

# Habit:

## Plant-Based Diet

When we talk about what we eat, we all seem to have a method and an opinion. We are in the day and age of personalization — and this extends to diet. “I’m a vegan,” or “I’m into paleo,” or “I need to eat animal flesh to function.”

Around here, we’re less interested in labels and we’re more interested in the relationship between humans and the plants that feed us. In this habit, we turn our attention to taking your relationship between plants and your body to the next level of integration.

Eating a plant-based diet is about the relationship between our outer ecosystem, where our food grows, and our inner ecosystem. How you source your body’s energy and what you build your body’s tissue out of is of obvious importance.

We each have the opportunity to nourish and nurture ourselves from the outside in... and from the inside out.

The first activity is to check out where you are in the spectrum of how you feed yourself. Once you know where you are starting the next action step reveals itself on your path to a healthier and more conscious body.

Next, you will investigate your relationship between your body and where you source your energy. You’ll become more aware of the exchange of consciousness, energy, and nutrients between the bodies of plants and your body.

It’s a process full of nourishment — not deprivation. The recipes in the YHC Recipe Book are designed to support your exploration... and bring more plants into your diet.

— *The Yoga Health Coaches*

# Evaluate Your Starting Point

for Plant-Based Diet

Read over Stage 1, 2, 3 and evaluate where you land

## Stage 1 — The “SAD” Diet (Standard American Diet)

<p>Current Nourishment</p>	<ul style="list-style-type: none"> <li>* Vegetables, fruit, meat, dairy, wheat, processed foods, refined sweeteners, and standard whole foods.</li> <li>* May use alcohol, caffeine, marijuana or nicotine on daily basis.</li> <li>* Most food from outside your ecosystem, mega farms.</li> <li>* GMO's, petrochemicals which create internal pollution and cellular confusion.</li> <li>* Large carbon footprint per nutrient value.</li> </ul>
<p>Current mental pattern</p>	<ul style="list-style-type: none"> <li>* Craving foods and beverages that aren't good for us.</li> <li>* Eating and drinking that which we know isn't good for us.</li> <li>* It's easy to overeat because eat bite has a lot of calories.</li> <li>* We may regularly experience regret that we ate something we didn't want to.</li> <li>* We might not care about our diet or think about where our food comes from.</li> </ul>
<p>Next Step on Horizon</p>	<ul style="list-style-type: none"> <li>* We may think our diet is “pretty healthy” but have health issues we're interested in alleviating.</li> <li>* Eating more leafy greens, roots and fruits before other foods at each meal.</li> <li>* Planning meals ahead of time that have more vegetables.</li> <li>* Doing a <a href="#">detox</a> to have a big shift in what becomes our “<a href="#">new normal</a>”.</li> </ul>
<p>Benefits from Plant-Based Diet</p>	<ul style="list-style-type: none"> <li>* Moving from an inflammatory diet to a alkalizing diet will slow bodily degeneration and may prevent degenerative disease.</li> <li>* Allow your body to detox.</li> <li>* Finding appropriate weight for your body type and activity level.</li> <li>* Makes all the other habits easier to integrate.</li> <li>* Allow more consciousness in your body and in your relationships.</li> </ul>

# Stage 2 — Whole Foods Diet

<p>Current Nourishment</p>	<ul style="list-style-type: none"> <li>* You eat less and less processed food over time. You're steering away from canned, packaged and frozen foods — and choosing fresh more often.</li> <li>* You know how to prepare food that is simple and nourishing.</li> <li>* You are curious about adding different plants to your diet.</li> <li>* You eat fruits and vegetables daily.</li> <li>* You may garden or sprout to get fresher nutrients.</li> <li>* You may be involved in a CSA, food co-op or farmer's market.</li> </ul>
<p>Current mental pattern</p>	<ul style="list-style-type: none"> <li>* You know which foods are good for you.</li> <li>* You may eat foods that aren't good for you — because they are around and you crave them.</li> <li>* You may struggle with “eating what everyone else is eating.”</li> <li>* You get that there is another level of clean or higher vibrational eating.</li> <li>* You may have experience detoxing or changing your diet significantly.</li> <li>* You're open to experimenting with how different diets make your body feel.</li> </ul>
<p>Next Steps on Horizon</p>	<ul style="list-style-type: none"> <li>* Get more involved with where you source your food.</li> <li>* You sprout, indoor and outdoor garden in a time-efficient way that meets your lifestyle.</li> <li>* Reduce stimulants and excitotoxins (caffeine, chocolate, sugars) at your growing edge.</li> <li>* Reduce grains and legumes, increase vegetables.</li> <li>* Reduce leftovers — increase fresh foods.</li> <li>* Keep a food journal to notice the specific effects various foods and beverages have on your body.</li> <li>* Remove MSG, GMO foods and other synthetic additives from your diet.</li> </ul>
<p>Benefits from Plant-Based Diet</p>	<ul style="list-style-type: none"> <li>* Experience greater connection and deeper nourishment in your body.</li> <li>* Connect more deeply with your ecosystem, and become an advocate for your ecosystem.</li> <li>* Learn more about preventing the diseases of your ancestors from taking root in your body.</li> </ul>

# Stage 3 — Plant-based Diet

<p>Current Nourishment</p>	<ul style="list-style-type: none"> <li>* You may eat mostly green vegetables, root vegetables, fruits, seeds. You may eat some grains, legumes, nuts, and animals — but in less quantity over time.</li> <li>* You prepare most of the food you eat — and intuitively know what your body wants and needs.</li> <li>* You get food at farmer's markets, or a CSA. You know what plants thrive in your ecosystem and extend their immune system to you. You know where your food comes from.</li> <li>* You eat what makes your body feel good regardless of the social situation.</li> <li>* You find you don't need as much food as you get older.</li> <li>* You leave room for space while eating and between meals.</li> <li>* You like to sprout your sprouts, culture your veggies, and grow edible plants in or in and around your home.</li> <li>* You enjoy learning from people who are playing their edge with diet.</li> </ul>
<p>Current mental pattern</p>	<ul style="list-style-type: none"> <li>* You feel nourished.</li> <li>* You are connected to your ecosystem and therefore grounded.</li> <li>* It's easier to eat light because eat bite has lots of nutrients — but not a lot of calories.</li> <li>* You understand that if you help plants thrive you help yourself and your community thrive.</li> <li>* You're curious about learning more about your inner and outer ecosystem.</li> </ul>
<p>Next Step on Horizon</p>	<ul style="list-style-type: none"> <li>* You continue to diversify your diet — adding species each year.</li> <li>* You help educate others that are interested in experiencing better health about the simple habits you have taken up.</li> <li>* You continue to learn, explore and refine in your inner and outer ecosystem.</li> </ul>
<p>Benefits from Plant-Based Diet</p>	<ul style="list-style-type: none"> <li>* You are confirmed in the track that you are on. You gain insight from one aspect of the teaching or another.</li> <li>* You get more nutrients.</li> <li>* You become part of the global and local solution.</li> <li>* Who knows? <a href="mailto:yogahealer@worldwideyogahealthcoaching.com">Email yogahealer</a> to report.</li> </ul>

# DO's + DON'TS

for Plant-Based Diet

## do's

### Be curious about what your cells really want and need

Be curious and listen to your cells when shopping, preparing food, and eating. Don't eat what isn't appealing.

### Keep track of plants you know

Keep a list of the plants you eat on an annual and seasonal basis. Seek to increase the # of local native and invasive species on an annual schedule.

### Talk to plants. Meditate with a tree

Have a conversation with the plants in your yard or neighborhood. Remember to listen twice as much as you talk, honoring that we have 2 ears and one mouth. Ask the plant both what you can do for it and it's brethren, as well as what it can do for you.

### Inner + Outer Ecosystem Consciousness

Notice your inhale is the exhale of the leaves the leafy greenery of our blue/green planet. Notice your exhale is their inhale. Meditate on the simple conversation. Let your awareness permeate and delight in the dance. This is the basis of the connection economy between humans and nature.

### Start Growing Food

Grow sprouts. Indoor garden. Outdoor garden. Learn about wild harvest. Learn the edible invasive weeds in your 'hood.

### Get interested in your food growers

Talk to your farmer's market farmers. Talk to your CSA owners. Read their newsletters. Ask them what new species they are growing this year. Ask them if they need help spreading the word. Support them and they will nourish you.

## don'ts

### Label Yourself

Getting caught in labels of "vegan," "vegetarian," "paleo" or whatever can create extrinsic boundaries that stop you from feeling into what the cells of your body are asking for. Animals have been used in Ayurveda, Chinese Medicine, Native American and other indigenous medicines for healing specific imbalances and balancing specific body types.

### Label Others

By the same token, don't worry about what people around you are enjoying. We are all at various stages of consciousness around food and nourishment. For now, let's focus on our own relationship with nourishment.

### Give up on yourself

We all fluctuate in our diet. It's easy to get sidetracked into what everyone else is doing. The momentum of our culture with food can easily pull us into eating stuff we don't want or need in our cells. When that happens to you take a deep breath — and commit to creating space in your cells. Simply fast on water until you are truly hungry. Then, give yourself a bath of green juice or a simple soup or green smoothie to remind your cells of simple, clean nourishment.

### Give up on humanity

We are in interesting times. Many of our grandparents knew how to use plants better than us. Many of us will have a hard time sourcing nourishment from our local ecosystem yet have easy access to commercially farmed, GMO-laden, packaged or denatured food. As a culture, we forgot our relationship with plants quickly. Yet, we can remember even quicker. We have the technology to participate in the global movement of sacred ecology.