

diseases and other issues of the metabolism? I believe we can—with the right food prescription. It's the best way to address a system with this many complex moving parts. It all goes back to $E + M = H$. Everything I do to reverse metabolic dysfunction is based on this equation, which works even as it is applied to the amazing diversity of metabolic adaptation happening inside you.

HEALTH

What is health? For you, it might be something different from what is health for anyone else in the world. Is it being fit and free of disease? Is health feeling balanced, or having energy, or getting down to a weight that doesn't burden you? Or is it getting your chronic conditions manageable again?

Whenever a new client comes into my office, one of the first things we do is sit down together and make a Health Wish List. This is a list of everything the client would like to happen. The first things my clients usually mention are that they want to change the number on the scale, and/or they want to change the progression of a chronic disease they have been diagnosed with. I think those goals are too narrow. Why limit yourself to a diagnosis or a number on the scale, or that one, most pressing symptom? I want you to dream big. Think of everything you want for your body. And this can be an ongoing list. You can check things off as you achieve them, and you can always add more. In fact, I encourage you to add more, as you learn more and get to know this process better. I always encourage my clients to go further. Below is a sampling of some of the items my clients have come up with for their own Health Wish Lists. Check the ones that you want on your list, then try to add ten more items at the end of this list that mean something to you.

- I want more energy.
- I want to feel good all day long.
- I want to get rid of my mid-afternoon slump.
- I want to sleep better.
- I want to want to have sex!
- I want to get some of this fat off my hips.
- I want to banish the back fat!
- I want to reduce the cellulite on my thighs.
- I want to get rid of my double chin.

- I want better, clearer skin.
- I want to get rid of my wrinkles.
- I want to get the sag out of my upper arms.
- I want to stop being constipated.
- I want to get rid of my indigestion.
- I want to lower my cholesterol.
- I want to feel happier.
- I want to get rid of my anxiety.
- I want to reverse my autoimmune disease.
- I want to solve my blood sugar issues.
- I no longer want to have diabetes!
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This is just a small sampling. Your list can be much more detailed, much more inclusive, much longer. Actually write it down. Include everything! Dream big. And then recognize something very important: Everything you eat influences the possibility that every single thing on your wish list will come true—or will only remain a dream. This book will guide you toward those areas you desire the most, with solutions to help you achieve your dreams; and in the last chapter, you will find a quiz to help further refine your focus. On my website, www.hayliepomroy.com, you'll find an even more comprehensive digital quiz to help you decide which goals to achieve first, along with hundreds of additional recipes to make your nutritional prescription (which you will receive as you work through this book) exciting and delicious. I have the tools to help guide you, but what you want to achieve and the choice to reclaim the power to achieve it are right there in your hands.