

Eating For Health™ Investment Account

Name: _____ Date: _____

You have heard that you are what you eat. It's true! Likewise, what you eat is an investment in your health both now and in the future. Take an inventory of your dietary habits and choices to calculate your net nutritional worth. It will help you become more aware of how you can eat better, live longer and with much less distress. Consult with a nutrition professional for maximum benefit.

PART I: DAILY PROFIT AND LOSS CALCULATIONS

POSITIVE NUTRITION ASSETS

1 = <1/week 2 = 1-2/wk 3 = >2/wk

1. ___ Organic (pesticide-free) food
2. ___ Fresh food
3. ___ Whole foods
4. ___ Local food
5. ___ Seasonal food
6. ___ Homemade food
7. ___ Eating slowly
8. ___ Fruit and vegetable-based meals
9. ___ Essential fatty acids
10. ___ Grass-fed free range meat and poultry
11. ___ Wild, cold water fish
12. ___ Hormone, antibiotic free eggs (with Omega-3 fats)
13. ___ Organic dairy products (milk, cheese, butter)
14. ___ Cultured dairy (yogurt, kefir, buttermilk)
15. ___ Organic soy products (non-GMO)
16. ___ Organic legumes (lentils, peas, beans)
17. ___ Organic whole grains (rice, millet, quinoa)
18. ___ Natural sweeteners (honey, maple, Sucanat)
19. ___ Booster foods (nuts, yeast, algae, herbs, seaweed)
20. ___ Pure water, herb tea, fresh juices, broths

NEGATIVE NUTRITION LIABILITIES

1 = <1/week 2 = 1-2/wk 3 = >2/wk

1. ___ Conventionally grown food
2. ___ Packaged food
3. ___ Refined foods
4. ___ Imported food
5. ___ Out of season food
6. ___ Restaurant food
7. ___ Eat quickly
8. ___ Meat, dairy or grain-based meals
9. ___ Saturated, transaturated fats
10. ___ Grain, hormone-fed meats
11. ___ Farm fed fish
12. ___ Commercial eggs
13. ___ Commercial dairy products
14. ___ Uncultured dairy
15. ___ Commercial GMO soy
16. ___ Commercial legumes
17. ___ Refined grains (bread and pasta)
18. ___ White sugar, Nutrasweet
19. ___ Extra added sugar, salt, MSG
20. ___ Tap water, coffee, soda, black tea

___ Total Positive Nutrient Assets

___ Part I Net Nutrition Worth

___ Total Negative Nutrient Assets

___ Circle Behavior Change Numbers

Eating For Health™ Investment Account—CONTINUED

Now that you have completed Part I of the *Eating For Health™* Investment Account, you can reap additional health benefits from setting up your own IRA, which will further add to your nutritional reserves and provide important fuel for cellular cleansing and rejuvenation. The key is to increase your positive assets while decreasing your negative withdrawals. Enjoy the exercise and then put it into good use.

PART II: INDIVIDUAL REJUVENATION ACCOUNT (IRA)

| POSITIVE IRA ACCOUNT 1 = <1/week 2 = 1-2/wk 3 = >2/wk | DEBIT WITHDRAWALS 1 = <1/week 2 = 1-2/wk 3 = >2/wk |
|---|--|
| <ol style="list-style-type: none"> 1. ___ Hi-potency natural multiple. Supplement with herbs. (Comprehensive nutrition support.) 2. ___ Organic green food powder. (Nourishes the blood.) 3. ___ Organic whey, rice or soy protein powder. (Amino acid support.) 4. ___ Organic flax seeds. (Essential fatty acids and fiber.) 5. ___ Buffered or Ester Vitamin C. (Detoxification and immune support.) 6. ___ Natural Vitamin E (d-alpha or mixed). (Antioxidant, inhibits lipid peroxidation.) 7. ___ Natural calcium, magnesium. (Vitamin D, boron and HCl supplements Bone and nerve support.) 8. ___ Natural zinc/selenium/chromium, as needed. (Weight, immune, and blood sugar support.) 9. ___ Targeted, appropriate herbal support. (Strengthens weak systems.) 10. ___ Seasonal fasting. (Detoxification and rejuvenation.) | <ol style="list-style-type: none"> 1. ___ Low potency synthetic. Multiple supplement. (Poor bioavailability.) 2. ___ Commercial green food. (Pesticide-laden.) 3. ___ Commercial vegan protein. (Incomplete protein.) 4. ___ Commercial flax more than 3 weeks old. (Oxidizes and rancid.) 5. ___ Ascorbic Acid. (Made from corn syrup.) 6. ___ Synthetic Vitamin E (dl-alpha). (Oxidizes, rather than protects from free radical damage.) 7. ___ Commercial calcium supplements. (Poor bioavailability.) 8. ___ One-A-Day vitamins. (Lacks trace minerals.) 9. ___ Tobacco, drugs, or more than 1 alcohol drink per day. (Increases toxic load.) 10. ___ Toxic exposures, poor diet, or overwork. (Acid forming.) |

Part III: Positive IRA Assets _____ Debit ATM Withdrawals _____ Net IRA Value _____
 Part I: Nutrition Worth _____ + Part II Nutrition Worth _____ = Total Nutrition Worth _____