

It's so awesome that you feel much better, both physically and mentally. Give yourself a big hug, because it's thanks to your own effort that you feel how you are feeling.

The 2 upcoming weeks, we are going to level up:

## 7. VEGGIE CHALLENGE

 Eat 25 different kinds of vegetables per week. From those 25 you chose minimum 2 kinds of green leafs like: spinach, kale, different kind of lettuce, etc. The week after you can go for the same 25 or even try to get some more variation even. The goal is to get as much color and variation on your plate.

## 8. OMEGA 3

 Make sure your omega 3 intake is sufficient enough. Omega 3 en 6 are essential fatty acids. That means your body needs this, but can't produce this itself. We have to provide it in our nutrition.

The ratio between omega 3 and 6-intake should be approximately 3:1. Nowadays we get too much 6 so we need to do our best to get more 3. That's why you should add fatty fish 2-3x/week to your menu and add walnuts, chia seed, hennep seed and flax seed regularly. If you don't get to this you'll need to supplement with e.g. fish oil from Arctic Blue. You can also take the algae oil if you don't want animal products.

 Why you need omega 3? Every cell has a cell wall made up of fatty acids. The more flexible your cell walls, the healthier you are. Because thanks to flexible walls, nutrients can enter the cell better and waste products leave the cells better.

**9. CHECKLIST**

- ✓ Before you start eating, it is important to activate your parasympathetic nervous system. That's how your body can relax. This is important to stimulate the digestive organs and prepare them for optimal digestion. You do this by eating in a place where you can eat in peace. Your desk is therefore not ideal. Sit down and you will be more relaxed. Preferably with your back against the backrest for an open posture. Give yourself that time to relax. Otherwise, your digestion will only run halfway through.
- ✓ Make sure you are not distracted. Put your mobile phone, tablet, laptop or booklets away. Turn off your TV. You are eating. Enjoy your food, taste what you eat, feel the textures and take your time.
- ✓ Digestion starts in your mouth. That is why it is very important to chew. The digestive enzyme 'amylase' is released during chewing. This enzyme takes care of the production of the food mash and helps your stomach and intestines to better your nutrition digest! Therefore, chew your food 20 to 25 times per bite.