



## Hey Clean Eaters! Day 4 is HERE!

I want to know – *what have you discovered this week so far? What challenges have you faced? What breakthroughs have you gone through?* Come on over to the group and share!

Today I am going to be sharing some answers to frequently asked questions and really give you some solid tips for living your healthiest life yet!

Let's get started!

## FAQ's

*These are REAL questions that I have received from clients and readers*

**Q:** I am brand new to clean eating. I have eaten the same processed foods for years but I know it's time for a change. How can I go from one way of eating to another easily and successfully? I am super scared to change but I know it's important.

**A:** Congratulations on making the choice to start eating cleaner! What an exciting time for health and wellness! I completely understand your fear – so many people have the same fear! Just know you are not alone! With that being said, here are some tips that you can start implementing TODAY to allow you to start your journey of the right foot!

- Don't look at clean eating as a diet. Clean eating is a lifestyle – a way of new eating and thinking! Clean eating is sustainable since the entire concept behind clean eating is eating REAL FOOD.
- Take small steps each day. When transitioning into a new way of living, you are much more successful if you make small goals instead of big goals. This will eliminate frustration and burn out.
- Educate yourself as much as possible! Research food, ingredients, traditional farming vs. factory farming, wild caught vs. farm raised fish, obesity/diabetes/food related health issue statistics, etc. This was one of the things I started doing when I transitioned into clean eating and it was mind blowing! When you surround yourself with education and facts, you can then make educated decisions!
- Surround yourself with like-minded people who have the same goals. Find an online support group that is geared towards clean eating, or talk to your close friends/family that may want to change their eating habits as well! Accountability is a HUGE factor in success and transition!

I want to leave you with this: your journey with clean eating will be slow yet successful! Do not expect perfection, do not expect instant results... expect mistakes and expect slow changes! And trust that the end result will be AMAZING!

**Q: I have been eating clean for a while now but my husband is not on the same page as me. He still eats junk food and keeps it in the house. I want him to eat healthy with me but he's not. HELP!**

**A:** Thank you for your honest question! First, kudos to you for caring enough about your husband to want him to eat better. It's very difficult seeing those that you love sabotaging their health with their food choices.

But what I want you to do is let him be. Yes, you heard me right – don't try to convince him to eat like you. And here's why:

Your husband is a grown adult. And while he might be making food choices that YOU may not like, they are still his choices. When I first started to eat clean I REFUSED to cook anything unhealthy for my husband. REFUSED! This unfortunately caused A LOT of drama and arguments in our marriage. Drama and arguments that wasted time and energy. Think about your own health journey – were you always eating healthy or did you go through a period of time where you knew you should change but didn't. Eventually you made the choice to start eating healthier because YOU wanted to! Everyone has to decide when they want to start their journey and your husband may not be ready. And that's ok!

Talk with him – not to him. Don't bark orders at him or make him feel bad or criticize him. This will only cause more harm than good! Sit down with him and let him know the reasons why you started to eat clean and let him

know that you don't expect him to change just because you did. But that you will be there for him if he would like. And then leave it at that. You eat your way and let him eat his way.

**Q: I am so confused when it comes to food right now. I have been eating clean for a few years but every year there seems to be a new "fad diet" like low-carb, paleo, 80/10/10, etc. How do I know if I should change my eating habits and follow one of these guidelines instead?**

**A:** I am right there with you! You are so right – there are new ways of eating being developed and promoted ALL THE TIME! As a nutritionist and someone who loves to research, I feel like it's too much, too! But I do have an answer for you: get back in touch with YOU! As a society, we are so out of synch with our own bodies that we have lost complete control of our senses and intuition.

The cool thing about clean eating is that clean eating means eating food in its most natural state. So essentially you can try a different eating approach and still be eating clean just as long as the approach supports whole food eating. Without knowing your health history, let me ask you a few general health questions:

- Do you feel sick? Lethargic? Bloating? Off?
- Do you have any known allergies or have signs of food intolerances?
- Have you tried to eliminate a certain food before with success?

These new eating approaches are all based around one thing: eliminating certain food groups in order to feel and perform at your optimal level. Our food has been significantly altered over the years and we are much more sensitive to foods today than ever before. There is nothing wrong with trying a new food approach. But keep in mind that you want to really get in-tune with your body BEFORE trying a new approach so that you can look for symptoms and signs. Also, commit to at least 90 days. Why? Because you need time for your body to eliminate and adjust. And a week or two will not work. You could go through detox symptoms like headaches or cold-like feelings and this is completely normal.

And I can't stress enough to go in regularly and have blood work done if you feel you are not feeling your very best. I always suggest holistic practitioners but that is my personal preference. They may be able to discover something that might be going on – hormones, intolerances, thyroid, etc.

**Q: I am SO bloated and gassy! I eat clean, a lot of fruits and veggies but gas is a problem! Sorry – TMI! But I just don't know why!**

**A:** Welcome to the club! This is quite normal! When you start eating a lot of fresh fruits and veggies your insides get a good scrubbing, so-to-speak, and it will start to eliminate anything that has been hiding out in your

intestines for a while. Some veggies will produce more gas than others, like broccoli, kale, cabbage, Brussel sprouts, etc, so make sure you are drinking A LOT of water during the day to help eliminate this.

Chew your food WELL! You have enzymes in your mouth that break down your food BEFORE it passes through your body. If you are eating a lot of veggies or fruit, be sure to eat until it's a pulp in your mouth. This will immediately reduce bloat or gas.

Eat fruit in the morning/early afternoon AND by itself. Fruit can sit and ferment in the intestines which is a perfect environment for bloating or gas. I don't eat fruit after lunch and this has significantly reduced my bloating during the day!

Don't eat AFTER 8PM. Your digestion starts to slow after 6PM but it really starts to slow down after 8PM.

If you are a seasoned clean eater and still notice you have a gas problem, try to review your food intake and start eliminating foods to see if it helps. You may have some kind of intolerance to them which is causing bloat or gas.

**Q: I have been eating pretty clean but I just can't seem to lose the weight. What am I doing wrong?**

**A:** Without personally talking with you and seeing what you are eating every single day, it's very hard for me to tell you the exact reason why you may not be losing weight. But here are some go-to tips that you can start implementing today and will allow you to start seeing that weight come off!

- **Your portion controls are way off** - Most of the time it isn't WHAT you are eating, but rather HOW MUCH you are eating. Portion sizes have been growing and growing over the years which has made us un-aware of how much we really should be eating at one time. Take a week and measure out your food based on your caloric needs. You may be surprised by the results!
- **That so called "health food" is NOT healthy** – Scenario: You had good intentions this week. You went to the grocery store and bought some granola, gluten free snacks and organic breakfast bars. You have been eating these "healthy foods" week after week... so what gives?!  
Let me tell you a little secret – you still have to read those ingredients and nutrition facts! Snacks are snacks, no matter how healthy they seem to be! And if you are choosing these so called "healthy snacks" over REAL food (like fresh fruit or veggies) then you are sabotaging your weight loss. Feel free to keep these in the pantry but only use them in emergency situations. And yes, I love granola... a little too much. But granola is very calorie dense... and who really eats 1/4 cup of granola anyway?! Not me!
- **You are not getting ENOUGH calories** - I am not sure who came up with the magical number of 1200 calories a day to lose weight. But based on my research, my own client's progress, and my own progress, eating 1200 or LESS will turn your metabolism upside down and makes it EXTREMELY

difficult to lose weight. Your body starts to go into starvation mode and will store fat. Your daily activities and workout level plays a huge part in this as well, but I always suggest anywhere between 1400 – 1600 calories per day.

- **You are drinking your calories** - Drinks have calories and we often forget this. A soda, fruit juice (whether it's pure juice or not), coconut water, lattes/mochas/foo-foo drinks and alcohol needs to be taken into consideration each day. Just because you are not physically eating it, you could consume an EXTRA 500 calories OR MORE if not careful!
- **You may have a medical condition** - If you know you are doing EVERYTHING right – exercising, eating the right foods and portion sizes, tracking your meals/calories – I highly suggest seeing a medical doctor. Before you start going on a juice cleanse or starting the next fad diet, get some routine blood work done and see if there is anything going on that you may not know about. Your health is EVERYTHING!

Did these questions help answer any problems or questions that you have? If not, please email me your questions and I would love to help you personally!

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Or you can come over to the group and ask them there!

**Healthy Eating!**