

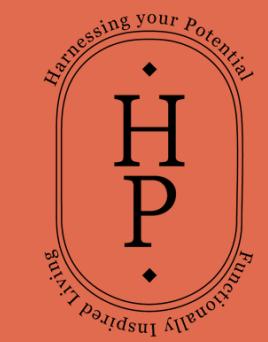


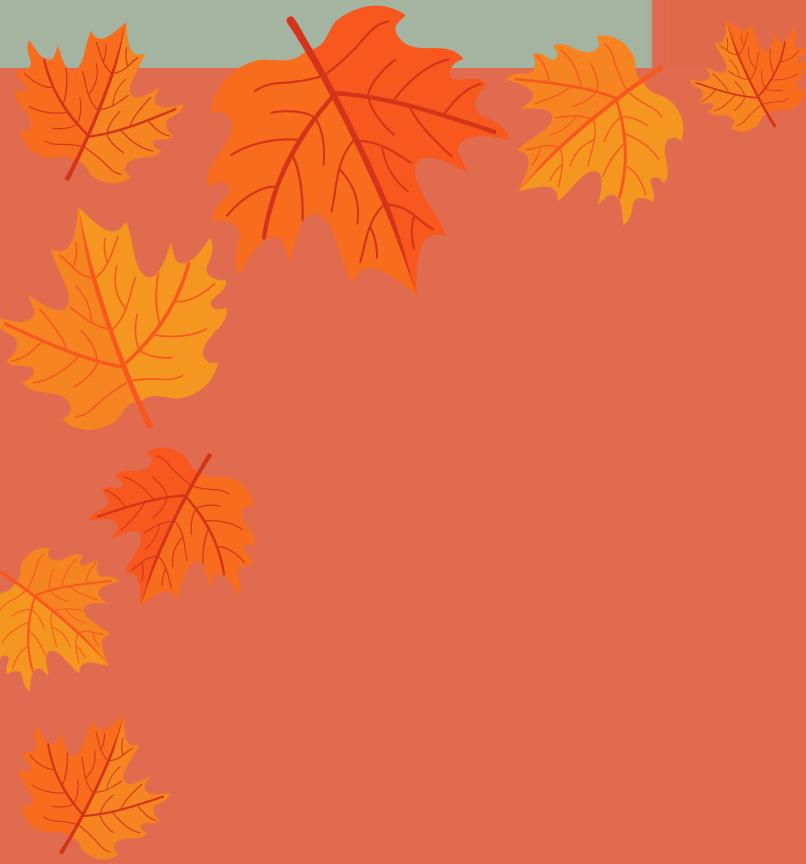


Today we will discuss...

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”

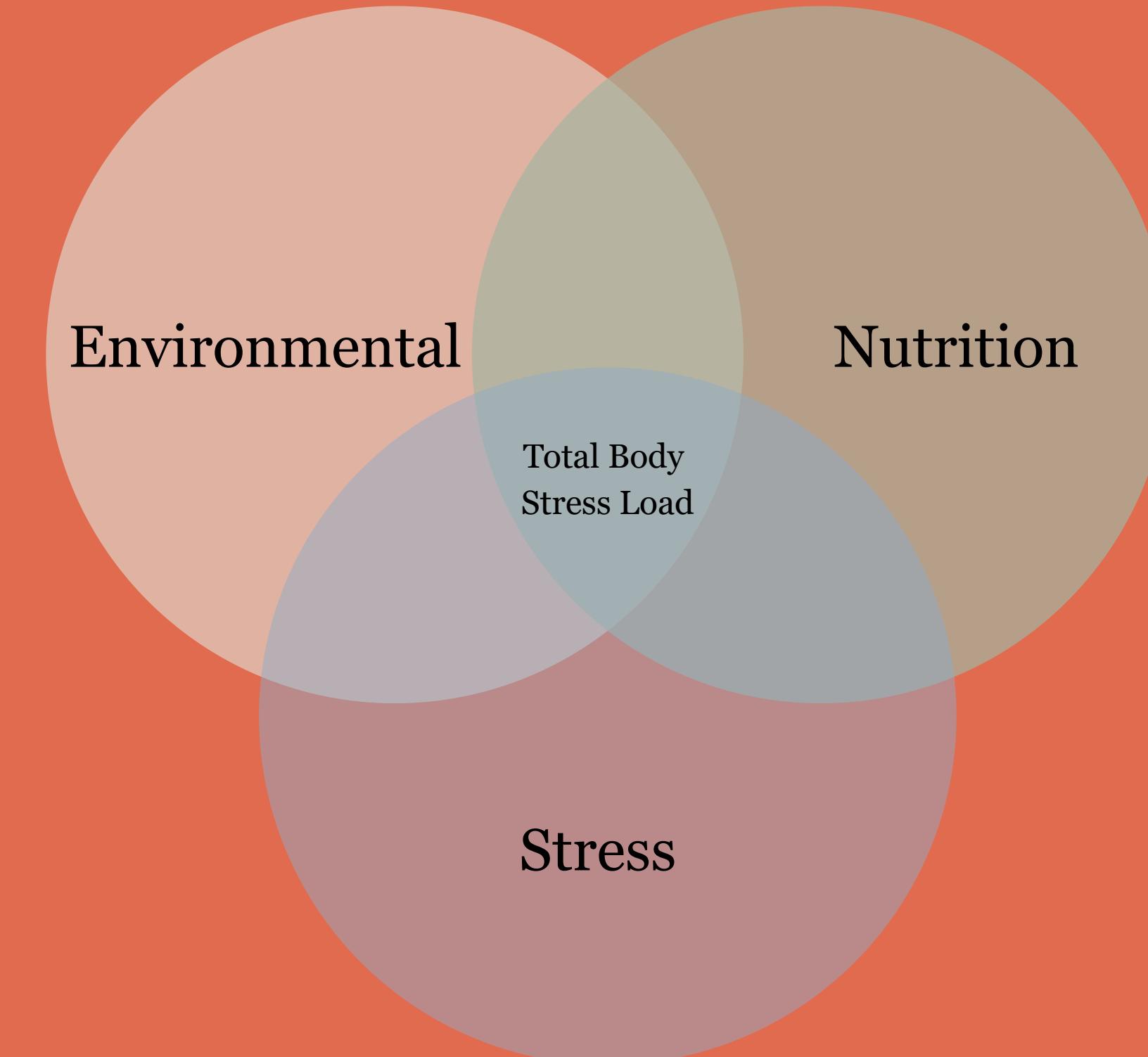
Stuck in stress, inflammation, exhaustion

Told symptoms are “normal”

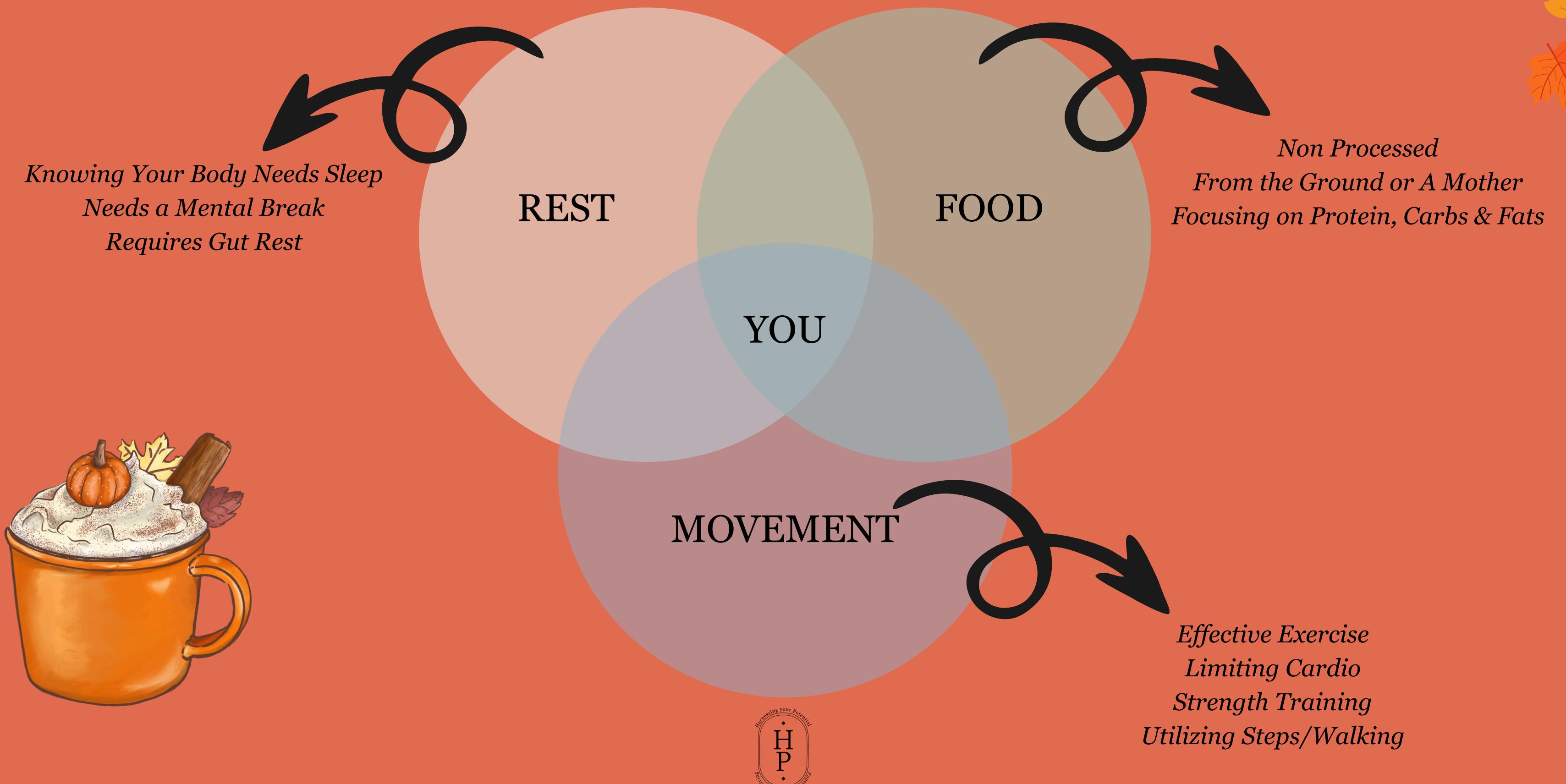


Before We Dive In

What Could Be Some Common Items that Bring You Down?



What Is Functional Health?



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:

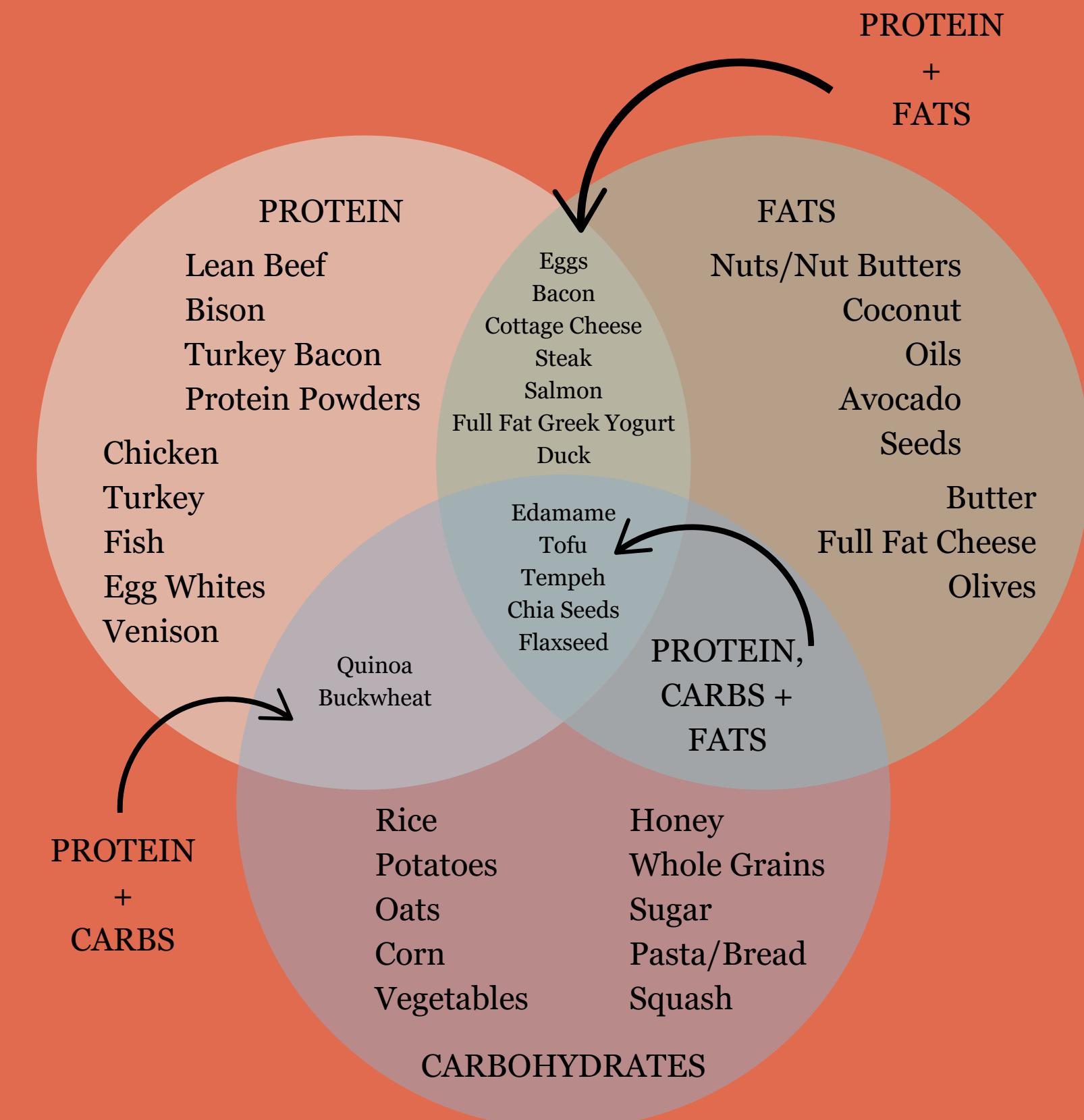
Boxed Rice, Crackers, Packaged Oats

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.

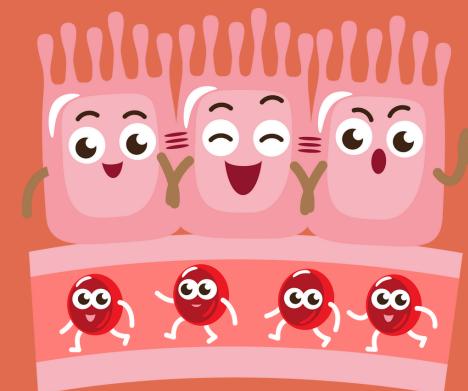
GUT HEALTH CONNECTION



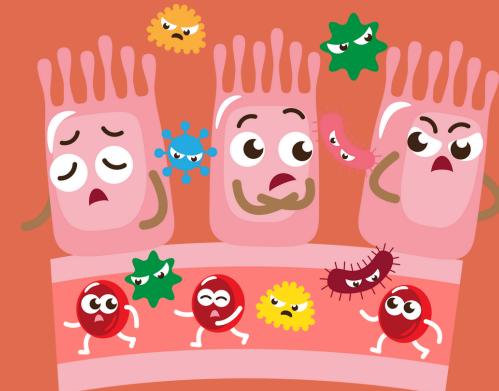
Why Gut Health is Everything...



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

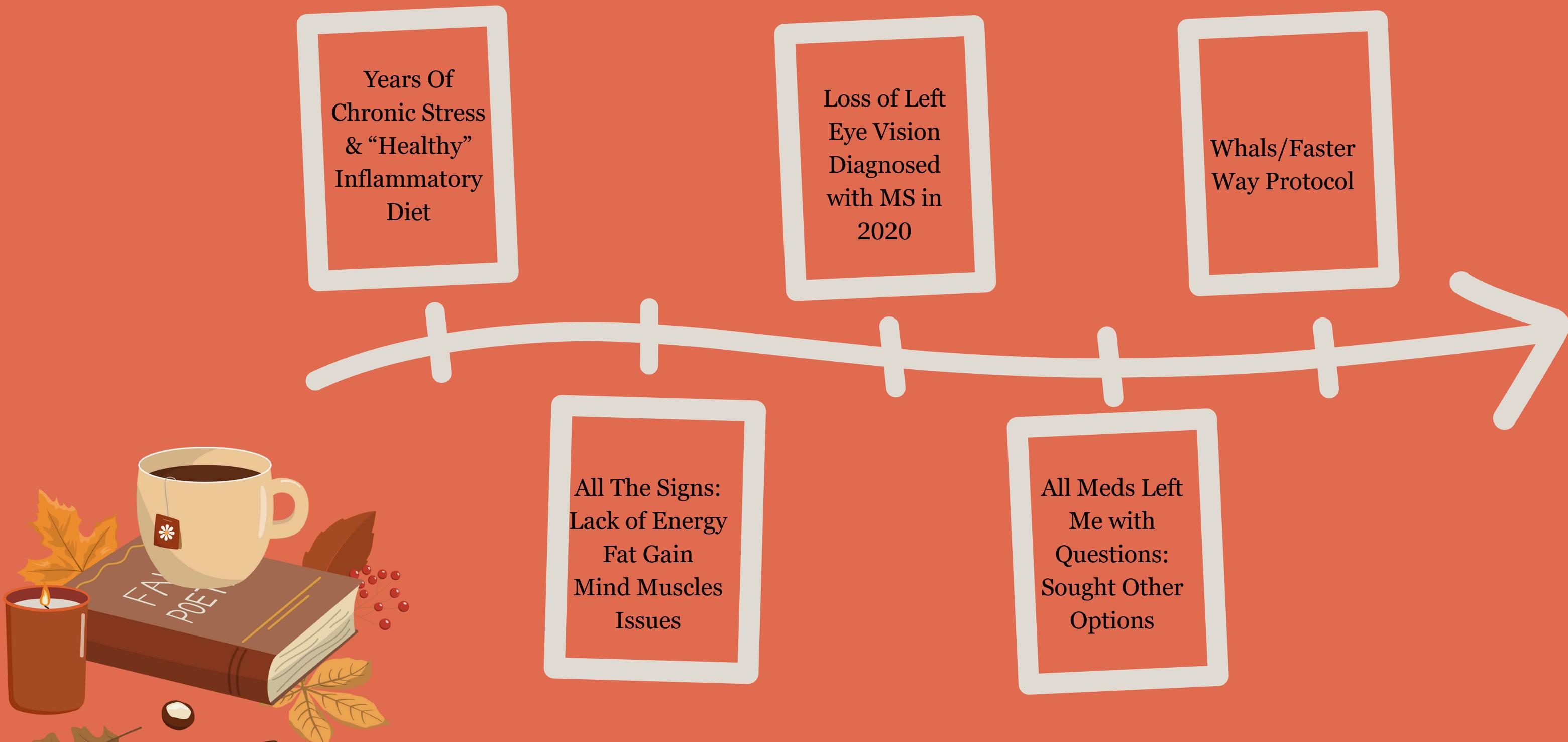
The Simple Fact is that Food is Medicine.

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



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 Physque 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 elemenations 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.

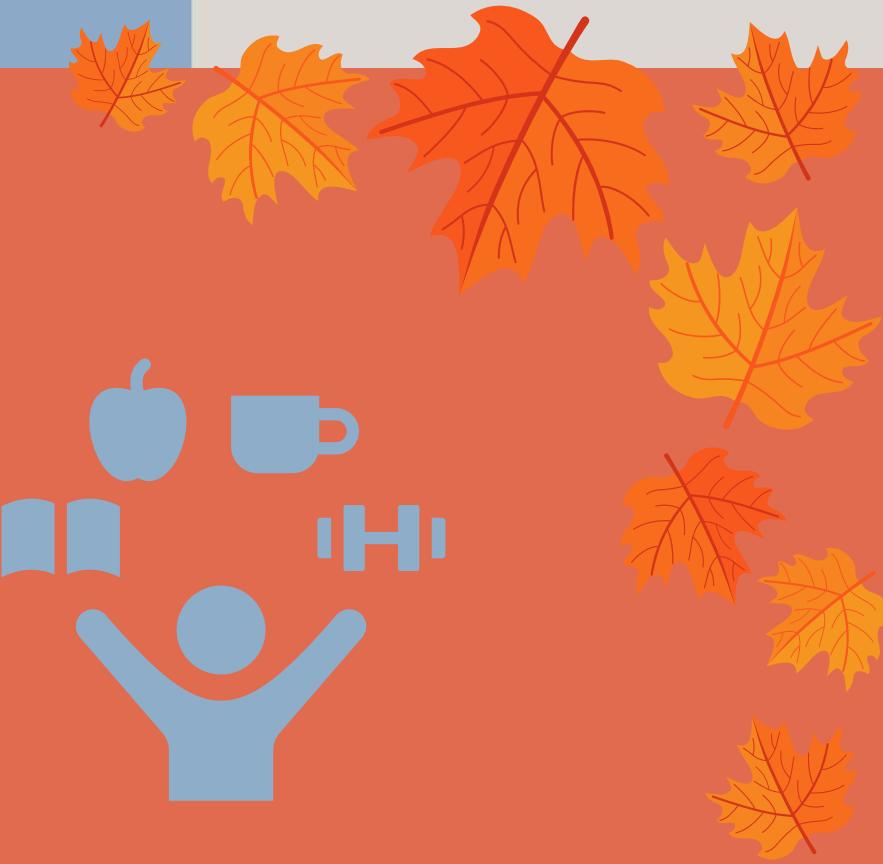
This is so new to me. It is a mindset shift to eat more. I have had to really train myself to eat more and be comfortable with more food. However, I am excited with the muscle gains and continued learning!

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!



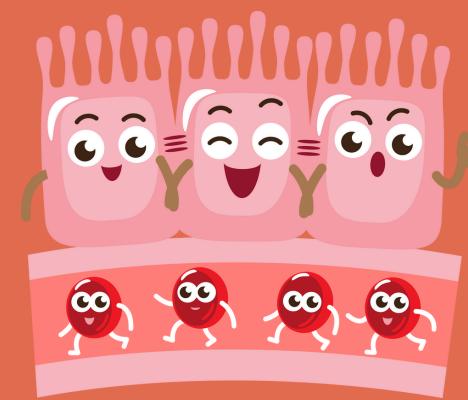
PRIORITIZE YOU



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!



PRIORITIZE YOU

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.



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.

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.

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



Thank You!

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

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