



# Whole Foods for Whole Health

By Helen Pridmore, Functional Health Coach





Today we will discuss...

## Whole Foods For Whole Health

*Because this really Matters*







Let Me Start with a Quote:

Medicine is not *healthcare* -  
Medicine is *sickcare*.

**Health Care** is caring for your body by what you put in and take out.

**Healthcare** is eating healthy (whole foods) and ALL Macronutrients, while staying physically active.

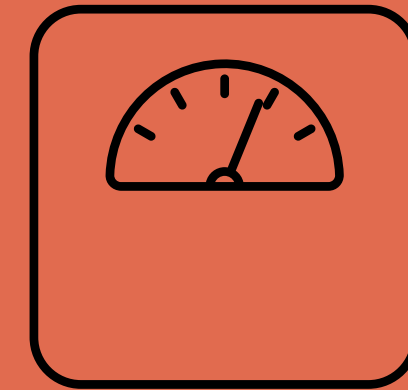


## WHY THIS MATTERS

Today Women and Men are....



Tired all the time



Gaining weight despite “eating clean”

Stuck in stress, inflammation, exhaustion

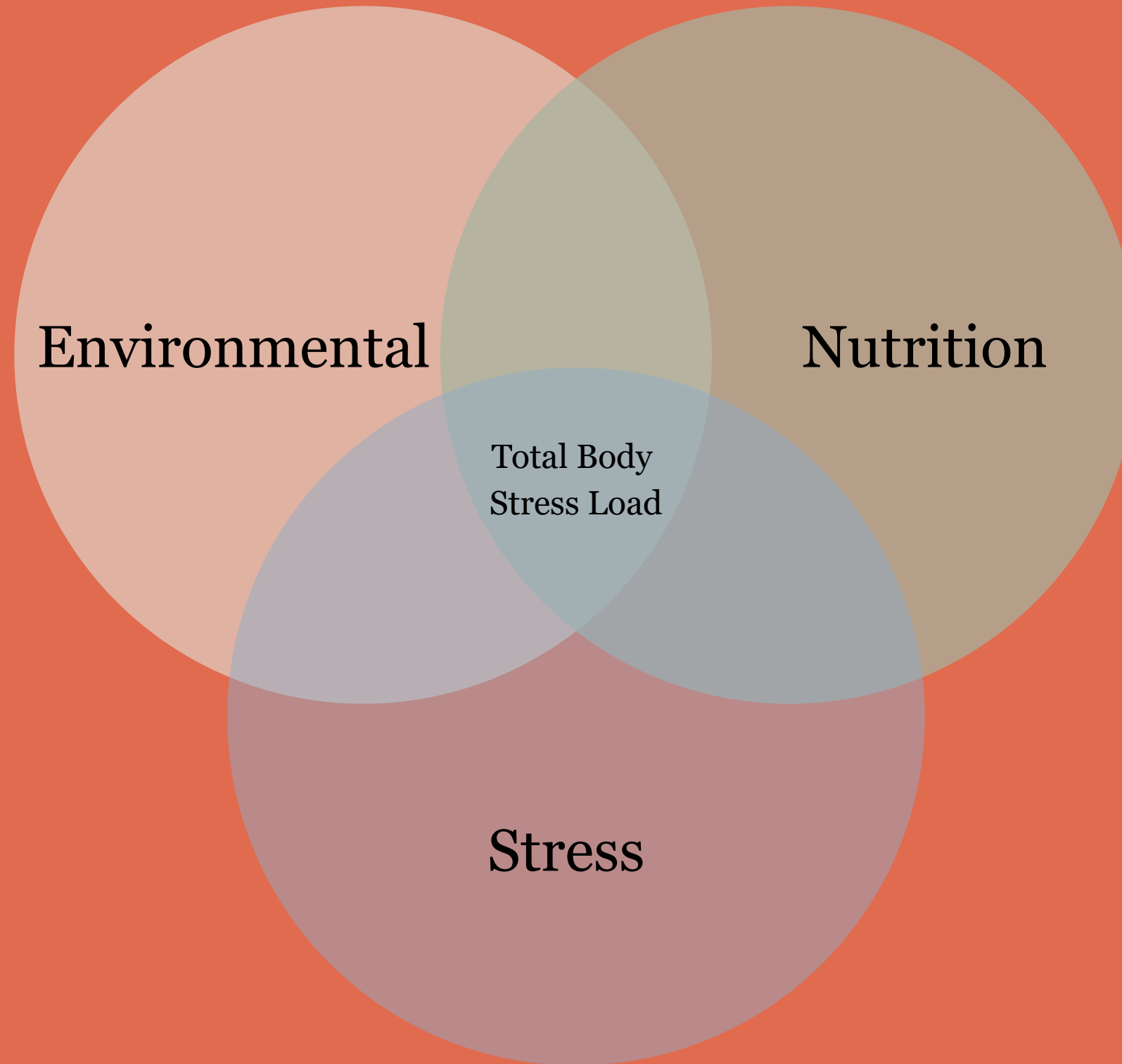
Told symptoms are “normal”





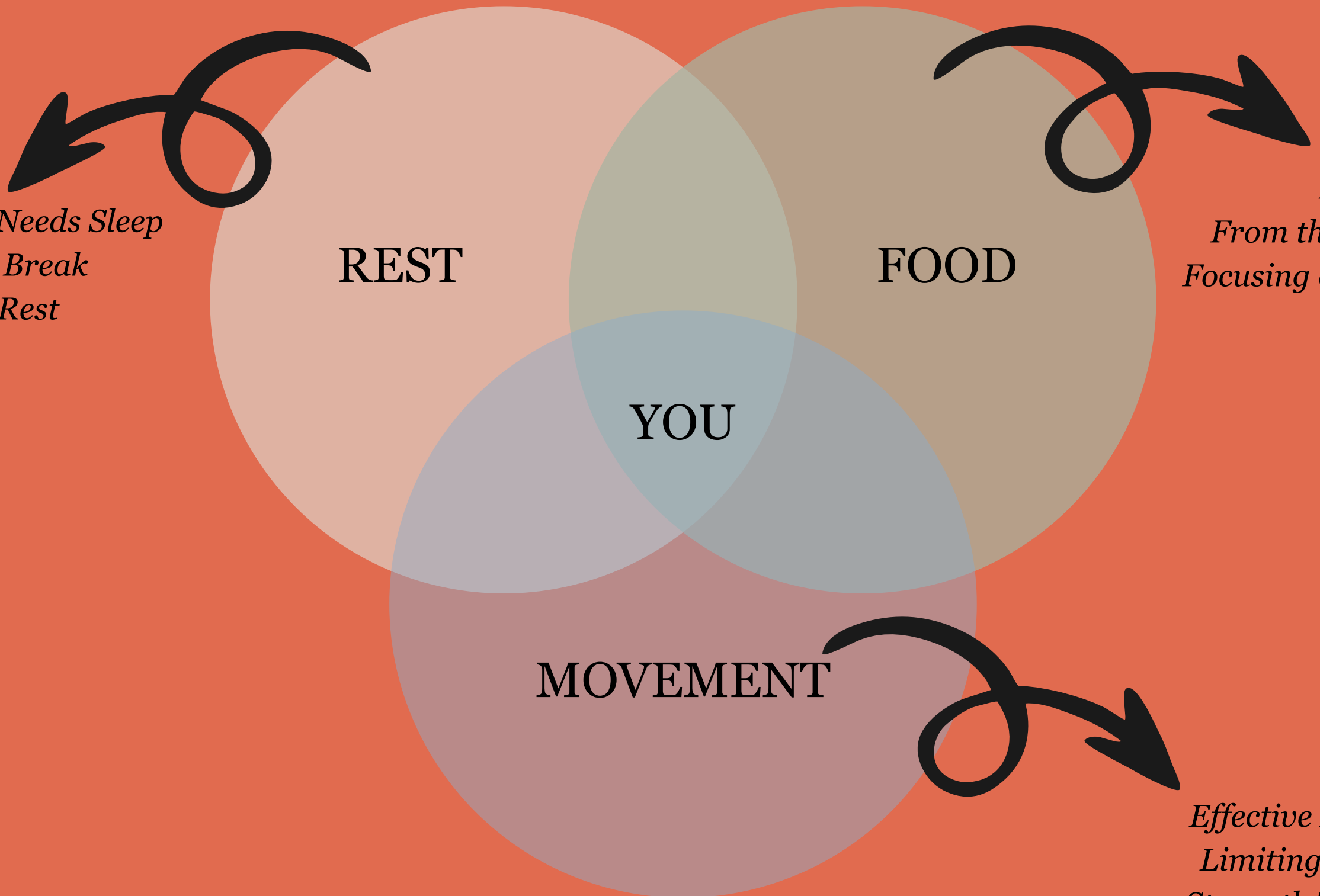
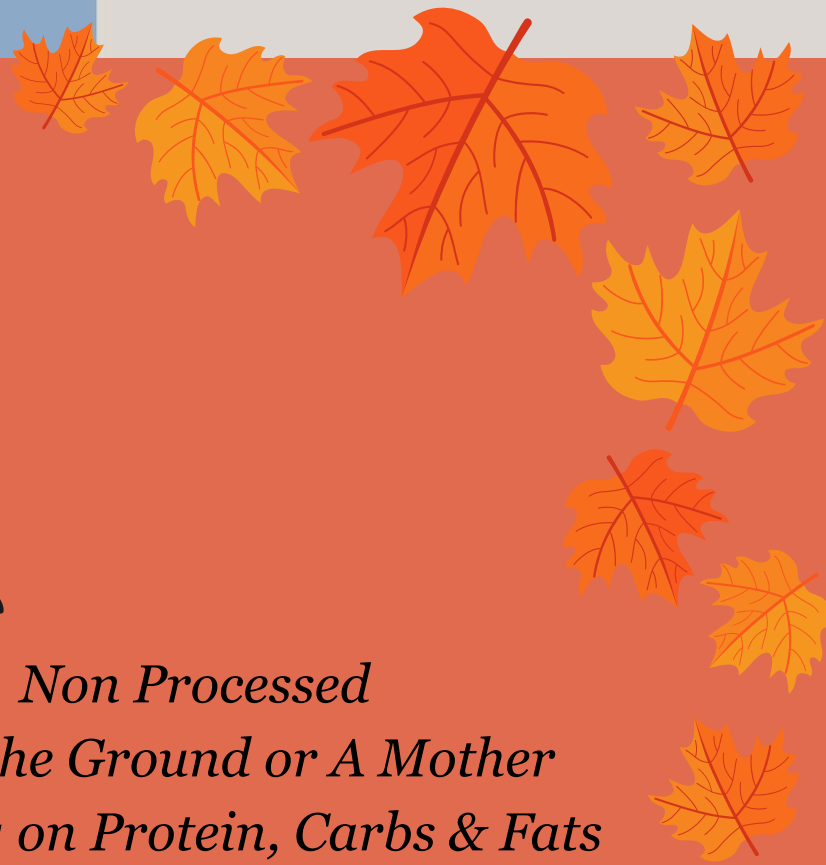
# Before We Dive In

*What Could Be Some Common Items that Bring You Down?*





# What Is Functional Health?



*Knowing Your Body Needs Sleep  
Needs a Mental Break  
Requires Gut Rest*

*Non Processed  
From the Ground or A Mother  
Focusing on Protein, Carbs & Fats*

*Effective Exercise  
Limiting Cardio  
Strength Training  
Utilizing Steps/Walking*





# Lets Start with WHOLE FOODS vs. PROCESSED FOODS

*Best Rule of Thumb:  
More than 5-6 Ingredients its a NO GO*

## WHOLE FOODS

### **Meats:**

Beef, Pork, Poultry, Fish

### **Grains:**

White Rice, Brown Rice, Quinoa, Oats

### **Vegetables:**

Squashes, Tomatoes, Peppers,  
Asparagus, etc

### **Fats:**

Avocados, Nuts, Oils (Olive and Avocado)



## PROCESSED FOODS

### **Meats:**

Packaged Meats (ex: Marinated)

### **Grains:**

Boxed Rice, Crackers, Packaged Oats

### **Vegetables:**

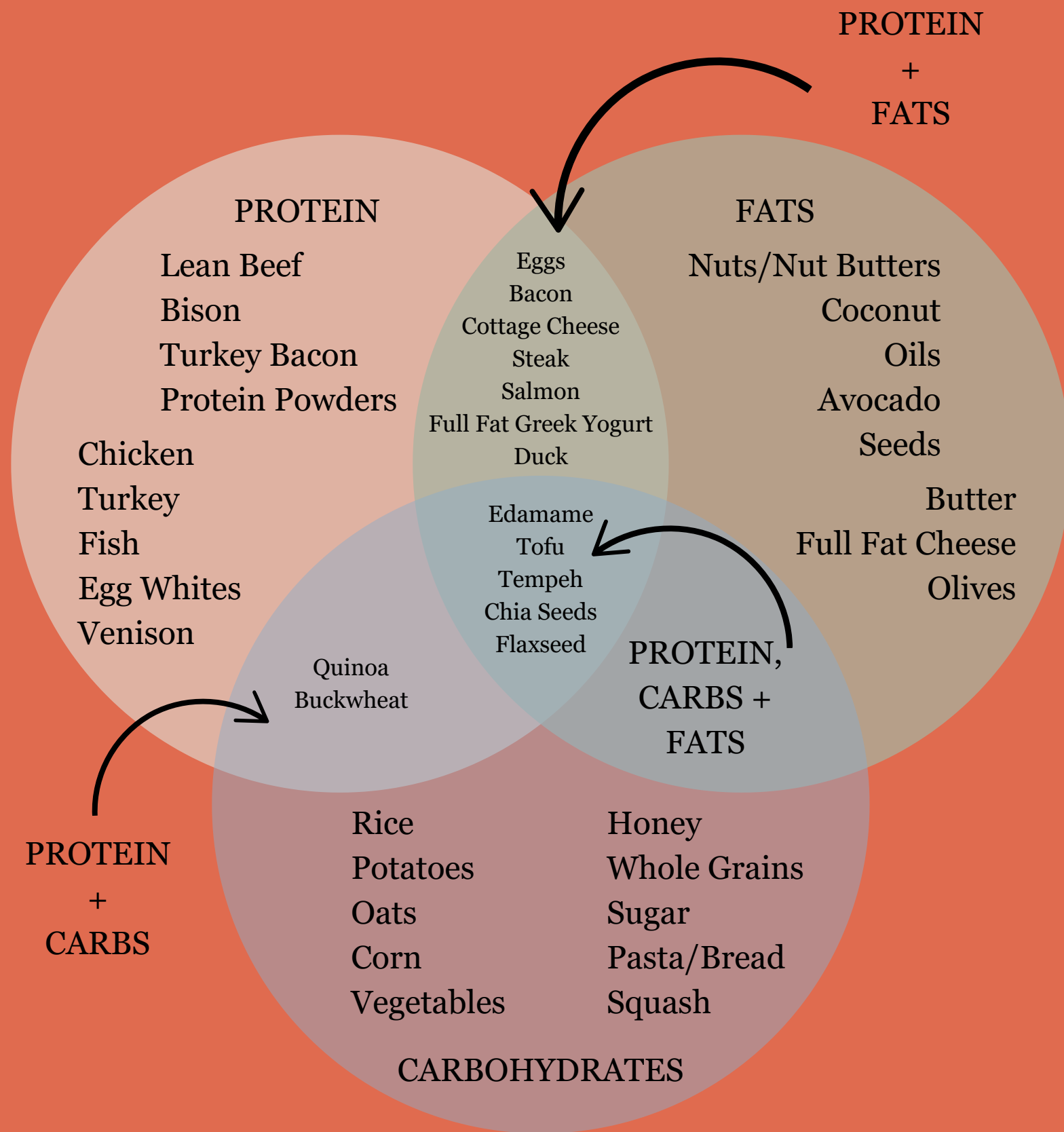
Premade Vegetable Sides, Marinated  
Vegetable Packages

### **Fats:**

Overly Salted Nut Mixes, Nut Bars with  
Nut Butters







## Here is why we NEED:

**Protein:** Essential for building and repairing tissues, including muscles. It helps keep you feeling full longer.

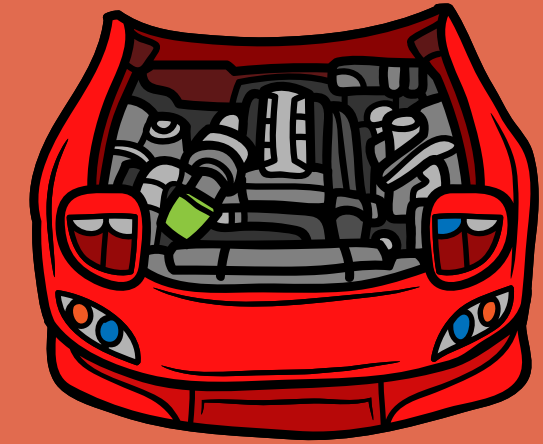
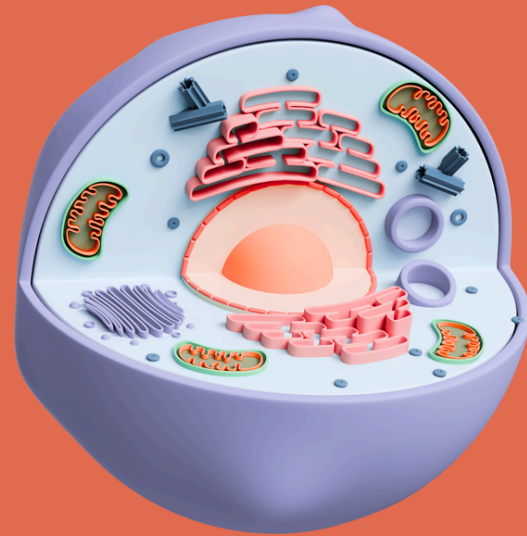
**Carbohydrates:** The body's main source of energy. They fuel your muscles and brain.

**Fats:** Important for hormone production, brain function, and absorbing certain vitamins.



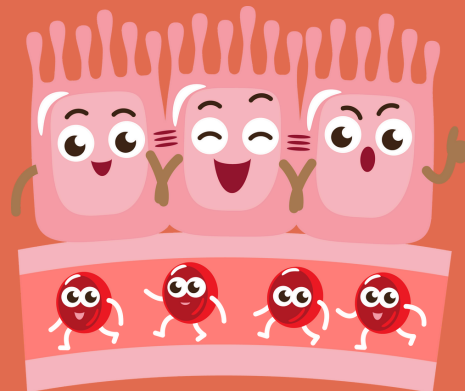
# GUT HEALTH CONNECTION

*Why Gut Health is Everything...*

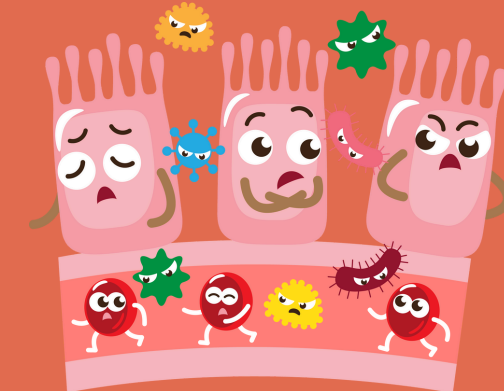


The Gut is the Nucleus of your Entire Body  
You are not a Robot/Engine, Neither is your Gut  
You Need the Balance of FUEL and REST

The Gut needs to Process Foods For you (Flush Your System)  
The Walls of your Gut Need Not Leak



Fact: “70% of your immunity is in the gut”







# Your Plate Can Heal You

*The Simple Fact is that Food is Medicine.*

When You Remove the Foods that Cause:  
Inflammation  
Allergies  
Leaky Gut

Your Body starts to heal and absorb the  
foods you eat as Fuel





# Let Me Tell You My MS Story

Years Of  
Chronic Stress  
& “Healthy”  
Inflammatory  
Diet

Loss of Left  
Eye Vision  
Diagnosed  
with MS in  
2020

Whals/Faster  
Way Protocol

All The Signs:  
Lack of Energy  
Fat Gain  
Mind Muscles  
Issues

All Meds Left  
Me with  
Questions:  
Sought Other  
Options





# Let Me Tell You My MS Story

## Key Points:

Rebuilt Health with Whole Foods (From the Ground or a Mother)

Rebuilt Metabolism (which meant absorbing the foods I ate) with eating the proper proportions of Fats, Protein and Carbs

Rebuilt Physique with Targeted Exercise & Movement

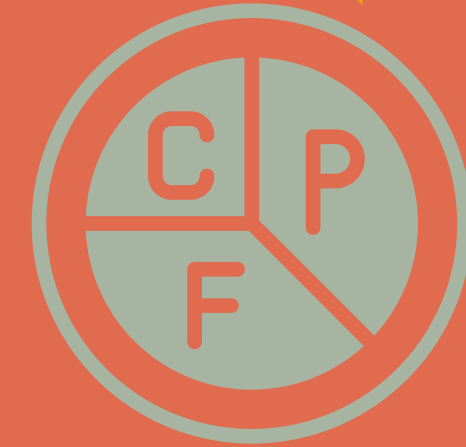
Rebuilt my Stress to Solice dynamic with proper Stress Management





# Food as Lifestyle

## *How to Make it Stick*



Find a Plan that is Flexible with your Lifestyle

Ensure you are not Deficient in Any Macro (Protein, Fats, Carbs)

*(Ideal to have a 30/30/30 Split if you do not have a health coach for support)*

Plan - Prep Ahead

Real Foods (From the Ground or a Mother) 80% of the Time

Allow Treats (Dessert or Nachos) Intentionally!

Fuel Your Life - You need the Food (2000ish Calories a Day)



# Movement + Whole Health

*Movement is Medicine*

## Strength:

Support Muscle Growth  
Boost Bone Density  
Lift Heavy!  
Focus on Total Body



## HIIT:

Muscle Building Cardio  
Heart Growth/Support  
Endurance  
Stability  
Maintenance

## Active Recovery:

Movement On Rest Days  
Yoga  
Pilates  
Walking  
Isometric Stretching

Fact: 80% of Your Health is Rooted in your Food.

To Amplify your Health: Boost your Metabolism with Effective Exercise.  
Support your Brain/Bone Density/Muscles/Mood/Blood Sugar Balance





# Real Clients, Real Results

*It's Not Just Me, It's My Clients too...*

Helen Pridmore, I cannot say enough how this has been the best program I have ever attempted to do. I love all the health info and excited learning the science of this and already how much better feel. With eleminations no acid reflux. No bloating and I wanted to tell you when I did the 5k last Saturday my knees were not hurting. Game changer for me 🙌

Non scale victory! This combo was way too tight several months ago and now is loose! Not loose enough to size down but loose enough to be noticeable. ALSO deadlifted 40lb in each arm for two of the 3 reps last week (had to drop down for 30lb for the last one) but dang ... I NEVER thought to even try that before this program.

This is so new to me. It is a mindset shift to eat more. I have had to really train myself to eat more and be comfortable with more food. However, I am excited with the muscle gains and continued learning!

With my coaching and the FASTER Way lifestyle:

- ✓ She's eating the right macros that fuel her plate 🍷
- ✓ She's ditched office treats + late-night snacking
- ✓ She's added fitness into her life (yes, even as a busy mom!)

Down 20 pounds and countless inches! 💪

Ready to Feel Better To!

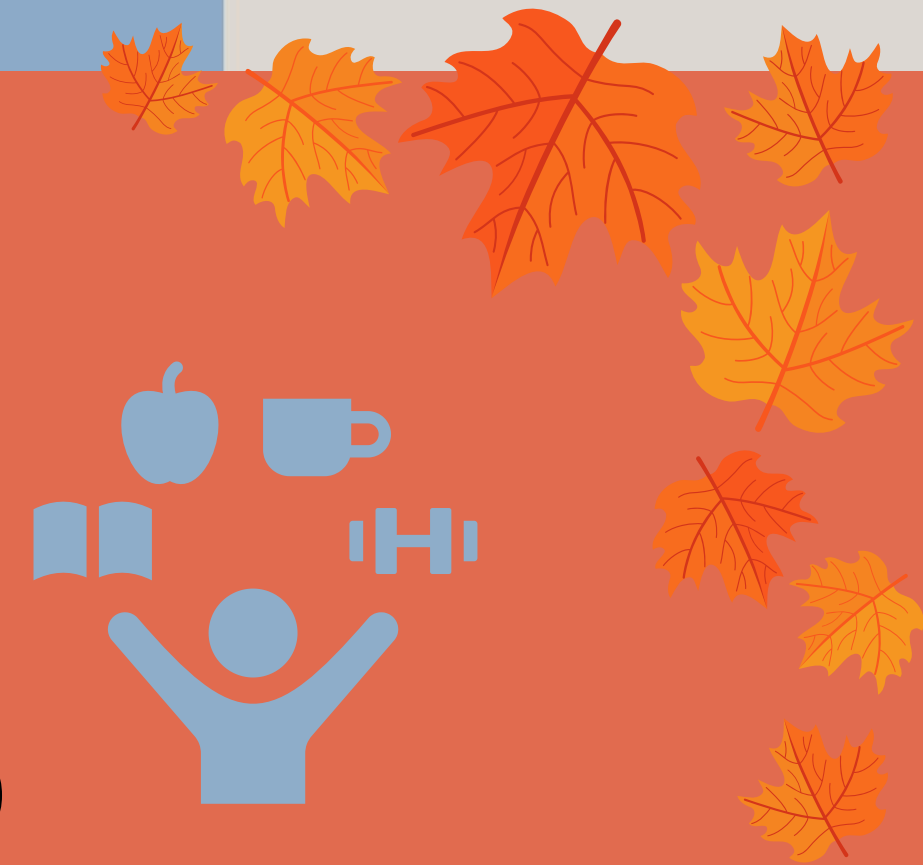
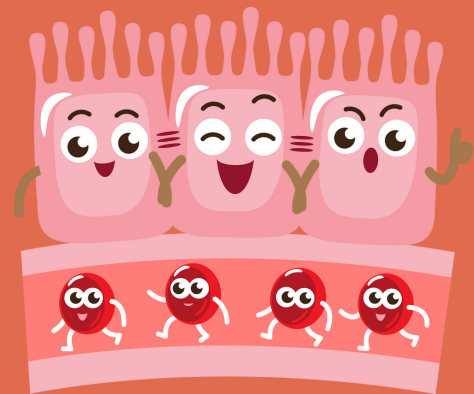
## *PRIORITIZE YOU*

Choose Real Food (From the Ground or A Mother)

Find a Protocol of Protein, Fats & Carbs that Fits Your Lifestyle and Busy-ness

Seek a Program/Lifestyle that Incorporates FOOD + Exercise (with No Deficiencies)

Allow Yourself Progress Over Perfection!





# 01 We Focus on YOU!

*First...*

- We start by discussing your goals.
- I learn what you Like and Love
- We identify what Works for You

*Then...*

- First, we identify manageable changes.
- We breakdown pain points.
- Finally, we establish a clear plan.

# 02 Deep Dive Into Whole Foods

We **rethink** what we eat—while ensuring we eat enough.

We **unlearn** unhealthy habits and build better ones.

We **leave no food group** behind.

We **balance and rotate** food groups for optimal health.



# PRIORITIZE YOU

## 03 We Implement Strategic Fat Loss and Muscle Gain Strategies

**Eat to Heal:** *Nourish your body with clean, whole foods.*

**Intermittent Fasting:** *Establish clear eating windows for better metabolic function.*

**Carb Cycling:** *Fuel up with carbohydrates when your body needs it most.*

**Grow Lean Muscle:** *Support muscle growth with adequate protein.*

**Hormonal Balance:** *Maintain hormonal balance with healthy fats.*

## 05 What You Earn

*Confidence in your own skin*

*Restful, restorative sleep*

*Fat loss and muscle gain*

*Enhanced overall health*

*Mental clarity (goodbye, brain fog!)*

*Looser, more comfortable clothes*

## 04 Target Effective Exercise

Focus on Two Key Types of Exercise:

**HIIT:** High-Intensity Interval Training  
**Strength Training:** Weight Lifting

**Just 30 Minutes a Day, 5 Days a Week.**







Thank You!

Helen Pridmore | Functionally Inspired Living  
Faith-based · Food-focused · Fully empowered

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