

January 13th, 2021

So remember last week how I said that I was having issues with motivation? Well, immediately after uploading last week's installment, I shut down. From the end of the day Wednesday through Friday, I practically stayed in a dark room, eating chips, and watching Disney+ with no desire to deal with anything. I guess that I needed more time to catch up from the holidays. By the time Saturday rolled around, I was feeling myself again, and was set to get this year going off well!

And I do have some good news to share! I weighed myself yesterday, and I am now at 178 pounds! Yes, I am out of the 180s and now down to the 170s! I knew that I could feel a difference in my overall physical wellness, but it is nice to see the numbers to help validate things. I am not quite back into all my pants yet, but it is getting better. And one thing I wanted to reference in regard to this weight loss is my diet.

Diet always plays a huge role in our wellness. I have recently been working hard to eat fresh as much as possible. I do not go out to eat nor order out much anymore, which used to be a major habit of mine. I also love soda and iced tea, which has a lot of sugar and caffeine. I've known for a while now that I negatively respond to sugar. I do not get much of a sugar high, and crash pretty quickly. That, and certainly didn't need to have the extra calories. For the past couple months now, I have mainly stuck to just water. I ensure that I drink more than the recommended 8 cups of water a day. I would say I drink about 10-14 cups a day. And if I do end up drinking anything else, I try to make sure I drink at least twice the amount of water to make up for it. Since devoting myself to drinking more water, I have since realized how under-hydrated I was. Without the proper amounts of water, I felt tired, and was dragging. I never paid much attention to my water intake before, but now that I have, I definitely feel the positive difference.

Besides my fluids, I try not to eat as much processed foods. Sure, I enjoy a bag of chips, an Oreo from time to time, and I will sprinkle some cheese on my meals, but I am much more conscious than I used to be. When I go to the store, I pick up fresh meats, and vegetables for cooking. Other than that, I make sure my spice cabinet is always stocked. It is amazing the benefits that spices can have. Many are great to help speed up the metabolism, detoxify the body, and burn fat. A number of spices in my

cabinets include cayenne, curry, turmeric, cumin, ginger, cinnamon, chili powder, black pepper, onion powder, garlic powder, parsley, basil, mint, cloves, dill weed, and rosemary. I highly recommend doing some research on your own, but spices have been a big part of my diet recently, and as they are good for my health, they are great for taste!

What are some of your healthy eating tips and tricks? Let us know! And if you have anything to add or even contradict anything I've said, we want to hear! I am no expert, and am learning along the way, so if you have anything that may help, I'd greatly appreciate the input! Until next time, keep stepping!