NATBASEMA

Wellness E-Guide
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01 WELCOME MESSAGE

Welcome to the Natbasma wellness program! The Natbasma philosophy is centered around understanding, intuition, and a curiosity to discover what works for YOU. The more we know about our bodies, our food, and our well-being, the sooner we can recognize that we have a powerful ability to impact the way we feel every day and the better we can care for ourselves.

Thank you for trusting us and for believing in Natbasma. We will walk you through this entire program and we look forward to celebrating your success together!

A word from Nathalie Basma, founder of www.natbasma.com:

“What started as my personal journey has now evolved into a life-long mission to help the global community take control of how they feel every day. I’m on a never-ending quest to learn emerging science behind nutrition and share it with you in simple ways that make sense and more importantly, make a difference in how you move through life.

So, I want to say congratulations to you, right now. You’ve made it and you’re ready to take the first step towards a healthier YOU. My goal is to empower you to live whole, eat well, and feel amazing.”

By Nathalie Basma

02 MEDICAL DISCLAIMER

This guide book is supplied for educational and information purposes only, no claim or opinion in this program is intended to be, nor should be construed to be, medical advice. Always consult with your doctor before making any changes to your diet and nutrition program.
03 HOW IT WORKS

STEP 1: Create an account and log in
STEP 2: Choose your package
STEP 3: Fill out application form & make payment online
STEP 4: Welcome email will be sent from the Natbasma team
STEP 5: Access to this Natbasma e-guide
STEP 6: Contacted by Natbasma team
STEP 7: Start your lifestyle change with Natbasma

You are here!

04 HOLISTIC APPROACH TO EATING

Let us start off with saying that we don’t like labeling an eating style.

“Nutrition is not low fat. It is not low calories. It is not being hungry and feeling deprived. It’s nourishing your body with real, whole foods so that you are consistently satisfied and energized to live life to the fullest.”

The Natbasma dietary approach is based around whole foods, with plenty of vegetables, high quality proteins and good fats. We will emphasize variety and taste and promote satisfaction with no feelings of deprivation. Healthy eating is definitely a lifestyle, not a fad, and that is why we are passionate about teaching you this HOLISTIC EATING APPROACH.
05 UNDERSTANDING THE NATBASMA PROGRAM

NOT ONLY ABOUT THE MEAL PLAN

During your journey with our program, you will discover:

1. Your **personalized** plan for success.
2. Why it’s **not** just about what you eat.
3. How stress & sleep issues can be **sabotaging** your goals.
4. How to simplify **portion control** and not feel deprived.
5. How to make an easy **plan for exercise**.
   (that doesn’t involve spending countless hours at the gym.)

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**It’s Not a diet**

**It’s A lifestyle change**

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LEARNING WHEN TO EAT

Think about what time you ate dinner yesterday. Now, think about what time you ate breakfast this morning. The amount of time between your dinner and your breakfast was how long you were fasting. So, the term ‘breakfast’ refers to when you will ‘break your fast’.

Now that this is understood, we need to understand that if the body goes too long without food, it will start to break down stored fat (which is not a problem), but it will also start to break down muscle (this is a problem).
LEARNING WHEN TO EAT

If our body begins to break down muscle for fuel on a regular basis, there are a few key things that will also happen:

- **METABOLISM DROPS**
- **MUSCLE WILL DECREASE**
- **BODY FAT INCREASE**

It is important to get a quality breakfast in at the start of the day to refuel the body for the day ahead.

BEAUTY SLEEP

WHY STOPPING EATING earlier WILL KEEP YOU LOOKING younger!

In this eating plan, I ask that you stop all food and drinks with the exception of water and herbal teas **2-4 hours before bedtime**. There is a very good reason for this. When we eat, our body needs to digest the food. Digestion takes up a very large amount of energy. If we take in a large meal close to bedtime, we will be digesting through the night rather than doing all-important internal rest, repair and rejuvenation (AKA – beauty sleep).

Here is an example; if you eat a meal consisting of chicken, rice, broccoli, and a small serving of ice cream for dessert, it could take up to six hours for your body to digest this meal. If you eat right before bed, then you will be digesting for most of your sleep-time. This can cause you to wake up not feeling rested, possibly with puffy eyes and a puffy face and feeling fatigued.

Try not eating up to four hours before bed and you will most likely feel like you have a flatter belly and more energy when you wake up.