



# EAT PLANTS FEEL WHOLE

HARNESS THE HEALING POWER OF PLANTS  
AND TRANSFORM YOUR HEALTH

The rate at which chronic, debilitating disease is sweeping our society is alarming. Much of this is caused by lifestyle factors, including poor dietary patterns. But there is hope in a rather simple solution. *Eat Plants Feel Whole* reveals the steps you should take to adopt a whole-food, plant-based lifestyle to prevent and possibly even reverse disease. Adopt a lifestyle of wholeness and you'll discover newfound energy and vitality that you may have never experienced before!

## THE FOOD: TOP THREE TIPS

**Epigenetics** — Our behavior changes the way our genes express themselves. It's amazing to discover that what you eat changes your gene expression for good or bad. In many cases, making the right lifestyle choices leads to improved gene expression and a healthier outcome.

**Everything You Need** — A whole-food, plant-based lifestyle can supply most every nutrient you need AND can prevent and reverse many chronic diseases. Embrace it wholeheartedly!

**Rules to Eat By** — Choose minimally processed whole plant foods for optimal health. A few other tips: (1) minimize free fats to help lose weight; (2) eat most of your calories early in the day; (3) if you have a sedentary lifestyle, consider two meals a day.

## THE LIFESTYLE: TOP THREE TIPS

**Get Moving!** — Exercise is part of a healthy lifestyle. Mix it up so you don't get bored. Find exercise that you can do within your limitations. Aim for 30 minutes each day. Even small increases help.

**Food Addiction** — Be aware that some foods can be addictive, either inherently or by design. To increase oxytocin and help break food addiction, focus on loving socialization in your life.

**Happiness Is in the Beans** — Besides being an excellent source of protein, legumes contain a large amount of available tryptophan, which helps maintain healthy levels of serotonin, the happy hormone, in the brain.

## THE PLAN: TOP THREE TIPS

**Induction Phase** — *Eat Plants Feel Whole* recommends an 18-day Quickstart Plan to begin your health transformation. In Step 1, eat only above-ground, non-starchy veggies for the first three days. Avoid all oils and refined sugars. Drink enough water (6-8 glasses) to stay hydrated.

**Therapeutic Phase** — In Step 2, for the next fifteen days, expand your food regimen to include minimally processed whole grains, fruits, beans, peas, nuts, and above- and below-ground vegetables. Continue to avoid refined oils and sugars. Keep drinking plenty of water.

**Maintenance Phase** — In Step 3, settle in to your new healthy lifestyle for good. Eat a wide variety of minimally processed, whole plant foods. Start the adventure of identifying 15-18 new healthy meals as your new go-to favorites.

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