

Nice work Claudia. You really showed you understood. What a big difference between your first and your latest food diary. Let's get to the finetuning!

The next 3 weeks these are your action points:

9. SUPPLEMENTS

-  Because you don't eat enough fish, I highly recommend to take an omega 3 supplement. I advise the brand Arctic Blue.
-  By the end of September, early October I would start with taking extra vitamine D3. I recommend the brand Solgar. Take 0.5 ml per day during a meal with fats included; Vitamine D is a fat soluble vitamine and thus will be better absorbed in combination with fats.
-  Because you hardly eat fish and meat, I advise to supplement with B12. You can use this one: <https://www.solgar.com/products/vitamin-b12-500-mcg-tablets/>

10. SELFCARE

-  Take your shoes off more often. Also when you go hiking just take off your shoes for an hour and walk barefoot. In this way you can let the energy flow from your head back to the earth so your thoughts won't keep buzzing in your head all the time.
-  Take a moment to check-in with your breath once in a while. Check if you're breathing via your chest or via your belly. Or... if you are even breathing. Get aware on how and IF you are breathing!