

ANITA ROSSITER

Why you should ditch your scales (and what to focus on instead)

Write down any lightbulbs that went off when Anita shares her story...

Intuition - are you tune with yours?

Is weight a symptom or a cause?

What might your weight be a symptom of?

Liver Support

What is the biggest reason for yo-yo-ing weight?

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Where do we store toxins?

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What are the three places your body can dump toxins if they are not being released properly from your body?

1.	
2.	
3.	

How can weight be protecting your organs?

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What can excess fluid be caused by?

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If your body is stressed, what are three things it's not going to be focusing on:

1.	
2.	
3.	

How can weight be protecting your organs?

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Gut Health

What is one way to reduce inflammation? (hint it's a very common food!)

What other inflammatory foods could be reduced?

1.	
2.	

What sorts of foods are best for a healthy gut?

Stomach acid—what is it?

SMALL STEP: How can you improve the balance of your stomach acid?

How many kilo's of 'gut bugs' are in our stomach?

What are foods to include to improve our gut? '*growing the lawn!*'

1.	
2.	
3.	

Gut Health (continued)

SMALL STEP: Magnesium—how can you add it to your routine?

SMALL STEP: Bone broth—why is it so good?

SMALL STEP: Which ‘weeds’ are good for liver support?

Blood-sugar Control

What happened 200 years ago?

What should you swap highly refined food with?

1.	
2.	
3.	

How many years can it take to replace cells?

Blood-Sugar Control (continued)

How many times does it take for a kid to try new foods?

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Name a good way to serve food to kids?

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What are the best times to introduce new foods to kids?

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Name three tools you can use to get kids to try new foods?

1.	
2.	
3.	

What are two ways to incorporate broth into veggies?

1.	
2.	

What are the signs of inflammation?

1.	
2.	
3.	
4.	
5.	
6.	
7.	

Blood-Sugar Control (continued)

Describe the inflammatory response:

Name a major detox organ:

What have you got to lose by not making some changes (go on—answer it!)

That was a kicker—WOW—so much information! I want you to remember what she said at the end: “Love your choices—there’s no right or wrong”. Go ahead and share your thoughts in the Facebook Group.

Lisa x