

BUMPERS

Simple guardrails to reduce interference and create stability

WHAT ARE BUMPERS?

We start by limiting or removing what interferes with the body:

- Reduce inflammation
- Reduce stress on the body
- Stabilize blood sugar
- Simplify decisions!

Principle:

What you remove matters more than what you add.

WHY WE START HERE

Things that interfere with body function create:

- Dysregulated hunger
- Increased cravings
- Unstable energy balance
- Impaired digestion
- Brain fog

Removing blockers frees the body to respond.

The Core Bumpers

These apply to everyone as a starting point. It becomes more individualized after your blood work assessment and you begin to understand clearly what your body needs.

- Minimize or eliminate processed foods
- Eliminate or significantly reduce added sugars
- Avoid artificial sweeteners
- Avoid industrial seed oils

These are common sources of inflammation coming from diet.

Keep it simple • Stay the process • Let your body respond

PROTEIN

Prioritize quality, animal-based

- Grassfed, organic beef
- Pasture raised chicken
- Pasture raised eggs
- Avoid processed meats.

Dairy (if tolerated)

Protein powder
Balanced amino acid blends

(See PROTEIN cheat sheet for more information.)

FATS

Prioritize whole, stable fats

- Butter or ghee
- Tallow or lard
- Avocado oil
- Olive oil
- Coconut oil or palm oil

Avoid:

- Seed oils, which are --
- canola oil
- soybean oil
- corn oil
- safflower oil

(Some seed oils can be used for specific uses when organic and cold pressed.)

CARBOHYDRATES

Most people are "carb-addicted."

Average American eats 200-300

Healthy diet: between 100-150

Simple carbs: sugar, white bread, candy, sweetened beverages.

Switch to whole food sources.

WHAT THIS IS NOT

This is not:

- A rigid meal plan
- Permanent restrictions
- A perfect system

This is a starting point.

You will "tack and jibe" as you go.