

THREE DAYS TO DITCHING THE BLOAT

My secrets on how to survive the holiday season and feel fabulous



Hi, I'm Annette Nack.

I'm a Certified Health Coach, Transformation Ninja and Fitness Professional. What is all of that? Well stick with me and I'll clue you in.

Health Coaches are Advocates. Guides. Co-facilitators working with our clients to help them achieve their goals around health. It's not just about the foods that you eat or the things that you drink, but rather about the whole picture of what's going on inside your body. We're talking all the way down to your cells!



I call myself a **Transformation Ninja** because I specialize in bringing out in YOU all the things that you want but are just a wee bit afraid of going after. What do I mean by this? That's an excellent question!

A lot of the people I work with often want both dramatic and subtle shifts in their lives. Maybe they want to look different, like letting go of 10, 15, 20 pounds of extra weight. That's a dramatic change. And sometimes, they just want to *feel differently*, like maybe there's some bloating they suffer from every single time they eat. They think it's "normal" for them, but a part of them knows that it's just not normal to feel like crap after they eat. This is where my role as a Transformation Ninja comes into play. I take my entire skill set as a coach and together we work magic!

Yes, magic! More on that later...

I'm also a **Certified Personal Trainer and Group Fitness Class Instructor**. I've been in the Fitness Industry for over a decade and they haven't kicked me out yet!

I understand what it is like to want it all and be excited about having a full life. I also know how draining it can be.

I work with busy people who have forgotten how to balance it all and need a reminder. I help people achieve balance by strengthening their digestive fire and igniting their passion, which sets the stage for a life full of health and happiness. I work with people who struggle to balance their lives and I help them **put that struggle behind them and feel fabulous.**

COULD THIS BE YOU?

You swear you're going to make a change tomorrow, next week, next year, but the deadline keeps passing. You promise yourself that you will not eat those foods tomorrow or you will work out next week, but next week never comes. You have a really busy life that has gotten so busy you take care of everybody else but yourself.

You sometimes even tell people that "I'm fine. Really, I'm fine. Don't worry about me."

Eeekkk! How did it get this way? How long do I have to keep going like this until I should just give up.

MY STORY – DOES THIS SOUND FAMILIAR?

I am not only talking about you. Let me tell you what my own life can be like when I don't take care of myself. I can get very busy between my job as a Health Coach, my job as a Fitness Professional and taking care of my life. There used to be days when I was so tired I didn't want to even get out of bed. We all have these breaking points, the points in our life when our bodies just say **ENOUGH!**

I may have looked fine on the outside, but I felt tired, foggy, irritable, and moody, had digestive issues, allergies and generally felt overwhelmed by life. I knew there had to be a better way. I decided to become a health coach and learn the tools I needed to feel full of energy everyday.

During my studies at the **Institute for Integrative Nutrition**, I realized I was not putting the oxygen mask on myself first and I was crashing. (If you've never flown on an Airplane, let me know and I'll clue you in on that metaphor! I love metaphors!) I was running too fast, taking care of everyone else, and then hitting the wall of exhaustion.

LEARNING NEW WAYS TO BE HEALTHY

I have studied over 100 dietary theories and have had a chance to study under famous experts in nutrition and wellness such as **Andrew Weil, MD, Barry Sears, PhD, Mark Hyman, MD, Geneen Roth and Deepak Chopra**. During this time, my life changed. I began to see that the food on my plate was key, but so was how I was nourishing myself in other areas of my life. I began to take care of myself and slow down.

Eating foods that were right for my unique body lessened my food allergies, and I began to lose unwanted toxicity and inflammation.

I also realized how my thoughts, beliefs and feelings impacted my life. Not just sometimes but ALL THE TIME. I immersed myself in the study of Transformational Coaching and let go of old patterning, limiting beliefs and habits that no longer fit my healthier lifestyle. I began to feel alive and in control of my health and my own destiny. Basically, I felt renewed.

I am overjoyed to share my knowledge that helps me feel amazing and energized both today and for the rest of my life. I am excited to share with you the ways that you can heal your body, just as I healed my own body from food allergies, letting go of excess weight and releasing myself from unhealthy and unworkable habits I had adopted while I was suffering. Remember, you are your best health advocate, so by embarking on this journey with me you are taking control of your health.

Get ready, because your life is going to transform and you will feel HAPPIER, more ALIVE, suffer from fewer health problems, and ignite that fire within yourself so you can THRIVE!

**YOU ARE ON A PATH OF CLEAN EATING,
WHICH IS NOT A DIET BUT A REVOLUTION.**

A quick note before we get started

I fully understand that a lot of the information that follows may not be 100% familiar to you. I understand that looking at the recipes that follow the 3-Day plan might be so foreign to you that you just want to click away and pretend you never saw this.

I'm challenging you to not turn away.

I challenge you to get a little bit uncomfortable and read this all the way through. The cool thing about this report is that I'm not that far away. If any questions should come up along the way, feel free to reach out to me on Facebook, Twitter or Instagram. You'll find links to all of my profiles on my website at <http://whatthebleepdoieat.com>

I know I shouldn't admit this, but I'm on Social Media waaaayyyy more than I should be. So it's probably one of the fastest ways to ask me a quick question.

If you're wondering my thoughts on protein or where to even start, I'll be sure to give you a few pointers after the delicious and incredibly healthy recipes I've included in this report!

Let me warn you – we will not be counting calories or dwelling on fats – nope, we are kicking the mental calculator to the curb. Instead we are going to focus on real food – whole foods – nutrition that will fuel and nourish your body in ways you cannot even image.

And if you're having a HOLY CRAP moment and think you need more than a quick answer, then no fear! I have a special invitation at the bottom of this report.

So breathe, get comfortable and read on...

Use This Guide To Transform Your Life.

“All disease begins in the gut.” -Hippocrates

Maybe you are sitting at home right now, or maybe you are at work reading this guide, thinking about how fabulous the holiday season (or any season) is going to be. Trust me, I have an amazing time celebrating with my family every year. I used to end up eating foods that leave me bloated or feeling blah. But here I am going to teach you my secret tricks for ditching that gross feeling.

SECRET #1 – PRE-PLANNING

Pre-planning means that I always eat before I go to a holiday party. Make sure you have a healthy snack before you attend a holiday party such as an apple and a few almonds. If you know you cannot eat certain foods at this party, then make sure you have a mini meal before attending. You may want to have a small salad with protein or even a small bowl of cooked vegetables with tahini drizzled on top to keep your blood sugar balanced. What I usually do is try to make the best choices I can before and during a party. It's okay to make the choice to indulge once in a while, knowing the next day you may feel the after-effects but that you know exactly how to get back on track.

So what to do the day after? **I call this the hangover day!**

SECRET #2: EAT SIMPLE AND EAT CLEAN.

Make sure that eating this week and the weeks until the next holiday are about clean eating and treating your body with love and respect. I always keep my family of clients inspired with emails about how to make it through the holidays. However, I realized what they needed now is information about the post-holiday “get back on the clean eating train and ditch the holiday bloat.” I am inspired to share with you all my secrets and tricks. This is my gift for you today.

Jump-start your metabolism and your digestive fire: the key to your health and happiness is in your **digestion**.

IMPORTANT FACTS TO REMEMBER

95% of your serotonin (the happy hormone) is manufactured in your digestive system.

80% of your immune system is manufactured in your digestive system.

Focusing on your digestive system is the gateway to your being not only healthy but also happy!

Surprise! How amazing is that? Even better, now you can impress your friends and family with this fun piece of trivia!

SECRET #3 – FLUSH THE BLOAT AND ALKALIZE

UPON WAKING, DRINK THE LEMON ELIXIR

Take 2 cups of room temperature water, and add the juice from 1/2 a lemon, a pinch of cayenne (optional), and 1 teaspoon of raw honey or a couple drops of stevia (use stevia if you are on a yeast cleansing diet).

(You can also use Lime if you prefer. This works well at any time, but especially on an empty stomach. I also sometimes omit the sweet, so feel free to try it too!)

MID-DAY, DRINK THE CRANBERRY ELIXIR

Add 2 tablespoons of cranberry concentrate (I like Knudsen's brand) into 6 ounces of room temperature water, or seltzer if desired.

(This is different from the Cranberry "juice" or "juice cocktail" you might find in the supermarket. You're looking for the concentrate. Worth the extra investment!)

BEFORE BED, DRINK THE CHLOROPHYLL DRINK TO ALKALIZE

Add 1 tablespoon of chlorophyll to 12 ounces of water with the juice of one lemon.

Note: you can buy chlorophyll at any natural food store, Whole Foods or Amazon. Also, feel free to start with less lemon and then build up if the acidity or taste is too intense for you.

Ready folks, let's rock and roll...

THE THREE DAY PLAN

AN ENERGIZING DAY FOR **DITCHING THE HOLIDAY (OR ANY DAY!) BLOAT**

All recipes for smoothies are for 1 person, all recipes for salads and entrees serve 2.

1. Drink Lemon Elixir to cleanse, alkalize your body, and get rid of the bloat!
2. Breakfast: drink your green smoothie or enjoy a warm breakfast bowl of quinoa.
3. Snack: enjoy a cup of peppermint or ginger tea and raw veggies with hummus.
4. Lunch: choice of green salad with 1 Tablespoon of olive oil, 1 Teaspoon of flax meal, lemon juice, garlic powder (omit if intolerant) and 3 ounces of a high-quality protein or 1/2 cup lentils or mung beans for vegetarians.

Also drink your Cranberry Elixir to flush the toxins so they do not turn into fat!

5. Late afternoon snack around 4 pm: Enjoy a cup of detox tea made by Yogi Tea with 1/2 avocado and tomato and basil, or a cup of dairy-free soup with 2 Tablespoons of pumpkin seeds and a dash of cinnamon to warm the digestion. Another great snack option is a rice cake with almond butter and cinnamon and a cup of tea.
6. Dinner: A healthy soup or choice of salad with 3 ounces of protein (optional) and a side dish of vegetables.
7. Evening: If you are craving something sweet then have a cup of chamomile tea with stevia or 1 teaspoon of raw honey. Another option is to enjoy a baked apple with cinnamon, walnuts and raw honey or stevia (bake at 350 degrees for 20 minutes). Another choice is half a banana with 1 tablespoon of almond butter and 1 tablespoon of honey with slivered almonds.

(Note: This is a basic layout of what you'll be doing over the course of your 3 days. Feel free to model it exactly or adjust it to suit your needs. My notes on adding protein follow the recipes!)

SMOOTHIES & JUICES

Remember, digestion is the key to losing weight and to decreasing inflammation in your body.

When your body is working properly and transforming your nutrients into energy, it begins to work like a well-oiled machine, with no inflammation present. By decreasing inflammation, you reduce the likelihood of disease and health problems. Experiment with how you feel when you eat simply and give your stomach less food to digest. I am sure you will be amazed at how wonderful you feel.

Recipes for true healing, decreasing inflammation, and feeling fantastic on a daily basis:

BLUEBERRY SUPER FOOD SMOOTHIE BLISS

Use your favorite liquid – 1 cup hemp milk, almond milk, oat milk, or coconut water as your base.

Add a big handful of frozen or fresh organic wild blueberries

1 banana

1 tablespoon extra-virgin coconut oil

1 tablespoon hemp seeds

1 tablespoon chia seeds

A pinch of cinnamon

Optional: add stevia or 1 tablespoon raw honey if you need to sweeten.

Put all the ingredients into a blender, Vita-mix, or other high-speed blender and blend until creamy.

CRANBERRY BLISS DETOX SMOOTHIE

1 cup of coconut water or almond milk

1 cup of mixed berries

1/4 cup unsweetened cranberry juice concentrate

1/4 avocado

1 Tablespoon ground flax or chia seeds

1 Teaspoon ginger

Ice (optional).

Blend until creamy.

APPLE CARROT CLEANSE JUICE

1 apple
3 celery sticks
3 kale leaves
1 handful of parsley

1 carrot
1 lemon, juice with peel (if it's organic)

Juice all the ingredients.

INSPIRING DISHES

BREAKFAST

MORE THAN QUINOA CEREAL

1 cup quinoa

1 tablespoon raw, organic honey

1/4 cup hemp or coconut milk

1 teaspoon cinnamon

1 tablespoon sesame seed butter

Heat water to boil. Pour quinoa into boiling water, cover and turn stove to simmer for 15 -20 min. Once all the water is evaporated and the quinoa is light and fluffy, pour in the remaining ingredients and stir until mixed.

SALADS AND ENTREES

SPINACH, ORANGE, AND AVOCADO SALAD

5 cups spinach

4 tablespoons extra virgin olive oil

2 oranges

Stevia or raw honey to taste

1 avocado

1/4 teaspoon sea salt

2 tablespoons fresh lemon juice

1/4 teaspoon fresh ground black pepper

1 tablespoon lime juice

Peel the oranges and separate into segments. Whisk together the lemon juice, lime juice, olive oil, stevia or raw honey, and sea salt and pepper to taste. Mix the spinach in a large salad bowl with the avocado chunks and dressing, top with the orange segments and your favorite protein or nuts or seeds.

ROASTED VEGGIES WITH TAHINI DRESSING

5 cups of root vegetables, chopped uniformly (any combo of beets, turnips, rutabaga, fennel, carrots, and parsnips)

2 tablespoons of coconut oil

1 big handful of parsley, chopped

Preheat the oven to 350 degrees. Toss veggies with liquefied coconut oil and spread out onto a baking sheet. Bake for about 30 minutes or until slightly browned. Season with salt & pepper; top with parsley. Serve as is or with tahini dressing.

For the dressing:

1/2 cup tahini

Juice of 1 lemon

1/2 cup cilantro

1/4-1/2 cup water

1 clove garlic, minced

1 tablespoon wheat-free tamari

Whisk or blend all ingredients together. Add more water until desired consistency is reached.

WARM HEALING SOUPS

PUMPKIN GINGER SOUP

3 cups roasted pumpkin or canned pumpkin

2 cups vegetable stock

1 cup coconut milk

1/4 teaspoon stevia or 1 teaspoon honey

Juice from 1 lemon

1 tablespoon ginger, minced

In a Vitamix or blender, combine pumpkin, vegetable stock and coconut milk, and process on high until smooth. Blend in sweetener, lemon juice and ginger. Place mixture in a pot and bring to a boil, then reduce to a simmer and cook for 5 minutes.

BROCCOLI AND ARUGULA SOUP

1 tablespoon olive oil

1 clove garlic, thinly sliced

1/2 yellow onion, roughly diced

1 head of broccoli, cut into small florets
(about 2/3 lb)

2 1/2 cups water

1/4 teaspoon each coarse salt and freshly
ground black pepper

3/4 cup arugula or watercress

1/2 lemon

Preparation:

Heat the olive oil in a medium nonstick saucepan over medium heat. Add the garlic and onion and sauté for just a minute or until fragrant. Add the broccoli and cook for four minutes or until bright green. Add the water, salt and pepper, bring to a boil, lower the heat and cover. Cook for eight minutes or until the broccoli is just tender. Pour the soup into a blender and puree with the arugula until quite smooth. Be very careful when blending hot liquids; start slowly and work in batches if necessary (you don't want the steam to blow the lid off). Serve the soup with a bit of fresh lemon.

BEATING THE BLOAT LEAVES YOU
FEELING REFRESHED & VIBRANT.

CLEAN EATING TO A CLEAN YOU

You may think you have to starve yourself or only drink smoothies to cleanse your body and get rid of excess bloat, but we are debunking this myth now. Your body can and will unclog the pipes, get rid of unwanted inflammation and regenerate when you eat protein. Actually your cells will regenerate faster when you consume protein. Of course, my job as a health coach is not to tell you which protein is right or wrong for your body, as we are all different; instead it is my job to give you the best protein options.

There is no right or wrong during a clean eating/de-bloating program. Everybody is different and some of us need that protein to rejuvenate, rebuild cells, detox properly, and think clearly. So please listen to your body and eat high-quality protein when you feel the need. You can add 3-4 ounces of a clean protein source, if needed, to ANY meal option. Good animal based choices include (hormone and antibiotic free or pasture-raised if possible) chicken, turkey, bison and wild-caught fish. Canned fish from Wild Planet works well for quickie meals. If you're vegetarian or vegan, consider adding 1/2 cup red lentils or adzuki beans, as they are easier to digest than most beans.

HEALTHY PROTEIN SOURCES

Always make sure you buy nitrate-free meats to lessen the toxin load for your body, your liver, and your brain.

ANIMAL-BASED PROTEINS:

- BISON
- LAMB
- GRASS-FED BEEF
- CHICKEN
- TURKEY
- SHRIMP
- WILD-CAUGHT FISH
- EGGS

PLANT-BASED PROTEINS:

- AVOCADO
- BEANS (1/2 CUP)
- TEMPEH
- SPROUTS
- HEMP SEEDS
- PROTEIN POWDER
- NUTRITIONAL YEAST

CLEAN EATING 101

HELPFUL SUGGESTIONS FOR CLEAN EATING

- Start a food diary to document what foods you put into your mouth daily and any reactions you may notice. This exercise is not about counting calories; instead it is to determine which foods are fueling or draining you and notice any changes you experience over the next three days.
- Aim to eat food in its natural state – this ensures your body is assimilating the nutrients and cell regeneration is happening.
- Make sure you are adding a healthy protein to your meals (see the lists of healthy animal- and plant-based proteins); protein also helps to stabilize blood sugar, resulting in increased energy and weight loss.
- If you want to upgrade your clean eating experience, try adding a handful of greens to your smoothie, drinking a green juice or making a green drink with 16 ounces of water and 1 tablespoon of chlorophyll and the juice of one lemon. You can purchase chlorophyll at any natural food store, Whole Foods or Amazon.
- Clean eating supports a clean body, which means you want to have a healthy bowel movement everyday. To ensure you are properly eliminating your bowels, drink at least 60 ounces of good quality water through out your day.

HELPFUL SUGGESTIONS FOR PUTTING YOURSELF FIRST

- Make sure you are taking at least five minutes out of your day, five times throughout the day to refocus your attention on you. Examples of self care include taking a walk outside, deep breathing, getting up from your office desk and taking a stretch, journaling for five minutes, watching an inspirational YouTube video, reading inspirational quotes, or simply just being.
- Remind yourself to put yourself at the top of the totem pole -- too often we are taking care of the rest of the world and putting ourselves last. Clean Eating is not just about the food on your plate – it is the whole picture – the food you are feeding your mind, too, in terms of thoughts and sensory input.
- Release old patterns of thinking that are negative and focus on the positive in your life.
- Pamper yourself with a massage from a therapist or a loved one.

GET PREPARED FOR YOUR JOURNEY

- Clean out the foods in the refrigerator and the pantry that are processed. Give your house a clean eating detox.. Get rid of processed foods and any white sugar, bread, and pastas.
- Give you digestion a rest for three days and give up wheat and dairy. Look at this three-day experience not as a deprivation but a gift – you are improving your digestion, your metabolism and improving your vitality.
- Set a goal for yourself. Is it to lose weight? Reduce inflammation? Improve digestion? Clear up your skin? Write down this goal and post it on your bathroom mirror and in your car. Make it visible so you can be reminded of how important the next three days are to your life.
- Get support from friends and family if possible to make these pivotal changes.

7 SUGGESTIONS TO A SUPERB YOU

- Hydration – drink at least 60 ounces of water everyday. Many people are lacking minerals, which are key to metabolic function, so feel free to add 4 ounces of coconut water daily, especially if you are working out intensely.
- Eat the right fuel. You will learn how to achieve this goal of this next three days.
- Eat enough protein for your body to run like a well oiled machine – by the end of this three-day experience you will instinctively know what fuels your body.
- Exercise at least four times a week. Exercise increases the blood flow in your body, sweats out toxicity and increases endorphins (which are the happy hormone in your body).
- Rest to rebuild. Your cells need you to sleep at least 7-8 hours.
- Ditch the toxic products, such as lotions, make-up and household products, which wreak havoc on your system and metabolism. The more you take care of your liver, the better of a job it can do for you, which means feeling superb daily.
- Positive thinking. By shifting our perception and thinking positively about our lives – getting grateful and being present to what we have instead of what we do not have – we feel more alive.

FINAL THOUGHTS

Whew! That was a lot of information! I know that it's a lot to digest but I honestly believe that you will walk away from this report and this 3 Day De-Bloat Guide with a much better idea of what you need to do in order to look and feel your best!

If you don't know where to start, then pick out the easiest piece and just do that for 3 days! It doesn't matter if you do it all or if you just add in 1 small piece, the attention that you're paying to your food, your health and your well-being will pay off in dividends!

Still not sure where to start?

My suggestion is to start off with adding the Lemon Elixir each morning and see where that takes you!

INTERESTED IN MORE?

If you know that this was just a warm-up for you and that you're ready to dive into the next step, then I invite you to a "Decipher Your Body's Language" BreakThrough Session.

In this complimentary session, we'll spend approximately 45 minutes uncovering the challenges you're experiencing, or what's not going well, when it comes to your health. We'll look to see if there are any kind of secret messages your body might be sending you that will directly impact the success, or not, of what you're currently eating or how you're currently moving your body. We'll look to see what kind of role stress is playing in your life and how you might like that to be different.

Most importantly we'll look to discover what your BIG vision is for your health, your body weight and for yourself and uncover what might be stopping you, slowing you down or preventing you from having what you want so you'll know what to do next to move forward.

If this sounds like your next step (whether or not you've completed all 3 days of this De-Bloat Guide!), then head on over to my online scheduling system where you can choose the day and time that works best for you! I can't wait to connect with you!

<https://www.timetrade.com/book/DGC7P>

Lots of love,

Annette