

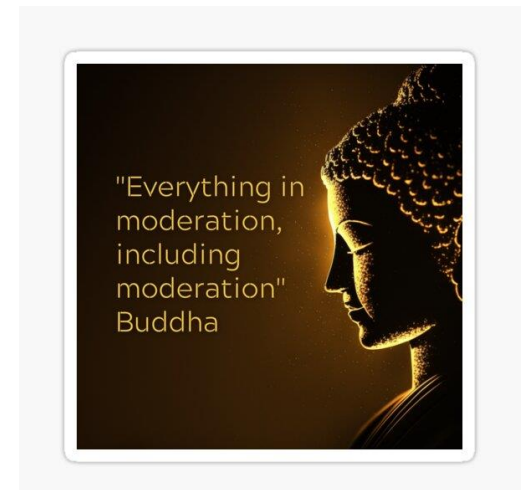
The 2024 Daybreak Summer Nutrition Seminar Series

Lesson 13- Moderation In Everything- Are You a Moderator or Abstainer?

Part 1- The Rules of the Course/Review Last Week's Lesson

- 1) I am the all-knowing nutrition wizard-guru-ninja, I'm always right (Eye roll).
- 2) "The goal is to keep the goal the goal".... So, what's yours?
- 3) YOU are in charge of your health. Do NOT outsource it to someone else.
- 4) Understand the principles and make them fit into YOUR life.
- 5) Have fun!

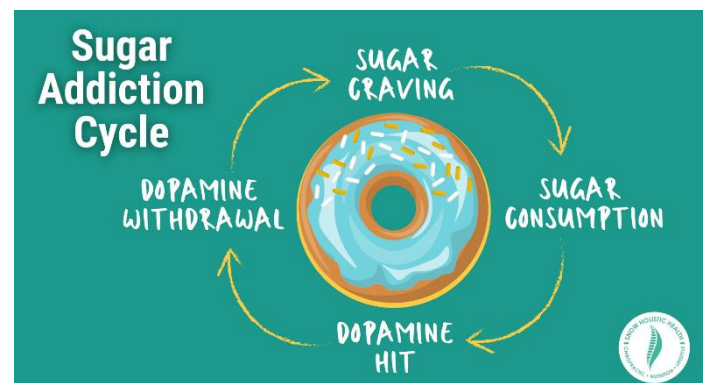
Part 2- Moderation In All Things?



Part 3- The Dorito Effect- Salt, Fat, and Sugar



Part 4- Food and Sugar Addiction



Part 5- How to Moderate- Cheat Days and Treats!



Part 6- How to Abstain- Avoiding Triggers!

FOOD ADDICTION



Homework- Examine Your Personality- Which One Are You?

Resources-

Boundless Body Radio- Processed Food Addiction Recovery with Dr. Joan Iffland! 284

<https://www.buzzsprout.com/1244183/10487099>

Boundless Body Radio- Sugar Addiction with World-Renowned Expert Bitten Jonnson! 477

<https://www.buzzsprout.com/1244183/13014022>

Boundless Body Radio- Food and Sugar Addiction with Judy Wolfe! 603

<https://www.buzzsprout.com/1244183/14445653>

Boundless Body Radio- Carbohydrate and Sugar Addiction with Tia Reid! 444

<https://www.buzzsprout.com/1244183/12544905>