

Make the Changes that Matter

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To make the changes that matter, focus on these 4 aspects of your life:

- 1. Get Enough Good Sleep**
- 2. Eat Real Food**
- 3. Move Your Body**
- 4. Relax Every Day**

Get Enough Good Sleep

- ***We need to improve the quantity & quality of our sleep***
- Here's how:
 - o **Caffeine**
 - Even if you have no trouble falling asleep, caffeine decreases the quality of sleep
 - Stop caffeine by 12pm
 - Reduce overall caffeine consumption
 - o **Blood Sugar**
 - Blood sugar fluctuations disrupt your sleep, causing middle of the night awakening
 - Maintain stable blood sugar by eating protein and fat and avoiding sugar
 - Take a spoonful of coconut oil right before bed to ensure stable blood sugar while you sleep
 - o **Light**
 - Be strategic about light
 - Let your eyes see bright light in the morning and dim light at night
 - Dim the lights in your home in the evening
 - At night, brush your teeth, bathe and read by candlelight
 - Try GoodLight non-toxic candles (Amazon)
 - Download *f.lux* on your computer (dims your computer screen)
 - Consider wearing orange-tinted glasses for 30-60 minutes before bed (Uvex brand)
 - If your room isn't *completely* dark when you sleep, wear an eye mask (Bucky brand)
 - o **Rhythm**
 - Your body likes routine
 - Go to sleep and wake up at roughly the same time 7 days a week
 - o **Wind Down**
 - Stop using electronics by 9 or 10pm
 - Have a relaxing evening ritual (e.g., take a bath, stretch, read by candlelight)
 - o **Magnesium**
 - Most of us are deficient in magnesium, and this interferes with quality sleep
 - Take 400mg of Pure Encapsulations Magnesium Glycinate at bedtime
 - Take an Epsom salt bath by candlelight right before bed

Eat Real Food

- ***Eat real food. Avoid processed food. Try to cook your own food.***
- Is it real food? To check, ask yourself: did it grow in the ground or was it a healthy animal?
- The most important foods to avoid are:
 - o Sugar, high fructose corn syrup and artificial sweeteners
 - o Trans fat
 - o Industrial seed oils (e.g., canola oil, corn oil, soybean oil, safflower oil)
 - o Flour
 - o Processed soy
- Shift away from thinking of food as calories and toward food as your opportunity for nutrition
- Aim for the following balance at every meal: half veggies, a quarter protein and a quarter starch
- If you struggle with overeating, avoid the drug-like foods (gluten, dairy, sugar, flavor additives (MSG))

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What to eat:

- All vegetables
 - Starchy tubers (sweet potatoes, taro, yucca, plantain)
 - Grass-fed meat and organ meats (eat every part of the animal)
 - Free-range eggs and poultry (eat the yolk)
 - Wild fish (small fish (e.g., sardines, anchovies, salmon) are better than large fish (e.g., tuna, swordfish))
 - Fermented foods (sauerkraut, beet kvass, kimchi, miso)
 - Plenty of natural fats (grass-fed butter and ghee, coconut oil, MCT oil, olive oil, avocados)
 - Bone broth
 - Nuts and seeds
 - Dark chocolate
 - Fruit (aim for less sweet fruits like berries and grapefruit)
 - Sprouted rice and legumes (if you choose to eat grains and legumes)
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- Note: if you're avoiding dairy, you can continue to consume grass-fed butter and ghee
 - Make cooking realistic: cook a large volume of food once a week, put in tupperware, eat at lunch/dinner
 - Try to adhere to this 80% of the time, and don't lose sight of what makes life fulfilling (social connection, community, enjoyment). "Sometimes it's better to eat the wrong food with the right attitude than the other way around" – Chris Kresser (author of *The Paleo Cure*) quoting an ancient Chinese saying

Real Food Resources

- **Seafood:** Vital Choice www.vitalchoice.com
- **Pastured Meats & Organ Meats:** US Wellness www.grasslandbeef.com
- **Grass-Fed Beef:** TX Bar Organics www.txbarorganics.com
- **Fermented Foods, Bone Broth, Soup, Dairy:** www.wisechoicemarket.com
- **Oils, Butter, Cooking Fats:** Fatworks www.fatworksfood.com
- **Coconut Oil:** Tropical Traditions www.tropicaltraditions.com
- **Coconut Milk & Canned Vegetables:** Native Forest
- **Sprouted Rice & Legumes:** TruRoots Organic Germinated Rice & Sprouted Lentils (Amazon)
- **Pre-Made Bone Broth:** Nourishing New York www.nourishingnewyork.com
- **Soup & Broth:** Nona Lim www.nonalim.com
- **Bulletproof Coffee, MCT Oil:** www.bulletproofexec.com/bulletproof-mind
- **Ingredients/Produce:** Quinciple – Farm-fresh produce delivery service in NYC, \$50/week - www.quinciple.com
- **Good Food on a Tight Budget:** <http://www.ewg.org/goodfood/>
- **Meal Delivery Services:** www.petespaleo.com, www.eattribal.com, www.premadepaleo.com
- **Chocolate:** look for organic, without GMO soy lecithin, without dairy, made with real cacao beans, with high cacao content and low in sugar.
- **Chocolate Recommendations:** Granada, Eating Evolved, AntiDote, Alter Eco, Theo, Mast Brothers, Vital Choice

Move Your Body

- ***Stand more, sit less, walk whenever possible, and lower your standards for exercise***
- If you struggle to exercise regularly, forget the boot camps and triathlons: get in the habit of **mini workouts**
- Do small amounts of exercise in your living room or take a brief walk outside
 - o Take a 20-minute walk after dinner
 - o Take a walk while you call a friend
 - o Do a 10-minute yoga video on www.yogaglo.com or www.yogavibes.com
 - o Try the 7-minute scientific workout on YouTube (Noah Mann version is funny)
 - o Do some good old fashioned calisthenics in your living room
 - o Get a pilates magic circle and do 10 minutes of pilates at home
 - o Do a *Just Dance* video on YouTube
 - o Hold a plank for 1 minute
 - o Get a standing desk or a tred-desk (treadmill desk)
 - o Take the stairs once a day
 - o Take a 5-minute run (has the same mortality benefit as running for longer periods of time)
 - o Just put on your favorite music and dance

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Relax Every Day

- Build in any form of stress management for any amount of time every day
- I strongly recommend cultivating a meditation practice
- At first, aim for *one minute* a day
- You can always do more, but first just aim for consistency
- You can meditate for 1 minute while you wait for an elevator or while riding the subway
- Important: you can't fail at meditation – just show up!
- Here's how:
 - o You can choose to focus on your breathing or simply observe your thoughts
 - o Either way, your mind will wander; this is normal and happens to everybody (even Buddhist monks)
 - o Simply observe your thoughts. Try not to judge your thoughts. If you find yourself judging your thoughts, try not to judge yourself for judging :)
 - o Foster a sweet, compassionate attitude toward yourself and your thoughts
 - o There is no wrong way to do this
 - o The point is not necessarily to achieve a “clear mind”—distraction is part of the gig
 - o Think of each time your mind wanders as an opportunity to practice bringing your attention back to the present moment (it's like doing reps for the weak muscle of present moment awareness)
- **Suggestions for Daily Relaxation:**
 - o Yoga
 - o Meditation
 - o Breathing exercises (inhale for 4 counts, hold for 2, exhale for 4)
 - o Take an epsom salt bath by candlelight
 - o Journal
 - o Be in nature (you can take the train to Cold Spring and hike or just go to the nearest park)
 - o Get acupuncture or other body work
 - o Take a walk
 - o Prioritize a creative outlet (draw, paint, play with children, play with animals, dance, make music)
 - o Turn on music, turn off the lights, light a candle, lie on your bed and enjoy
 - o Turn off electronics
 - o Notice the difference between *distraction* (surfing the internet, watching Netflix) and *relaxation* (doing something restorative)
- **Tech Support for Relaxation:** (kind of a contradiction!)
 - o Headspace: www.getsomeheadspace.com
 - o Zencast: www.zencast.org
 - o Buddhify
 - o www.calm.com
 - o Breath2Relax
 - o Deep Sleep and Relaxation, Guided Meditation and Affirmations (Sleep Learning System) by Joel Thielke
 - o www.zivamind.com
 - o HeartMath: www.heartmath.com
 - o Progressive Muscle Relaxation Video: <http://www.youtube.com/watch?v=HFwCKKa--18>
 - o Free guided meditations:
 - <http://marc.ucla.edu/body.cfm?id=22>
 - <http://www.dharma.org/resources/audio>
 - <http://www.mindfulcompassion.com/cms/?cat=4>
 - <http://www.tarabrach.com/audioarchives-guided-meditations.html>
 - <http://www.audiodharma.org/series/1/talk/1835/>
- Aim for a daily balance of 8 hours of sleep, 8 hours of work and 8 hours of restoration
- I know it can't always be like this, but all we can do is try our best

Restaurants and Take-Out Options for Real Food in NYC:

- **Hu Kitchen** (paleo, near union square; try chicken with sides or bowl with Hu Joe and veggie mash)
- **Foragers** (Chelsea, Dumbo, grocery store, wine store and restaurant)
- **Peacefood Café** (vegan, near union square)
- **Ellery's Greens** (greenwich village)
- **Westville** (American, west village, Chelsea, east village, Tribeca; try market sides plate – choose 4 market sides, e.g, kale, broccoli, artichoke hearts no cheese, polenta; or get the trout)
- **Nourish Kitchen** (west village)
- **Taim** (West Village, Soho; gluten-free falafel – get the mixed falafel platter, but substitute beets and carrots for tabouleh and Israeli salad, and don't eat the pita)
- **Souen** (Union Square, East Village, Soho; miso soup, chef salad, planet platter)
- **Mas Farmhouse** (West Village)
- **Market Table** (West Village)
- **Blue Hill Stone Barns** (West Village, Westchester)
- **Estiatorio Milos** (Midtown, Mediterranean)
- **Thalassa** (Tribeca)
- **St Anselms** (steakhouse in Brooklyn)
- **Candle Café** (UWS)
- **Gusto Organics** (Union Square)
- **Wild Restaurant** (West Village)
- **Kombu Ramen** (gluten free soup with rice noodles; east village/union square)
- **Wei West** (Tribeca; gluten free Chinese food)
- **Dig Inn** (Paleo fast casual food; midtown, union square, Tribeca, world financial center)
- **Sushi** (avoid soy sauce, avoid ginger dressing, avoid sauces – eat uni, yellowtail, salmon, ikura, rice, miso soup (not always gluten-free))
- **Juice bars** (Juice Press, Organic Ave, Liquiteria, Melvin's Juice Bar, One Lucky Duck, Tiny Empire, etc)
- **SweetPea** (Flatiron)
- **Angelica Kitchen** (East Village)
- **Fette Sau** (BBQ in Williamsburg, same owners as St Anselms)
- **Mighty Quinns** (BBQ in lower east side)
- **Momofuku** (East Village; try pork belly and beef tendons)
- **Takashi** (West Village; try organ meats)
- **Great Northern Spy Company** (East Village)
- **Mermaid Oyster Bar** (Soho)
- **Klee Brasserie** (Midtown)
- **Hundred Acres** (Soho)
- **Kafana** (East Village)
- **Kristophe** (Brooklyn; try Venison burger)
- **Juventino** (Park Slope)
- **Sauce** (LES)
- **Hearth** (East Village)
- **Landmarc** (Tribeca; try bone marrow without the bread, Brussels sprouts)
- **Macelleria** (Meatpacking; try bone marrow without the bread, rosemary potatoes, greens)
- **Palo Santo** (Park Slope)
- **Chelsea Market** (Chelsea)
 - o **Friedman's Lunch** (gluten-free chicken soup)
 - o **The Lobster Place** (uni maki, yellowtail scallion, avocado roll)
 - o **Beyond Sushi** (vegan sushi)
 - o **One Lucky Duck** juice bar
 - o **The Green Table**
- **Gansevoort Market** (Meatpacking)
 - o **Tacombi** tacos
 - o **Macelleria** butcher
 - o **Tiny Empire** juice
 - o **Dojo** sushi