

The book cover features a photograph of a woman with long dark hair, wearing a light green sports bra and a grey cardigan, smiling as she slices a banana in a kitchen. The background is a bright, modern kitchen with white cabinets and a window. The title is overlaid on the image in various colors and fonts. The top border and bottom border of the cover have a gold and white geometric pattern.

**FIT,
FABULOUS,
and FULFILLED**
Lifestyle

Curated by:

Dr. Jamie Hardy
THE LIFESTYLE PHARMACIST

**STARTER
KIT**

The Truth About Clean Eating

Exerpt from *The Busy Woman's 21 Day Guide To Clean Eating*



Your eating habits form the foundation of the lifestyle you live. This lifestyle can work for you or against you, and quite frankly, the CHOICE IS YOURS. I am not into doom-and-gloom statistics, but reality checks are sometimes necessary. In the Unites States, a lifestyle of poor eating habits and drastically reduced levels of physical activity has pushed us over the cliff. While Americans are enjoying a longer lifespan due to advancements in medical technology and innovative treatments, rates of preventable chronic diseases are increasing at alarming rates.

According to the Centers for Disease Control (CDC), “about half of all American adults have one or more preventable chronic diseases, many of which are related to poor quality eating patterns and physical inactivity. These include cardiovascular disease, high blood pressure, type 2 diabetes, some cancers, and poor bone health. More than two-thirds of adults and nearly one-third of children and youth are overweight or obese.”¹ The development of these preventable conditions can create a domino effect of health complications. Does any of this sound familiar? Amputations, dialysis, stroke, heart attack, blindness, and arthritis are just a handful of health-related problems brought on by how we treat our bodies. I’m quite sure that you have a friend or family member whose life was cut short or has become less enjoyable because of a preventable health condition. The truth is, NO ONE is exempt! Preventable disease doesn’t discriminate. It affects the young and old, middle class and wealthy, African American, Asian, Caucasian, and Latino.

This reality hit me like a ton of bricks early in my career. One day at the hospital, I met a young man while making my rounds on the floor. He was on my list of patients to educate about a medication he was taking. I knocked on the door, introduced myself, and asked if I could talk to him about a new medication he had started taking in the hospital. He agreed, so I sat down and went through the information he needed to know to safely take this medication once he was discharged from the hospital. He listened to

what I had to say and then, with a straight face, told me to go get the real pharmacist because I was too young to be one. He was just a few years older than me, by the way. I thought he was serious until he burst into laughter. Relieved that he was joking, I started laughing too. After that, he told me that this time when he goes home, he would take his medication, eat better, and show up for his appointments at the diabetes clinic.

A few hours passed, and I heard a dreaded overhead announcement that a patient was in cardiac arrest on my floor! As the pharmacist on duty, it was my responsibility to go to the bedside and assist with medications. As I ran toward the room where the arrest was happening, I realized that it was the patient I had shared the laughs with. The team did everything possible to bring him back, but unfortunately, it wasn't enough. I was devastated. We were just laughing, and now he was gone. He was 33 years old.

Your health and your quality of life depends on your daily lifestyle habits. There is evidence that shows that healthy eating coupled with physical activity maintain health and prevent or delay the onset of chronic diseases. Everything matters—your snacks, the type of beverages you drink, the foods you eat, the amount of exercise you get, and even the amount of sleep you get at night—they all impact your overall health. The way you eat directly impacts the way you look, how you feel, and most importantly, how you LIVE. The amazing thing is that with the right tools and a personal commitment, you can live a fabulous and fulfilled life.

You may be wondering, “What the heck is eating clean, and what does it have to do with me?” Clean eating is NOT a diet. It represents a lifestyle centered on eating foods in their most natural form. They are foods that have not been chemically modified during the manufacturing process. Simply put, clean eating means:

- No processed foods
- No junk foods
- No fast foods
- No frozen meals
- No boxed meals
- No canned meals

You should eat clean because proper nutrition and health are closely linked. It is nearly impossible to have one without the other. Here is a short list of the benefits of clean eating ^{14,15}:

- Promotes overall health
- Provides safe and lasting weight loss and weight maintenance
- Regulates your blood glucose, cholesterol, and blood pressure
- Improves your mood

- Promotes more restful sleep
 - Reduces hunger and self-deprivation
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Learn more about my personal journey, exactly how I ate my way to FABULOUS, and how you can too in my best selling book *The Busy Woman's 21 Day Guide to Clean Eating.*"

XOXO,

Dr. Jamie



10 Tips For Stepping *into Your* FABNESS

Curated by:

Dr.
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THE LIFESTYLE PHARMACIST

10 TIPS FOR STEPPING YOUR FABNESS

1. Prepare meals and snacks at home

- Stay in control of the salt, sugar, and fats that you allow inside of your body by being your own chef.



2. No sipping unnecessary calories

- Specialty coffees, juices, and sodas can easily add hundreds of empty calories to your diet everyday. Don't get caught sipping on them.



3. Don't skip meals

- Skipping meals causes you to over eat during meals and to make poor food choices.



4. Step outside your comfort zone

- Get comfortable with being uncomfortable. Real transformation occurs when you intentionally do things differently.



5. Celebrate the small wins

- Nothing is too small to celebrate because small wins lead to big wins. So get the celebration started.



6. Get an accountability buddy

- Naturally, there will be moments when you feel like giving up. An accountability buddy calls you out when you don't give it your all. They also encourage and motivate you to keep going.



7. Forget the fear

- Stop letting this four letter word hijack your life. Fear has paralyzed you far too long. It's time to forget the fear and take bold action and show it who the boss REALLY is.



8. Recognize and replace negative thoughts

- Self-limiting beliefs and negative thoughts chip away at your confidence and belief that change is possible for you.



9. Surround yourself with positive people

- When you are headed down a dark path, the perspective of positive people is contagious and exactly what you need to catch.



10. See the good in everything

- Good can be found all around you and in all situations when you allow yourself to notice it.





FAB Infused Water

Infusing water with fresh herbs and fruit is a simple and yummy way to give your cells more of what they need... **WATER!**



Infused Water Health Benefits:

- Clearer skin
- Immune support
- Improved digestion
- Improved mood
- Toxin flush
- Weight control

Blueberry Orange Bliss Water Recipe



Ingredients:

- 3 sliced navel oranges (seeds removed)
- 1 cup fresh or frozen blueberries
- 10 mint leaves
- 1 gallon of water



How to Make:

1. Fill a pitcher with 1 gallon of water
 2. Add blueberries and sliced oranges
 3. Add mint leaves to pitcher
 4. Refrigerate for 2 hours to let flavors infuse
 5. Enjoy
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