

ANTECEDENTS

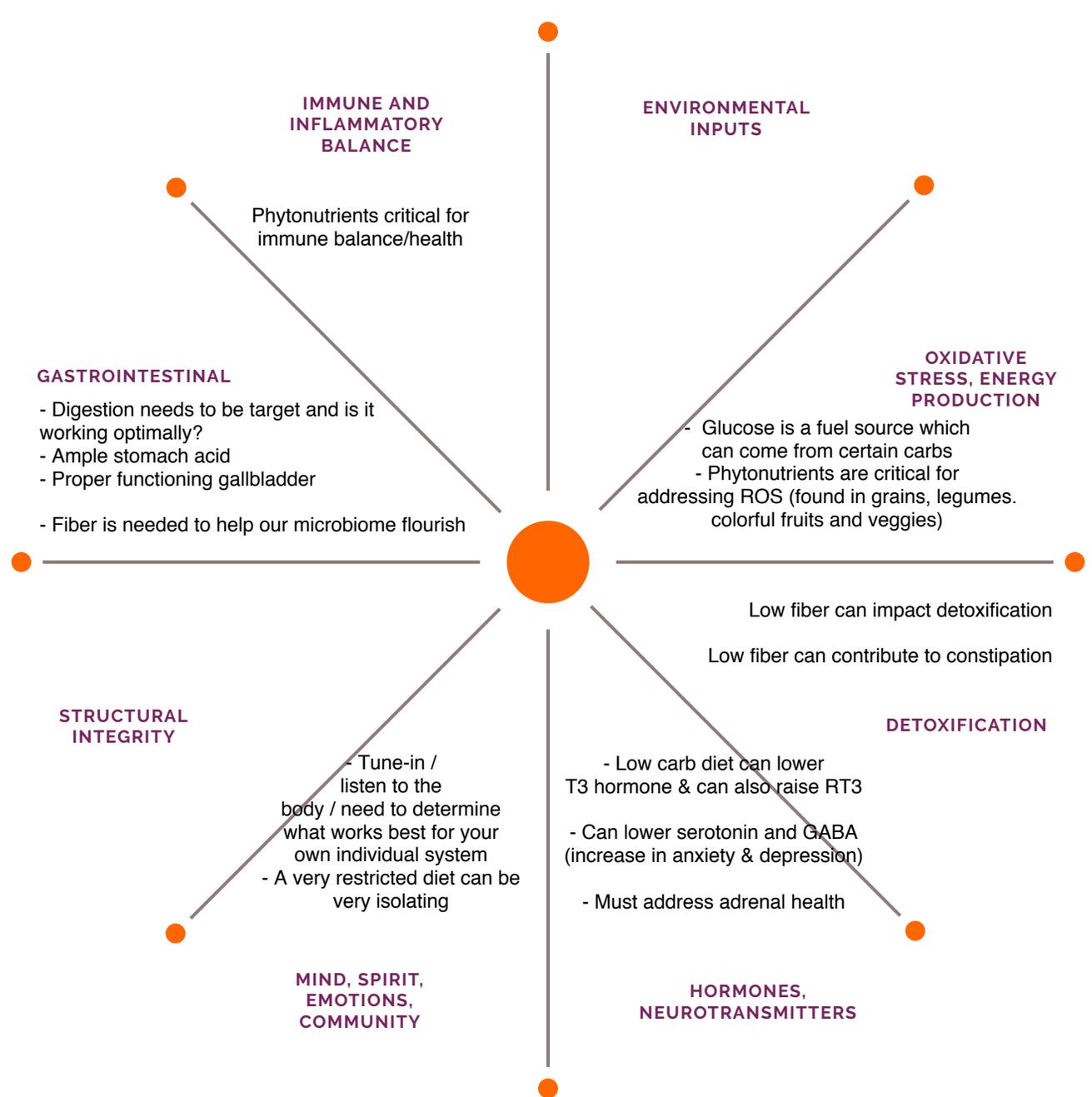
The changes along the way in diets and food option availability have not always served us well
Ex: Atkins, low-fat

TRIGGERING EVENTS

- Skipping meals
- Artificial sources of energy
- Overall diet
- Eating overly processed carbs and grains

MEDIATORS

- Re-connect with your kitchen
- Nutrient dense, whole foods
- Season foods that make them more palatable but also more digestible



SLEEP/RELAXATION

Low carb can affect sleep

EXERCISE/MOVEMENT

Some patients need more glucose in the diet to fuel workouts and sustain energy for exertion and recovery

NUTRITION/HYDRATION

- Low carb diet can deplete B vitamins, glutamine, prebiotics with an absence of grains and legumes
- Eat a healthy, balanced meal with all macro, micronutrients and fiber

STRESS/RESILIENCE

- Low carb diets can cause an unwanted stress response due to restrictions
- Restrictions can cause cravings and reintroductions can cause fear - monitor and determine what's needed

RELATIONSHIPS/NETWORKS

Clients and patients are best supported when they're not held to a strict guideline (especially when it's not working for their body!)