

# Steps of Transition

## *Implement new behaviors*

How you eat and the patterns of your eating are as critical as what you are eating. Continue to fill out the Eating Behavior Survey until you have identified all the behaviors that will be transitioned or dismantled. The substitution of new foods will facilitate the transition toward eventual elimination for those behaviors you need to end permanently.

## *Introduce a whole foods diet*

Eat the majority of your food in its natural, whole state to properly nourish your body and to break the grip of hyper-palatable, industrial food and its myriad of “hidden” ingredients. Becoming knowledgeable in what you eat will enable you to choose your own diet for the rest of your life. Cook and prepare your food using clean, simple methods. Your palate will adapt to pure flavors and re-awaken your natural responses of eating satisfaction and satiety. Your digestive system will adapt to a higher level of nutritional quality, improving your daily sense of well-being. Your body will readily accept what it needs and will respond accordingly. A future attempt at re-introduction of industrial processed food will likely not be the eating experience it once was!

## *Simplify food*

Implement strategies to reduce the amount of time food consumes in your life. Streamline shopping and preparation. Avoid large chain grocery stores and patronize smaller markets, especially fruit and produce markets, where the selection and stimuli are greatly reduced. Prepare basic, simple foods using simple methods. Adopt time-efficient storage and “make ahead” techniques.

## *Facilitate new behaviors*

Be prepared with Taiken Tools to address cravings and problematic situations. Neutralize obstacles, barriers, and excuses before they can undermine new behaviors. Keep fledgling behaviors as uninterrupted as possible to facilitate their solid establishment.

## *Expand your life*

Food drops down the priority list of your life as you embrace new pursuits, passions, and interests.