

Pivio Patient Resources

Weeks 1-12 & Additional resources

Week 1 – Lifestyle is the Best Medicine:



The Eating Continuum



The Eating Continuum is a crucial resource in Pivio. You are working on making better choices every day to improve your lifestyle and in turn, your overall health. This journey is not linear, you will get off track and you can use these slip ups as opportunities to reassess your goals and remember why you have decided to take this journey. Perfection is impossible and is the enemy of good! Remember to be so kind to yourself in this process because that is what you truly deserve. You have arrived here for a reason and you have showed up for yourself which is the important first step! Thank yourself for that!

Dena's Pantry Meals – Dena was home sick and this is what she put together in a pinch! You can make delicious, healthy meals from what you already have in your pantry!

Southwest Stuffed Sweet Potato



Baked sweet potato stuffed with black beans, corn, salsa, avocado, cumin, chili powder, lime.



Southwest Taco Bowl

Jackfruit heated with chili powder and cumin. Served over cooked brown rice and topped with salsa, black beans, avocado, lime.

Stir Fry



Sauté tofu and edamame beans with ginger, garlic, low sodium soy sauce. Serve over cooked brown rice.

Pasta Italiano

Toss cooked chick pea pasta with tomatoes, spinach/broccoli, garlic, oregano, basil, spinach. Sprinkle with nutritional yeast.



Budha Bowl



Top cooked quinoa or barley with chick peas or kidney beans, beets, roasted red peppers, peas, tahini drizzle, pumpkin and sunflower seeds.

Tahini Drizzle



Whip together in a blender or nutribullet tahini, lime or lemon juice, miso paste, ginger, water.



Overnight Oats

Mix together rolled oats, chia seeds, water or plant-based milk, cinnamon, walnuts, blueberries or pumpkin. Let sit for 10 minutes.

Peanut Butter Toast



Toast Ezekiel bread. Top with natural peanut butter, dried fruit or fresh fruit, cinnamon.

Dena's favorite cookbook:

[The Kripalu Kitchen, Nourishing Food for Body and Soul by Jeremy Rock Smith](#)

Recommendation to help with gas - CCF tea good for digestion - ½ teaspoon each Cumin Seeds, Corriander Seeds, Fennel Seeds in 10 ounces hot water.

Asafoetida - [The Best Hing Ever](#) is good for digestion and adds a pungent flavor to foods.

Week 2 – Optimal Eating

[Click here for a Phytonutrient Spectrum Guide](#)

Local Restaurants with Plant Based options:

1. Chipotle, Hyannis (and countrywide) – [Chipotle Mexican Grill - Mexican Food - Restaurant & Catering](#)
2. Freshroll, Mashpee - [Freshrollcapecod - Asian Food, Vegetarian Organic](#)
3. Sam Diegos - [Cape Cod Mexican Restaurant • Plymouth Mexican Restaurant • Tex Mex at Sam Diego's \(samdiegos.com\)](#)
4. Rory's Market, Dennisport & Mashpee, MA and Providence, RI - [Rory's \(loverorys.com\)](#)
5. Bread and Roses Café, Hyannis - [Bread + Roses \(brcapecod.com\)](#)
6. Le Bonjour, East Falmouth - [Le Bon Jour - Restaurant in Falmouth \(lebonjoureatery.com\)](#)

7. Devour, Falmouth - [Home | Devour Eatery](#)
8. The Pickle Jar, Falmouth - [Home- Check Out our Menu!! \(picklejarkitchen.com\)](#)
9. Bagel Haven, Mashpee - [Bagel Haven](#)
10. Spoon and Seed, Hyannis - [Spoon and Seed](#)
11. Tropical Smoothie, Hyannis (and countrywide) - [Tropical Smoothie Cafe](#)
12. The Blended Berry, Falmouth - [Juice Bar | The Blended Berry | Cape Cod, MA](#)
13. The Black Dog Heights Café, Falmouth - [The Black Dog Heights Cafe](#)

Plant based, whole food Facebook support group - [PLANT BASED CAPE COD - Plant Based Cape Cod](#)

Atlantic Spice Company in Truro - [Gourmet spices, herbs, essential oils, potpourri, green tea - bulk and wholesale \(atlanticspice.com\)](#)

HALT and check in with yourself and your hunger cues to identify if you're truly hungry before grabbing a snack:

H – Hungry
A – Angry
L – Lonely
T – Tired

Are you hungry or are you angry, lonely or tired? I'd add bored to this acronym as well. Just stop, breathe, and assess when you're feeling like you might be feeding something other than your hunger.

Week 3 – Optimal Activity

Join Dena for weekly chair yoga on Wednesdays at 11am on zoom, meeting 823 097 6780 – all levels encouraged!!

Local yoga studios:

Yoga Collaborative, North Falmouth - [The Yoga Collaborative Cape Cod | guiding you to and through your yoga practice from Cape Cod](#)

Innerglow Yoga, Mashpee - [Welcome \(innerglowyogacapecod.com\)](#)

Local fitness studios offering various classes for varying levels/personal training:

B/SPOKE studios – Mashpee, MA – [R/DE, STRENGTH + YOGA Classes | B/SPOKE Studios](#)

bspokestudios.com

Fitness Directions, Falmouth - [Fitness Directions | Pilates & Personal Training | Falmouth](#)

Get Fit – North Falmouth - [Studio | Get Fit Fitness Center | North Falmouth, MA 02556](#)
getfitnf.com

Highly suggest googling any/all types of fitness online – there are endless options for all levels available at your fingertips!! Strength/cardio/yoga/pilates, etc – from 5 minutes to hours. YouTube has endless videos and you can find walking/running apps and trackers galore! Have fun exploring and remember to start with small fitness goals and build from there!

Week 4 – Optimal Rest:

<https://www.jennsalibhuber.ca/podcast> - Rest Episode 58



Insight Timer app for meditation and bed time stories - [Insight Timer - #1 Free Meditation App for Sleep, Relax & More](#)




Natural Calm magnesium at bedtime - [Natural Vitality® Official Site | Magnesium Supplements \(betteryourhealth.com\)](#)

Sleep cycle app – Dr. Blake recommends - [Sleep Cycle | Sleep Tracker, Monitor & Alarm Clock](#)

Stress and Anxiety Relief

Free Apps and Websites

App Name	Used for:	Recommended for:	Main Features
 Breathe2Relax for iPhone	Stress & Anxiety	Learning to breathe deeply with some initial guidance	Guided breathing exercises Stress tracking tool Information about stress
 Stop, Breathe & Think	Stress & Anxiety Mindfulness Sleep	An easy and fun introduction to mindfulness practice through short, guided meditations.	30+ guided mindfulness meditations and yoga videos Interactive tool to track your emotional & physical experience *Requires monthly subscription to unlock premium features.
			Educational & interactive tools for:

 <p>Self-Help for Anxiety Management</p>	<p>Stress & Anxiety</p>	<p>Support in managing stress and anxiety through mental and physical relaxation tools.</p>	<p>Deep breathing Muscle relaxation Changing thinking patterns Tracking anxiety over time</p> <p>*The Social Cloud is unmonitored so is not recommended by CHCofCC</p>
 <p>CBT-i CBT-iCoach</p>	<p>Stress & Anxiety Mindfulness Sleep</p>	<p>Support for improving sleep through mental and physical relaxation strategies.</p>	<p>Information on healthy sleep habits</p> <p>Guided relaxation exercises</p> <p>Sleep tracking tool</p> <p>Exercises for managing unhelpful thoughts/emotions</p>
 <p>MIT Relaxation Tip Phone Line</p>	<p>Relaxation by phone (no smart phone required)</p> <p>617-253-CALM for 24/7 access to this pre-recorded exercise</p>	<p>Support for sleep and relaxation</p>	<p>Guided 4 minute relaxation exercise</p>
<p>Mindfulness for Portuguese Speakers: https://www.brasilmindfulness.com/</p>			

Note: these applications are suggestions only and do not reflect an endorsement by the CHC of Cape Cod

Week 5 – Fiber, Your New Best Friend:

Recommend 40g/day – Fiber is only found in plants!!

Great recipes/information/supports: [Full Plate Living - A doable approach to healthy living.](#)

What we know about the health risks of ultra-processed foods - <https://www.npr.org/sections/health-shots/2023/05/25/1178163270/ultra-processed-foods-health-risk-weight-gain>

Great app/website for tracking fiber - [Cronometer: Eat smarter. Live better.](#)

Suggested fiber supplement – Heather’s Tummy Fiber - [All Products ~ Shop at Heather's Tummy Care \(heatherstummycare.com\)](#)

Suggested probiotic supplements:

1. PB8 (available on amazon, can be purchased in local health food stores such as Vital Nutrition in Falmouth, MA or Rory’s Organic Market in Mashpee, MA)
2. Pendulum - Pendulum | The Next Generation of Probiotics (pendulumlife.com)

Suggestions for supplements (such as probiotic supplements as well as foods):

1. Vital Nutrition - [Vital Nutrition - Vital Nutrition, Falmouth MA Hours and Directions](#) (vitalnutritioncapecod.com)
2. Rory's Organic Market - [Rory's](#) (loverorys.com)

Week 6 – Building Health for Life:

DNA is NOT your destiny!! Keys to maintaining good brain health – BRAINS acronym:

B – Brain engagement

R – Rest

A – Activity

I – Interaction (social)

N – Nutrition

S – Stress Management

Vitamin D should be between 50-80 – optimal range. Recommend - Vitamin D3 5,000 IU with vitamin K2, and eat a prune daily for Boron!

Week 7 – Relationships and Social Support:

“Unforgiveness is like carrying around a red-hot rock with the intention of throwing it at the person who caused you the hurt. But as you wait . . . the sizzling rock burns and scars your hand. Wouldn’t it be wiser just to let the rock fall to the ground? Forgiveness is the skill of letting go.”

We are a product of the 5 people we spend the most time surrounded by – choose those people wisely!

Happiness Ted Talk – highly recommend:

https://nam02.safelinks.protection.outlook.com/?url=https%3A%2F%2Fwww.ted.com%2Ftalks%2Frobert-waldinger-what-makes-a-good-life-lessons-from-the-longest-study-on-happiness%3Freferrer%3Dplaylist-the-most-popular-talks-of-all%26autoplay%3Dtrue%26_kx%3Dy-C9kijfqfNBInPm6rXaQPnncOxUQTWW0Rgu3XskAOo%253D.HKMsXE&data=05%7C01%7Ccgorell%40chcofcapecod.org%7C5336d7e58c5b4bee98f308daa0b58828%7Cb5a858b5d23b4dbfa01649ae4c4c5724%7C0%7C0%7C637998998783401863%7CUnknown%7CTWFpbGZsb3d8eyJWljoimC4wLjAwMDAiLCJQIjoiV2luMzliLCJBTiI6IjEhaWwiLCJXVCI6Mn0%3D%7C3000%7C%7C%7C&sdata=LrPBKmUvB7bzeev0ScfHwnFnfKGy600wPdTbZy0er0%3D&reserved=0

Week 8 – Habit Building:

The Environmental Working Group puts out a yearly list of foods it calls the Dirty Dozen and the Clean Fifteen. Basically, a list of 12 foods which tested as having the highest levels of pesticides present and 15 which had the lowest. If you’re looking to minimize your exposure and need to

prioritize your choices, you can make a particular effort to look for organic versions of the Dirty Dozen and feel more comfortable buying conventionally grown versions of the Clean Fifteen. Remember to wash any produce you buy to help reduce your exposure as well:

The Dirty Dozen:

1. Strawberries
2. Spinach
3. Kale, collard and mustard greens
4. Nectarines
5. Apples
6. Grapes
7. Cherries
8. Peaches
9. Pears
10. Bell and hot peppers
11. Celery
12. Tomatoes

The Clean Fifteen:

1. Avocados
2. Sweet corn
3. Pineapple
4. Onions
5. Papaya
6. Sweet peas (frozen)
7. Eggplant
8. Asparagus
9. Broccoli
10. Cabbage
11. Kiwi
12. Cauliflower
13. Mushrooms
14. Honeydew melon
15. Cantaloupes

Alcohol abuse can have a devastating impact on your physical and mental health. It can also have an impact on your relationships with family members and friends. But the good news is that support is available. If you are concerned about the impact that alcohol is having on your health or relationships, you can find help through the links below:

[Substance Abuse National Helpline](#)

[Substance Abuse - USA.gov](#)

[National Institute of Alcohol Abuse and Alcoholism](#)

No matter how long you've been smoking, quitting now will bring health benefits in the short and long term. The following resources can start you on your quit journey:

[Breathe Free 2.0](#)

[QuitWorks | Mass.gov](#)

www.cdc.gov/tobacco/quit_smoking

Week 9 – The Power of Plants:

Positive affirmations and mantras that you can start incorporating right NOW!

- I am love!
- I am compassion!
- I am happiness and joy!
- I am healthy!
- I am nourished!
- I am confident!
- I take great care in my health and well-being!
- I am success!
- I am kindness!
- I am strong!
- I treat myself and others with kindness!
- I am beautiful!
- I am powerful!

I am perfect the way I am, right now.

I have everything in me to experience happiness.

I am abundant in... (i.e. love, happiness, joy, success, etc.).

I am love.

I am choosing XYZ to nourish my body.

I am strong because I choose strength.

I am capable of change.

I speak my truth, my wants, my needs, my desires.

I try my best, in this moment.

Tips for Navigating the Supermarket:

1. Don't go hungry!
2. Come prepared with a list and try to stick to it!
3. Try and avoid taking people that aren't supportive of healthy choices along for the trip!
4. Be selective about the aisles you go down. Shop mostly the outside ring of the supermarket (the produce section in particular!)
5. Don't be fooled by creative food marking – read the ingredients to find what's actually in your food!
6. Shop seasonally!
7. Shop bulk bins for healthy staples at reduced prices!

Week 10- Mastering Motivation:

Pillars of Motivation:

1. Think about REAL consequences (if you use more energy than you take in then you will lose weight!)
2. Values/Morals that drive your motivation
3. Who are you? Be the change you plan!
4. Anticipated feelings (after an action – think ahead)
5. Other approval (builds intrinsic motivation) – Choose wisely – make contract with someone important to you that's supportive of you and do things with them!

Build intrinsic (not extrinsic) motivation by:

1. Be realistic
2. Make it easy
3. Do it in steps

If you love what you do, you'll never work a day in your life!!! Find the healthy habits that you enjoy and incorporate those into your life until they're your routine.

Week 11- Breaking Down Barriers:

"This is a wonderful day, I've never seen this one before." – Maya Angelou

Overcoming Obstacles beyond Pivots:

Be Prepared! (Check menus before you arrive at restaurants, batch cook and freeze when you have time)

Plan ahead! (Bring food with you when you're heading somewhere that doesn't have good options)

When you relapse – reevaluate!

And remember to be kind to yourself! Speak to yourself the way you do the ones you love the most! Make the best choices you can where you are and don't beat yourself up about it! Enjoy your food and the company you're with!

Week 12- From Surviving to Thriving:

"Perfect is the enemy of good!! Accept slip ups, reassess how not to repeat them, and move on!"

The key ingredients of a life that flourishes are **PERMA**:

Positive emotions – Be proud, stay hopeful and grateful! Say kind things to yourself!

Engagement – Do things you enjoy that are healthy for your minds/bodies!

Relationships – Surround yourself with positive, encouraging social connections!

Meaning – What's your mission? Remember your why!

Achievement/Accomplishments – Keep your goals attainable but continue to challenge yourself, and continue to check in and reevaluate your SMART goals!

Treat yourself well!! Check out Sweet Izzy's 100% plant based, vegan, gluten and soy free ice cream spot in Harwich Port, MA! [Sweet Izzy - Cape Cod's first 100% plant-based, vegan, gluten-free and soy-free ice cream spot! \(business.site\)](#)