

[CONNECT] Week 1 continues!

From: Dr. Venus (team@doctorvenus.com)

To:

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Welcome to Day 3 of the CONNECT TO HEALTH experience!

Yesterday, I talked a lot about meal planning. And I know a lot of you may be thinking, "That's gonna be pretty hard right now." With all that is happening with COVID-19, grocery stores often don't have certain items in stock when we do venture out to do some essential shopping.

[Note: If you joined the program a little late and didn't receive yesterday's email about meal planning, you can [view a copy of it here.](#)]

So how do we manage to maintain some semblance of a healthy eating routine? I have 2 thoughts on this I'd like to share with you.

1. Here's the most basic principle that you can try to stick to... **eat REAL food.** By that I mean, stay away from processed stuff. Often times, processed foods are sold in boxes/packages and have labels with a bunch of scientific-sounding ingredients.

Examples of ingredients to avoid: palm oil, trans fat, MSG, sodium nitrate, sodium nitrite, sodium benzoate, artificial color, artificial sweetener, and high fructose corn syrup. And there are PLENTY of others.

So have an orange, instead of orange drink mix. Cook some fish, rather than opening up a can of clam chowder. Cut up some carrot sticks or cucumber slices instead of opening up a bag of cheese puffs.

And yes... there are SOME packaged products that have all organic ingredients... so there's some wiggle room here. You can on occasion find reasonably healthy choices in a box or some sort of package. But you get the the basic concept of what I'm saying about processed food, right? Just do your best to stick with REAL, whole foods.

2. One other idea you might consider while we're being encouraged to stay at home and grocery shopping options are somewhat limited... You could take this opportunity to try **intermittent fasting.**

One of the easiest ways that I've found to do intermittent fasting is to find an 8-hour window of time during the day when you can eat. The other 16 hours, you don't eat (other than non-calorie items, like water or tea). For me, I start eating at 9:30am and I stop eating at 5:30pm. My intermittent fasting schedule looks like this:

- Breakfast: 9:30am
- Lunch: Around 1:00pm.
- Dinner: 5pm (finished by 5:30pm)

Research studies have shown that intermittent fasting can help with shedding weight and body fat, as well as improving blood cholesterol levels. There is even some evidence that it can help lower blood insulin and sugar levels in those at risk for diabetes.

If you're staying at home more because of the COVID-19 situation, then this may be a very good time to try intermittent fasting, since you're probably more in control of when you have access to your kitchen.

[One thing to note, intermittent fasting may not be a good idea if you tend to get hypoglycemic or syncopal (have fainting issues). I don't recommend it for brittle diabetics.]

Does any of this sound do-able to you? Come into the [Facebook group](#) and let me know!

REMINDER: There will be a LIVE workout in our [Facebook group](#) tomorrow, March 26th. 4:30pm PT / 7:30pm ET (USA/Canada). Dress appropriately for an "aerobics class" type of workout.

Stay Fit! Be Happy!

-Dr. Venus
DoctorVenus.com

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