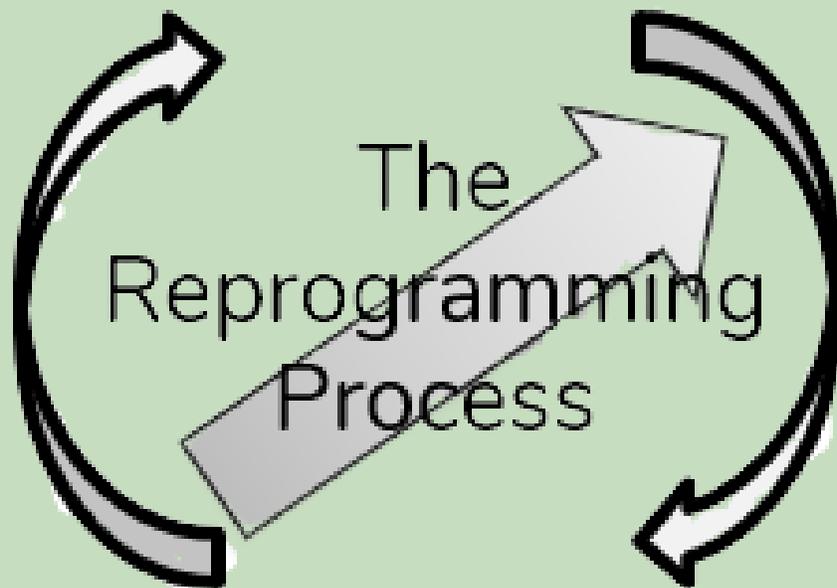


# THE REPROGRAMMING PROCESS

- UNDERSTAND THE HEALTHY DECISION
- TAKE ALIGNED ACTION
- LEARN
- REPEAT AS YOU TRANSFORM



# What is The Reprogramming Process?

*The Reprogramming Process: The transformational process of becoming a healthier individual as you develop the knowledge and skills that enable you to make healthier decisions for your own body.*

Taking action as you make healthier decisions.

That's our focus here.

It can be interesting and useful to talk about information, but when it comes to *your health*, what is most important is the behavior that results in positive health outcomes.

Because that's what we're really after here: positive change that leads to healthy outcomes.



# What is The Reprogramming Process?

Note a few key points about the process:

- Health transformation takes time. In alignment with this, this process is a function of time: it is something that you will keep showing up for to continuously move forward.
- This process involves the development of skills to become better capable of making healthy decisions. It is not about seeking and finding that one solution that is going to solve all of your health problems. Rather, it is about continuously learning and improving.
- This process is all about the health of *your own body*. This is not about your best friend nor neighbor's body, and it is certainly not about that celebrity's body. No matter how many people may keep telling you differently, your health is all about your unique body and circumstances.

One last point before we dive in: as you move forward it is important to keep in mind that you can only move forward from where you are. No matter how much you wish it or think it so, you can only take action from where you stand in each moment.

Your healthy transformation becomes the integral of each of these moments as one builds on another and another. That is, your health outcomes are a result of each moment - each decision - compounding over time.

Let's get started making those healthy decisions.



# Taking Control of Your Own Health Journey

Each of our own states of health is a product of a number of factors: our genetics, our epigenetics, our life histories, environment, and our life choices.

As you think about the actions that you can take to create a better state of health, it helps to be able to differentiate that which is in your control and that which is out of your control.

## **What is out of your control: genetics and life history.**

At conception, you inherited a genome based on your ancestral DNA. This is your own and will never change. At this time, you also inherited an epigenome - that is, a pattern of expression of that DNA. Your epigenome - how your DNA expresses as the form and function that is you - is subject to change based on a number of factors, including your life history (the choices you have made, what has happened to you, and your environment).

## **What is in your control: the choices you make here on out.**

You may not have the ability to control your genetic code nor your history, but what you do have is the ability to control your choices from here on out. This is important to understand, because, fortunately, your choices have a significant ability to impact the health of your body via:

- your epigenetics: how your DNA expresses as the form and function that is you
- the resources you provide your body as it takes on the innumerable complex functions that are required to support you
- the burden and types of stress you put on your body

Releasing that which we do not have control over can be frustrating, but once we have a clear understanding of that which we can control and that which we cannot, we become free to make the healthiest decisions possible.



# At the core of The Reprogramming Process: Learning to make healthy decisions

As we learn to make healthier decisions, we will be interested in many of the ways in which our choices impact our health in all these different ways.

As we do, we will develop a specific mindset and skillset that will enable us to make healthier and healthier decisions as we move forward through life.

Let's look at these:

1. We will learn to release that which is out of our control and embrace that which is in our control.
2. We will develop compassion for ourselves as we work to understand that we can't have all the answers all at once and that all we can do is the best we can each day.
3. We will develop an understanding of the choices that are most likely to have the most significant impact on our health so that we can put our attention on these first.
4. We will learn to tune our lifestyles to fit these healthy choices, while once again recognizing that based on our own lifestyles, we only have a certain amount of bandwidth left over for creating positive change.
5. Following up on #4, we will ask more of ourselves because I know that you are capable of taking on more than you think you can. We will examine our old stories and excuses and find space to step up to the challenge so that we can create positive change.



# Making Healthy Decisions: Safety First

When it comes to making any decision regarding our own health, we must begin with an understanding that there is a lot at stake.

We are here to make positive change in our health, which begs two understandings:

1. We must understand that every action we take has the ability to negatively impact our health.
2. We must understand that the decision to not take action also has positive and negative outcomes.

For example, the decision to change your diet has the ability to significantly improve your health. The foods you eat define the resources that your body has to function while also setting the stage for all sorts of hazardous substances that can negatively impair the body's ability to function.

So, each time you take a bite, you have to understand there are positives and negatives to that action.

Meanwhile, we also must understand that the decision not to make any changes is also a decision that has both positive and negative implications. For example, the decision to not learn more about basic nutrition concepts has significant potential to lead to the continuation of consuming harmful foods.

Therefore, we begin with a mindset that every decision we make has the ability to positively and negatively impact our health.

We will consider both sides of the coin of each decision as we move forward.



# Making Healthy Decisions

Let me emphasize this last point: **every decision we make has both positive and negative implications for our bodies. There is no "perfect" diet nor exercise nor any other behavior.**

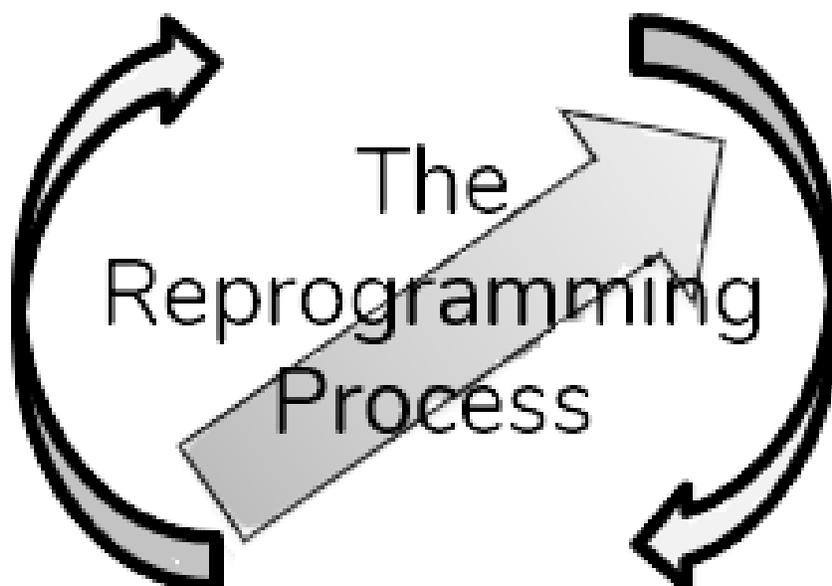
I know, this is not what we have traditionally been told. We have been told that this one diet over here is the perfect diet for the human body, while that one over there is, overall, "bad" based on these cherry-picked reasons. (Keto, vegan, vegetarian, paleo - go to the internet or the library and I assure you that you'll find an argument for why that one particular diet is perfect while all the others are not)

This outdated mindset is not how becoming healthy works!

The goal, then, is not to find the "right" nor "perfect" diet (or exercise program, or any other lifestyle factor).

The goal is, instead, to understand each decision, including both the potential positives and the negatives.

Let's see how this plays out as a dynamic and cyclical process in your own life!

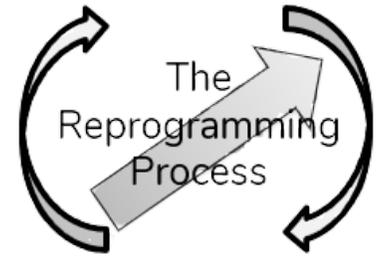


You Health, Reprogrammed



# The Process: An Overview

- UNDERSTAND THE HEALTHY DECISION
- TAKE ALIGNED ACTION
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Each of us is a unique individual at our own place in our own health journey.

What we need is not a specific plan to follow, but instead, a process that we can employ at any moment to help us make the next healthy decision.

And then the next. And the next.

Here's that process:

## **Step 1: Understand**

*What information do you have access to that could help you make the next healthy decision?*

This information may come from an external source:

- a book
- a blog post
- an expert
- a study

Or, it may come from your own intuition:

- it feels right to eat this food
- it feels right to avoid that exercise.

Any information is fair game. *However, in the name of "safety first" I strongly recommend taking care to ensure that your information is coming from a qualified source.*



# The Process: An Overview

- UNDERSTAND THE HEALTHY DECISION
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## Step 2: Take aligned action

This is the step where you create real change in your body by trying out different healthy behaviors.

It is worth paying careful attention to the fact that *each behavior leads to physical changes in our bodies*. Sometimes these changes are significant, other times they are not.

As you move forward through your health journey, it is useful to keep in mind that every single behavior has the potential to impact your health, while being extra mindful of the particular behavior of interest at each point in your "reprogramming" cycle.

## Step 3: Learn

This is the step where you create real change in your *mind* in an effort to create positive change at the next step in the cycle.

Remember, each behavior may or may not actually produce beneficial results that you think you can sustain.

This step is essential so that you ensure you are always moving forward, whether or not this particular step in the cycle led directly to healthier outcomes.



# The Process: An Overview

- UNDERSTAND THE HEALTHY DECISION
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## Step 4: Repeat

Now it is time for the real magic to unfold.

You have just completed one cycle of The Reprogramming Process.

Maybe you experienced a positive health outcome you were seeking. Or maybe you didn't.

The point now is that you *keep moving forward*.

While the hope is that each cycle provides some positive health benefit, the reality is that not everything will. It is easy to get discouraged when things don't go as expected, but I can assure you that *as long as you keep moving forward*, then over time you will experience the positive health transformation that you are seeking.

No matter what you experienced in this one cycle, move forward with the following:

1. An awareness of new information that could be useful for future health-conscious decisions
  - a. What works well for your own body
  - b. What does not work so well for your own body
2. Experience of what it feels like to pursue a particular behavior
  - a. What behavior feels good?
  - b. What behavior doesn't feel good?



# Healthy Decisions: A logical starting place

As you begin your process of learning to make healthier decisions, you may be seeking a logical starting place. That is, as you get started here in this program, what is your next set of healthy decisions that you want to try out in your life?

To answer this question, first and foremost, recall that the best (and only) place to move forward from is where you are right now.

I encourage you to always come back to this place whenever things are not going well. We so often try to jump ahead of the game and try to fit ourselves into someone else's box.

But when we meet ourselves exactly where we are, the next step becomes much more feasible to attain.

*I encourage you to take a good look at your own life to find your next step.*

Maybe that next step comes from a book that you were excited about. Maybe a particular eating style really resonated with you and you are excited to try it out - this time mindfully aligned with The Reprogramming Process.

Or, maybe you need some ideas or are open to taking on my overall health strategy.

The rest of this guide will walk you through the strategy that I developed based on my experience as a biomedical engineer and health coach.



# Healthy Decisions: A logical starting place

The following describes what I have found to be a starting place that serves as a great goal for most individuals in our modern world.

Recall from The Reprogrammed Systems Approach:

"We want a strategy that enables us to build a solid foundation of healthy habits, from which we can gain ground as we create a better and better understanding of behaviors that support the health of our own bodies."

**First, we build a solid foundation.**

**Later on we can worry about all those little details that may or may not make a difference to our own health.**



# Healthy Decisions: A logical starting place

## **First, we build a solid foundation.**

To get us started making healthy decisions, we need a basic understanding of how the human body has been designed to function.

We will base this understanding on that which has been well-established in the scientific literature:

- what physiological principles have been studied extensively?
- what evolutionary data is well-supported?
- what modern dietary, exercise, and lifestyle data is scientifically valid (has been documented through multiple studies and has not been refuted by any credible studies)

What we are not interested in at this point are ideas based on cherry-picked data sets (as is common in the modern diet and wellness industries).

What we are interested in is the valid science - that which is supported by large data sets AND which is not refuted by any credible data sets.



# The Design of The Human Body: Foundational Design Principles

Don't worry, I did the years of research for you, and what I came to understand are the following key design principles of the human body.

These principles will be used we begin to make decisions regarding the health of our bodies.

The 3 Foundational Design Principles:

1. The human body has been designed to consume real, whole foods
2. The human body has been designed to move, regularly and dynamically
3. The human body functions optimally with a proper balance of stress and rest

Yep, it is that simple. We begin from a place that ignores all the hubbub about specific diets or exercise routines that specific individuals have decided are the "best" or "healthiest."

We begin, instead, from a place of recognition that the human body was designed in nature, consuming a wide range of foods produced by nature.

We also begin from a place of recognition that the human body was designed to move around, throughout the day and in dynamic ways.

Finally, we recognize that the human body improves when it is stressed in specific ways; however, it declines when it is stressed too much or in chronic patterns.



# Begin Your Own Reprogramming Process: Establish 3 Key Practices

To get you started making healthy decisions, you can take these 3 design principles and establish them as daily practices

The 3 Key Practices:

1. Build a diet based on whole, nourishing foods
2. Move your body, both regularly and dynamically
3. Practice a balance of stress and rest

This is where you *begin* your own Reprogramming Process.

You begin by establishing these key practices in your life, reaping the rewards of the many health benefits that are likely to arise as you align your decisions with the general design of the human body.

Once these practices are well-established in your life, then you may want to consider moving forward through the process that is fine-tuning your decisions to meet the specific needs of your own body.

Maybe there are certain foods that better support your body, and maybe there are certain foods that do not agree with your body.

The same can be said for exercise patterns or any other behavior.

But, we'll save that for another time. Right now, there is work to do taking on these three key practices.



# A Few Reminders

As you move forward from here, there are a few key points from this guide to keep in mind:

- 1. Every decision you make has both positive and negative implications for your body.** There is no "perfect" diet nor exercise nor any other behavior that will lead to ideal outcomes.
  - a. For example, even those vegetables that you've been told are so healthy for you can put stresses on your digestive system that are not ideal. But this does not mean that you should stop eating vegetables, because for most people, consuming vegetables leads to an overall healthier body!
- 2. There is no perfect diet, nor exercise program, nor any other *thing* that is going to be the end-all-be-all for the health of your body.**
  - a. Each diet or exercise plan has the potential to have some benefit to your body.
  - b. Each plan also has significant potential to cause some harm in certain ways
  - c. Because of this, the idea is never to go searching for the perfect plan that will provide all the answers for you
- 3. Instead, the big idea here is to approach each health-conscious decision by being mindful of the outcome.**
  - a. Maybe you will see a positive result
  - b. Maybe you will not see a positive result
  - c. Regardless, you will learn from the experience and move forward making healthier decisions.
- 4. Safety First.** While I encourage you to have some fun taking on your own Reprogramming Process, it is essential that you keep in mind that this isn't a game. The health of your body is at stake, so I encourage you, once again, to always be careful about where you get your information from and, most importantly, how you apply any information as behavior in your life.



# A Final Note

As you sit here ready to take on your own Reprogramming Process, I want to put a bit of responsibility on your shoulders.

As I just noted, it is great to approach this process with a bit of a fun attitude. After all, life is no fun if we get too serious, and since health-conscious decisions take up a good chunk of the day, it helps to have some fun with all of this!

That being said, this is the health of your body that we are talking about, and when it comes to making health-conscious decisions, the effects of these decisions have serious implications for your life.

Given this, I task you with taking ownership of your health.

Own the decisions that you make. Own those outcomes.

You can play the blame game all you want, but when it comes down to it, it is your health at stake and no one else is going to have to live with that as you will.

This means it is time to step up and take ownership of your behavior.

By all means, embrace all the help you can get along the way! There are so many different types of experts that can help you. Seek them. Use them.

But always ALWAYS make sure that whenever you make a decision that has the potential to impact your health, that you are taking ownership of that choice.

And, if you do it mindfully, you will find that you are always moving forward on your Journey to Better Health.

Cheers,  
Katie



# The Reprogramming Process continues...

This guide is yours to help you get started with your own Reprogramming Process.

As we move forward on each of our own journeys to better health, we'll find ourselves in different

If you're interested in going in even deeper into your journey to making healthier decisions, I have some options for you.

Head over to [reprogramyourownhealth.com/coaching](http://reprogramyourownhealth.com/coaching) to find out more.

