

nutrient efficiency & total caloric intake

1. figure out real food first.

- remove the toxins, replenish the nutrients, and focus on a balance of foods.
- get the body to learn how to create it's own energy (#selfsufficiency).

for most people this first step equates to feeling amazing, improved symptoms, and some body composition changes.

2. manage portions where it counts.

- moderate safe-starches and fruits to maximize #selfsufficiency. 1 cup of each max per evening.
- be aware of excessive protein intake to minimize the body's tendency to convert amino acids to glucose.

3. nurture natural space.

- eliminate snacking, focus on natural space.
- experiment with #strategicfasting such as 12hr, 16hr, and 24hr fasts.

4. be aware of nutrient efficiency and total caloric consumption.

- always have balance.
- practice smart digestive habits.
- always pause before going for more.

