



TRUCKER **SERVICE** **ASSOCIATION**

 **LIVE HEALTHY
DRIVER HEALTH** 

**"AM I EATING
CORRECTLY FOR ME?"**

November 2022

KUHLEFIT
RENEW YOUR VITALITY



WHAT ARE MY NUTRITIONAL REQUIREMENTS?



From a young age we're all enticed to share and explore our differences. Whether that's in celebrating our artistic abilities, creative outlets, ability to connect to/be in nature, utilizing our analytical minds, or anything else we truly enjoy in life. Yet, somewhere much of that has been lost upon us as we grow older, start jobs, get routines, and want a simple formula for success in life that we assume looks similar for everyone.

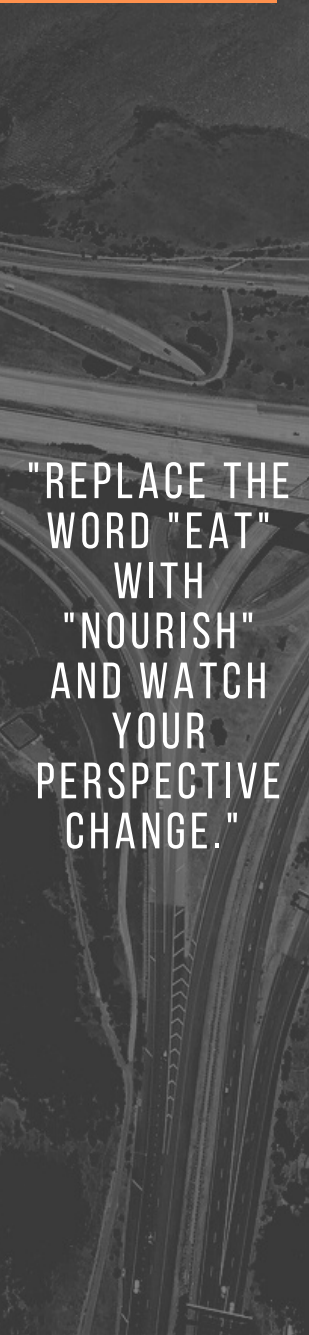
Our innate differences are as vast and wide as the mind can conceive—and our nutritional needs are as well. This month's write up will dive into some nuances around proper nutrition for each individual, and how to identify where one needs to start with the correct nourishment for your unique needs.

As different as we are on the outside, we're equally different on the inside. The shape, size and needs of our organs and glands are all vastly different, even among twins (who most would think are much more similar!). From the location we were born, to the types of foods that were present, all will influence our own health and well-being.

VEGETARIAN ESKIMOS?

I want to paint you an example: We're going to go 200 years back in history to the 1800's. Imagine you were living amongst the North American Eskimos for a year and your job was to document and observe what they ate. You may notice they tended to eat much more animal meat and fats in comparison to plant material. Why is that?

When you dive deeper, you'll quickly realize that vegetation does not grow year round when their location is almost entirely covered with snow, ice, and cold weather, preventing many plants from growing. You may also notice that they eat almost the entire animal, from mouth to anus to be sure to get a wide variety of nutrients. These types of individuals THRIVE on large amounts of fats and proteins in their diet compared to vegetables.

An aerial, grayscale photograph of a complex highway interchange with multiple overpasses and ramps. The image is dark and serves as a background for the text on the right side of the page.

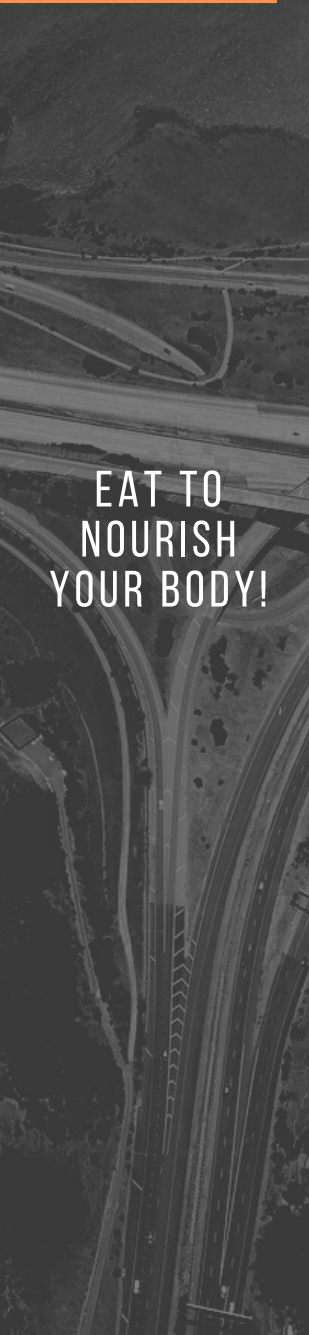
"REPLACE THE
WORD "EAT"
WITH
"NOURISH"
AND WATCH
YOUR
PERSPECTIVE
CHANGE."

FRUITS AND VEGGIES ALL YEAR

Now your next assignment is to live with a group of individuals in northern South America, right near the equator. The environment is lush with wildlife, sun, plants, and fruit that can grow year round. Individuals in these areas have access to fresh fruits and vegetables all the time which makes them a significant part of their diet. These people THRIVE on plant material as the staple items in their diets.

There's two main points here. The first being individuals that ate unprocessed, unaltered foods native to their region had the HIGHEST health. The second being that both cultures ate completely differently, yet they both had spectacular health. One group benefits on most fats and proteins with comparatively less carbohydrates. The other have the ratios flipped around.

What does this mean for us?



EAT TO
NOURISH
YOUR BODY!

TELL ME THE MEANING!

It means if we're not eating foods in the right proportions for our individual needs, we can start having health issues, weight gain, high blood pressure, poor clarity, and more stress in our lives. A simple analogy of this would be, you wouldn't feed an Eskimo a vegetarian diet. Their entire digestive tract is set up for an animal based intake and that's what they need to THRIVE.

How to make practical sense of this:

Here's a great way to start honing in on your individual needs. Try this for a week's time and start to get a FEEL for how your body responds and reacts. For multiple meals, eat a more predominantly animal based meal (~65% animal fats and proteins) with a roughly smaller serving of plant material (~35% fruits and vegetables). Pay attention to energy levels, hunger, and satiation over the next 3-4 hours. If you notice you are satiated, feeling much better, and have higher amounts of energy, this is a route I'd recommend eating for you most of the time. If you don't feel better—perhaps more bogged down—try going 50/50 animal products compared to vegetables and fruits. Pay attention to how you feel. If you still feel poorly, try going 35/65 animal products and plant materials, respectively.

Your body will always be informing you if you're eating correctly. If you know your genetic makeup, start with what your ancestors ate a lot of, assuming your genes were primed for that type of eating. Evaluate and continue to explore from there. If you're doing it correctly, you'll feel much better. If not, make a few changes and try again.

A smiling man with short brown hair, wearing a light blue suit jacket over a white shirt, stands with his arms crossed in the foreground. Behind him is a large white Volvo semi-truck. In the background, another white truck is visible, and the scene is set against a backdrop of green trees.

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