



## 6 Ways to Create A Healthy Mindset & Stop Falling Off the Wagon by

[Jackie Reimche, RHN](#)

Most of us have no lack of information on how to be healthy—it's everywhere. So why can't we seem to stick with anything we start? Why do we keep falling off the wagon?



the choices that we want to make.

The way we've been taught to think about food, exercise, and our body are flawed at best, and harmful at worst.

Mindset is a *great big deal* when we are trying to make changes to our lifestyle. Most of us get stuck because of our thought patterns—how we think about things like our body, what we are eating, and how we are moving.

Our thoughts drive our emotions, and our emotions drive our behaviours. A new mindset and new thoughts make it much more likely that we will be consistent with

Here are some extremely effective ways to create a healthy mindset and stop falling off the wagon. Change these mindsets and you will be more motivated, you'll have more willpower, and you'll be making healthy choices with ease. I can almost guarantee it!

**1. Get Rid of the Wagon**—This is probably the most common thought pattern that people have when it comes to health and weight loss. **Continued on page 2...**

### The Benefits of Dry Brushing by [Nicole Camba, CHNC](#)

You may have heard of dry brushing, and you may know you want to do it as part of your skin care routine. What you may not know is what the overall benefits are of this technique. You may know that it removes dry skin, but you may not know what dry skin brushing offers that you can't get from other dry skin removal methods. Here are some of those benefits to consider about your new dry skin brushing routine.

#### Lymphatic System

One of the key benefits of dry brushing occurs to the lymphatic system. This is an

important benefit because this system helps remove cellular waste. The technique helps open the cells and the system to cycling the waste out and to rebuilding the skin and cellular system. It helps prevent blockage in this system as well. Think of it as opening up blocked pores and making sure that things are cycling out properly and allowing the area to be cleaned properly as well.

#### Circulation

Poor circulation can cause a number of problems with the skin including a buildup of dry **Continued on page 2...**

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## Kale & Sweet Potato Turkey Skillet by Gillian Young, RHN

### INGREDIENTS

1lb organic ground turkey (extra-lean)	1 large sweet potato
5 slices pastured bacon	2 cups lacinato kale, destemmed
½ tsp dried thyme	2 cups brussel sprouts
1 tsp sea salt	3 cloves garlic, minced
1 tbsp avocado oil	½ tbsp fresh rosemary, minced
1 medium white onion	½ cup bone broth

Prepare and chop vegetables.

Place bacon onto room temperature cast-iron skillet and place on the stovetop. Cook over medium heat until crisp, flipping once to allow it to cook evenly. Transfer bacon to a paper-towel lined plate and set aside.

Leave bacon grease in the skillet; turn heat up to medium-high.

Season ground turkey with dried thyme and ½ tsp of salt. Add to skillet and sauté until cooked through, breaking up gently with a spatula. Remove ground turkey from the skillet and transfer to a bowl. Set aside.

Grease the skillet with avocado oil and turn heat back down to medium. Add onion and sauté for 2-3 minutes. Add in sweet potato, brussel sprouts and garlic. Continue to cook for about 5 minutes or until veggies are softened.

Stir in lacinato kale, bone broth and remaining spices. Cook for a minute or two, until kale has wilted and broth has evaporated slightly.

Chop bacon into small pieces and add to skillet along with ground turkey. Turn off heat, salt to taste and serve.



### ...Dry Brushing Continued from page 1

skin cells and a buildup of fat in certain areas. The increase in circulation that is caused by the dry brushing technique can help stimulate your cells just like with the lymphatic system. This increased circulation helps with the removal of metabolic waste from the body which can help the skin distribute natural oils making the skin softer and smoother over time without the need for over the counter lotions that can have harmful chemicals and ingredients.

Another leading benefit is the ability to add a new level of stress relief to your routine. The act can stimulate the skin and help release tension throughout the body without a hard massage or deep tissue option. Following the dry brushing with a hot shower can also help relieve even more tension and stress. Ideally, you would follow all of that with something equally relaxing like alone time or mediation.



These benefits can help people with mild to moderate skin irritation and issues. If you have more serious issues, you may want to consult a professional before starting this technique in your routine. They can guide you to how often you should be doing it and if there are any additional steps you need to take in your routine.

*Enjoy your love of food ...with food that loves you back*

### Wagon Continued from page 1...

*We either go all in, or we're all out. If we make one mistake, we quit entirely. We either eat "100% clean" or go overboard with sugar, fat, and processed food. And if it's not perfect, then why do anything at all?*

*This is what is sometimes referred to as the "wagon mentality." We're either "on the wagon" or we're "off the wagon"—following the rules, or totally going off the rails.*

*When we're on the wagon, here's what happens. We break a rule, we break it really good. Let's say we have a donut. If we're "eating clean" or on a diet, the rule we'll be following is no donuts—EVER. So instead of enjoying that donut and going back to eating healthy at our next meal, we feel like a bad person, and we eat ALL the donuts. We already screwed up, so why even bother? And this probably doesn't stop at the donuts. It probably goes on for days.*

*At some point we get back on that wagon and aim to do it all perfectly. And the whole process begins again. This never-ending cycle is physically and **Continued on page 3...***

## Wagon Continued from page 2...

emotionally exhausting and keeps us in a stressful place with food and exercise.

The other common behaviour that the wagon mentality leads to is just not doing anything at all. The belief that it has to be perfect—ALL healthy meals, work out every day—keeps us stuck. Why even try, because we know we can't do it perfectly.

Solution: GET RID OF THAT WAGON! This all-or-nothing thinking has GOT to go. This does not mean throwing in the towel on health. It means understanding that health is a journey. It means realizing that we don't have to follow a plan or guidelines perfectly or not follow them at all.

We probably can't do ALL THE THINGS most of the time and sustain it, but we can always do SOMETHING. Healthy isn't about being perfect. It is always something in between all or nothing that we can do. And to be honest, it's those little some-things that make the biggest difference. They're sustainable and we keep doing them!

**2. Stop Making Food “Good” or “Bad”**—It is all too common for us to categorize foods as good or bad, and then label ourselves as good or bad based on what we ate. This way of thinking and talking about food and about ourselves is a big problem, and it keeps us stuck.

Here's the thing—food does not have morality! It is not “good” or “bad.” And therefore, our choices do not make us “good” or “bad.” Of course, some foods have less nutrients, and some don't support our health and wellness. But this does not mean those foods are inherently bad. Food is stuff we eat—it's neutral.

Giving food morality means that we give food the power, and when that happens our interactions with it come from a place of fear, anxiety, and judgment. We make choices to eliminate shame and to “right” our “wrongs.” This takes us away from helpful ways of choosing what we eat—out of self-care, feeling good, fuelling our lives, creating a life we love.

The truth is that we don't get a halo because we eat nutritious foods. Nor do we become a bad person if we eat a steady diet of pizza and ice cream. Stealing, lying, cheating, physically harming others—these are moral issues. Eating a chocolate bar is not. You are inherently good, no matter how you eat and move your body. And food is just food.

**3. Don't Change Everything All at Once**—It is pretty typical to change everything when we decide to make a change. People most often go from eating an un-supportive diet and jump right into a plan where everything changes. And to make it even WORSE we add a 5-day-per-week exercise plan when we were doing nothing before. Go big or go home, right? This is a set up for **Continued on right column...**



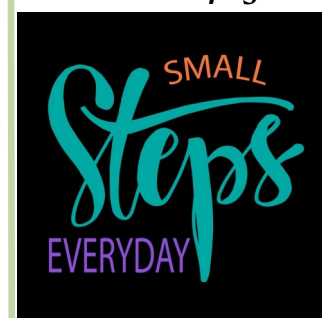
## ... Continued from left column

*failure! It all at once becomes too overwhelming and cannot last. And so we crack under the pressure, give up completely, and go back to how things were before.*

*Small steps forward are much more important and effective than giant leaps. Giant leaps might get us faster results, but we can't sustain giant leaps, so those results are fleeting. Small steps provide slower results, but they are sustainable, and therefore lead to changes that last forever.*

*A more helpful way of thinking about food, exercise, and health is gradual, incremental thinking instead of changing everything all at once. It is so much more helpful to think in terms of progress, small steps, and inching forward. Consistency is KEY, and progress is so much more important than perfectly doing everything.*

**Continued on page 4...**







## Healthy, Chocolately, Energy Balls by [Lucia Di Cesare, RHN](#)

### Ingredients

1 cup grated Carrots  
 5 pitted Medjool dates  
 1/4 cup Rolled oats, dry  
 2 tbsp Chia seeds, ground  
 1/2 cup Pecans  
 1 tbsp Honey, raw  
 1/4 cup Cacao powder, raw  
 1 tsp Cinnamon  
 1/4 cup Coconut, shredded, unsweetened



### Instructions

In a food processor combine all ingredients, except the coconut, until you get a thick paste-like mixture you can easily roll into balls. Roll mixture into 1" balls. Roll each ball into the shredded coconut to coat. Let them rest in the refrigerator for at least 30 minutes.

### ...Wagon Continued from page 3

**4. STOP Being Hard on Yourself!**—Women typically have negative, punishing, and judgmental thoughts and self-talk around eating, food, fitness, weight, and appearance. We do this for a number of reasons. First, because we're taught that this is how we're supposed to think about ourselves. Second, because it feels like this will help us change. What would happen if we were gentle with ourselves? If we accepted our body as it is right now, we'd never be able to change it—right?

If being hard on ourselves was gonna work, it would've worked by now!! Although it might feel like we will "let ourselves go" if we aren't hard on ourselves, that could not be further from the truth. It is only when we turn that negative chatter off, or at least tune it out, that we will be able to create change and transform our health.

**5. Don't Rely on Feelings & Motivation**— "I'm too busy." "I'm too stressed." "I don't feel like it." Let's face it – we've all used these reasons for not making healthy choices. We wait until the timing is perfect and we're feeling motivated, then we change absolutely everything, last for 3 days, and go down in a blaze of glory.

Here's a little secret about the 20% of people who can stick to it and transform their eating and exercise habits—they take simple and consistent action no matter how they feel.

When we rely on our feelings, of course we're going to stop—or not even start. Life is busy and can bring difficulties. Yes, it is okay to be gentle with ourselves in the hard times. But that doesn't mean doing nothing. Doing nothing isn't self-care.

The common stopping and starting over and over and over gets us nowhere and leads to incredible frustration. Start in the Fall, stop for the holidays. Start in January, stop by February. Start on Monday, stop on Friday.

[Read the rest of this great article.](#)

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