



NUCIFIC

Nucific Healthy 3's

Monthly Health eBook —

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Dr. Amy Lee, MD

WELCOME TO EASY HEALTHY LIVING!

This monthly eBook is designed to help you stay on track. :)

Congratulations on committing to your health and happiness! Joining my mailing list was a major first step... and now I'm going to help you keep your eye on the prize!

And that's why I'm proud to present the first edition of your monthly *Nucific Healthy 3's* eBook! In each monthly eBook, I'll be giving you 3 items in each of 3 different categories:

- ✓ **Section 1: Inspiration Cheats**
3 tips for staying inspired and sticking to your health goals.
Think of this as your monthly "**Inspiration Cheat Sheet.**"
- ✓ **Section 2: Healthy Eats**
3 recipes for easy, healthy dishes you can try at home —
1 breakfast, 1 lunch, and 1 dinner. I'll help you make your healthy meals DELICIOUS!
- ✓ **Section 3: Get on Your Feet!**
3 simple exercises you can do to stay active and energized and keep your metabolism burning all day long!



Nothing's for sale in this eBook, by the way. This is purely to help you stay on track with your health goals. It's my monthly gift to you for being part of the Nucific family. So, let's get started!

- Dr. Amy Lee, MD



SECTION 1: INSPIRATION CHEATS

3 handy tips for staying on the road to your goals!

Tip #1:

It's what you DO, not what you avoid doing.

One of the main mistakes I see patients make when trying to stick to a diet, exercise plan, or any kind of conscious lifestyle choice... is to misplace their focus. Namely, they focus on avoiding bad choices instead of making good choices.

Why does this happen? Well, it essentially ties into what you may know as “**reverse psychology**” I'll put it this way:

- ✓ **If you focus on what you SHOULDN'T do, you'll wind up DOING what you shouldn't do.**
- ✓ **But if you focus on what you SHOULD do, then you'll wind up doing what you SHOULD do.**

Let me give you an example:

Say you want to eat healthy. And say that means cutting out your favorite ice cream and eating fresh fruit and vegetables instead.

If you suddenly have an ice cream craving that could knock you off the wagon and you think, “**Don't eat ice cream!**” — it'll basically turn into “**~~don't~~ EAT ICE CREAM!**” and you'll wind up gorging.

However, if you have an ice cream craving and you think, “Eat an apple!” — with a little willpower you'll eat an apple... *and not the ice cream.*

Why does this happen? Well, it essentially ties into what you may know as “**reverse psychology**”... or what my psychologist colleagues refer to as “**reactance.**”

Basically, reactance means if you know you suddenly can't do or have something, you'll want it more. Another way of looking at it is that you'll do whatever's on your mind.

So focus your mind on things you SHOULD do to improve your health, not things you SHOULDN'T do. **Think “Do this,” instead of “Don't do that.”** It'll make everything much easier, believe me!

Tip #2:

What you “see” when you wake up matters most.

Every morning, the VERY FIRST THING you should do is conjure up a detailed mental picture of your health goals.

Want to lose 30 pounds? Picture yourself 30 pounds lighter. Make this mental picture *crystal clear*. Look in the mirror and imagine seeing your 30-pounds-lighter reflection.

Want more energy? Picture what you want to do with that increased energy. If it's skiing the slopes, picture yourself effortlessly gliding down that black diamond. If it's playing with your dogs, picture yourself outside on the grass with them, plenty of energy to spare.

The point is, visualize the life and body you want to have — first thing — every single morning. Do this consistently and without fail.

After all, visualization is used by everyone with demanding goals... from olympic athletes to chess players to public speakers to body builders. And it's *especially* used by personal trainers to help their clients achieve fitness goals.

For instance, Billy Beck, one of the most sought-after personal trainers in the world, uses visualization as the very first step of his award-fitness programs:

“ The first step is to create the destination in your mind. You must know what you want. Each day you must envision how you want to feel and look like. You must create your ideal. This daily mental exercise conditions your mind to keep you on course even when you would rather stay in bed and eat cookies. ”

- Billy Beck III, World-Famous Personal Trainer

This is one of the most powerful motivators in existence. So, visualize exactly what you want, every single morning. And then spend the rest of the day marching straight toward it!

Tip #3:

You MUST be held accountable for following through.

If you've read the Nucific blog on sugar, you've heard me mention this before. There is nothing more crucial to sticking to your goals than being *accountable* for achieving them.

In other words, there has to be an immediate penalty for going off track. Maybe you have to pay your sister \$20 if you eat a bowl of ice cream. Maybe you have to mow your friend's lawn in a humiliating outfit if you miss a workout. Whatever the penalty is, it needs to be a price you do NOT want to pay.

It also needs to be imposed by someone — or something — other than yourself. And they have to enforce it with ZERO mercy. This can mean placing a bet with someone that would be ***PAINFUL*** to lose. This can mean signing up for a site like Stickk.com — where failure to achieve something you commit to doing forces you to donate money to a cause you hate.



This can mean getting a partner to get healthy with you... so you can hold each other accountable in any way you choose.

However you make it happen... **You MUST be held accountable for achieving your goals... for making the healthy choices that move you toward them.** No amount of self-will holds a candle to the power of accountability. You'll always dig deeper to achieve a goal when you HAVE to achieve it than when you simply WANT to achieve it. It's basic survival. So find a way to hold yourself accountable. And make sure you have no way to get out of it.

This is how I got through medical school, three board certifications, founding a successful practice, building a nutrition company, and establishing a public speaking career. There's no way I could have done any of it without accountability.

And it's also worked wonders for my patients in finally achieving body goals that had eluded them for most of their lives. So, believe me... *nothing* beats accountability when you have a challenging goal ahead of you. Start setting up accountability for yourself today!

Alright, you're now armed with your three tips. Start incorporating them right away. Believe me, they'll make a huge difference!

Now, it's time for the recipes! (Next Page)

SECTION 2: HEALTHY EATS

3 delicious recipes for you to enjoy!



SAVORY BREAKFAST

Omega-3 Southwestern Omelette

This omelette recipe has been a big hit with friends and patients alike... and anyone else who's tried it! With a solid 24 grams of protein, a nice kick of good fats, and plenty of fiber... this hearty breakfast will keep you full for hours!

And by the way, even if you want to make your omelette vegetarian by cutting out the sausage, there's still plenty of protein and good fat to fill you up!





Ingredients:

- ✓ 2 Omega-3 Eggs
- ✓ ¼ cup canned or cooked black beans, rinsed
- ✓ ¼ avocado, diced
- ✓ 1 cup baby spinach
- ✓ ¼ onion, diced
- ✓ 1 link turkey breakfast sausage, diced
- ✓ ¼ teaspoon sweet paprika
- ✓ ¼ teaspoon cumin
- ✓ ½ teaspoon salt
- ✓ ¾ teaspoon olive oil

Instructions:

1. Crack eggs into a bowl and add a pinch of salt. Whisk with a fork until well scrambled, and set aside.
2. In a sauté pan, heat half the oil over medium high heat. Add the sausage and onion, along with the cumin, paprika and salt, and heat until tender.
3. Add spinach, and cook until wilted. (It'll shrink a lot!) Scrape this mixture — which is your omelette filling — into a bowl, and wipe the pan clean.
4. Add the remainder of the oil to the pan, and adjust heat to medium low. Add eggs and let cook until they set (become an omelette) — about 3-5 minutes.
5. Transfer the omelette to a plate, and spread the omelette filling over half the omelette. Fold the omelette over to create a half moon shape.
6. Enjoy! :)



EASY RECHARGE LUNCH

Curried Chicken Salad Wraps

These scrumptious little wraps are probably my current favorite lunch. They're so easy to make, I eat them at least a couple of times a week!

In fact, I usually double the recipe when making the chicken salad filling so I can stash extra containers of it in my fridge. It makes an amazing quick snack!

Also, to lighten things up, I make my chicken salad with probiotic-rich greek yogurt instead of heavy mayo. And I add shredded brussels sprouts and crunchy grapes in with the chicken for a lovely texture and flavor balance.

The brussels sprouts, by the way, also add a healthy dose of antioxidant polyphenols. Not to mention, they're rich in fiber to keep you full all day... and keep your digestion healthy!





Ingredients (serves 4):

- ✓ 3/4 lb cooked chicken breast, diced (or cubed tofu!)
- ✓ 1/2 red onion, diced
- ✓ 1/4 cup red grapes, sliced
- ✓ 3/4 cup greek yogurt
- ✓ 1 teaspoon curry powder
- ✓ Juice of 1 lemon
- ✓ 1/2 cup shredded brussels sprouts
- ✓ Salt and pepper to taste
- ✓ Butter lettuce leaves, to serve
- ✓ Cubed apples, to serve

Instructions:

1. Add all ingredients except lettuce leaves and cubed apples to a mixing bowl and stir to combine. Taste, and adjust seasoning to your liking.
2. Spoon the mixture onto individual lettuce leaves and top the resulting "lettuce leaf wraps" with cubed apples.
3. Dig in! :)



SATISFYING DINNER*

Stuffed Sweet Potatoes and Vegan Caesar Salad

**As an added bonus, this dinner happens to be vegetarian!*

Everybody knows protein is important... but so many people seem to think you only get it from meat. Not true. In fact, it's important to get protein from a variety of sources.

That's why I created this dish — to give you non-meat proteins and other nutrients while still being extremely satisfying. *And boy, did it ever turn out good!*

When it comes to comfort food that's also healthy... this dish never fails to deliver. *Enjoy!*





For the Sweet Potatoes

Ingredients (serves 2):

- ✓ 2 sweet potatoes, scrubbed and pricked all over with a fork
- ✓ 1 tablespoons olive oil
- ✓ 1 shallot, diced
- ✓ 1 garlic clove, minced
- ✓ 1 small sprig fresh thyme
- ✓ 1/4 teaspoon red pepper flakes (optional)
- ✓ 3/4 cups cooked (or canned) and drained white beans
- ✓ 3 cups kale, trimmed and sliced into ribbons
- ✓ Juice of 1/4 lemon
- ✓ 1/4 cup crumbled feta cheese
- ✓ Salt and freshly ground black pepper

Instructions:

1. Preheat oven to 400° F, and add sweet potatoes in an oven-proof dish. Bake until soft, about 45 minutes to 1 hour (which gives you the perfect amount of time to prepare everything else!)
2. Prepare the salad dressing (see below) then start the rest of the dish 15-20 minutes before the sweet potatoes are finished.

3. In a large sauté pan or saucepan, heat the olive oil over medium-high heat. Add the shallot, garlic, and leaves from the thyme, and cook until the shallot is tender.
4. Add the beans and pepper flakes and cook and cook an additional 5 minutes, until beans are warmed through, then add the kale.
5. Cook until the kale is tender, then add lemon juice, salt, pepper, and feta cheese.
6. To serve, split each sweet potato lengthwise and push the ends together to open a pocket in the middle. Fill with the kale-bean mixture.
7. Indulge! :)

For the Salad

Ingredients

- | | |
|-------------------------------------|--|
| ✓ 1 Tbsp sesame seed paste (tahini) | ✓ 4 Tbsp extra-virgin olive oil |
| ✓ 1 crushed garlic clove | ✓ 1 (5-oz.) package pre-washed romaine leaves, or 1 head romaine, leaves washed and torn |
| ✓ ¼ tsp sea salt | ✓ Shaved Parmigiano-Reggiano cheese, for garnish |
| ✓ ¼ tsp black pepper | |
| ✓ 1 lemon, juiced | |
| ✓ 1 tsp Dijon mustard | |

Instructions:

1. To make the dressing (can be made in advance): Add tahini, garlic, salt, pepper, lemon juice, dijon mustard, and olive oil to a bowl and whisk until well combined. You'll be left with a thick paste.**

*****This should be a thick dressing, much like traditional caesar. If it's too thick, add more lemon juice or a bit of water and whisk briskly until well combined.***

2. Add the greens, the dressing and the cheese to a large salad bowl and toss well to combine, then serve.
3. Eat up! :)

Get ready to have some fun, because these three recipes are delicious!
And now that you're armed with the tasty fuel you need...

It's time to get your body moving! (Next Page)

SECTION 3: GET ON YOUR FEETS!

3 easy exercises to kick your energy and metabolism into high gear!

For this first issue of the *Nucific Healthy 3's*, I'm going to give you 3 classic foundational exercises. In future issues, I'll be getting more creative. But for this first edition, I think we should focus on the essentials.

And besides, you can do the following 3 exercises anywhere, and they're incredible for balance, stability and mobility.

They also make many other exercises easier, by the way. Not to mention, they target large muscle groups and body systems... helping to fire up your metabolism and burn fat without you having to run around like crazy.**

*****As always, check with your doctor to make sure these or any other exercises are safe for you to do.***

Exercise 1: Front Plank



This exercise is a classic for core strength and stability, and for good reason. It activates muscles all the way up and down the front of your body and trains them to work together to stabilize your body. That makes the Front Plank a *gold mine* for injury prevention.

Not to mention, the exercise is as simple as it gets!

Step 1: Get into a push-up position on the floor.

Step 2: Lower yourself so your elbows are on the floor, palms down, fingers pointing toward the wall in front of you. Make sure your body is perfectly straight — ankles, knees, hips, shoulders, and head in line, elbows below shoulders. (See picture above for reference.)

Step 3: Start a 60 second timer and hold this “plank” position for as much of that 60 seconds as you can, taking quick breaks as needed. (Take breaks by lowering your knees to the floor.)

Modification: *If you need to make things a little easier, you can do the exercise with your knees on the floor the whole time.*

Exercise 2: Elevated Half Bridge



This exercise serves as the reverse of the plank. The plank works the front of your body, and the Elevated Half Bridge works the back of your body in largely the same way.

Do both of these exercises regularly, and you'll have a balanced, stable, strong body!

Step 1: Lie down on your back on the floor, with your feet placed on a chair — or, if you want an extra challenge, place them on a stability ball! Keep your palms flat on the floor, with your fingers pointed in the direction of your feet, arms parallel to your body. (You can also angle your arms slightly outward if that's more comfortable.)

Step 2: Lift your butt off the floor until your body is straight and your weight is on your shoulders, arms, and feet. Feet, knees, hips, and shoulders should be in line. (See picture above for reference.)

Note: DO NOT shift weight back onto your head!!!!

Step 3: Start a 60 second timer and hold this “elevated half bridge” position for as much of that 60 seconds as you can, taking quick breaks as needed. (Take breaks by lowering your butt to the floor.)



Modification: If you need to make things a little easier, you can do a regular half bridge with your feet on the floor. (See picture above for reference.)

Exercise 3: Classic Bodyweight Squat



Your legs are how you get around. And most people don't exercise them enough... despite the fact that keeping your legs strong is crucial to maintaining mobility later in life.

Well, today, we're taking the legs head-on... with the Classic Bodyweight Squat.

There is probably *not* a more useful lower body exercise in existence. This squat strengthens your thighs, butt, hips, and core — not to mention, it improves your balance and body awareness. And just like the plank and the half bridge, *you can do it anywhere!***

*****If you are at risk for falling, then do this exercise with a partner or trainer who is capable of spotting you... or skip it altogether.***

Step 1: Stand upright with your feet shoulder width apart.

Step 2: Keeping your eyes forward, your back *straight*, and your shoulders over your knees... lower your butt until your thighs are parallel to the floor, knees bent at right angles. As you do this, hold your arms out in front of you for balance. And make sure your knees never go too far forward. **Above your toes is the farthest forward you want your knees to go.** (See picture above for reference.)

Step 3: From this low position, use your thigh muscles to raise yourself back up to your original standing position at a controlled pace.

Do this exercise for as many repetitions as you can while maintaining proper form. Then take a break, and do one more set, for a total of 2 sets.

***Modification:** You don't have to lower yourself all the way down. Just go as far down as you can go and still come back up.*

Alright, you've finished the workout! Good job! Now would be a good time to have one of the high-protein meals in the recipes section.

Enjoy... *You earned it!*

THANKS FOR JOINING ME!!

This was the first-ever issue *Nucific Healthy 3's* — a monthly eBook I'll be sending you with 3 tips, 3 recipes, and 3 exercises to keep you on track with your health goals.

I hope you've enjoyed reading it as much as I've enjoyed writing it for you!

And most of all, I hope the tips, recipes, and exercises in this monthly eBook make it easier for you to get the body, health, and life you want and deserve!

Stay tuned for the next edition of *Nucific Healthy 3's*, and for more exciting things from the offices of Nucific in the meantime.

Talk soon!

To your present and future health,

- Dr. Amy Lee, MD