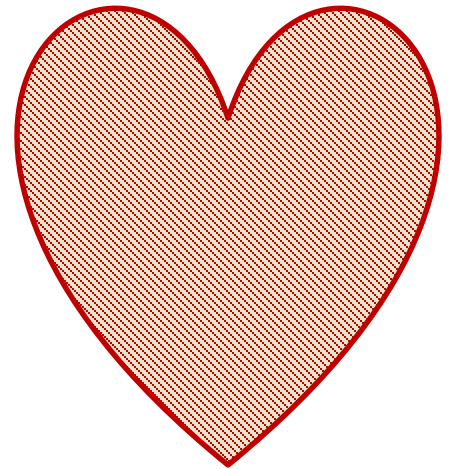


Two open hands
hold about 1.5 cups



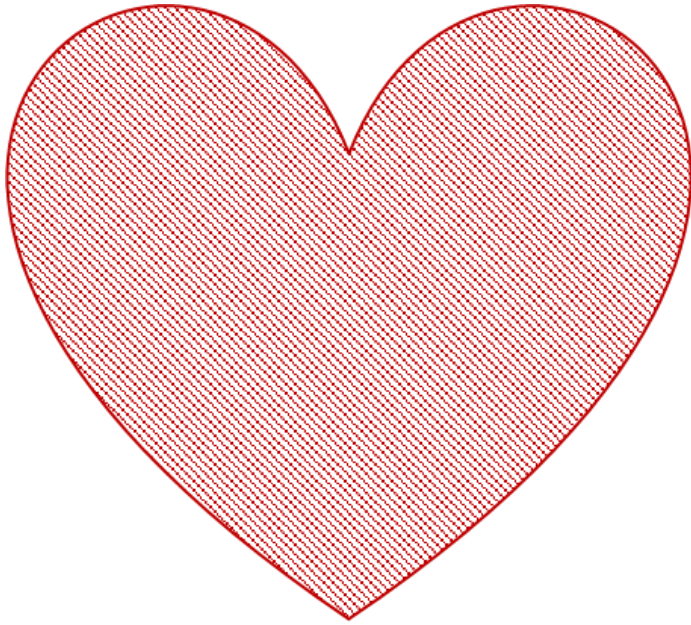
The palm of a hand is
about 1/2 cup or 75 g

Why We Eat



What kind of hunger am I feeling? Stomach? Mouth? Heart?

Heart Hunger



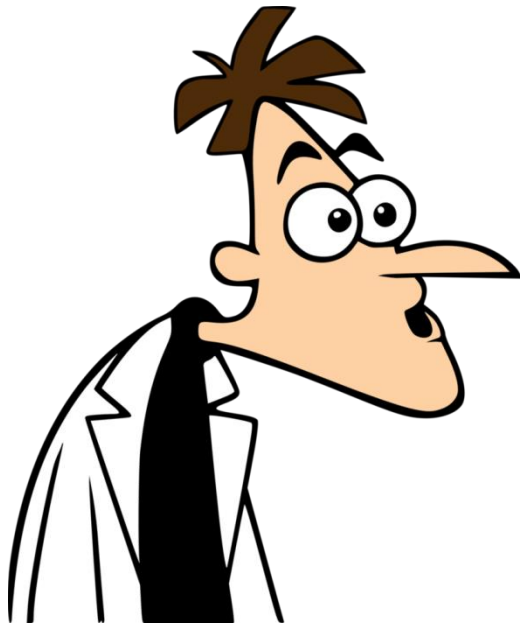
- Western Medicine tends to focus on our physical health
- But we need to acknowledge the importance of emotions in our decisions to eat.
- How many of you have said “I’m an emotional eater”?
- We need to enjoy our food and our lifestyles to live our most authentic lives.

Am I really hungry?

Or do I just want to change the way I feel?

Would you take this medication?

Physical
Activity!



BENEFITS:

- ✓ Better health
- ✓ Better self-esteem
- ✓ More energy
- ✓ Reduced stress

SIDE EFFECTS (REDUCED risk of):

- ✓ Heart disease
- ✓ Diabetes
- ✓ Obesity
- ✓ High blood pressure
- ✓ Osteoporosis

Mindfulness tools



Mindful eating replaces self-criticism with self-nurturing. It replaces shame with respect for your own inner wisdom.

-Jan Chozen Bays

- Assess your hunger – what kind of hunger?
- Split plate
- Hand Jive
- Wait 20 minutes
- Drink water
- 5 deep breaths
- Ride the Wave
- Journaling – feelings, food, activity
- Peer Support
- Move your Body
- Be creative

Move	Eat	Calm	Sleep
Walk 10,000 steps per day	De-normalize sugar (and retrain your taste buds)	15 minutes of “me” time everyday	Create and environment of absolute darkness
Twice a week, do strength training	Eat five different vegetables each day	Weekly screen-free Sabbath	Spend at least 20 minutes outside each morning
Twice a week, do some High Intensity Interval Training	Eat food within a 12 hour period	Keep a gratitude journal	Create a bedtime routine
Daily Movement Snacks	Drink 8 glasses of water each day	A daily practice of stillness	Manage your commotion
Daily glute exercises to wake them up	Unprocess your diet by choosing foods with fewer than 5 ingredients	Eat one meal per day around a table – without an e-device	Enjoy your caffeine before noon.

What are you willing to try?



Your “best” weight is the weight you can achieve and maintain living a life you actually enjoy.

QUESTIONS?



Thank you!

