

PLAY WITH YOUR FOOD!

Variety is important in a healthy diet because the body is ever changing and so do nutritional needs. Gender, ethnicity, age, health condition, metabolism, stress level, living environment, blood type, and level of activity are some of the characteristics that should affect the way we eat and of course, these change constantly.

Many of my clients have become my clients because they were puzzled when the diet that felt appropriate for a long time, was not supporting them any more. Yes, this is normal and it needs to be addressed or else, the body will start breaking down.

Just like a cow knows she should chew on grass all day long, so do we all know, deep inside of us, what we should eat. We just get "so busy with life" that we lose connection with our own gut! So many things have priority over "eating healthy" - a healthy diet is no more than one that supports your body properly - that quality of life gets compromised for years and years, in spite of the not-so-exciting consequences. (Yes, a healthy diet will support you to live an amazing life).

So why play with your food? Because you'll learn a lot about how food affects you by experimenting with it, and this will bring you closer to your own food intuition. I am constantly experimenting with food, whether by trying a new recipe, adding in a new food or not eating something I eat frequently, or even eating something that I know affects me negatively, like a cheap candy bar, just to check if I am still as sugar intolerant as always:) I still was last time I tried...

So I encourage you to try a food experiment next week and here I offer some ideas:

- For a week or two, don't eat a food that's a staple in your diet: pizza? milk? rice? coffee? desert? chicken? beer? You choose.
- Are you a lousy breakfast eater? Challenge yourself to eat breakfast every morning for a whole week, and get ready by having what you need in your fridge.
- If you always have the same food for breakfast i.e. boxed cereal with skim milk, try something different: eggs, veggies, soup, fresh fruit...
- Make time to eat lunch - no multitasking - every day for a week.

- Eat only fruit, veggies, and brown rice for 3 days. Ok, I admit, this looks awfully close to a cleanse... but you can still try:)
- If you never eat red meat, get a nice - small - piece of grass feed beef and grill it for yourself.
- For a week or two, avoid ice-cold drinks. Ask for "no ice please."
- You get the idea...

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Want to use this article on your website or ezine? No problem! Just credit me (and please let me know). Here's what you MUST include: Andrea Ramirez is a Healthy Eating and Balance Living Expert and the director of SoulTerra Holistic. Andrea works with busy professionals and moms who are confused about what to eat and how to obtain balance, know that feeling healthy and well can't be that difficult, and are ready to dramatically improve their quality of life. For free bi-weekly practical, down-to-earth how-to's on health and wellness visit www.soulterraholistic.com