



HEALTHYSELF RESET

FOOD REINTRODUCTION AND
WRAP-UP GUIDE



HEALTHYSELF RESET

CONGRATULATIONS ON FINISHING THE HEALTHYSELF RESET!

Thank you to those of you who were brave enough to join us on this journey for the first time! Also, a special thanks to those who joined us again for their second or third time! Every year we are growing with you and learning from you so thank you for showing up and being on this journey with us.

In this guide I'll walk you through how to reintroduce foods back into your diet to take full advantage of understanding how your body reacts. You'll also get some additional pointers and resources to help you incorporate the Reset into your daily lifestyle. Let us know if you have any questions in the Facebook group.

We value each of you for committing to yourselves and for committing to the HealthySelf Reset community!

- Brigid



WHAT NOW?

As you've probably witnessed within the last four weeks, what you put into your mouth everyday is one of the most powerful choices that we can make at any given moment. Do you choose to fuel your body with nourishment, love and richness or with empty calories and low grade ingredients? Choosing the former is what will continue to lead you to success. Each of you will have a different idea of what success looks like--that might be improved energy levels, less bloating, improved reflux, resolved constipation, decreased joint pain, optimized physical performance, etc. No matter what your idea is, nutrition will always serve as a vehicle to help you get there.

As the program comes to an end I wanted to discuss food reintroduction. Try reintroducing foods back into your diet one at a time. I typically recommend one new food every four days--incorporating it on days 1 and 3 and watching for symptoms on days 2 and 4. For instance, if you reintroduce cheese into your diet, have 1 oz of cheese in between meals on Monday and Wednesday. Use Tuesday and Thursday to observe whether you notice any change in how you feel. Watch for symptoms like bloating, gas, changes in bowel movements, decreased energy/sluggishness, brain fog/lack of clarity, rashes or skin irritations, etc. Just remember, reintroducing gluten and dairy isn't necessary; many people do better without these food categories but that does not mean that every person should avoid gluten and dairy for the rest of their lives. It's somewhat experimental and extremely individualized.



THE PEGAN DIET

Nutrition is far from being one size fits all. The first goal is to listen to your body--really get to know what it tells you after eating certain meals or various foods. Combine your intuition with what we know in research. The most common way of eating that I've noticed works for people is more of a "pegan" style, which is what I generally promote on my website beingbrigid.com. The term pegan was coined by Dr. Mark Hyman and it merges the best of vegan and paleo diets <http://drhyman.com/blog/2014/11/07/pegan-paleo-vegan/>.

The great aspects of vegan diets are that they are heavily focused on vegetables, fruits, nuts and seeds, beans and lentils, and 100% whole grains. While I don't think it's necessary to avoid animal products entirely, I do see the benefit of avoiding dairy and limiting meat consumption--using it more as a condiment and incorporating more plants and plant-based sources of protein. The best features of paleo diets are gluten-free, dairy-free, organic/grass-fed lean meats, eggs, wild salmon and other fish, a focus on fruits and vegetables, and no processed foods.

Essentially a pegan diet is a whole foods approach that's gluten-free, dairy-free, low in added sugars (only maple syrup and honey), and includes 1-2 servings of 100% whole gluten-free grains and 1-2 servings of beans and lentils for the extra fiber and nutrients. A pegan diet is more consistent with the Mediterranean diet (which is the most well studied nutrition approach that exists) but is also gluten-free and dairy-free. I am a big believer in the pegan diet (it's basically how I personally eat but occasionally I do have some dairy) because you get the paleo benefits of eating clean but the approach is a little more sustainable long-term.

Check out my video and blog post on the pegan diet here:

<https://beingbrigid.com/pegan-philosophy-merging-paleo-vegan/>



MOVING FORWARD

Regardless of what you decide to do in the future, there are six common denominators to any healthy nutrition approach:

- 1** CHOOSE WHOLE FOODS AND LIMIT PROCESSED/FAST/FRIED FOODS
- 2** KEEP ADDED SUGAR INTAKE LESS THAN 1 TBSP PER DAY
- 3** EAT MOST MEALS FROM HOME
- 4** MAKE HALF OF YOUR PLATE NON-STARCHY VEGETABLES
- 5** INCORPORATE LOTS AND LOTS OF COLOR!
- 6** ESTABLISH A POSITIVE RELATIONSHIP WITH FOOD

Number six is always what I emphasize the most. It's by far the most important and underestimated. You can't diet your way out of a negative relationship with food. So ask yourself why you choose to eat the foods that you do? Understand that relationship with yourself and your food very well. Try to avoid overly restricting yourself and aim for finding the right balance without overindulging! Continue trying new recipes from various websites or you can also access free recipes at <https://beingbrigid.com>.



THANK YOU

Thank you to my incredible partners, Julie Foucher and Dani Urcuyo for creating the HealthySelf Reset with me and inspiring this community in so many ways. A special thank you to Patricia Urcuyo for really bringing this program to life and running all of the operations--nothing would be possible without her.

A big thank you to each of you for being so engaged, involving your family and friends and for making this such a fun experience. I'm grateful every single day to get to do things like this that truly feed my soul and I wish the same for each of you.

Please feel free to checkout N1 Nutrition if you are looking for one-on-one virtual functional nutrition appointments to dive deeper into your specific health needs. We work with you to create, and implement, a personalized nutrition and lifestyle plan that helps you take back control of your health and transform your life.

Here's to a healthy and abundant 2019!

- Brigid



ADDITIONAL RESOURCES

+ [N1 Nutrition](#)

Making expert functional nutrition counseling accessible and flexible for your schedule through one-on-one virtual appointments.. Get 10% off any services with code HSR10

+ [BeingBrigid.com](#)

Recipes and Functional Nutrition Coaching, Programs & Information.

+ [Julie's Pursuing Health Podcast](#)

Where every other Tuesday she highlights influential and inspiring individuals who use lifestyle to support optimal health.

+ [TRAIN with Julie Foucher](#)

Efficient programming for the ultra-busy athlete. 1 hour in the gym per day, 5 days per week, fully scheduled out for you and jam-packed to build a solid foundation of GPP and proficiency in the full gamut of weightlifting, gymnastics, and monostructural skills.

+ [SteadyMD](#)

Have a primary care doctor that understands you and has a relationship with you - from anywhere in the US! Whether you want to get healthy, stay healthy or optimize your fitness performance, Dr. Dani is there for you whenever at the push of a button.