

FITNESS RESULTS CHALLENGE

NUTRITION

FINAL WEEK

HEALTHY FATS & MOVING FORWARD!

Think fat makes you fat? Learn the truth about dietary FATS and why healthy fats are essential to your diet. Learn the final tips to move forward with a healthy diet after the FRC!

YOU'LL LEARN:

Week 1: How to prepare for your real food sugar detox

Week 2: Learn the basics of digestion

Week 3: What sugar really does in your body

Final Week: Healthy fats & Tips to move forward!



Hygge Wellness

HOLISTIC NUTRITION

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Functional Nutritional Therapy Practitioner

ABOUT AMANDA

I am certified Functional Nutritional Therapy Practitioner with over 5 years of experience in the health, wellness and medical industry. As an FNTP, I am certified to evaluate a client's nutritional needs and imbalances. FNTPs address the importance of properly prepared nutrient-dense whole foods, balanced lifestyle choices and long-term habit formation.

RESTART YOUR HEALTH IN JUST 5 WEEKS!

**ONLY 12 SPOTS AVAILABLE
SIGN UP NOW! \$30 a week!**

Starting the Week of March 16th!

YOU'LL LEARN:

Week 1: How to prepare for your REAL FOOD sugar detox
Week 2: Your digestive check-in
Week 3: What sugar really does in your body
Week 4: The truth about FATS
Week 5: How to move forward and celebrate your success!

WHAT YOU GET:

- * Small Group Motivation (5-6 ppl max per group)
- * Weekly Group Video Call
- * Mid-Week Email Support
- * Accountability Partner
- * Nutritional Guidance
- * Sugar Detox

Just because January has passed does not mean you're new years goals have passed! The RESTART® Program is a simple, powerful way to give your body a vacation from sugar and processed foods. With a 3-week sugar detox built right in, the program focuses on how to use REAL FOOD to boost your energy and cut sugar and carb cravings.

Email Amanda to Sign Up Now!

1-1 NUTRITIONAL COUNSELING
40% off package of 3 sessions \$269 (\$89 per session)

Personal Nutrition Plans
Habit Coaching
Supplement Protocols
Food Sensitivity Testing



FATS

Fat is a macronutrient (along with proteins and carbohydrates) that is essential for the health and well-being of the entire body. When fats are digested, they become fatty acids, which the body uses for energy, building and repairing of hormones, cell membranes, and healthy function and form of the brain, heart and all other organs and muscles.

**There are 3 classifications of fats and we need all 3 types in our diets.
All fats/oils are some combination of the following:**



SATURATED

Best for cooking

Highly stable, do not go rancid easily, solid at room temp, found in tropical fats and animals fats.

Examples: Coconut oil, butter, ghee (clarified butter), animal fats (from grass-fed/pastured animals)

These are the preferred fuel for the heart!



MONOUNSATURATED (MUFAs)

OK for low-heat cooking

Relatively stable, do not go rancid easily, liquid at room temp.

Examples: Olives, olive oil, avocado, avocado oil, nuts and nut butter, bone marrow



POLYUNSATURATED (PUFAs)

Not recommended for cooking

Relatively unstable, go rancid quickly, always liquid, should never be used for cooking, need to be refrigerated. Two are essential: Linoleic Acid (LA) and Alpha-linolenic Acid (ALA).

Examples: Fish oils, fatty fish, walnuts, flaxseeds, other seeds and the oil from these seeds

What happens when we don't have enough healthy fats in our diet?

- Low body weight/high body weight
(this is often caused by excess insulin/cortisol levels due to overconsumption of carbohydrates)
- Dry, scaly skin
- Hair loss
- Heat/Cold intolerance
- Bruising easily
- Poor wound healing
- Poor growth
- Lower resistance to infection
- (Severe) loss of menstruation

Some of the Many Roles of Fat (not to be confused with “rolls of fat!”)

- Fats provide a long, slow burning source of energy - very different than the quick burning energy of carbohydrates. When you eat healthy fats, you are satiated for a long time. It is difficult to eat the large amounts of food necessary in a very low-fat diet to get all the energy you need.
- Fats slow down the absorption of food for proper energy regulation.
- Fats serve as a protective lining for organs and joints.
- Fats make food taste good!

Fats are necessary for:

- The make-up and absorption of the fat-soluble vitamins A, D, E, and K.
- The makeup of every cell membrane in the entire body.
- The formation and function of every hormone.
- Healthy liver function: building healthy cholesterol and bile.
- Managing the inflammatory process.

What is inflammation?

Inflammation is one of the body's ways of healing and protecting itself. The body has this mechanism of healing by design and inflammation in and of itself is not a bad thing! The body inflames to heal before it anti-inflames. The problems arise when these two processes are out of balance. This is most often caused by a diet high in refined carbs, sugar, processed seed oils and trans fats. It can also be triggered by food sensitivities (most common are gluten and dairy sensitivities but a person can be sensitive to any food).

Myth: Fat makes you fat.

Fact: Sugar, refined carbohydrates, trans (fake) and hydrogenated fats make you fat. The only (macronutrient) fats associated with excess body weight are highly refined seed oils and fake fats. Healthy saturated, MUFAs and PUFAs keep the body healthy and are used as fuel for the body.

Myth: Fat will give you heart disease.

Fact: Sugar, refined carbohydrates, trans (fake), hydrogenated and highly processed fats will give you heart disease.



Staying healthy after the FRC!

1. **Keep up the healthy choices!** You have all the nutrition tools you need to make healthy choices! Even with the FRC being done, keep making good choices.
2. **Keep saying no to guilt!** So you let loose after the fitness results challenge? That's okay! Remember, don't sit in guilt if you eat something "bad", this will only spiral us to make more "bad" choices. Choose to let it go and start again at the next meal.
3. **Food Journaling:** Keep track of your foods and your responses to those foods Take note of any possible responses - rapid heartbeat, aches and pains, swelling of hands/ feet, bloating, gas, change in bowel movements, increased indigestion, nasal stuffiness, runny nose, headaches, "foggy" head, irritability, mood swings, fatigue, sleep disruptions.
4. **Get an accountability buddy!** To stay on track after the FRC get a buddy that will encourage you to make good choices and stick to your new healthy habits!
5. **Email Hygge Wellness questions!** There is a lot of misinformation out there about nutrition and wellness, reach out to Hygge Wellness if you have any questions@

***“Take care of your
body.
It’s the only place you
have to live in.”***



Be **KIND** to yourself.

If you feel stressed or like you “*can’t*” do something, take a slow deep breath and know that you really can do anything – and, you are not alone!



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CONTACT INFO

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