

INTRODUCTION

Welcome to my third edition of The Simplicity series, *The Simplicity Body*! It's been two years since I released my second book, *The Simplicity Kitchen*, which means I have had plenty of time in my home to play around with new recipes and inspirations. This resulted in over one hundred fresh ideas for you to put into action.

Food...it is the one thing we choose every day, multiple times a day, that impacts our health, energy, mood, state of mind, how we feel, how we look, and how we function as a whole. Day after day we struggle to make what we believe or have been told is the right decision. We read new health books; jump on new fads, the latest trends, and into new diets; we buy supplements, powders, and tinctures, and yet true health still eludes us. Why?



In my opinion, we make things way too complicated. We get wrapped up in counting and tracking, in numbers, in macro-nutrition versus micro-nutrition—a.k.a focusing on the split between carbs, fat, and protein. We are constantly trying to move the needle and numbers up and down to achieve results instead of understanding the vitamins, minerals, and nutritional composition of our food.

I am not saying that I don't think knowing what a healthy balance of your macros looks like isn't a good approach, or that certain dietary approaches aren't acceptable; what I'm saying is that, for long-term health, you may be focusing your energy in the wrong direction; health is about more than the pounds you're trying to lose, the number you want to see when you step on the scale, or the size of your pants.

Many of the women I work with, and those in my community, already feel overwhelmed with life; adding the need to track or count everything they consume wouldn't work for them. *The Simplicity Body* is not about tracking or counting. It's why I don't include calories per serving or any numbers throughout. Our minds are funny. We are often enticed by a recipe when we see the image of the completed dish; but if the composition of that recipe is listed and the calories, fat, protein, and carbs are not in alignment with our current way of eating or knowledge base, we immediately decide not to try it.

I wrote this book as a way of getting you to calmly walk back off the ledge of food "fear-dom" and instead lean toward preparing and enjoying more whole-food-based dishes and food FREEDOM. This book, like everything I strive to put out into the world, is part of my contribution to helping you answer the question as to why health still eludes you.

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Over my decades in the health and wellness industry and on my own personal wellness journey, I have discovered that the answer is both simple and complex. Simple because the answers lie within us: our own personal connection to our bodies; listening to our intuition; paying attention to our physical, mental, and emotional signs and symptoms; and honouring the deep knowing of when something feels good, nourishing, supportive, and beneficial for our bodies—or doesn't. Complex because we have wandered so far away from what innately feels good to us. We have been influenced through media, magazines, books, "reality" tv, the dieting industry, Hollywood, bloggers, podcasts, documentaries, and so much more that we are numb to knowing what actually feels good for us, the individual.

We are a society that is constantly looking for the next quick fix, the short-cut approach, the quick fixer-upper way of hitting our goals faster and receiving that quick surge of dopamine to our brains and bodies, you know the one that says "Job well done!"

When our health goals take longer than a few weeks or months to achieve; when you have to shop, wash, chop, prep, and cook your meals instead of throwing processed items into the microwave, or picking up fast food, we get discouraged. When we don't drop the pounds, heal the gut issues, improve our skin or energy, and feel better ASAP, we feel like we've failed or that the program or the book has failed us...

That's not really what has happened. What happened is you, like all of society, have been steadily fed the story that perfect health, bodies, and looks are days away from you and you simply haven't found the right way yet.

Not true.

What I believe is this: in order to create true change and lasting health, it has to come from deep within.

What is your WHY?

Why do you want to feel healthier?

What does that actually mean to you?

How will your life be different when you feel or look the way you wish?

What is holding you back?

What gets in your way?

What are you prepared to do in order to feel the way you want?

The most successful people I work with are those who break up with the "I want it right now" mentality and let go of the numbers and control around their food. Instead they choose to embrace the journey of both patience and education. We need to develop a deeper understanding of the WHY behind the WHAT in our bodies, to learn what makes us feel good or unwell, and to recognize that healing and shifting old habits and patterns take time. We need to really sink into what approaches resonate and balance our whole body—physical, mental, and emotional—and that the food we choose to eat directly impacts each one of these and ultimately how we show up in the world.

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When I first began to study nutrition, my goal was physical (how one looks, feels, or weighs) for both myself and my clients. Now more than two decades later every inch of my work, my teachings and offerings, are laced with not only deep knowledge, but an even stronger dose of inspiration around self-love, self-care, and the deep connection our choices in life and our lifestyles have on every cell and personal vibration. I am most definitely more energetically connected to my own body than ever and the body of work I continue to create. I am deeply grateful to continue to bring you offerings like this book so that you too can begin to create a more rooted connection to your body's wisdom, potential, intuition, and inner voice.

My wish for you is to truly live your best life and to give yourself permission to step outside the lines with traditional recipes and meal prep; let go of the fear that you won't make it perfect or exactly as it is meant to be. Throw caution to the wind, roll up your sleeves, turn on some music or my podcast *The Simplicity Sessions*, and have FUN!

In love, green food, and gratitude,

- Jenn xxoo

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Use the hashtag #TheSimplicityKitchen to share the recipes you've tried!

You can visit my website to check out my online courses: www.jennpike.com