

Nourishing the Earth Element

Unwind from worry,
overthinking and a sense of
lack to feel present, stable
and whole



Jyllin

Holistic Liberation

Dietary

Focus

- **Satisfy sweet cravings with naturally sweet whole foods** like pumpkin, squash, sweet potato, carrot, polenta, brown rice, and natural sugar substitutes with moderate impact on blood sugar level (BSL) like Stevia, rice or barley malt.
- **Balance above (and all) sugars with proteins** like beans, seeds, nuts, and their butters to slow down glucose release into bloodstream.
- **Add touch of salt in any sweet food** to enhance sweetness and help nutrient absorption.
- **Break-fast with savory foods and avoid all sweet foods** for first meal of day — every person is more insulin resistant with break-fast. Save naturally sweet foods for evening or after exercise.
- **Focus on mindful eating** by taking your time, sitting, focusing solely on eating, feeling how the food feels in your body. Also give attentive care with your food when purchasing and cooking.
- **Avoid** sugar, honey, dried fruits, tropical fruits, fruit juices, raw foods, cold foods, alcohol, and all processed foods. These foods strain the GI tract and BSL.
- **Limit or avoid** intake of high carb foods like potato, rice, or corn. If/when eating them, balance with proteins to slow down glucose release into bloodstream.

**Gut
Microbiome
Focus**

- **Identify food intolerances and remove from diet** until gut is entirely healed. The most common offenders are gluten, dairy, eggs, corn, and soy. See a functional doctor for help, and request testing for intolerances, especially gluten, at cyrexlabs.com.
- *Unless you have histamine intolerance,* include daily consumption of **prebiotics** in legumes, Jerusalem artichokes, flax seeds, almonds, onion, garlic, berries, oats. Consume **probiotics** daily with any fermented food or drink — ensuring none include ingredients you're intolerant to.

Herbs

- **Use ginger** in foods and steep for tea to strengthen and restore the stomach and ease acute stomach pain.
- **Add 1-3 tsp. of apple cidar vinegar** to 8 oz. water with lemon and cinnamon. Drink on an empty stomach after brushing teeth in the morning for blood sugar balancing and digestive health. Take same 30 minutes before eating any meal for additive BSL stabilization and GI benefits. Limit intake to 2 tbsp. per day.
- **Steep a pot of ceylon cinnamon (coiled rather than flat bark) overnight for tea.** Store in glass jar. Drink 4-6 ounces morning and evening to strengthen and restore blood sugar balance.