

**THE 3 TOOLS YOU'VE PROBABLY
NEVER HEARD OF THAT WILL ADD
ROCKET FUEL
TO YOUR WEIGHTLOSS JOURNEY!**



Bio-Individuality

Bio-individuality is a big topic now-a-days and it is crucial to understanding your wellbeing. What bio-individuality means, is that **one diet does not fit all**. The Paleo diet that worked for your neighbor may not work for you. And if it does work for you now, it may not in a few years down the road. We are continually changing, aging, and **adapting** to different seasons, environments, and stresses. Our eating habits should change with these factors. And when they don't, we find ourselves **sick, fat, depressed**, and hopped up on medications to treat symptoms from previous medications. That shit just 'aint right! We need to **heal ourselves** and go back to eating nourishing, nutrient dense foods. I know you're nodding your head right now because that makes sense! **It's logical!** The processed crap we are eating now is leaving us malnourished and dehydrated. **Change your ways and you'll change your life.** I understand that this can be a huge undertaking and honestly, by downloading this guidebook you have already taken the first step. You should be proud. Now, I urge you to read through my **3 tips** and try out just **1** or all that may resonate with you.

TIP #1: What's your dosha?

What's your normal disposition (or dosha)? (Taken from Ayurveda) Ayurvedic medicine teaches that there are 3 doshas (vata, pitta, or kapha – take a quiz here to see what dosha you are). Don't be scared of what you don't know! For the simplified way just answer the following question.

Are you usually hot or cold? Somewhere in between? Eat according to your disposition. It may sound complicated but it's not. If you are warm a lot, incorporate more raw foods that are cooling into your diet. Think smoothies, juices, salads, veggies and hummus.

If you find yourself cold most of the day, go for warming foods such as soups, stews, rice & veggie bowls. Stay away from foods that will only make you feel colder and entice you to reach for that 3rd cup of coffee.



TIP #1: Recipe

Try a warming, nutritious soup if you have a cold disposition:

The BEST Tomato Soup ever! This recipe is adapted from [THIS](#) Ina Garten recipe (I made it healthier, of course).

Ingredients:

- Cooked quinoa, rice, or other grain
- Chopped onion
- Minced garlic (we like a lot – a few TBS)
- Chopped celery and/or carrots (optional)
- 28oz can or carton crushed tomatoes
- Coconut milk ([make your own](#))
- 6-8 cups broth or water with bouillon cubes

Directions:

- Sauté onion in olive oil in large pot.
- Once browned add garlic and sauté a bit longer.
- Add a few cups broth, crushed tomatoes, and carrots/celery. Bring to a boil and then let it simmer.
- Add the grain of your choice (cooked) and a about a half cup of coconut milk (don't leave this out! It gives the soup and creamy, sweet flavor).
- Simmer and enjoy!



TIP #2: Research your past

It's no surprise that we are creatures of habit. This is true for the mind and the body. If your ancestors are from Japan where they lived on a rice and sea vegetable diet for many, many years, you may find yourself drawn to those foods and really comforted and nourished by them.

Your body has assimilated to digesting those specific foods of your ancestors. Sounds loopy right? It actually makes sense. How else could it be that some people can digest dairy so easily while others can't at all? If your ancestors are from a country where meat was eaten daily, you may find yourself reaching for animal proteins. This is ok, but it is important not to overdo it.

Everything in moderation. Be aware of how you are feeling when you eat something "close to home". Use your ancestor's way of eating as a guideline not a guidebook.

TIP #2: Recipe

If you have researched your past, what have you learned? Look up recipes that your ancestors may have eaten in their country. Look to Pinterest for awesome recipes and inspiration. I can't give you much here because I don't know where you are from. But I can give you one of my favorite recipes from my birth country of Israel.

This is an Israeli inspired salad that I could eat DAILY, it is *that* nourishing and comforting to me. Especially with some hardboiled eggs...yum. I love this because I miss and match ingredients depending on what I have.

Ingredients:

- 1 finely chopped cucumber
- 1 finely chopped tomato
- 1 chopped radish
- Half a handful finely chopped parsley
- Half of an avocado chopped
- Any seeds (pumpkin, sunflower, sesame)
- A splash olive oil & lemon juice
- Salt to taste



Directions:

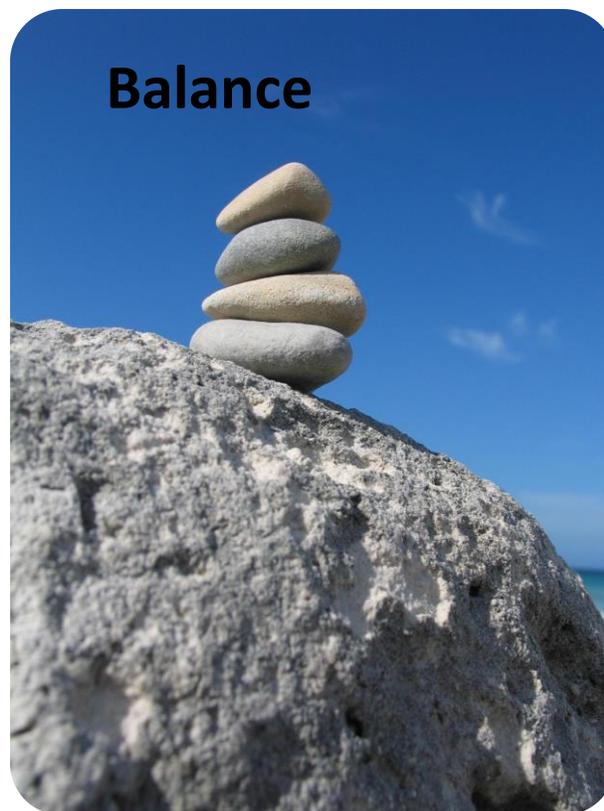
- Combine ingredients and enjoy!

TIP #3: Yin-Yang

Many people have become obsessed with green juice and their yoga practice. It makes them feel light and happy. They go to yoga, drink their juice, eat salads all day long.

Maybe their body is really digging this for a while. But after sometime, it's just not sustainable. Why? Eating a very specific way all the time is not balancing for the body.

The body craves balance and harmony through yin and yang. See the chart below for foods and activities that are yin and yang. Make sure you are eating from both sides as well as the naturally balancing foods.



TIP #3: Yin-Yang cont...

YIN

Yoga

Raw foods (fruits & vegetables)

Sweets (artificial, processed)

Alcohol

Makes you feel light & happy

Mind: spacey, scattered thoughts, anxious

YANG

Weightlifting

Cooked foods

Chicken, meat, eggs

Salty (processed & table salt)

Makes you grounded & focused

Mind: aggressive, forceful, animal-like

Naturally Balancing Foods

Whole grains: brown rice, quinoa, amaranth

Vegetables: (rooted) carrots, squash, sweet potatoes, mushrooms, broccoli, onions, beans & legumes, dark, leafy greens

TIP #3: Recipe

For a building and balancing meal, I love Kichari. Kichari is an Indian dish that comes from Ayurveda. It is tri-doshic which means that it is good for those who are Vata, Pitta, and Kapha dispositions. This meal is very healing for the digestive system.

Ingredients:

- 1 cup brown rice (preferably soaked so that it is easier to digest and more nutritious)
- 1 cup green mung beans (I got these for \$2.00 from the bulk bins at Whole Foods. Soak these overnight)
- 1 sweet potato, cubed
- 1 T ghee (or flaxseed oil, butter, or nothing at all)
- 1 tsp Cumin
- 1 tsp coriander
- Salt & pepper to taste
- 1/2 inch grated ginger root
- 4-6 cups water

Directions:

- Combine the ghee and spices in large pot. Let cook for a few minutes.
- Add the rest of the ingredients (4 cups water at first) and bring to a boil.
- Simmer for 30-45 minutes until beans and sweet potatoes are soft.
- Add more water as needed.
- Take comfort and enjoy!



Lastly, I urge you to really consider the concept of **bio-individuality** and take the time to **listen** to your body and adjust as you see fit. One **diet** does **NOT** fit all!

Thank you for letting me a part of your **wellness** journey.
You can find **much more** information at my website or
through **social** media

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