

WEDDING NUTRITION

WITH ISAGENIX NUTRITIONIST, SARA RICHTER

Our fabulous founder had the amazing opportunity to get one-on-one with Isagenix nutritionist, Sara Richter! We learn all about must-have stress reducers leading up to the big day and what inspired her to get into nutrition!

When it comes to wedding planning what are 3 top nutritional items that should be in a bride's daily routine?

"Among everything else that goes into planning a wedding, or the time leading up to the big day, most brides are focused on fitting into their dress and either losing weight or not gaining weight. Because of that, **three things** that can help nutrition-wise are: **having calorie-controlled, nutrient-dense meal options, on-the-go snacks that are also calorie-controlled and provide filling protein and/or fiber, and vitamin, mineral, and other nutrient support that helps ensure adequate intake that the body needs.**

By focusing on these leading up to the wedding day, brides can save themselves the frantic dash right before their big day to try to drop 10 pounds by starving themselves or trying some crash diet. It's much better to make weight control a daily routine rather than a last-minute panic. Plus, they're likely to feel better because they're getting good nutrition on a daily basis."

What is best to do when your stress levels get high during the wedding process?

"Get a punching bag! Kidding, but it's definitely wise to have go-to stress relief tactics, whether it's getting regular exercise, doing breathing exercises, talking with a friend, taking a spa day to relax, etc. Here again, good nutrition can help support this process and arm your body with what it needs to handle the stress and not get run down. "

What is your favorite go to nutrition to help you sleep better at night?

"It's not necessarily "nutrition" but my favorite routine includes diffusing lavender essential oil before bedtime to help relax and fall asleep, as well as using a melatonin spray. Melatonin is a hormone that our body makes naturally to regulate sleep and wakefulness, but like other things, natural production reduces with age. There is evidence that shows for some people supplementing with melatonin can help them fall asleep faster and get better sleep overall. Melatonin in a spray application makes it easy to keep the bottle on the nightstand table and right there for immediate use at bedtime."

As an engaged couple what is something they can do together to help better their nutrition leading up to the big day?

"Anything is usually better when done with a partner rather than alone. Including nutrition and especially for a couple-to-be getting ready for their wedding day. This is the perfect time for the couple to improve their nutrition and health together. Whether it's shopping for and cooking healthy meals together, starting a comprehensive nutrition system that includes intermittent fasting to help support weight loss or maintaining current weight, and just holding each other accountable..



...Taking the time and effort now, before life together really starts, to improve nutrition and eating habits will pay off in the long run. It is somewhat common to gain weight after getting married. Whether it's because people get comfortable once they have their spouse and "stop caring" so don't exercise as much or watch what they eat - I'm sure there's multiple reasons and it's a combination of things rather than just one. Either way, it's best to avoid the situation to begin with. Starting a nutrition program or healthy eating plan as a couple before getting married sets the tone and habits that will keep both bride and groom looking and feeling good on their wedding day, but more important help them avoid gaining weight as the years go by."

What inspired you to become a nutritionist?

"It probably started with my mom, since she has always been a very healthy eater herself and raised our family to be the same. Some of my first memories are riding on the back of her bike as we went to the local farmers market to pick out the week's produce and other foods. ..I'm also a science-minded person and knew..

...I wanted a path in science and health - but can't handle blood so being a doctor was out. Nutrition was a natural draw and progression for me as I started college and my academic journey. Nutrition is a fascinating science and area of study, and one that is highly personal and that we can control ourselves. I consider myself very fortunate to be building a career path in nutrition and helping people better understand their own nutrition and the role it plays in their life, and ultimately how they can improve it."

Want to learn more nutrition with Isagenix? Isagenix.net or send us an email :

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