## **Essentials Whole Health Program**

## **Table of Contents**

## Welcome and Program Instructions

- Day 1: The #1 Way to Change Your Life for the Better
- Day 2: Genetics, Epigenetics, and the Environment
- Day 3: Perfectionism and the "Perfect Diet"
- Day 4: Primary Food What Truly Nourishes You
- Day 5: The Problem with Fad Diets
- Day 6: It's NOT About the Calories!
- Day 7: Whole Foods vs Refined Foods
- Day 8: QUALITY Is More Important Than Quantity
- Day 9: Frankenstein Foods and Additives
- Day 10: FOOD LABELS Become a Food Detective!
- Day 11: ORGANIC Is It Really Worth It?
- Day 12: Weight Gain and Mindless Eating
- Day 13: The First Step to Improve Digestion
- Day 14: Primitive Man and Traditional Wisdom
- Day 15: Bio-Individuality and Food Tolerance
- Day 16: Integrative Nutrition Food Pyramid
- Day 17: The #1 Diet Essential WATER
- Day 18: Fruits and Vegetables The Nutrient Powerhouses
- Day 19: What Color is Your Diet?
- Day 20: Whole Grains Preparation is KEY!
- Day 21: The wonderful world of FATS Part 1
- Day 22: FATS Part 2 Best and Worst Sources
- Day 23: Protein, Sources, and Quality

- Day 24: Legumes What You Should Know
- Day 25: Yummy Nuts and Seeds
- Day 26: DAIRY Part 1 Nutritious and Delicious?
- Day 27: DAIRY Part 2 How to Get the Most Benefit
- Day 28: Benefits of free-range, pastured animal products
- Day 29: How to Shop for Good Health
- Day 30: Could the Raw Foodists be Right?
- Day 31: The Truth about SALT
- Day 32: All Kinds of SUGAR!
- Day 33: ALCOHOL Risk versus Benefit
- Day 34: Dietary Supplements Caution is Advised
- Day 35: Physical Activity The Missing Link
- Day 36: STRESS Actually, don't stress!
- Congratulations and Final Reminders