

Women's MIND BODY WELLNESS SUMMIT

Expert: Dr. Jennifer Shell, D.C.

Chiropractor

[>Learn More](#)

Nutrition

In childcare settings, the food is often a lot of canned items. Dr. Shell was disappointed with this and started paying attention to nutrition. A big key is to eat less sugar and refined carbs.

How to Avoid Sugar

Assess what is in your house first:

- You may be surprised which foods have sugar and how much.
- A juice box and a granola bar are about 50 grams of sugar.
- If you eat carbs in one meal for the day, then eat a salad for the other.
- Use snack-size bags to prepare trail mix or cut-up vegetables.
- Avoid using sugary treats as rewards.

Switch your comfort foods. Obesity, depression, anxiousness and other problems can be markedly changed by diet.

“When you’re stressed and want that bowl of ice cream so bad, go for a walk.”

Simple vs. Complex Carbs

Complex carbohydrates are whole grains, oats and other foods that haven’t been altered. Simple means it has been refined. The fiber has been stripped off and what remains turns to sugar. Examples of simple carbohydrates: muffins, white bread, cereals and bagels.

Healthy Breakfast Options

Some good options are:

- Hard boiled eggs
- Preservative-free bacon
- Better breads
- Better cereals
- Tortilla with scrambled eggs, rolled up with salsa

Take some time on the weekend to prepare for the week ahead.

Nutritional Response Testing

Nutritional response testing is a noninvasive technique to access the body and reflexes, and get a person toward optimal health. The body is wired to sense everything, and everything has frequency. The body recognizes what is good and rejects what is not.

Women's MIND BODY WELLNESS SUMMIT

Expert: Dr. Jennifer Shell, D.C.

CONTINUED

How to Move Forward With Diet Changes

The whole family has to get involved:

- Decisions need to be made together.
- Determine which food you need to confront. Start with smaller servings and keep lowering the serving size until you can give it up.
- If you are visiting family, coordinate what treats your child can have and when.

“If we communicate in whatever fashion we can, it’ll create change.”