

Protective Diet Class #298

Stress Elimination Challenge

This class is a heartfelt self-check in. If the stress you are experiencing has materialized into physical health conditions, your self-care is overdue. Stress is the #1 killer. Regain your happiness and your groove. Get back to what feels good starting now. Join me. Let's go!

Announcements

- Engage in our official support group, [Protective Diet Living \(PDL\)](#). Join [Live Chats & Coaching Hour](#) for personal assistance.
- Shop www.protectivediet.com/bulk, an independent source for low-cost, high-quality [PD staples](#) in bulk.

Vocabulary

Wonderful Why

Grocery Store Independence

Stress

Inflammatory Response

Action Steps for Eliminating Stress

- Pause for a Self-Check-In and Hold Yourself Accountable.

Self-Check-In

Secure Your Own Mask First

- Not taking care of yourself is inhibiting you.
- If you are not well, you can't show up for others.
- Stop neglecting your own health and happiness.
- Your own happiness pours out on everyone else.

Take Time to Metabolize Change

- Both exciting change and unexpected loss cause stress. Give yourself time to process.
- What's going on in the world around you is not your business. How you respond to it is your business.

Re-Energize with Meditation and Breathing

- Oxygenate your blood with circular breathing.
- Gift yourself a moment of breath work daily.
- Wim Hoff [Beginner Breathing Techniques](#)
- Wim Hoff [Advanced Breathing Techniques](#)

Get Outside and Move Your Body Everyday

- Take full advantage of nature and animals. They were made to be our companions & bring you peace.
- Walk outside every morning. Get your strength back.
- Strength Train 2x a week to the point of exhaustion.

Reconnect with the Things You Enjoy

- Set intentions for what you intend to enjoy again.
- Pamper your body. Bathe, shave, exfoliate, manicure.
- Get back to personal care with PD [Lifestyle](#) rituals & recipes.

What Gets Us There, Keeps Us There

- Remember the things that made you feel amazing.
- Remember why you started this in the first place.
- Get back to the things that reduce inflammation.
- Don't return to old behaviors that don't serve you

Surround Yourself with Support

- Put yourself in places where you thrive.
- Surround yourself with a community of support, love, understanding, sympathy and compassion.
- Join [Protective Diet Living \(PDL\)](#).

Rekindle Your Faith

- Redirect your attention inward and upward.
- Remember everything always works out perfectly.
- Stop engaging in things that cause you to be fearful.
- Can you find the Wonderful Why? It's always there.

Increase Your Protective Beverage Intake

- Hydrate! Drink 3 to 4 quarts of liquid per day.
- [Tea](#)=loaded with anti-oxidants and phytochemicals.
- Warm [beverages](#) are comfort in unsettled times.
- A [glass straw](#) makes everything go down easy.

Follow Through with Your Protective Diet

- Stay on plan no matter what.
- Get back to striving for your goals: Day Fasting, Stop the Snacks, 50/50 Plate Practice, Whole Food Detox.
- Celebrate daily in your [Calendar of Achievements](#).

Wonderful Whys

Ingredient shortages can cause STRESS, OR they can lead to incredible INNOVATION.

WE ARE CELEBRATING:

- Independence
- Cost Savings
- Reduced Package Waste

Forever Foods for PD Pantry Security

Wheat Berries
[Soybeans](#)
[Tomato Powder](#)
[Plant-Based Broth Mix](#)

[Vanilla Beans](#)
[Erythritol](#)
[Cocoa Powder](#)

Innovative Pantry Recipes

Homemade [Organic Soymilk](#)
 Instant [Tomato Paste](#)
 Homemade [Corn Tortillas](#)
[Melt & Bake Cheeze](#)

[Natural Laundry Detergent](#)
[Supernatural Whitening](#)
[Toothpaste](#)
[Pit Paste](#)

Cooking Tips

- Recipe of the Week: [Roasted Salsa Featuring Green or Red Tomatoes](#)
- Leave the peel on fresh garlic cloves in blended recipes. Garlic peels are full of protective phytochemicals that are being heavily studied and incorporated into pharmaceuticals designed to protect healthy cells during chemotherapy treatments.
- Roasting tomatoes and jalapenos is an aromatherapy experience. If you are buying jarred salsa, you are missing out.
- Put tomatoes and jalapenos in the toaster oven to broil for 30 minutes. Then let them cool all day long.
- Make sure tomatoes are cooled before blending so the residual heat doesn't cook your cilantro.
- When you are ready to blend salsa, add tomatoes, garlic cloves with peel, and salt to the blender. Pulse cilantro.
- You can use a food processor instead of a blender (not with green tomatoes). Press garlic. Add optional finely diced onion.
- Taste it for sufficient spice before you add the cilantro, you won't want to blend any more after adding cilantro.
- If it needs more spice, add a dried toasted arbol chili from your pantry.
- Stock up on vanilla beans. Make [Instant Vanilla Extract](#)—get ready for baking season; keep your pantry stocked and vanilla rich.

Encouragement

- If you are eating a Protective Diet, your family is eating much more exciting salsa, and food. And there is zero guilt in serving it.
- My Day Fasting practice makes me feel amazing. It is anti-aging, energy-inspiring, incredibly rewarding for human health, and amazingly protective. I will shout it from the mountain tops! This feels good!
- Food satisfaction has a huge impact on our ability to do this long term.
- I love my practice of a Protective Diet and I would never deviate from it. It's so much easier than having a medical emergency.

*"Why did I ever stop doing something that made me feel amazing? --Because I got distracted with a bunch of baloney that I have no control over.
 I need a self-check-in. We all do."*

Recommended Recipes

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| <input type="checkbox"/> Sugar-Free Kettle Corn | <input type="checkbox"/> Roasted Salsa | <input type="checkbox"/> Corn Tortillas | <input type="checkbox"/> Lucky Dog Treats |
| <input type="checkbox"/> Italian Anisette Biscotti | <input type="checkbox"/> Salsa Molcajete | <input type="checkbox"/> Sheet-Pan Quesadillas | <input type="checkbox"/> Instant Tomato Paste |
| <input type="checkbox"/> Mandel Bread | <input type="checkbox"/> Salsa Roja | <input type="checkbox"/> Baked Tortilla Chips | <input type="checkbox"/> Busy Day Chili |

Recommended Classes

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| <input type="checkbox"/> #219 Day Fasting on a Plant-Based Diet | <input type="checkbox"/> #290 Fitness Support | <input type="checkbox"/> #178 All Natural Cleaning |
| <input type="checkbox"/> #200 Stop the Snacks Challenge | <input type="checkbox"/> #249 Paralyzed By Stress | <input type="checkbox"/> #266 Homemade Tortillas |
| <input type="checkbox"/> #187 The PD Groove | <input type="checkbox"/> #129 Daily Actions to Eliminate Stress | <input type="checkbox"/> #282 Becoming Vanilla Rich |
| <input type="checkbox"/> #280 The 50/50 Plate Practice | <input type="checkbox"/> #106 Holiday Stress | <input type="checkbox"/> #299 Making Organic Soymilk |
| <input type="checkbox"/> #064 Secure Your Own Mask First | <input type="checkbox"/> #254 Taquitos & Living in the Moment to Reduce Stress | |