

1. Angela just moved into a new home and started a new job within the same month. She is quite frazzled with both the unpacking of her home and getting acquainted with her new office. She is very anxious to please her new boss and experiences mini states of panic when she is given work assignments. With all the change she is having a hard time with her routine and grabs a smoothie after work before going to the gym and running on the treadmill for 1hr while watching the news. She gets home around 9pm and has her largest meal of the day (mostly sipping on coffee at the office throughout the day and eating random snacks). She goes to bed lonely after scrolling through her instagram feed. Her skin is dry and she has very light periods.

What is balanced/imbalanced

What routine and type of food/tastes would you recommend

anything else?

2. Mike is quite a jolly and warm guy. He spends his weekends baking cookies and breads for the neighbors and hosts a community meal at his home the 1st sunday of each month. His routine is quite predictable, some would even say it's boring, though he likes it that way. He would prefer to have all his 'ducks in a row' as they say and avoid surprises at all cost.

Unfortunately (for his liking) a surprise did come his way. His work was moving him from NYC to LA and he only had 3 months to prepare. His whole life was in NYC. His friends, his gym, his favorite restaurants. He has his NYC life and routine down! When he received this news he found himself in a deep state of sadness and borderline depression. He spent the weekend in bed watching "sex and the city" + all the New York movies he could find. He ate tubs of ice cream and ordered delivery from his favorite restaurants. He hardly left his bed and called sick from work the next week.

What is balanced/imbalanced

What routine and type of food/tastes would you recommend

anything else?

3. Melissa is a 'go getter'. She's at the top of her company even though she is only 29. She still wants to make it higher and has a 5 year and 10year plan to become the wealthiest woman in NYC. She would one day like to get married and have a child, but that comes after her successful career. She finds satisfaction and motivation in accomplishing in the workplace. She finds her worth in being the most accomplished. She goes to Soul Cycle every day after work, followed by a juice press soup and drinks with her colleagues at the bar. Usually at the bar she talks with her work friends about judgements she has on others in the office as well as who she should fire/replace.

What is balanced/imbalanced

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anything else?

4. Kiki is a professional in her field though makes time to enjoy the greatness of life by spending quality time with her husband and friends. She has a leisurely life out of work where she bakes, reads and paints. In general she is quite healthy though she experiences acid reflux after every meal. She also notices in the summer she gets lots of acne and skin rashes.

What is balanced/imbalanced

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anything else?

5. John is an enthusiastic car salesman. He joyfully spends his days meeting with people and trying to make a deal. He also spends hours corresponding through text with his potential buyers (sending vin numbers, pictures of cars etc). He is only in his late 20's though his hair is greying and his vision is getting bad. He works around the clock and even when home is available by phone.

What is balanced/imbalanced

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anything else?

6. Patricia is in her late 60's and is dealing with arthritis. She is quite lonely at home all day when her husband works. She tries to keep herself busy by skyping with her 3 children who live abroad. She is also busy on the phone throughout the day with her friends. She experiences constipation and dry skin and snacks/eats irregularly throughout the day.

What is balanced/imbalanced

What routine and type of food/tastes would you recommend

anything else?

7. Randy is a traveling spiritualist. He has been like this for the last 20 years of his life. He is very well known in many towns and villages and gives talks across the globe uplifting people's consciousness. He travels non stop and thus his eating is irregular. He has a very strong

mediation practice in the morning and tends to stay up late into the nights talking to his audience members and students.

What is balanced/imbalanced

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anything else?

8. Susan is a giver. she gives until she literally can't give anymore. It's been one of those weeks and she has nothing left inside of her. She is now in bed, exhausted, diarrhea, headache, and eating all the wrong things (in large amounts). She cant get out of this rut. and she keeps eating the wrong things at the wrong times. She is irritable and does not seem herself.

What is balanced/imbalanced

What routine and type of food/tastes would you recommend

anything else?

9. Diane loves to run, it's how she clears her mind. She is a librarian by day and a mama/wife by night. After cooking dinner for the family after work she either dives into a good book or runs. Even though she externally plays the role of a wonderful mother and wife... her son and husband would say that she is not emotionally available. She is on antidepressants.

What is balanced/imbalanced

What routine and type of food/tastes would you recommend

anything else?

10. Megan spent her 20's and 30's giving everything to her career. She's wiped and just wants a long nap. The only thing is she thought having a baby would be a great way to "settle down" and simplify. She was surprised that the reality of having a baby means many sleepless nights and adjusting her life around her new daughters. She loves her daughter, however she misses her independence. She is exhausted and does not make self care or nourishment a priority thus she is gaining weight, eating the wrong things and spending her "free time" watching movies which is not very nourishing.

What is balanced/imbalanced

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anything else?

11. Jeff is a workaholic. He finds his self worth in doing and accomplishing. He is rarely home. Starting the day at 7am and ending around 11pm he is always on the go. He is fighting his way to the top. He is the opinionated guy in company emails and meetings. Jeff is irritable and gets angry quickly. He has loose stools , itchy skin and poor eye sights.

What is balanced/imbalanced

What routine and type of food/tastes would you recommend

anything else?

12. Shelly did a yoga teacher training and changed her life 180\*. From eating meat her whole life she went vegan. From late nights she started going to bed early. From being an atheist she started believing in God. Her relationship with her husband suffered as she transformed. She is more vibrant then before but she is a bit emotionally disconnected and cold. All of her old friends no longer recognize who she is. She has little interest in the relationships from her past. She is happy with her new beliefs though she is rigid( not seeing the greater picture). Physically she suffers from rashes and heartburn.

What is balanced/imbalanced

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<https://youtu.be/6Wxw8gUuGn0>