



LOW HISTAMINE

MCAS DIET

Nutrition



LOW HISTAMINE
MCAS
DIET

WHAT IS MCAS & HIT?

MAST CELL ACTIVATION SYNDROME
& HISTAMINE INTOLERANCE



MAST CELL ACTIVATION SYNDROME & HISTAMINE INTOLERANCE

HISTAMINE INTOLERANCE (HIT)

WHAT IS HISTAMINE?

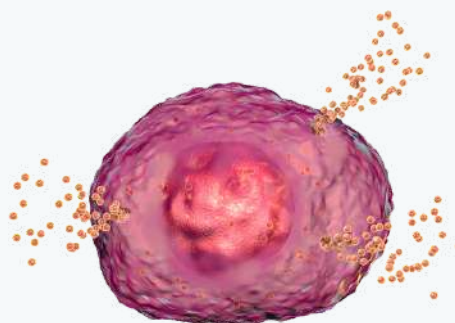
- Substance naturally produced in the body which is responsible for:
 - Communicating with the brain
 - Triggering the release of stomach acid aiding digestion
 - Immune system responding by releasing after allergic reaction or injury
 - Inflammation mediator
 - Tissue hormone and neurotransmitter
- Produced and stored in certain cell types and can be released all at once.
 - Can be released from histamine stores in the body or ingested

SOURCES OF HISTAMINE

- Found in most foods in varying concentrations. Foods that are easily perishable have low to no histamines when fresh but can become high histamine quickly. Any foods with bacteria in them can create high histamine.
- Histamine is a product of fermentation, maturation, and putrefication.
- Insufficient enzyme activity of diamine oxidase (DAO) and/or histamine-N-methyltransferase (HNMT)

WHAT IS HISTAMINE INTOLERANCE?

- Referred to as HIT and is a food intolerance.
- Metabolic disorder rather than an allergy which involves the immune system.
- Occurs when the histamine in the body is too high to eliminate.
- Caused by increased histamine levels in the body as the result of an imbalance between intake/release and the degradation of histamines.



MAST CELL RELEASING HISTAMINE

MAST CELL ACTIVATION SYNDROME & HISTAMINE INTOLERANCE

LOW HISTAMINE DIET, HISTAMINE LIBERATORS & BIOGENIC AMINES

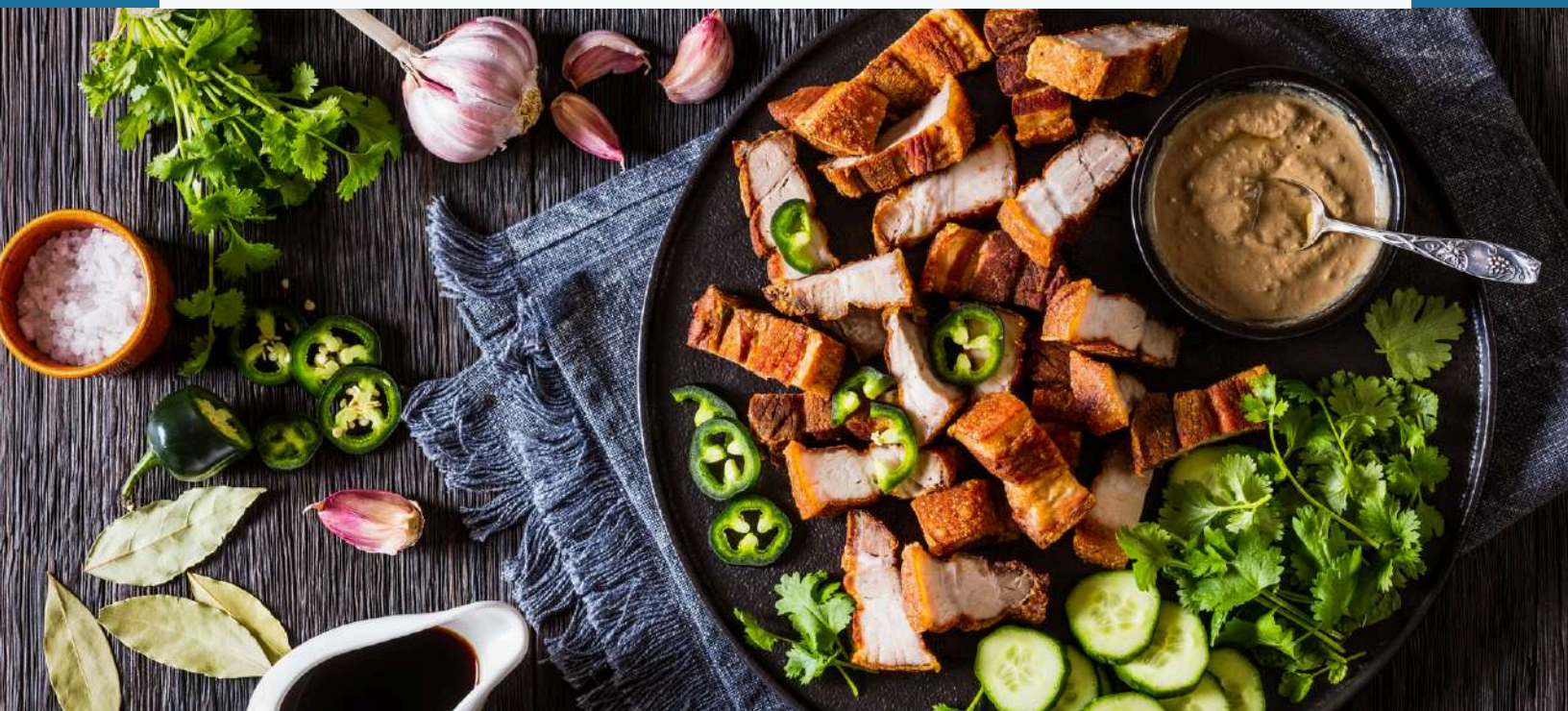
WHAT IS A LOW HISTAMINE DIET

- Used for the purpose of lowering histamine levels rather than reduce calories for weight-loss.
- Helps to identify food intolerances.
- Eliminates foods high in histamine, including limiting foods that are histamine liberators.

WHAT ARE HISTAMINE LIBERATORS

- Foods that do not directly carry histamine directly but non-specifically release histamine stored in the body and block enzymes needed to break down histamine.
- Can be difficult to identify.
- Can be eaten for a few days in a row before symptoms become more obvious.
- Can slowly build in the body causing subtle symptoms:
 - Anxiety/Depression
 - Fatigue/Lethargy
 - Sleep Apnea/Insomnia
 - Aches/Pains
 - Increased/Recurring Infections

BREAKFAST/DRINKS



SEED OATMEAL

INGREDIENTS

1/2 cup Gluten-Free Quick Cook Oats
1 cup Water
1 tbsp Flax Meal
3 tbsp Hemp Seeds
1 tbsp Chia Seeds
2 tbsp Maple Syrup or Local Honey (*I like Kasper's Apiary*)
1/4 cup Almond Milk/Oat, etc.
(*or less, I find just a splash is good enough for me*)
Fresh Berries or Banana's

INSTRUCTIONS

To your bowl add your oats, flax meal, hemp seeds, chia seeds, and water. Stir to incorporate and microwave for 1 ½ to 2 minutes depending on the thickness you prefer.

Once it's cooked to your desired thickness, add your maple syrup or honey, splash of almond/oat milk, and your fresh fruit.

Enjoy right away!



BLUEBERRY MUFFINS

Makes 12 large muffins or 16 small muffins

INGREDIENTS:

2 small Organic Green Apples
1 cup Coconut Milk
3 Free Range Eggs
3 Tbsp Coconut Oil or Ghee (*grass-fed*)
1 tsp Pure Monk Fruit Extract
1 1/2 cups Cassava Flour or Organic White Rice Flour
2 tsp Baking Soda
1 tsp raw Vanilla Powder
10 drops Organic Stevia
1 tsp Sea Salt
2 cups Blueberries

INSTRUCTIONS

Preheat oven to 325° F.

Grease muffin pan well with ghee or coconut oil. Or use unbleached paper baking cups. (*Unbleached paper doesn't have chemicals that can leach into the muffin.*)

Remove skins and chop apples into pieces and mix well in your food processor. Add coconut milk, eggs, softened ghee or coconut oil, vanilla powder, monk fruit extract, stevia, and salt to the food processor/blender. Blend this mixture until smooth.

Add fresh organic blueberries, gently folding them in. Evenly fill your muffin cups.

Bake 25-35 minutes until a toothpick comes out clean. Allow muffins to cool for approximately 5 minutes before eating..

Freeze extras for later!



CRANBERRY MUFFINS

Makes 12 large muffins or 16 small muffins

INGREDIENTS:

2 small Organic Green Apples
1 cup Coconut Milk
3 Free Range Eggs
3 Tbsp Coconut Oil or Ghee (*grass-fed*)
1 tsp Pure Monk Fruit Extract
1 1/2 cups Cassava Flour or Organic White Rice Flour
2 tsp Baking Soda
1 tsp raw Vanilla Powder
10 drops Organic Stevia
1 tsp Sea Salt
2 cups Cranberries

INSTRUCTIONS

Preheat oven to 325° F.

Grease muffin pan well with ghee or coconut oil. Or use unbleached paper baking cups. (*Unbleached paper doesn't have chemicals that can leach into the muffin.*)

Remove skins and chop apples into pieces and mix well in your food processor. Add coconut milk, eggs, softened ghee or coconut oil, vanilla powder, monk fruit extract, stevia, and salt to the food processor/blender. Blend this mixture until smooth.

Add fresh organic cranberries, gently folding them in. Evenly fill your muffin cups.

Bake 25-35 minutes until a toothpick comes out clean. Allow muffins to cool for approximately 5 minutes before eating..

Freeze extras for later!



FLAX SEED EGG SUBSTITUTE FOR COOKING

INGREDIENTS

3 tbsp Ground Organic Flax Seed
1/2 cup of Cool Water

INSTRUCTIONS

Mix the ground flax seed with the water.

Allow the mixture to sit for 3-5 minutes until the flax seed appears to have absorbed the liquid.

CONVERSION

1 Tbsp Flax Seed Mixture = 1 Medium egg

You can use this mixture in place of an egg as a binder. You will not get the same rise as you do cooking with eggs, but is an excellent replacement for those avoiding eggs.



SMOOTHIE TO LOWER HISTAMINES

INGREDIENT

1 tbsp Organic Ground Flax Seed
1/2 cup Blueberries
1/2 chopped Green Apple
1/2 tsp Fresh Ground Ginger
2 Red Cabbage Leaves
2 Leaves Lettuce
Fresh Mint, To Taste
Stevia, To Taste
1-2 cubes of Ice, Made With Filtered Water

INSTRUCTIONS

Place all ingredients in a blender and blend until smooth.



BELLY-BACON

INGREDIENTS

1 lb Pork Belly
1 tsp Sea Salt
1 tsp Cracked Black Pepper (*I like to go heavier*)
1 tsp Ground Organic Garlic
1/4 Monk Fruit Sweetener
1/4 tsp Cayenne (*Optional*)

INSTRUCTIONS

Preheat oven to 350F.

Mix together all dry ingredients to create a "rub".

Rub the pork belly strips with the dry rub (*rub both sides*) and place in a single layer on a baking sheet lined with baking paper.

Bake for 30 minutes if you like you'r bacon chewy. If you like me and like a crispy piece of bacon, bake longer. (Any drippings can be used to give other vegetables flavor.

This can be cooked in a skillet as well.



APPLE & CARROT MUFFINS

INGREDIENTS

1/2 cup Non-dairy Milk
1 tbsp Apple Cider Vinegar (ACV)
3 Eggs
2 Carrots, Grated Finely
1 Apple, Chopped Finely
1 cup Macadamia Nuts, Chopped
4 tbsp Local Honey (*I like Kasper's Apiary*)
2 tbsp Tapioca Flour
1-1/3 cup Buckwheat Flour
1 tbsp Flax, Ground
1 tbsp Ginger, Ground
1 tsp Baking Powder, Gluten-free
1/2 tsp Baking Soda (*sodium bicarbonate*)
1/4 tsp Salt
1/4 tsp Black Pepper (optional but it enhances the flavor without tasting like pepper)
3-1/2 tbsp Extra Virgin Olive Oil

INSTRUCTIONS

Preheat oven to 350 F and prepare a 12-muffin tray with paper muffin liners.

Create 'buttermilk' - (*This can be accomplished by mixing a little ACV with non-dairy milk.*) Set aside.

Combine buckwheat flour, ground flaxseed, tapioca flour, baking soda, baking powder, salt, pepper, and ginger. Mix thoroughly and set aside.

In a separate bowl, whisk eggs, olive oil, honey and "buttermilk" mixture. Slowly and gently add this to your dry ingredients and mix. (Careful not to over mix the ingredients.) Gently fold in the apples, grated carrots, and macadamia nuts.

Divide the mixture evenly in the muffin pan. Bake for 30-35 minutes. The tops of the muffins should be slightly firm but springy, raised in the center, and golden in color.

Enjoy!



EGG CUPS

INGREDIENTS

1 cup Diced Red Pepper (*I find this to equal 1 red pepper*)
1 cup Diced Green Pepper
1 cup Dice Yellow Onion (*You can use white if that's what you have.*)
2 cups Packed Baby Spinach Roughly Chopped
2 Minced Garlic Cloves
Salt To Taste
4 Large Eggs
4 Large Egg Whites

Once the vegetables are chopped, this comes together very quickly!

Preheat oven to 350 degrees F and generously grease a standard non-stick 12-slot muffin tin with cooking spray. Set aside.

In a large non-stick cooking pan, cook red pepper, green pepper, and onion in oil until the peppers have softened. Add in spinach and garlic and continue cooking for 2 minutes. Season with salt, then set aside.

Whisk together eggs until smooth, then stir in the cooked vegetables.

Pour the egg/veggie mixture evenly into the prepared muffin pan, then bake until the eggs have cooked through.



CHIA SEED PUDDING

INGREDIENTS

2 cups Coconut Milk

1/2 cup Chia Seeds

1/4 cup Berry Of Your Choice

(strawberry, blueberries, black berries, raspberries)

1/2 teaspoon Vanilla Extract

1/2 cup Maple Syrup or Local Honey *(I prefer Kasper honey)*

INSTRUCTIONS

Add chia seeds to a container you can close with a lid, add coconut milk, fruit, extract, and sweetener. Stir until incorporated and place lid on. Place in the refrigerator overnight for breakfast.



PEAR FRITTERS

INGREDIENTS

1 cup Spelt Flour
1 Pear, Peeled & Diced
1/3 cup Non-Dairy Milk (*Almond or Coconut*)
1 Egg Yolk
2 tsp Baking Powder
1 tsp Ground Ginger
1 tbsp Maple Syrup
Dash of Salt
Coconut Oil (*Enough to fry the fritters*)

INSTRUCTIONS

Combine the flour, baking powder, ground ginger, and salt in a large bowl and mix to combine.

In a smaller bowl, combine the egg yolk, milk, and maple syrup whisking to combine the ingredients. Pour into the bowl with the flour, and add the pears. Gently fold in the mixture. Do not over mix!

Heat coconut oil to 350-370F. (*Be careful not to overheat.*)

Line baking sheets with two layers of paper towels and set aside.

Drop small droplets of dough (*equivalent to 2 tbsp-they will expand*) into the pan. Cook for approximately 4-5 minutes, flipping with a spatula when one side is golden brown. Remove with a slotted spoon or spatula.

Fritters can burn easily so keep a close eye on them while cooking. Never leave your pot of oil unattended.

Place cooked fritters on baking sheets with paper towels to cool and absorb excess oil.

You can sprinkle with a little coconut sugar at the end if you would like.

Enjoy!

BREAKFAST



PEAR & MANGO SMOOTHIES

INGREDIENTS

2 Small Pears, Diced
1 Mango, Peeled & Diced
1 cup Non-dairy Milk
1 tsp Maple Syrup
A few Cubes of Ice

Hemp or Chia Seeds Can Be Added

INSTRUCTIONS

Roughly chop the mango and pears. Add to a blender with the other ingredients.

Blend until a smooth consistency adding ice to your preference.



HEALTHY GREEN SMOOTHIES

INGREDIENTS

3 cups Loosely Packed Baby Green Spinach
1 cup Frozen Mango
1/4 cup Hemp, Chia or Flax Seeds
2 tbsp MCT Oil
1 1/2 cups Coconut Milk (*any non-dairy milk*)

INSTRUCTIONS

Place all ingredients in a blender and blend on high until smooth.

Enjoy!



TRIPLE BERRY ACAI BOWL

INGREDIENTS

1 cup Frozen Blueberries
1 cup Frozen Sweet Cherries
1/3 cup Coconut Water (*fresh coconut preferred*)
2 Tbsp. Acai Powder
Fresh Unsweetened Coconut, Optional Topping
2 scoops Collagen Powder, *optional*

INSTRUCTIONS

Place all ingredients in a glass measuring cup. Blend with an immersion blender until smooth.

Serve with your favorite fruit, seeds, or top with toasted oats.

Enjoy!



HERB CHEESE STUFFED PEPPERS

INGREDIENTS

9 Mini Sweet Peppers, Seeded & Cut in Half
1-6 oz Package of Cream Cheese
3 tbsp White Onion, Minced
1 tbsp Extra Virgin Olive Oil
1 Clove Garlic, Minced
4-5 Leaves Fresh Basil, Chopped
Small bunch of Fresh Parsley
Salt & Pepper To Taste
Paprika (*Optional to Garnish*)

INSTRUCTIONS

Preheat the oven to 180C and line a baking tray with baking paper.

Saute onion and garlic in a little extra virgin olive oil.

Place the halved mini peppers on the baking tray, drizzle with a little olive oil and cook for 8 minutes or until the edges are slightly wrinkled.

Combine the cream cheese, onion, garlic, basil, parsley, salt, and pepper mixing well.

Spoon the cream cheese mixture into the pepper halves and bake for 8-10 minutes until the cheese has very slightly browned. Sprinkle with paprika and serve.

Enjoy!



CANTELOPE & CUCUMBER

INGREDIENTS

1 Cucumber, Cut Into Ribbons
1/4 tsp Monk Fruit Sweetener
1 tsp Apple Juice
1/2 Cantelope, Cubed or Use Your Melon Baller
1/2 cup Fresh Mint, Cut Into Slivers (*optional*)

INSTRUCTIONS

Combine apple juice, monk fruit sweetener, and mint (*optional*) and mix well. Add cucumber ribbons and cantelope, toss well to mix and serve!



LUNCH/DINNER



LINDGREN FUNCTIONAL NUTRITION

CUCUMBER DILL SALAD

INGREDIENTS

2 Medium Cucumber, Sliced Thinly
2 tbsp Fresh Dill
1 tsp Monk Fruit Sweetener
1 tbsp Extra Virgin Olive Oil
1/2 Red Onion, Sliced Thinly
2 tsp Apple Cider Vinegar
Salt & Pepper to Taste

INSTRUCTIONS

Wash and slice the cucumbers. Sprinkle with salt and let sit in a colander for a couple of hours. *(This will help to remove the excess moisture.)*

Rinse cucumbers and place in a bowl with all remaining ingredients and mix thoroughly. Salt & pepper according to taste.

Ready to serve!



FENNEL SALAD WITH RADISH

INGREDIENTS

1 Medium Fennel Bulb, Stalks & Fronds Removed, Finely Sliced
3 Radishes, Tops Removed, Sliced Thin
Handful of Bean Sprouts
1 small Apple, Cored & Sliced Thin (*optional*)

DRESSING

3 tbsp Extra Virgin Olive Oil (*EVOO*)
1 tsp Honey
1 tbsp Apple Cider Vinegar (*ACV*)
1 tbsp Apple Juice
1 tbsp Thyme
Salt & Pepper to Taste

INSTRUCTIONS

Combine all ingredient for the dressing and blend well. (*You an immersion blender or a glass bottle with a secure lid to shake vigorously.*)

Combine fennel, radishes, ben sprouts, and apple (if using) and toss in a bowl adding the dressing according to taste.

Ready to eat!



BLUEBERRY VINAIGRETTE

INGREDIENTS

1 cup Blueberries
¼ cup Extra Virgin Olive Oil (EVOO)
2 tsp Maple Syrup
2 tsp Apple Cider Vinegar (ACV)
Salt & Pepper To Taste

INSTRUCTIONS

Add all ingredients in a blender or food processor until the mixture is smooth.

You are ready to serve! This is a great vinaigrette for a summer spring salad with chicken and blueberries.



QUINOA BUDDHA BOWL

INGREDIENTS

Vegetables - *Your Choice*: artichoke hearts, asparagus, carrots, parsnips, onion, zucchini, radishes, bell pepper

Potatoes & Quinoa

Paprika & Turmeric To Taste

Pumpkin Seeds

Vegetable Broth (*optional*)

Tahini -(*optional for dressing*)

(*note: Tahini it is a potential allergen so only use if known to tolerate well*).

INSTRUCTIONS

Preheat oven to 400 F.

Place the prepared vegetables you have chosen on a lined baking tray and drizzle with olive oil. Sprinkle with sweet paprika and turmeric. Bake until the vegetables are fork tender.

Prepare the quinoa according to instructions on the package, using the vegetable broth. (*You can use water as well.*)

Make the tahini dressing by combining a couple of tablespoons warm water stirring until it becomes a creamy dressing. Season to taste.

Make your bowl by adding quinoa and roasted vegetables. Drizzle tahini dressing over the top if desired and garnish with chopped green onions if desired. Enjoy!



OVEN BAKED PLANTAINS

INGREDIENTS

3 ripe Plantains (*Dark in Color with Spots*)

You Cannot Substitute Bananas!

3 tbsp Extra Virgin Olive Oil (EVOO)

1 tsp salt

INSTRUCTIONS

Preheat the oven to 425 F. Line a large baking pan with a baking sheet and lightly grease.

Peel your plantains. (*Plantains do not peel as easily as a ripe banana so you must first slice off both ends and carefully use a paring knife to cut through the skin and cut from end to end being careful not to cut into the flesh.*) Now you can peel your plantain.

Slice the plantains into pieces approximately 1/3" in thickness. Place in a bowl with oil and gently toss being sure to coat all of the plantains. Spread them out on your baking pan.

Bake for 10 minutes then flip over and smash your plantains. (*I like to use the bottom of a drinking glass. Just remember, these are hot!*) sprinkle salt and place back into the oven to cook another 10 minutes until plantains have begun to turn more golden.

Serve with a little melted butter with cilantro if you like. Enjoy!



ROASTED VEGETABLES

OVEN - GRILL

INGREDIENTS

Serves 2

1 Zucchini

3-4 Small New Potatoes

1 Red onion

2-3 Carrots

2 tbsp Extra Virgin Olive Oil

1 tbsp Crushed Garlic

1 tsp Sage

1 tsp Thyme

INSTRUCTIONS

Preheat oven to 400. Line a large roasting pan with baking paper (*optional, prevents sticking to pan*).

Slice zucchini, quarter onions and carrots and place in a bowl. Add the potatoes and cover with olive oil. Sprinkle herbs and mix thoroughly.

Layer vegetables in roasting pan and bake for 25-30 minutes, or until fork tender. Serve with brown rice. Enjoy!

This also works well on the grill. Simply oil the baking tray for you grill and grill on medium heat.



LUNCH/DINNER

STUFFED ZUCCHINI BOATS

INGREDIENTS

4 Zucchini
1 tbsp Extra Virgin Olive Oil (EVOO)
½ cup Quinoa
⅓ Bell Pepper, Diced Finely (*Thinly Sliced Sweet Pepper*)
¼ White Onion, Minced
1 Garlic Clove, Minced
2 tbsp Cream Cheese
1 Tbsp Thyme
1 tbsp Parsley, Minced
1 tbsp Apple Juice
Salt & Pepper To Taste

INSTRUCTIONS

Preheat oven to 350 F. Line a baking pan with a baking paper.

Cook the quinoa according to the package and set aside. In a skillet, saute the onion and garlic until they have softened and are fragrant. Add to the quinoa including the herbs and cream cheese. Gently combine the ingredients adding the apple juice. Salt and pepper to taste.

Slice the zucchini in half lengthwise scooping out the meat of the zucchini with a spoon. (*Be careful to only remove the pulp and not pierce the skin. There should be about a 1/4" wall.*) Lay the zucchini on your baking pan cut side up and coat with a little olive oil. Dice the zucchini and add to the quinoa mixture.

Bake for 30 minutes or until the mixture has begun to brown a little on top. (*Cover with a piece of foil and cook for another 10-15 minutes until the zucchini is cooked all the way through.*)

NOTES

Cooking time may vary depending upon the size of your zucchini.



MASHED & SMASHED CAULIFLOWER

INGREDIENTS

1 Large Cauliflower Head, Cut Into Florets
½ Small White Onion, Minced
1 Cloves Garlic, Minced
1/2 tsp Thyme
⅓ cup Non-Dairy Milk
2 tbsp Butter
2 tbsp Extra Virgin Olive Oil (EVOO)
Salt & Pepper To Taste
Green Onions, Tops Sliced

INSTRUCTIONS

Bring a large pan of water with a little salt to a boil. Add cauliflower and allow to simmer 12-15 minutes or until the cauliflower is "fork tender". Once cooked, drain in a colander.

Add olive oil, onions, thyme, and garlic to your pan and saute until the onions are clear. Add all of the ingredients into a bowl and blend with a hand-held immersion blender. Slowly blend adding the non-dairy milk to help the mixture to a creamy consistency.

Drizzle a little olive oil over the top, add green onions, and you are ready to serve!



HASSELBACK BUTTERNUT SQUASH

INGREDIENTS

1 Butternut Squash
3 tbsp Grass Fed Butter
2 tbsp Extra Virgin Olive Oil
2 tbsp Maple Syrup
2 Tbsp Thyme, Minced
2 tbsp Sage, Chopped Whole Leaves
Salt & Pepper To Taste *(Optional)*

INSTRUCTIONS

Preheat the oven to 350 F and line a baking tray with baking paper.

Split the butternut squash lengthwise removing the seeds. With a paring knife, carefully peel each of the halves of squash removing only the white layer. None of the white layer should be remaining.

Brush with olive oil and season. Bake for approximately 25 minutes. Remove from the oven and allow to cool for a few minutes.

With a large knife, begin slicing the squash in thin slices. *(See above)* Be careful not to cut all the way through to the bottom of the squash. *(Prevent this by laying a chopstick on either side of the squash before cutting to create a stopping point for your knife.)*

In a small saucepan, add grass fed butter and thyme and heat on medium-high heat until the butter bubbles and begins to turn golden-brown in color. Continuously stir the mixture then add the maple syrup and the chopped sage leaves. Carefully brush half of the butter mixture over the butternut squash making sure butter mixture get in between every slice. Push chopped sage between the slices with your brush or use your fingers.

Bake for approximately 30 minutes. Remove the squash from the oven and brush on the remaining butter mixture and bake for another 15-20 until the squash is fork tender. *(Time will vary in accordance to the size of your squash.)*



SOUTHERN-STYLE COLLARD GREENS

INGREDIENTS

2 bunches Collard Greens (*Kale or Swiss Chard can be used or mixed*)
Low Histamine Bacon, Chopped (*i.e. Pork Belly-Save the fat*)

LIQUID FOR BRAISING

2 cups Water
2 tsp Cloves Garlic, Crushed
1/4 tsp Cheyenne
Salt & Pepper To Taste

INSTRUCTIONS

Wash greens well, roughly chop, and sprinkle with salt. Allow to sit in a colander in your sink for an hour prior to cooking.

Mix all ingredients for braising liquid and bring to a simmer. Rinse greens again and add to the pot to braise. Allow to simmer on low heat stirring from time to time to prevent sticking and cook for approximately 15-20 minutes. (*Cooking time will vary according to the size of the pieces of your greens and to your taste. They are best when they are fork tender but have retained their color. You don't want to cook the nutrients out of your greens.*)

In a skillet over medium heat, cook and brown your low histamine bacon or pork belly. The pieces should begin to become crisp and brown extracting the fat from the pork belly into the pan.

When collards are finished cooking there should be minimal liquid left in the pan. If you find there is more than you would like, carefully drain the excess. (You want a little. This is where the flavor is.) Toss in the low histamine bacon bits and drippings from the pan and mix.

Your greens are ready to serve!



ROASTED ARTICHOKES

INGREDIENTS

4 Whole Artichokes
4 tbsp Apple Juice
8 Cloves Garlic, Peeled & Minced
6 tbsp Extra Virgin Olive Oil (EVOO)
8 Pinches Salt

INSTRUCTIONS

Preheat oven to 375 degrees.

Remove the small lower leaves, trim off the bottom, and cut the tips off the artichoke leaves. Cut artichokes in half, and scoop out the fuzzy choke using a small spoon.

Pick a pan just large enough to fit artichoke hearts. Combine garlic, apple juice, and olive oil and brush the artichokes hearts covering liberally. Give a generous pinch of salt to each artichoke. Massage oil into both sides of artichokes.

Place artichokes cut side down covering with foil and baking 50-60 minutes or until artichoke hearts are tender when pierced.

Serve with melted garlic butter. Enjoy!



CREAMY HERB PASTA

INGREDIENTS

1 cup Pasta - Choose your favorite gluten-free alternative pasta.

(rice, quinoa, brown rice, corn)

2 tbsp Tahini

(note: Tahini it is a potential allergen so only use if known to tolerate well).

Herbs: Parsley, basil, garlic, & thyme *(to taste)*

1 tbsp Olive Oil

1 tsp Maple syrup

2 tbsp Warm Water

INSTRUCTIONS

Prepare pasta according to the package.

in a blender or food processor, mix tahini, herbs, oil, maple syrup, and warm water. Blend. *(You may want to add more water to get the consistency you want.)*

Drain the pasta and return to the pan. Pour in your sauce, stir and warm over low heat until desired temperature.

Serve & Enjoy!



SPICY CHICKEN LETTUCE WRAPS

INGREDIENTS

2 Chicken Breast Fillet *(This serves 2)*
1 White Onion, Minced
1 Small Zucchini, Chopped Finely
1 Red Pepper, Sliced Thinly
1 Garlic Clove, Minced or Crushed
1 tsp Turmeric
1/2 Tsp Fresh Ginger, Crushed
Lettuce Leaves *(Butter Lettuce or Romaine work best)*
1 tbsp Tahini
1/2 tbsp Honey
1 tbsp Apple Juice
2 tbsp Warm Water

INSTRUCTIONS

Slice chicken into small pieces and saute in a skillet with a little olive oil until they are cooked thoroughly and there is no pink. *(Chicken should reach 165 at its center.)*

Fry the onion and garlic in the same pan, until softened. Add the turmeric and apple juice then stir to combine. Add the bell pepper, zucchini, and ginger to the pan and fry until the vegetables are softened.

Make the tahini dressing by combining tahini, honey, and warm water and mix well. (You may wish to add additional water to the consistency you desire.)

Place the lettuce leaves on a plate and spoon the chicken mixture into the centre of the leaves. Drizzle with the tahini sauce and enjoy!



ROASTED CABBAGE STEAKS

INGREDIENTS

2 Small Cabbage Heads
3 tbsp Olive Oil
½ tsp Salt To Taste
1 tbsp Crushed Garlic

INSTRUCTIONS

Preheat oven to 400°F.

Cut the stems off the cabbage heads and then cut each one in half, then in half again. You should have four flat discs of cabbage that are about $\frac{3}{4}$ to 1 inch thick. Place the cabbage steaks on a baking sheet lined with baking paper. *(Allow space between each one for even cooking.)*

Combine olive oil and garlic and brush the cabbage with the mixture coating them thoroughly. Generously sprinkle with a pinch of salt. Flip the cabbage over and repeat, brushing them with oil and sprinkling the seasonings.

Bake the cabbage steaks for approximately 25 minutes, until the leaves are browned and the center is tender.

Ready To Serve. Enjoy!



LOW-HISTAMINE RANCH

INGREDIENTS:

3 Egg Yolks
2 tbsp Water
1/4 tsp Apple Cider Vinegar (ACV) *
1/2 tsp Salt
1/2 tsp Onion Powder
1 tsp Garlic Powder
1 tsp Dried Dill
1/2 cup Extra Virgin Olive Oil
2 tbsp Parsley, Chopped Finely
1 tbsp Chives, Chopped

INSTRUCTIONS:

Place egg yolks, water, vinegar (*if using*), salt, onion powder, garlic powder and dill in a 2-cup glass measuring cup. Blend ingredients together with an immersion blender.

Slowly begin pouring the olive oil into the egg yolk mixture while continuing to blend. Move the blender stick up and down until all oil is emulsified. Add the chopped parsley and chives and give one more quick blend.

Pour into a glass jar and chill for at least 2 hours before serving.

- *Some people are sensitive to ACV. If you are one of those, simply omit.)*



MACADAMIA NUT BUTTER

INGREDIENTS

6-8 oz Raw Macadamia Nuts

1-2 tsp Pure Monk Fruit Powder/Organic Stevia

Pinch of Salt

INSTRUCTIONS

Add all ingredients to your blender or food processor and blend until smooth and creamy. For a thicker consistency, refrigerate.

Enjoy! This nut butter is a nice addition to raw vegetables as a snack or light lunch.



LUNCH/DINNER

CHICKEN MEATBALLS

INGREDIENTS:

1 lb. Organic Ground Chicken
1/4 Large Onion, Cut Into Large Pieces
2 tbsp Olive Oil
1 tsp Salt
2 tbsp Parsley, Chopped Finely
1 tbsp Coconut Oil
Pepper to Taste

INSTRUCTIONS

Place the chicken, onion, olive oil, salt, and pepper in a bowl and combine the mixture until it comes together.

Stir in the fresh parsley and form the mixture into approx. 10 balls.

Drop the coconut oil into a cast iron skillet on medium heat. Once oil is hot, add the meatballs and cover. Turn the meatballs several times to allow all sides to brown. Cook for approximately 10 minutes until the centers are no longer pink and reach 165 F.

NOTES

Freezing the uncooked meatballs makes the perfect quick meal that is low-histamine. They can be cooked straight from your freezer!



BAKED FAJITAS

INGREDIENTS:

1 lb Flank Steak, Sliced Very Thin
3 Bell Peppers, Sliced Thin (*try multi-colored*)
1 Red Onion, Sliced Thin
2 tbsp Extra Virgin Olive Oil
2 tsp Chili Powder
1 tsp Dried Cumin
1 tsp Garlic Powder
1/2 tsp Sea Salt
Leaves of Lettuce (*Butter, Romaine*)

INSTRUCTIONS

Preheat oven to 400 F. Line a baking sheet with baking paper. Lightly oil. (*If you have a cast iron skillet, this is the perfect recipe for using it. Prepare the same as if you were using a sheet pan.*)

Mix together the chili powder, cumin, garlic powder, and salt in a bowl and set aside. Place sliced onions, peppers, and flank steak in a separate bowl and add olive oil coating with mixture thoroughly. Add the mixture of herbs and toss until everything is well coated.

Bake in the oven for 10-15 minutes or until steak is browned and just cooked through. (*Cooking time will depend on the thickness of the flank steak and the vegetables.*)

Serve with lettuce leaves to wrap and enjoy!



CHICKEN CURRY

INSTAPOT RECIPE

INGREDIENTS

1 1/2 lb Chicken Thighs, Cubed
1 Red & Green Pepper, Sliced Thinly
1 lb Sweet Potato, Peeled & Cubed
1 can Coconut Milk (*Ensure it doesn't contain Guar Gum*)
2 tbsp Tahini
1 tbsp Coconut Oil
1 1/4 tsp Sea Salt
5 Cloves Garlic, Crushed
1 tsp Turmeric
2 tbsp Fresh Basil, Minced
1 tsp Fresh Grated Ginger
1 Fresh Lime
Broccoli, Chopped (*Optional*)

INSTRUCTIONS

Place coconut oil and sweet potato in InstantPot and "Sauté". When coconut oil is melted, add turmeric, ginger, garlic and sea salt. Sauté for about 5 minutes, until spices are very fragrant.

Add coconut milk, fresh basil, and tahini, and stir. Press "Cancel". Add chicken and combine. Seal your lid closing the steam valve and press "Poultry" button. Set the InstaPot time for 20 minutes and allow to cook.

Once the timer has sounded, allow for slow-release letting the pressure in the pot cool naturally. Slowly open the pot being careful of any steam. The content will be very hot!

If you would like to add broccoli, now is the time to add it, not while under pressure. It will result in overcooked broccoli that will fall apart. When adding broccoli, turn the InstaPot to "Slow Cooker" and allow to cook for a remaining 15-20 minutes for the broccoli florets to cook until tender.

Add the juice of one fresh lime and stir. You are ready to eat! This can be served as a soup or over cauliflower rice.

Top with Coriander, Cilantro, or Parsley to serve.

Enjoy!

LUNCH/DINNER

CHICKEN CURRY

LUNCH/DINNER



LINDGREN FUNCTIONAL NUTRITION

CREAMY BROCCOLI PASTA

INGREDIENTS

1 cup Pasta - Choose your favorite gluten-free alternative pasta.
(rice, quinoa, brown rice, corn)
2 tbsp Tahini
1 tbsp Olive Oil
1 tsp Maple syrup
1/2 tsp Dried Sage
2 tbsp Warm Water

INSTRUCTIONS

Prepare pasta according to the package.

Fry the broccoli in a little olive oil until starting to get tender, about 7-8 minutes.

in a blender or food processor, mix tahini, sage, oil, maple syrup, and warm water. Blend. *(You may want to add more water to get the consistency you want.)*

Drain the pasta and return to the pan. Pour in your sauce, stir and warm over low heat until desired temperature.

Serve & Enjoy!



GRILLED CHICKEN KABOBS

INGREDIENTS

2 Chicken Breasts, *Cut Into Chunks*
1/2 Zucchini, Sliced
1/2 Red, Yellow & Green Bell Pepper

SAUCE

3 tbsp Extra Virgin Olive Oil
1 tsp Paprika
1/2 tsp Garlic Powder
1 tsp Brown Sugar
1 tsp Apple Cider Vinegar (*If tolerated*)*
1/2 tsp Ginger, Minced
Salt & Pepper To Taste

INSTRUCTIONS

Add wooden skewers to a bowl of water and soak for at least ten minutes. (*This helps the meat and vegetables to slide off the skewer easily.*)

Place chicken in a dish with the sauce ingredients and combine well so that the chicken is fully coated. Cover and set aside.

Preheat the grill to a medium heat. Thread the chicken, bell peppers, and zucchini onto the skewers. The recipe should make 4 skewers.

Grill for 20-25 minutes or until the chicken is fully cooked. (*The center of the chicken should not be pink and should reach 165 F.*)



APPLESAUCE WITH GINGER

INGREDIENTS

4 apples, peeled, cored, and cubed (approx. 4 cups)
1 Tbsp. grated fresh ginger
1 Tbsp. butter (or coconut oil)
1/8 tsp. salt
1/4 cup water

INSTRUCTIONS

Place all ingredients in a medium saucepan and cover. Simmer over medium heat.

Cook for 15 minutes or until apples are tender. Stir occasionally.

Serve and Enjoy!



LUNCH/DINNER

BEET CHIPS

INGREDIENTS

12 Red Beets (*Golden or Mixed*)
1/2 Cup Olive Oil
2 tsp Salt

INSTRUCTIONS

Preheat the oven to 300 F and line several baking sheets with parchment paper. Scrub the beets well with a veggie brush and cut off the tops.

Using mandolin slicer, slice beets paper thin (1/16-inch). When the beet slices are this thin, there is no need to peel them first. Hold the root end while dragging the beets across the mandolin. (*Watch your fingers! A mandolin can be very sharp and is wise to use with cut-resistant gloves.*)

Place the beet slices in a large bowl and pour the oil and salt over the top toss to coat well. (*When using multi-color assortment of beets, mix them in separate bowls by color. The natural coloring from a red beet acts like a dye and will change the color of your golden beets. It will also stain your hands!*)

Allow the beets to sit in this mixture for 30 minutes. (*This releases liquid from the beets. Drain before baking.*)

Bake for 55-60 minutes until crisp, but not brown. Test after 50 minutes and only bake longer if necessary. (*You might want to experiment with your air fryer.*)

Eat immediately or store in an air-tight container. Enjoy!



ROSEMARY CHICKEN

INGREDIENTS

4 Chicken Breast Filets
1 tbsp Rosemary, Chopped
1 tsp Turmeric
2 tbsp Apple Juice
1 tbsp Extra Virgin Olive Oil
1 Clove Garlic, Minced
Salt & Pepper To Taste
Oil For Frying

INSTRUCTIONS

Add oil, garlic, turmeric, rosemary, apple juice, salt and pepper to a bowl and mix thoroughly. Add the chicken filets and toss until they are well coated with the mixture.

In a large pan, heat a little oil and then fry the chicken fillets for 4-5 minutes on each side or until they are cooked and reach an internal temperature of 165.

Ready to serve. Enjoy!



ROSEMARY CHICKEN

INGREDIENTS

2 lbs Asparagus
1 Clove Garlic, Crushed
2 tbsp Extra Virgin Olive Oil
Salt & Pepper to Taste

INSTRUCTIONS

Preheat broiler.

Trim or snap the woody ends off the asparagus.

Assemble the spears on a baking pan lined with baking paper. Combine olive oil and crushed garlic and brush liberally on the asparagus. Salt & pepper to taste.

Place the baking pan with asparagus t on a middle rack of the oven and broil for approximately 5 minutes or until the edges have begun to brown.

Serve and enjoy!



NUT-FREE PESTO

INGREDIENTS

2 cups Basil Leaves
1/3 cup Pumpkin Seeds
4 tbsp Extra Virgin Olive Oil (EVOO)
1-2 Cloves Crushed Garlic
1 tbsp Apple Cider Vinegar (ACV)
Salt & Pepper to Taste

INSTRUCTIONS

Toast pumpkin seeds in a dry skillet without using oil for approximately 4-5 minutes stirring frequently. They should be slightly brown. Set aside allowing to cool.

Remove the leaves from the fresh basil stems and pack into blender or food processor. Add the garlic and slowly add the oil and ACV. Continue to add oil until you reach the consistency you desire. *(You may also add a little water.)* Add salt and pepper to taste.



TURMERIC RICE

INGREDIENTS

1 cup Rice
2 cup Water
2 1/2 tbsp Coconut Oil
1/2 cup Coconut Milk (canned, full fat)
1 Leek, Minced (*not the green tops*)
1 Clove Garlic, Crushed
1 Small White Onion, Minced
1/2 tsp Turmeric
1 tsp Salt & Pepper To Taste

INSTRUCTIONS

Rinse rice in a colander until water runs clean. Bring water to a boil in pot, add rice, reduce heat to low, and cook for 20-25 minutes.

In a medium pan, saute leek in 1/2 tbsp of coconut oil adding the garlic. Saute until both have become golden brown in color. Add the cooked rice, turmeric, coconut milk, and the remaining coconut oil and stir thoroughly combining all ingredients. Add salt and pepper to taste. Allow to cook for another 8-10 minutes.

Ready to serve. Enjoy!



BAKE ZUCCHINI CHIPS

INGREDIENTS

4 Large Zucchini, Slice into 1/8" Slices (*Use a mandolin*)
2 tbsp Extra Virgin Olive oil
1/2 tsp Cumin
1 Clove Garlic, Smashed

INSTRUCTIONS

Preheat oven to 225F. Slice the zucchini (*using a mandolin helps to keep slices consistent*) and lay in a single layer on a paper towel. Cover with more paper towels and set a baking sheet on top of the zucchini slices. Press down on the baking sheet, applying slight pressure, to squeeze out excess moisture.

Line several baking sheets with baking paper and brush lightly with olive oil. Lay the zucchini slices in a single layer on the pans fitting as many slices as possible. Mix garlic, olive oil, and cumin and brush both sides of the zucchini slices (*one side then turning them over*). Sprinkle each with a bit of salt.

Bake for 1 -1/2 to 2 hours until crisp and have a slightly golden color. If some zucchini chips are still a little "damp" and are not crisp, remove the crisp chips and place back in the oven for a few more minutes. Allow the zucchini chips to cool on the paper towels to absorb any extra oil.

You are ready to enjoy!



ZUCCHINI FRITTERS

INGREDIENTS

2 Medium Zucchini, Grated
1/4 cup Gluten-Free Flour (*Spelt can be used but does contain gluten*)
2 tbsp Mascarpone Cheese
2 Egg Yolks
1 tbsp Chive, Diced
1 Clove Garlic, Minced
1 tbsp Extra Virgin Olive Oil
Salt & Pepper to Taste

INSTRUCTIONS

Place the grated zucchini in a colander lined with a thin towel or cheese cloth. Gently lift the towel/cheesecloth cradling the shredded zucchini and begin squeezing out the excess moisture.

Add all ingredients to a bowl (*except olive oil*) and stir very well. (*If it seems too wet then add a touch more flour.*)

Drizzle the oil into a pan on a medium heat. Roll a spoonful of the batter into a ball and place in the pan. Press on the mixture to flatten and get your fritter shape.

Fry for 3-5 minutes on each side until golden brown. Careful when flipping.

Continue until all of the mixture has been used to create the fritters. (*You may need to add a little more oil from time to time.*)



CARROT CAKE BALLS

INGREDIENTS

4 Dates
1 Carrot, Grated Finely
1 tbsp Acacia Powder *
1/4 Cup Rolled Oats, Old Fashioned
1/4 cup Instant Oats
1 tbsp Chia Seeds
1 tbsp acacia fiber
1 tsp Grated Ginger
2 tbsp Desiccated Coconut

INSTRUCTIONS

Grate the carrots finely and add minced ginger. Place both in a food processor and pulse.

Add all other ingredients and process until they are smooth, fully incorporated and you have created a dough-like consistency.

Use your teaspoon measuring spoon to scoop and make small balls with your hands. *(The consistency will feel very soft and sticky.)* Roll these delicate balls in desiccated coconut and you are ready to enjoy.

- *Acacia powder helps to serve as a binder but it is also great for healing your gut. It is a prebiotic that can help with the growth of good bacteria in the gut*



GUT HEALING TEAS



MARSHMALLOW TEA

- Marshmallow creates a gel like material when mixed with water. It works to soothe tissues and mucous membranes such as the lining of your stomach.
- Marshmallow works to coat the inside of your stomach and intestines providing a protective lining or barrier. It also reduces inflammation allowing your gut to start healing.
- Marshmallow works like an insoluble fiber in your gut and is a bulking laxative helping to eliminate waste and keep you regular.
- Marshmallow tea can be consumed 2-3 times a day or mix the herb with a smoothie.
 - *It is very absorbent so it is important to drink extra water with it.*
 - *Because it coats the lining of your stomach so well, do not eat or take medication or supplements within 2 hours of consumption.*

CALENDULA TEA

- Calendula is both anti-inflammatory properties and antimicrobial and helps to kill bacteria while decreasing inflammation which is caused by the damage in your gut.
- Calendula helps to stimulate the healing process.
- Calendula can be used as tea, added to a healing broth, or added to a fresh salad.



SLIPPERY ELM

- Slippery elm has similar effects as marshmallow but also works by stimulating nerves in your intestinal tract to help natural mucous production that acts as a protection for your gut.
- It can be used as a tea or added to warm cereal like oatmeal. Additional water should be consumed with slippery elm.
- Do not take medications or supplements within 2 hours of consuming slippery elm.

GUT HEALING ALOE

The juice from the aloe plant is an excellent gut healer and detoxifier. It works by drawing and absorbing toxins helping you to eliminate them through a bowel movement. Aloe is high in nutrients, soothes and irritated gut, and helps to actively heal the lining of your gut. Available at most grocery stores, you can consume aloe directly from the bottle or use it with fresh juice or added to a smoothie.



HABITS TO LOWER HISTAMINES



HYDRATION

It is important for you to drink plenty of water to stay hydrated throughout the day. Proper hydration will help to flush out toxins and waste softening stool for easy elimination. Stimulating digestion helps to balance the good bacteria in your gut.

TIPS FOR STAYING HYDRATED

- Make your water bottle your newest accessory and carry it with you everywhere.
- Infuse your water with fruit, cucumber, mint, or some zest from a lemon/lime.
- Set a reminder on your Smart Watch or phone to remind you to drink.
- Try to drink filtered water where possible. Tap water can be contaminated with lead or other substances that harm the gut microbiome.

LISTEN TO YOUR BODY

- If you are thirsty, your body is already dehydrated. Prevent this from occurring.
- Dark urine colors indicate you are not properly hydrated. Light colored urine means you are properly hydrated.



EXERCISE

Exercise works to get your blood flowing and directs blood towards your muscles and digestive system. This helps to create stronger intestinal contractions getting your food moving aiding in proper waste elimination preventing constipation.

Exercises such as swimming, cycling, and jogging are especially good for digestion mobility however, low-intensity exercise such as yoga, pilates or a long walk are also effective. Whatever means of exercise you choose, it is most important to remain active.



SLEEP

Maintaining a regular sleep schedule is important to the health of your gut. The microbiome in your gut has a circadian rhythm just you do. Eating and sleeping patterns influence your microbiome affecting both the composition and abundance of microflora in your gut. They fluctuate along with your eating and sleeping patterns. This is why your gut can feel a bit off if you are experiencing jetlag. A consistent wake/sleep schedule as well as a sufficient amount and quality sleep can go a long way to ensuring a healthy gut.

HABITS TO LOWER HISTAMINES



FIBER & PLANT-BASED DIET

What you put into your gut has a great deal to do with the health of it. Plant-based foods are high in fiber and are anti-inflammatory. Best of all, they are loaded with prebiotic and/or probiotics. Plant-based foods are easy for your digestive system to process and help to boost the number of healthy bacteria in your gut as well as the diversity. All of this is needed for good gut health.

The majority of plant-based foods are high in water concentration and are an added bonus to helping you remain hydrated. Foods such as celery, tomatoes, watermelon, kiwis, apples, pears, and strawberries as just an example of the many fruits and vegetables that can help to keep you hydrated. Try these in a smoothie to maximize their benefits.



DESTRESS

When you experience stress, your body triggers hormones such as adrenaline and cortisol which put your body into fight-or-flight diverting your blood to your digestive system. Your digestive system is lined with 4000 sq/ft. lining (*the size of a tennis court*) and measures only one cell thick. Over time when you are consistently stressed the repeated diversion of blood from your digestive tract causes this thin lining to become porous and allow for food particles to leak into your bloodstream resulting in Leaky Gut. Chronic or long-term stress impedes the development of healthy gut bacteria.

Tips For Stress Relief:

- **Find Your Calm**—hot bath, cup of tea, short nap
- **Reflection**—meditate, journal, pray
- **Find Joy**—hobby, movie, volunteering or anything that brings you joy
- **Build Your Tribe**—surround yourself with positivity and friends and family who support you



INTERMITTENT FASTING

Intermittent fasting (IF) refers to an eating pattern where you are eating during a certain window of time rather than restricting calories or eating less. Intermittent fasting allows your digestive system a time frame where it can rest. By fasting for a set pattern you are allowing your gut a respite from constant digestion. This allows the gut an opportunity to work to restore itself and begin improving your overall composition of gut flora.

HOW TO FAST

16/8 - You eat during an 8-hour window and fast for the remaining 16 hours. *You are not to consume anything except for water/herbal tea unsweetened during these hours.*

CREATING EVERYDAY GUT HEALTH HABITS

- Go organic whenever possible
- Eliminate alcohol
- Eliminate gluten
- Only use antibiotics when critical
- Eliminate conventional dairy
- Enjoy bone broth on a frequent basis
- Eliminate foods that aggravate your gut
- Add liberal amounts of coconut oil to your diet
- Reduce or eliminate sugar in your diet
- Reduce toxic stress
- Eliminate toxic foods
- Limit amount of soy in your diet
- Go on LDN-Low Dose Naltrexone
- Use a quality probiotic
- Feed your body prebiotics
- Add Hydrochloric acid (HCL)
- Drink lemon water
- Consume 25+ grams of fiber daily
- Fill your diet with wild-caught fish
- Get quality sufficient sleep daily
- Add fresh ginger to your diet liberally
- Add turmeric to as many foods as possible
- Drink a lot of unsweetened tea
- Use a quality digestive enzyme
- Take L-glutamine daily
- Find creative creative ways to add collagen & gelatin to diet
- Adhere to your gut health diet
- Keep your appointments with your healthcare practitioner

FINDING FITNESS IN GREEN BAY



LINDGREN FUNCTIONAL NUTRITION

FINDING FITNESS IN THE GREEN BAY AREA



FITNESS IN THE GREEN BAY AREA



bCentered Training

Pilates Training Studio

Website: <https://bcenteredtraining.com>

Phone: 920-227-5167

bCentered Training Pilates Studio is the only integrated Pilates, Barre, and Yoga studio in Northeast Wisconsin. Under the direction of certified and experienced instructors, we offer private and semi-private training as well as a variety of small classes. Their studio was created to provide a supportive and professional fitness environment to help you on your journey for physical and mindful balance in your life. --- New! Yoga for Trauma individuals or small groups.

Drop in: \$18 Mat/Barre/Fusion (30-day expiration)

Drop in: \$26 Equipment/Circuit (30-day expiration)

10 classes: \$150/\$15 per class Mat/Barre/Fusion (6-month expiration)

10 classes: \$230/\$23 per class Equipment/Circuit (6-month expiration)



renee eckberg Fitness

<https://www.reneeeckbergfitness.com>

email: reneeeckbergfitness@gmail.com or via her website

To help you make sustainable changes and enjoy the journey!

Renee believes living a healthy lifestyle begins with maintaining a strong and fit body, especially as you age. Her aim is to help you identify your fitness goals, design a personalized exercise program that fits your needs and guide you every step of the way. Together, Renee will work with you on a sustainable way to exercise. This is a lifelong adventure; enjoy the journey!

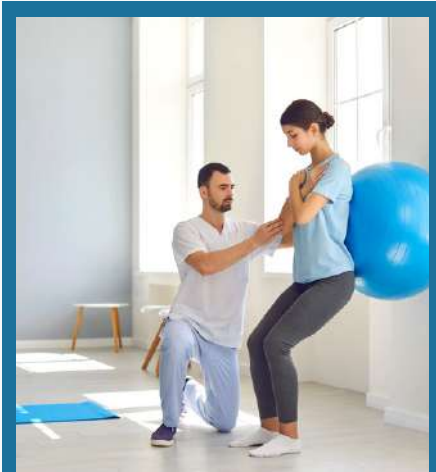
PERSONALIZED PROGRAM

\$250-Every month

VIP Access-Unlimited access to Coach-Strength Training Program-Nutrition Guidelines



FITNESS IN THE GREEN BAY AREA



MVMT Performance & Rehabilitation

<https://www.mvmtgb.com>

Phone: 920-309-6588

MVMT Performance & Rehabilitation loves helping people that want to stay active, healthy, in the activities they love, and living the lifestyle they deserve. They have helped people of all ages and fitness levels - from CrossFit athletes, hockey athletes, high school, and collegiate athletes, to parents that want to stay fit to keep up with the kids. The one thing they make sure you know how to do is move efficiently and take care of yourself. Their goal is to help you live the life you want free from medications, frequent doctor visits, and constant aches and pains.

PELVIC FLOOR PHYSICAL THERAPY

Leaking while jumping is common but NOT normal. MVMT is here to tell you that there are things you can do to decrease these occurrences and get rid of pelvic floor issues all together!

At MVMT Performance & Rehabilitation, they do much more than kegels. Their pelvic floor physical therapy clinic in Green Bay, WI is customized to you and structured to help you reach your goals.

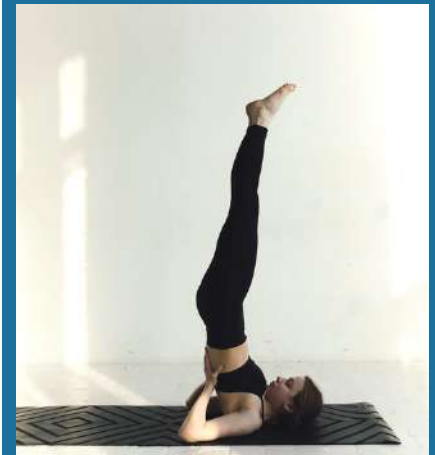
With their pelvic floor physical therapy specialists, they will work with you as a team to find a fitness forward program that works for you.

COMMON SYMPTOMS OF PELVIC FLOOR DYSFUNCTION

- Incontinence
- Urgency
- Heaviness
- Pressure
- Bulging
- Pain with intercourse
- Poor core strength
- Diastasis Recti
- Lumbopelvic pain



FITNESS IN THE GREEN BAY AREA



InspirIT Therapy

<https://inspiritpt.com>
(920) 338-9670

PILATES

STOTT PILATES is a contemporary, anatomically based approach to Joseph Pilates' original exercise method. Its exercises safely deliver optimal strength, flexibility, and endurance, without adding bulk. This stress-relieving method can be performed on a mat or using dedicated STOTT PILATES equipment.

Classes:

Pre-paid: \$15 per class

Drop-in: \$18 per class

Private: \$75 per 1-hour training

\$560 for a package of 8 trainings

Private: 2 times per week

\$60 per 1-hour training

\$480 for a package of 8 trainings

Semi-Private: \$88 per training

\$640 for a package of 8 trainings (\$320 per person)

For class times and descriptions, please visit their calendar of events

- Yoga
- Functional Fitness
- Yoga Foundations
- Dynamic Sculpt
- Seated Yoga Stretch



FITNESS IN THE GREEN BAY AREA



MORE CLASSES FROM INSPIRIT

BELLY DANCING

Learn about the history of belly dance and why it's more than just fitness. What is belly dance? The answer to this question depends on who you ask and where you believe it is from. The Orient, Middle East, Africa, Greece? This ancient form of dance has many names and shares movements most natural to the body from around the world. But each culture that has embraced its gifts from the beginning of time has created meaningful movements that tell stories about the people who dance them. You are invited to take the time required to learn about belly dance cultures, styling, and interpretation.

There is not one name for this art form simply because so many styles and forms of the dance exist throughout many cultures. However, most Americans call this beautiful expression "Belly Dance".

Thursday Night

6:30 PM to 7:30 PM- Beginner Belly Dance

7:45 PM to 8:45 PM - Mixed Level Belly Dance

Upcoming Session Dates

- April 29th to June 10th (7 weeks)
- June 24 to August 12th (8 weeks)
- September 9th to October 28th (8 weeks)

Prices vary due to the length of each session.

Check their website: <https://inspiritpt.com>

- \$90.00 6-week session
- \$105.00 7-week session
- \$120.00 8-week session
- \$18.00 drop-in

MEDITATION

Meditation is a practice to train the mind and body in stillness to attain a deeper inner awareness. The benefits of meditation are vast. It builds focus, calmness, peace, connection, mindfulness, and stillness. Get to know yourself on a different level and join a meditation class. The class involves minor body movement and breath work to ready the body and mind for meditation. If you want to learn how to meditate, or how to breathe more effectively, come join Alex.

Meditation Ages 14+ -- Kids Meditation Series -- Saturday mornings

For more information for times and dates, checkout their website:

<https://inspiritpt.com>



LINDGREN
Functional Nutrition

FITNESS IN THE GREEN BAY AREA



ABOVE AVERAGE FITNESS TRAINING

<https://aboveaveragepfs.com>

(920)-321-4254

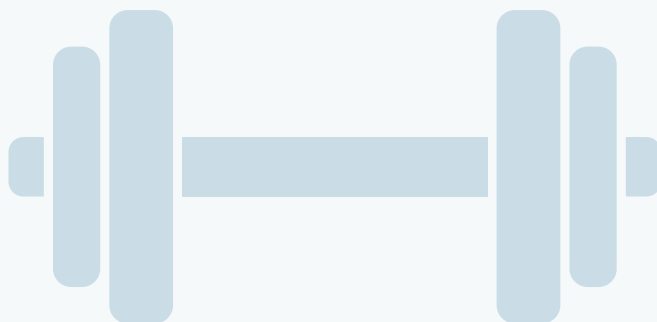
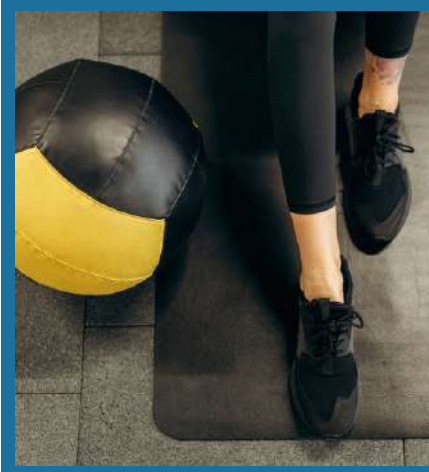
Above Average Personal Fitness Systems offers the benefit of Dan, a certified personal trainer and sports nutritionist with over 15 years of experience. For Dan, it's about a focus to consistently continue his education to bring the latest research to the work he offers his clients.

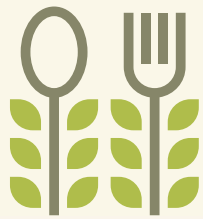


So many people are intimidated by walking into a public gym, which holds them back before they even start. Which is why all of the training sessions offered at Above Average Fitness Training are completely individualized and private. You won't be in the awkward position of feeling watched or judged.

No matter what age or physical condition you are in, you are capable of working out, and working out hard. Dan works with you to help you get on the road to a long, healthy life with a fitness and nutrition program crafted specifically for you. Not only will Dan help you reach your goals, he'll help you exceed them!

"There is no better time than the present to get started on your fitness journey."





LINDGREN

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