

Dream Catcher Webinar: Live The Life You are Meant To Live

Four Coaches: One Live Event

January 11th @ 6pm CST, Live Q & A

Meet Your Experts

Julie Lokun, Masters Certified Life Coach

Tristin Hodges, Mental Health Professional & Life
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Mika Altidor, Certified Life Coach

Tia Morell

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NOTE TO SELF. MY POWERFUL WORD OF
THE DAY IS.....

Set A Word Of Intention
Everyday

TIA IS A CERTIFIED HOLISTIC
NUTRITIONIST AND LIFE COACH. TIA
HARNESSES THE POWER OF FOOD TO HEAL.
TIA WILL APPROACH YOUR HEALTH JOURNEY
WITHOUT DEPRIVATION-SHE BELIEVES IN
ADDING DELICIOUS TO YOUR LIFE.

grace

Mindful Eating

Mindfulness means focusing on the present moment, while calmly acknowledging and accepting your feelings, thoughts, and bodily sensations." The tenets of mindfulness apply to mindful eating as well, but the concept of mindful eating goes beyond the individual. It also encompasses how what you eat affects the world. We eat for total health,"

Dr. Cheung says. That's essentially the same concept that drove the development of the 2015 proposed U.S. Dietary Guidelines, which, for the first time, considered the sustainability of food crops as well as the health benefits of the foods. Although the ideal mindful-eating food choices are similar to the Mediterranean diet—centered on fruits, vegetables, whole grains, seeds, nuts, and vegetable oils—the technique can be applied to a cheeseburger and fries. By truly paying attention to the food you eat, you may indulge in these types of foods less often. In essence, mindful eating means being fully attentive to your food—as you buy, prepare, serve, and consume it.

practice mindful eating at one meal today

Use your five senses to prepare and eat your meal. Notice the flavors, the textures, the sensations. Smell the aroma that wafts from the food--let it envelop you. Taste each bite and savor its complexity. Look at the vibrant colors on your plate....

How did you feel after your meal?

What did you eat?

How is your energy after this meal

Extra-How food raises your vibrational energy

The Law of Vibration states that everything in the Universe is vibrating at one speed or another. Everything moves and vibrates, nothing rests. Everything you see around you is vibrating at one frequency or another - the air you breathe in, the trees, the animals, the cars, the phones, the furniture,... and you! This is because everything in our universe is energy - as Quantum physics states -and energy is constantly vibrating at a certain speed.

Extra-How food raises your vibrational energy

When we ingest foods that are far removed from their natural state and have lost most of their natural energy, it lowers the vibration of that food, thus lowering our vibration. As an example, we'll receive more healthy energy from eating a fresh apple than from eating a processed apple in a breakfast bar.

This theory is in line with what most the modern nutritionists advise us to eat more of.

See below a list of high vibrational foods.

High Vibrational Foods List

Organic fresh fruit

Organic fresh vegetables

Natural herbs and spices

Natural superfoods (e.g. spirulina and chlorella)

Herbal Teas

Nuts and seeds

Whole grains

spring water

Healthy oils e.g. olive oil, and coconut oil

Raw food,

dehydrated and lightly steamed food

(e.g. anything in its uncooked, minimally processed state)

- Please reach out to Tia today for specific guidance on nutritional needs

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