



YOUR IN-ACTION EXERCISE

The Healing Secrets of Food Revealed

EPISODE #10

TITLE:

**THE WHAT-TO-EAT WPIE FOOD PYRAMID:
Lose Weight. Feel Better. Restore Health.**

TODAY'S IN-ACTION IDEA

SELF-INSIGHT REFLECTION

Here is today's In-Action Self-Insight Reflection.

SELF-INSIGHT REFLECTION

STEP #1: CONSIDER...

Look over the graphic illustration of **THE WHAT-TO-EAT WPIE FOOD PYRAMID**, below. which reflects state-of-the-art, 21st century studies on what to eat for a more balanced microbiome and in turn weight loss, enhanced emotions, and perhaps, restored health.

STEP #2: WHERE ARE YOU?

As you look it over, keep in mind **The WPIE 'What-to-Eat Food Pyramid'** is *not* a diet as we think of "diet" today: a rigid way of eating you go on for a while, then off; rather, to reap the mind-body health rewards, the pyramid suggests a **most-of-the-time way of eating** that includes four categories.

For your consideration...

Q1. What category is your most-of-the-time way of eating?

Q2. Do you think you could benefit by including more plant-based foods in your everyday diet?

Q3. If "yes" to #2, what kind of modification(s) can you make to meals and snacks that would make them more plant-based?

Instructions:

1. Write down 1 change.

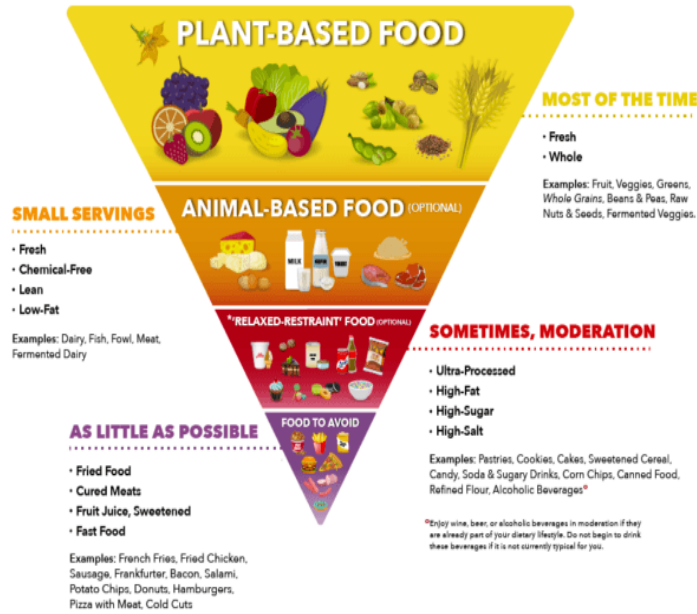
2. Right now, envision making the change, then enjoying the dish, meal, or snack that includes your plant-based change.

SEE PYRAMID ON NEXT PAGE



WHOLE PERSON INTEGRATIVE EATING®

WHAT-TO-EAT PYRAMID



* Whole Person Integrative Eating (WPIE) includes the concept of relaxed restraint, a behavioral-medicine idea that supports moderate flexibility about what you eat in order to up the odds of maintaining optimal eating for the long-term.

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