### PHYSICAL (INSIDE)

- Healthier gums
- Less stiff joints
- Less painful joints
- Fewer PMS symptoms
- More energy
- Increased libido
- Less stomach pain
- Less diarrhea
- Less constipation
- Less gas
- Less bloating
- Improved “regularity”
- You don’t get sick as often
- Fewer seasonal allergies
- Fewer migraines
- Fewer asthma attacks
- Less acid reflux
- Less heartburn
- Less chronic pain
- Less tendonitis/bursitis
- Less shoulder/back/knee pain
- Improved blood pressure
- Improved cholesterol numbers
- Improved circulation
- Improved blood sugar regulation
- Improved medical symptoms
- Reduced or eliminated medications
- Recovering faster from injury or illness

### PHYSICAL (OUTSIDE)

- Glowing skin
- Improvement in rashes or patches
- Longer, stronger nails
- Stronger, thicker hair
- Brighter eyes
- Fresher breath
- Whiter teeth
- Wedding ring fitting better
- Less bloating
- More defined muscle tone
- Less joint swelling
- Feeling more confident in your appearance
- Clothes fit more comfortably
- Smiling more

### MOOD & EMOTION

- You’re happier
- You’re more outgoing
- You’re more patient
- You’re more playful
- You’re more optimistic
- You laugh more
- You’re less anxious
- You’re less stressed
- You handle stress better
- Fewer mood swings
- Improved behavior (kids)
- Fewer tantrums (kids)
- Fewer symptoms of anxiety and/or depression
- Feeling empowered in your food choices
- Improved mental health
- Fewer sugar cravings
- Fewer carb cravings
- Improved body image
- Improved self-esteem
- Improved self-confidence

### FOOD & BEHAVIORS

- Healthier relationship with food
- Practicing mindful eating
- Learned how to read a label
- Eats to satiety
- Listens to your body
- Abandoned yo-yo or crash dieting
- No longer afraid of dietary fat
- Learned how to cook
- No longer use food for comfort
- No longer use food as reward
- No longer use food as punishment
- No longer use food as love
- Can identify cravings vs. hunger
- Fewer cravings
- Healthy strategies to deal with cravings
- No more food guilt or shame
- Tamed your Sugar Dragon
- Eating more nutrient-dense foods
### BRAIN FUNCTION
- Improved attention span
- Improved performance at job or school
- Improved memory
- Faster reaction times
- Less hyperactivity
- You think more clearly
- You feel generally more productive

### SLEEP
- You’re sleeping more
- You fall asleep more easily
- You sleep more soundly
- You no longer need a sleep aid
- No more “snooze” button
- You awaken feeling refreshed
- Less snoring
- Less night sweats
- More consistent and uninterrupted sleep cycles
- Fewer night cramps

### ENERGY
- Energy levels are higher
- Energy levels are more even
- More energy in the morning
- No more mid-day energy slump
- More energy to play with your kids
- More energy to exercise
- More energy to socialize
- More energy at work or school
- Missed meals no longer make you hangry
- You no longer get cranky if you don’t eat
- You feel energetic between meals
- You need less sugar or caffeine

### SPORT, EXERCISE & PLAY
- You started moving or exercising
- You became more consistent with exercise
- You can exercise longer, harder, or faster
- You feel more athletic
- You can lift heavier things
- You hit new “personal bests”
- You recover more effectively
- You’re trying new activities
- You play more with your kids or dog
- You’re more coordinated
- Your balance is better
- You’re outside more

### LIFESTYLE & SOCIAL
- New healthy habits to teach your kids
- More knowledgeable about nutrition
- Shop locally and eat seasonally
- New cooking skills
- New recipes
- Meal prep is organized and efficient
- Made new like-minded friends who support your lifestyle
- Maximize your food budget
- Spend less time and money at the doctor’s office
- You’ve created other health goals
- Healthy eating habits have brought your family closer
- You’ve joined a new community
- People ask you what you’re doing differently
- People come to you for health, food, or lifestyle advice