



THE CONSUMER'S GUIDE TO HEALTH ABUNDANCE

This is an educational service provided by Bethany Gettis, C.H.N with Nutritious & Delicious



Step 1: Know yourself. Really get to know what it is that makes you want to eat certain foods; do they provide comfort from your childhood? Do you have special memories geared towards these types of foods?

Step 2: Ask yourself, with all the diets you have tried in the past, have they actually worked? What did you learn from them? Why haven't you been able to keep the weight off long term?

Step 3: Just because it's a big-name brand or its popular now, doesn't mean it's a right fit for you. Your health is your biggest asset in life, without it we wouldn't be here. What are you missing that a diet can't offer you?

Step 4: If you keep putting your hard-earned dollars into a method that fails you for the long-term, then why hand over that money? Why not invest in your health for the long run by having something created to you alone.

How to Avoid Spending Lots of Money and Time on A Diet That Doesn't Fit Your Lifestyle.

You spend so much time already pre-planning, trying to figure out new healthy recipes that won't leave you in the kitchen all day, you're working, have a family and could utilize that time to spend on the things you actually love doing instead.

We live in a fast-paced society and require much more convenience, why not have someone doing all the research in the background for you that's unique to your goal. Most people give up and go on a diet to only find out, it's not really the way they like or choose to eat in the first place, hence wasting your time and dollars.

Follow these steps to find a lifestyle that's geared to you.

4 Misconceptions About Holistic Nutrition

With all the information on the web in today's world, it could make your head spin. Holistic Nutrition has been around for centuries and remains the most natural way to take care of your own health.

Read these steps that can help you understand more about your holistic health and what you may be missing out on.

Instead of focusing on one aspect of the person (Ex. weight loss), holistic nutrition focuses on the individual's body, mind, soul as we couldn't meet a goal without having these all in a good place.

Your needs are not general, and you do have specifics you want looked at. Holistic nutrition offers a variety of wholefoods that can aid any health alignments over time.

"It's just another program that's going to fail". I get it, you have been burned in the past. Holistic Nutrition cannot fail you, it's the most natural way to eat. By listening to your body, eating foods that are grown from the earth, not coming out of a box will serve its purpose for a long and healthier life.

"I won't lose enough weight in x amount of time". If you want a quick fix, then by all means a diet is right for you. If you want permanent results with a changed mindset in the way you eat and view food, then it won't be. Holistic Nutrition offers you a lifetime of learning for personal growth. Dieting puts your brain on auto-pilot and creates frustration from your end.



 *Nutritious &
Delicious*

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BENEFITS OF ONE ON ONE NUTRITION EDUCATION

Do you think you know what is healthy? Do you realize many companies are paying for certain space on the grocery shelf for you to buy at eye level? Did you know many products can be deemed “health foods” when in fact they are under an umbrella label that have been paid for to look that way?

We have so many new diet trends flying at us each year, paleo this, keto that, no carb or sugar free whatever that is.....at the end of the day its still a certain way of eating. It might not be right for you. How about you get educated on your own body, how it responds to food, what environmental substances are harming you right now and how you can correct your own imbalances.

Stop forming to everyone else’s general plan, you are unique.

- Freeing yourself from the scale can be amazing. How would it feel to wake up and not let a number on the scale determine your happiness for the day? Nutrition education teaches you about how foods feel in your body and do they give you benefits like muscle growth or fat loss.
- How freeing it would be to not obsess over food anymore, “I can’t eat this because I will gain weight” will be something in your past. Nutrition education teaches you about what type of foods you love and crave and how to make them into a healthier meal, snack or dessert for yourself.
- Do you have a question about your health? What kind of supplements do you need? Nutrition education with an expert can help you distinguish, what you should be taking for your own body. You may be even wasting money on buying programs that make you take all these supplements you don’t even require.
- Its back to basic stuff, you shouldn’t be following some crazy equation to eat. If you go one way physically with your food I can guarantee your mind will want to do the opposite as its called homeostasis. With Holistic Nutrition you listen to what your body needs in the moment, we don’t deprive you of anything.



"STOP FORMING TO EVERYONE ELSE'S GENERAL PLAN, YOU ARE UNIQUE."



Mistakes When Choosing the Latest Fad

With the food industry changing throughout time, we have gone back and fourth on countless diets that have been labeled the "NEW" craze.

Keep in mind detoxing, keto, paleo, low carb, no sugar has been around for a long time. Its just jumping on the bandwagon and following everyone else. Read these steps to stay current with your health, not what society tells you to do.

- You're mentally blocking yourself from knowing what your true diet is supposed to be like. Your body is unique, you deserve to know what foods you are happiest with and how to make your life better... not worse.
- Eating a certain way for so long and not being happy can cause eating disorders. When we tell ourselves to eat this to lose weight, we may not actually be enjoying the process, this spirals our thoughts into all or nothing thinking.



- Choosing a program you may even have allergies or food intolerances to. If you go for a gluten free diet and you have problems digesting all the corn flour, it may cause you to back up in weight loss.
- Another example would be to cut out carbs if you are an avid exercise enthusiast. Your energy will go so low you cannot maintain the workouts and the new diet plan side by side.
- Eating fat free and sugar free products are in fact foods that make you gain more weight in the long term. Think about it, if they take the regular sugar or fat out to cut calories, they have to replace it with something to make it taste nice. What they do is use synthetic, toxic substances made in a science lab that is calorie free because your body doesn't know what to do with the chemical once it enters your digestive tract...and it stays stored in your fat cells.
- You eat more because its less calories and not as satisfying to the brain to say you are full.



Your body is unique, you deserve to know what foods you are happiest with and how to make your life better... not worse.



THANK YOU

Thank you for taking the time to read our health guide, for more information you can contact me here.



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Bethany's vast experience and knowledge in the field of nutrition is definitely apparent when I started to work with her. She made me feel extremely comfortable and at home when talking with her which was very important to me. Her meal plans as well as recipe ideas were so helpful and most importantly, kept me healthy and worked. She is always available to me whenever I have a quick question which I feel a lot of other nutritionists are lacking. She gives you her full attention and makes you feel special. I highly recommend her to anyone wanting to live a happier and healthier lifestyle, she really is the best of the best :)

- Victoria



Thank you Bethany for putting together a great plan for my particular problem. I was recently diagnosed with celiac disease so eating in and out has become a big challenge for me, Bethany managed to put together a shopping list with things that I liked to eat so nothing was banned (only wheat etc of course) and even made me a shopping list to help me. She also gave me lots of other useful advice that could maintain my blood sugars and stop me buying fast food, in other words to be prepared instead of finding myself hungry with no snacks on standby etc. She even made up recipes for me to try. I fully recommend that Bethany do anyone a plan for their lifestyle whatever the problem, mine was a challenging one and she rose to the challenge! Thank you Bethany.

-Jayne

Nutritious & Delicious Helped Me into My Skinny Jeans



In four weeks, I've lost 10.5 pounds! If this last month didn't drill into my brain how much diet has to do with your weight, I don't know what will! I thought with my background in fitness and kinesiology that losing the baby weight would be a breeze. What I didn't expect was for my eating to get so out of control and not having the discipline to shape up. Until I worked with Bethany at Nutritious & Delicious!

It wasn't always the easiest, I had a Wendy's episode one day, but with Bethany's help and recipes I was able to reset my eating habits. My biggest reset was getting real about portion sizes.

How many of you had to stay at the table until you finished your plate? I did! Did you also have a Grandma whose feelings were hurt if you didn't take seconds? I did! This meal plan like this helped show me how much food I actually need to feel full and fuel my body. I can't describe how good it felt when I tentatively pulled up my pre-pregnancy jeans and they buttoned up no problem. They say to give yourself up to a year after having a baby to strengthen your body and they were so right!
December to February

- Rachel, AB

Reviews