

# NEXT STEPS

YOU'VE FINISHED 30 DAYS. NOW WHAT?

**C**ongratulations! You finished 30 days of a lifestyle change that, for many of you, was night-and-day from your previous way of life. But you may be wondering what to do now. Don't worry. We've got some options.

## OPTION 1 OR 2?

1

### CONTINUE THE DIET IF YOU

- A. Love everything about the West Mountain Way    B. Have more weight to lose    C. Have diabetes, heart disease, obesity, or other condition (continue to see physician)

2

### MAKE SMALL CHANGES IF YOU

Want to keep the benefits of the West Mountain Way, are within your target weight, have normal blood sugar, and normal health . . . but want to add other foods.

#### STEP 1:

**Add legumes** (beans) and **½ cup of non-gluten grains** (whole-kernel form, quinoa, black/brown/red rice). Wait 1–5 weeks before introducing other food.

#### STEP 2:

- Add **dairy w/o additives** (whole milk, yogurt w/o sugar, etc). 2–3 servings per day. Wait 3 days.
- Add **whole gluten** (whole wheat, whole grains).
- Add **occasional treat**. Start with fruits and check the internet for low-glycemic treat options.

#### RECORD DATE, FOOD INTRODUCED, AND AN EVALUATION OF EFFECTS

**How do these new foods make you feel?** If you feel bad, stop eating that new food, go back to the original West Mountain Way for 3 days, and then move on to the next food in the list.

**Have you noticed any changes in health?** Consider your digestion (bloating, abnormal stool), fatigue, joint and muscle pain, headaches, hair/skin/nails, or other pain.

**Do these new foods stimulate cravings** or a feeling of addiction?

**How is your mood?** Do you have feelings of anxiety, irritability, or tension?

#### WHAT IF YOU FALL OFF THE WAGON?

**Don't guilt yourself!** Acknowledge where you messed up and go back to your 30-day West Mountain Way, then continue with option 1 or 2. You will feel the difference in your life as you put in the effort.

#### A NOTE ABOUT EMOTION

Be thoughtful of your emotional state as you make this transition. Not only can our emotions influence our eating, but our eating (and changes in our body composition) can influence our emotions. Your weight and/or body shape **do not** equate to your self-worth. Our goal at Sixth Dimension is always better health—not better looks. As the weight comes off, new emotional challenges and realizations can occur. If you are experiencing emotional stress, *we encourage you to see a therapist.*