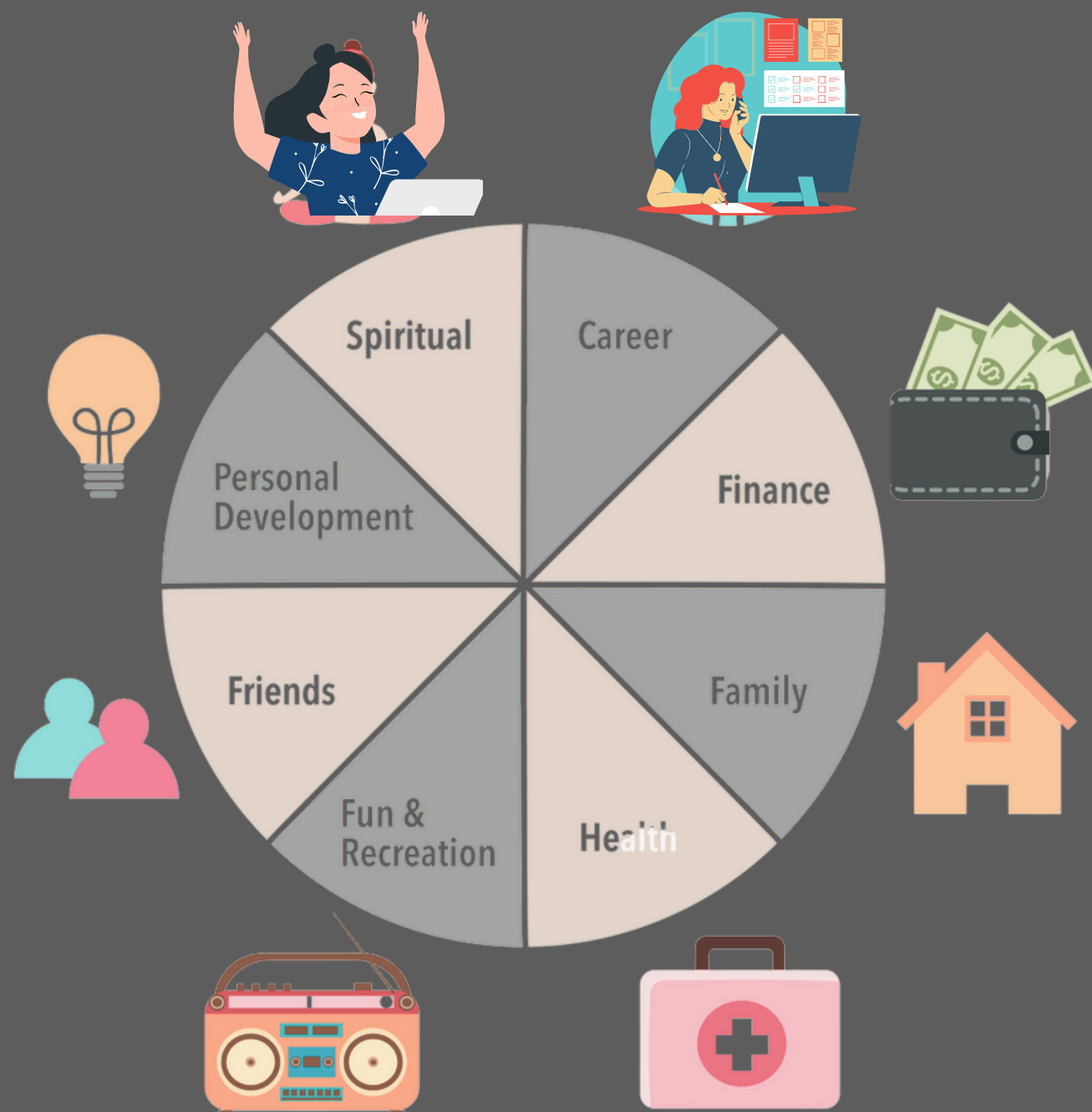


HOLISTIC COACHING WITH SAKINAH B.

Week 3

- **Fiber**
- **Colon Health**





Did you connect with yourself and accountability partner?

Facets of Life for Accountability

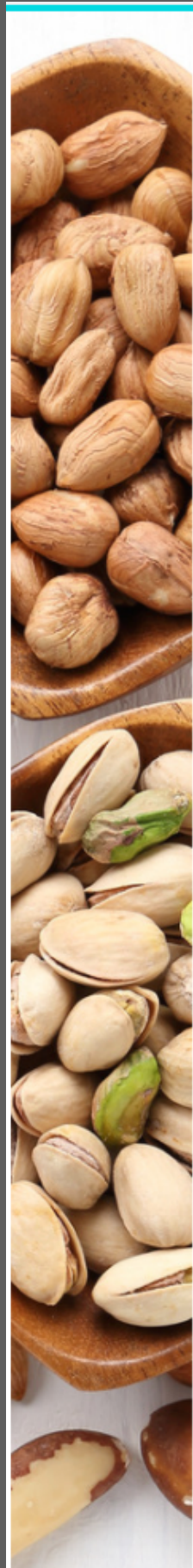
Remember before you can move on to the next facet of your journey, you must complete the last assignment to get the most out of your 90-Day Reset.

Did you connect with yourself and accountability partner?

Facets of Life for Accountability

We can do so much more when we know who we are, what we want, and have others to encourage us and others to encourage along the way.

We reach our goals much faster and retain the knowledge longer.



Your Accountability Partner

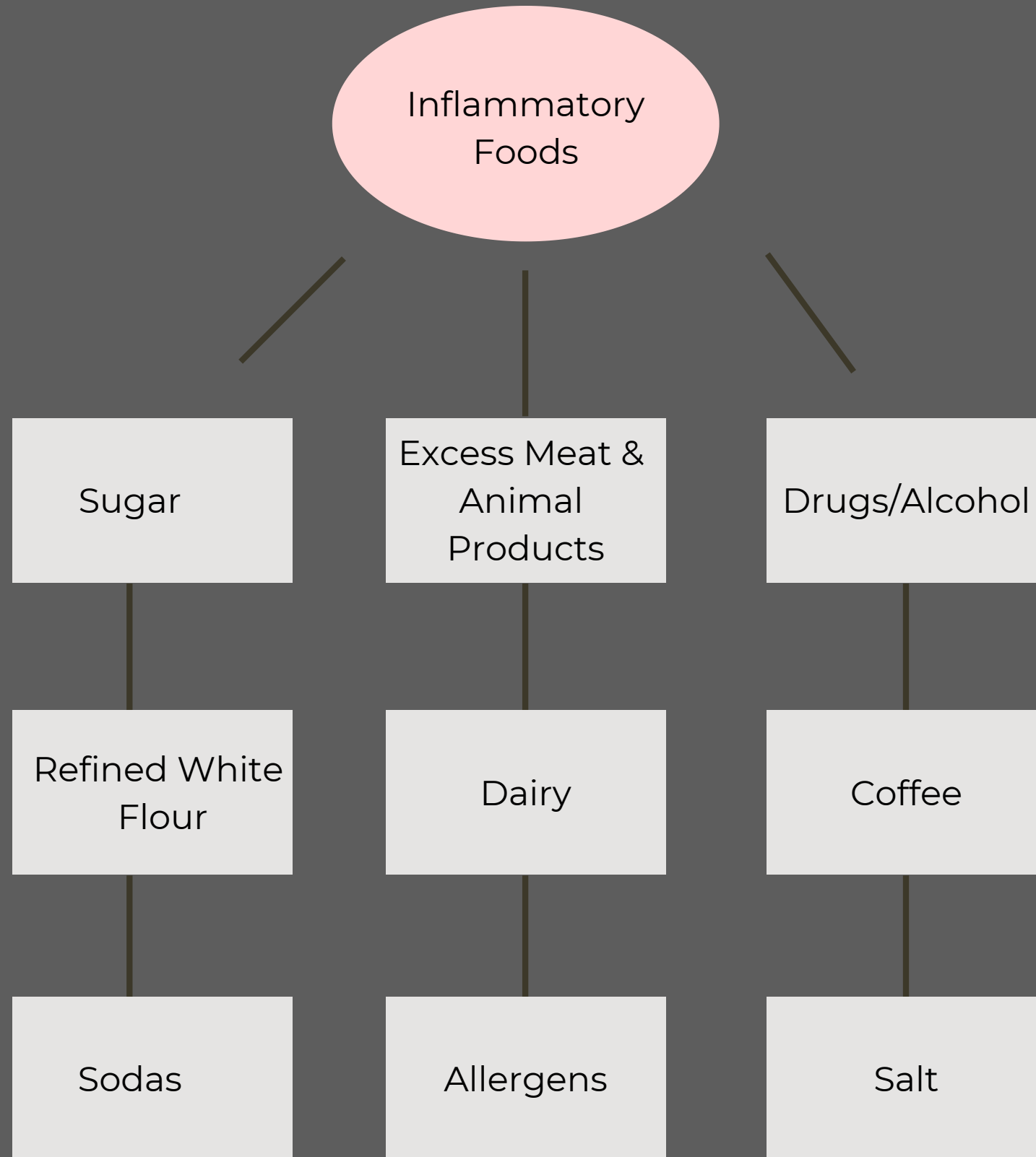
Have you contacted your accountability partner this week?

How are they doing with their goals this week.?

How can you support those goals?

SB

Foods That Are Not Gut Friendly:



Honorable Mentions

- Excess spicy foods
- Over-the-counter & prescription meds
- Fast food and most restaurant food

Fiber Rich Foods

*I=insoluble fiber is beneficial for relieving constipation.

- Almonds - I
- Apple - I
- Apricots, dried - I
- Baked Beans -
- Baked Potato with skin - I (all types)
- Bananas (green)
- Broccoli, raw or cooked
- Cabbage
- Carrots - I
- Cauliflower
- Celery - I
- Chia Seed
- Chickpea
- Hummus Dip
- Cucumbers - I
- Figs



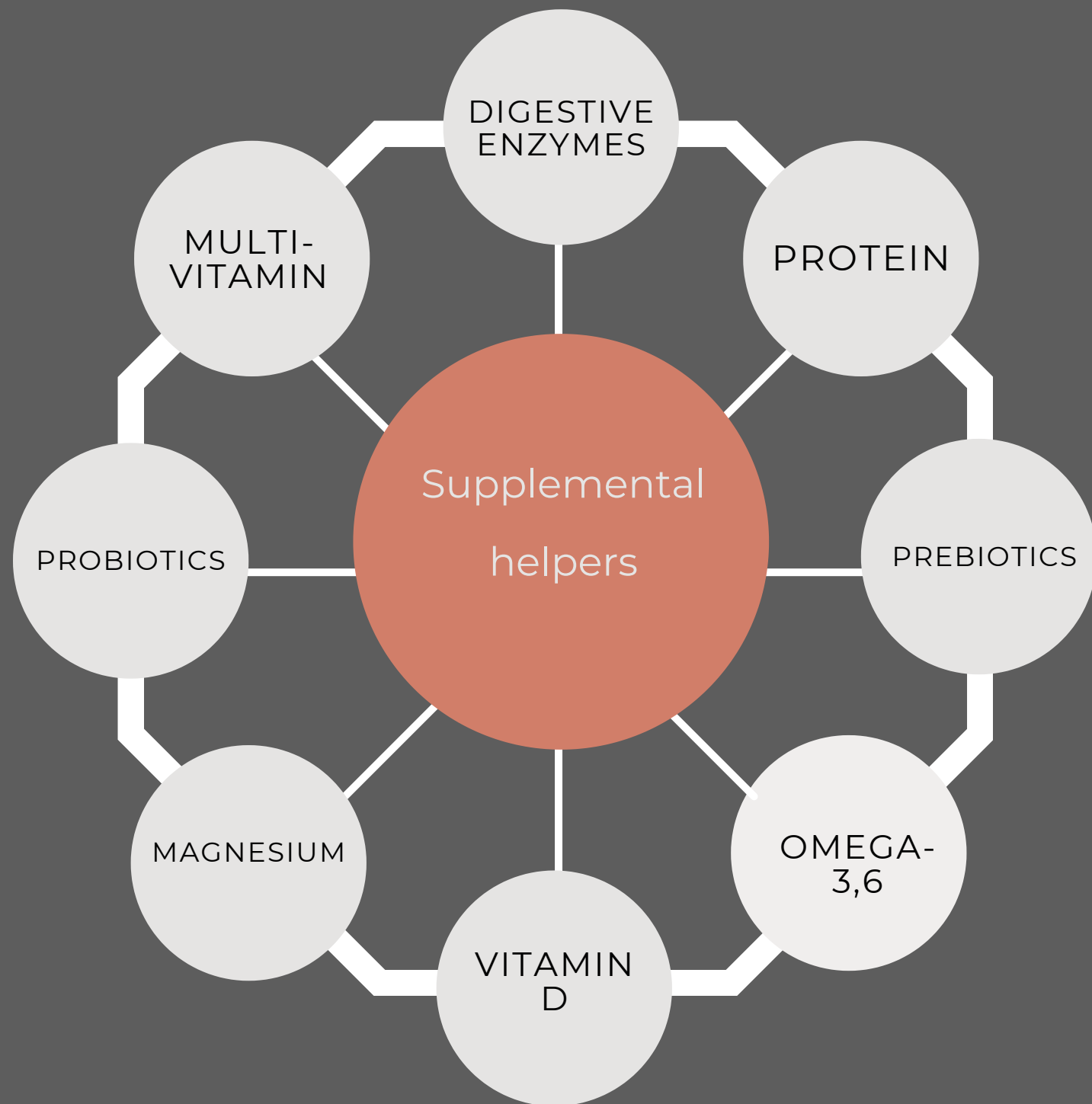
Fiber Rich Foods

*I=insoluble fiber is beneficial for relieving constipation.

- Flax seed
- Grapes - I
- Lentils, cooked - I
- Oats
- Oranges - I
- Parsnips - I
- Peaches
- Peanuts
- Pears - I
- Peas, green
- Prunes
- Psyllium Husk
- Sunflower Seeds - I
- Wheatbran
- Whole Grain Bread - I
- (store bought or
homemade)



Keep Your Colon & Body Happy:



Many of us are deficient in a variety of
vitamins, minerals and nutrients.

Although definitely not an exhaustive list,
these are some common ones that need
supplementation.



Recaps

1. Two types of fiber:

- soluble
- insoluble

2. More soluble fiber is needed when there is diarrhea.

3. When constipation exists more insoluble fiber is needed.

4. The average woman should get 25 g of fiber each day. The average man 38 g.

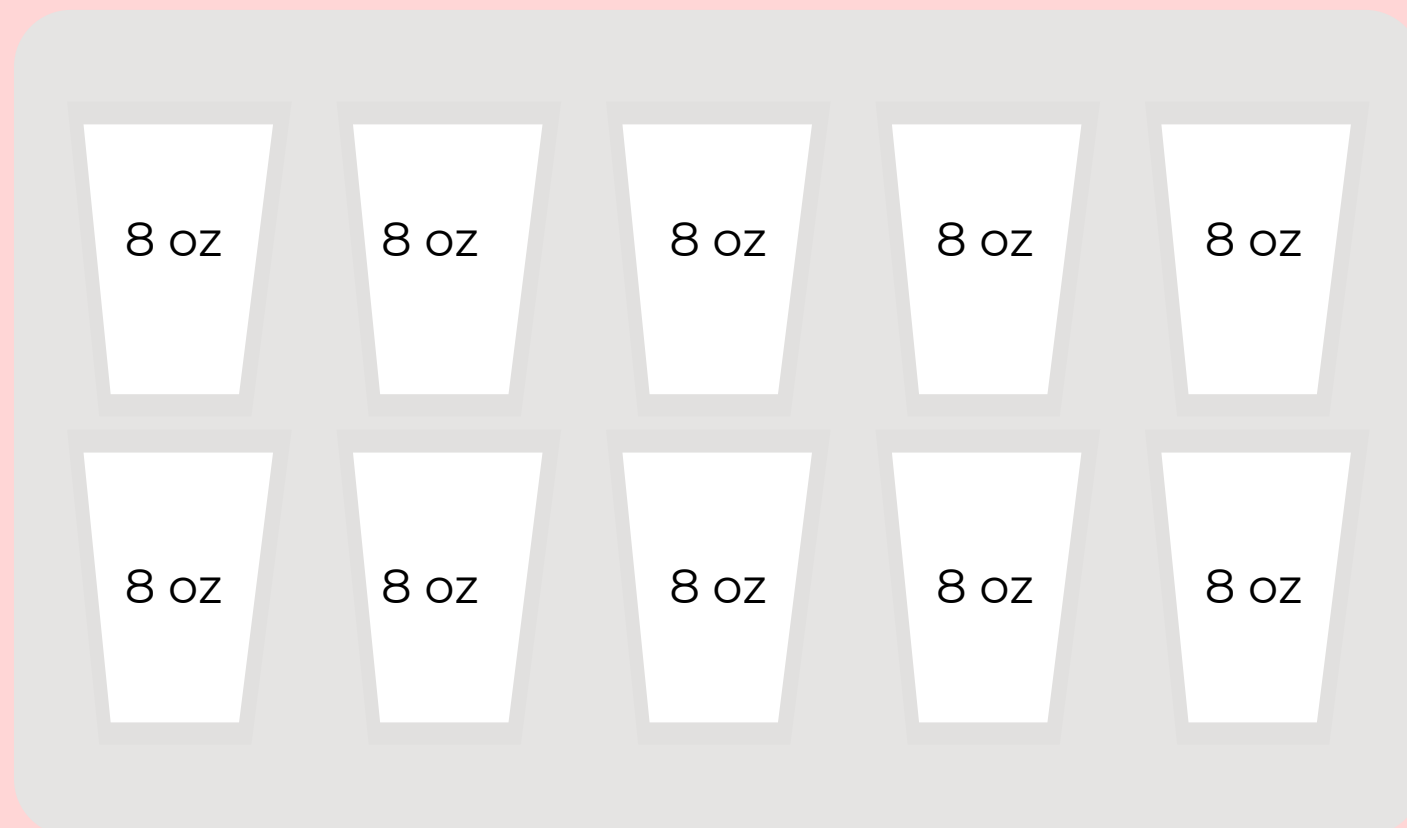
5. 5 important reasons for fiber:

- Feeds good gut bacteria
- Aids digestion
- Regulates blood sugar
- Helps in weight loss/
- hunger satisfaction

*I=insoluble fiber is beneficial for relieving constipation.



How are you doing with
your water intake?



The Importance of Water

F.L.U.S.H.

- Don't forget to drink your water
- Drink 10 oz more this week than last



Goals for the Week...

Where there is no vision the people will perish.

When we fail to plan we plan to fail. We are not about failing here. Write down your goals each week. Keep them ever before you. When they are in constant view motivation is higher and they are more easily achieved.

Goals for this Week>..

- Continue with:
 - water intake, sleep and morning routines
- **Incorporate more fiber-filled foods into your eating style**
- If you need additional suggestions post in the group for assistance

