

SWITCH CHALLENGE

SWITCH TO HEALTH & WELLBEING

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SWITCH YOUR FOOD



SWITCH_HOMEFOOD

FACTORY FOOD



HARMFUL ADDITIVES, PRESERVATIVES,
ARTIFICIAL FLAVOURS, COLOURING...



HOMEFOOD



NATURAL WHOLESOME INGREDIENTS &
A SPRINKLE OF LOVE

SWITCH_FATS

SEED OILS



CORN OIL, COTTONSEED OIL, SUNFLOWER OIL, RAPESEED OIL, GRAPSEED OIL, SOYBEAN OIL, PEANUT OIL, RICE BRAN OIL ARE HIGHLY PROCESSED AND CONTAIN HARMFUL TRANS-FATS



GHEE



BUTTER



COCONUT OIL

SWITCH_SALT

TABLE SALT



SEA SALT

HIMALAYAN SALT



CONTAIN TRACE MINERALS

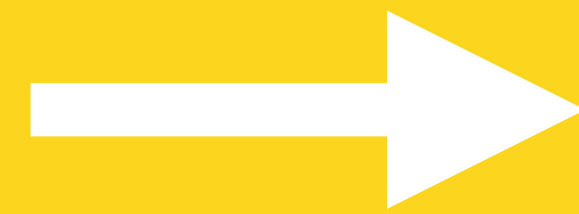
SWITCH_BROTH

BROTH CUBES



CONTAINS ADDITIVE, PRESERVATIVE,
COLOURING, FLAVOURING

HOMEMADE BONE BROTH*



BOIL ANIMAL BONES WITH BAY LEAVES,
CINNAMON STICKS, CELERY, SEA SALT, APPLE
CIDER VINEGAR, GARLIC, ONION, GINGER,
TURMERIC, BLACK PEPPER ... FOR 2-12 HRS
(Freeze it or use it in your stews or soups or alone)

*REDUCES INFLAMMATION, HEALS THE GUT, SOURCE OF COLLAGEN

SWITCH_COOKING

HIGH TEMPERATURE COOKING



DEEP FRYING, BROILING, GRILLING MAY LEAD TO BROWNING OF FOOD (CARCINOGENIC)

SLOW COOKING

STEAMING, BAKING, SAUTÉING



SWITCH LOW-CARB

1/2 VEGIES



1/4 PROTEIN

CHICKEN
SEAFOOD
MEAT
EGGS/DAIRY

1/4 GOOD CARBS*

BEANS
LENTILS
CHICKPEAS
QUINOA
WHOLE RICE
POTATOES
SWEET POTATOES

*REPLACE WITH VEGGIES WHEN YOU CAN

Adjust quantity to feel satiated but not stuffed

SWITCH_NOCARBS

HIGH CARBS



CEREAL & FRUITS INCREASE YOUR BLOOD SUGAR LEVEL AND KEEPS YOU HUNGRY



NO CARBS



EGGS & VEGGIES ARE HIGH IN PROTEIN AND NUTRIENTS

SWITCH_NOCARBS

HIGH CARBS



**PASTA INCREASES BLOOD SUGAR LEVEL
AND KEEPS YOU HUNGRY**



NO CARBS



**PROTEINS & VEGIES ARE
NUTRITIOUS AND SATIATING**

SWITCH_TREATS

SWEETS



**INCREASES BLOOD SUGAR LEVEL
AND KEEPS YOU HUNGRY**



FRUITS & NUTS



**LIMIT FRUITS TO 1 OR 2 SMALL PIECES AFTER A MEAL
(OR WITH A YOGURT OR NUTS) TO AVOID A SUGAR SPIKE**

SWITCH_FERMENTED

JUNK FOOD



FERMENTED FOOD



THEY FEED THE BAD BACTERIA IN YOUR GUT

THEY CONTAIN PROBIOTICS THAT NOURISH THE GOOD BACTERIA IN YOUR GUT, WHICH IN TURN STRENGTHENS YOUR IMMUNE SYSTEM, REDUCES INFLAMMATION, ENHANCES DIGESTION AND BALANCES YOUR HORMONES

SWITCH_SALTYSNACK

CHIPS



INCREASES BLOOD SUGAR LEVEL
CONTAINS HARMFUL PROCESSED FATS



SALTED NUTS

NUTRITIOUS AND SATIATING
CONTAIN GOOD FATS



(MAKE SURE THEY CONTAIN ONLY ROASTED NUTS AND SEA SALT)

SWITCH_SALTYSNACK

POPCORN
HIGH IN CARBS



EDAMAME
HIGH IN PROTEIN



SWITCH_WHOLESUME

PROCESSED FOOD



PRODUCTS WITH MULTIPLE INGREDIENTS:
SUGARS, TRANS FATS, PRESERVATIVES,
EMULSIFIERS, ADDITIVES, COLOURING,
FLAVOURING, NUMBERS, LETTERS



WHOLE FOOD



PRODUCTS WITH SINGLE OR LESS
THAN 5 INGREDIENTS

SWITCH_BREAD



PROCESSED BREAD

CONTAINS SUGAR, TRANS FATS, ADDITIVES,
PRESERVATIVES, COLOURING...



SOURDOUGH BREAD

CONTAINS WHEAT FLOUR, WATER, SEA SALT



SWITCH_MEAT

FACTORY FARMING



FEED CONTAINS CORN AND SOY,
HORMONES & ANTIBIOTICS.
RESTRICTED MOVEMENT



FREE RANGE

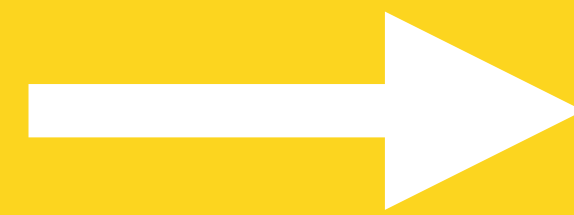


HORMONE FREE, ANTIBIOTIC FREE,
NATURAL FEED (GRASS)

SWITCH_CHICKEN

CAGE FARMING

FEED CONTAINS HORMONES &
ANTIBIOTICS. RESTRICTED
MOVEMENT



FREE RANGE

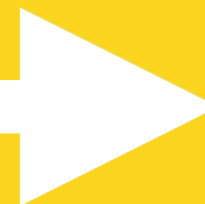


HORMONE FREE, ANTIBIOTIC FREE,
NATURAL FEED (GRAINS, INSECTS & WORMS)

SWITCH_FISH

BIG FISH

SWORDFISH & SHARK ARE HIGH IN MERCURY



SMALL FISH & SHELLFISH

SALMON & SHRIMPS ARE LOW IN MERCURY



SWITCH_DRINKS

SUGARY FIZZY DRINKS



ZERO NUTRIENTS, HIGH IN SUGAR & HARMFUL
SUBSTANCES, HIGH IN CALORIES



SPARKLING WATER

SWITCH_FROZEN

CANS



TOXINS IN CANS MAY SIP INTO FOOD



FROZEN



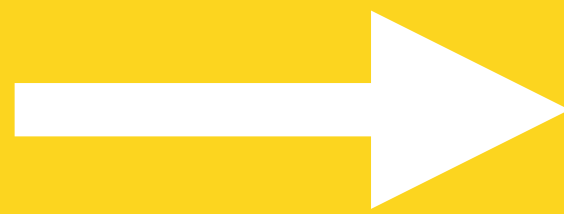
FREEZING RETAINS NUTRIENTS

SWITCH_FRESH



CANS

HIGH IN SUGAR, LOW IN NUTRIENTS



FRESH FRUITS

HIGH IN FIBRE



SWITCH_DRYLEGUMES

CANS



TOXINS IN CANS SIP INTO FOOD



DRY LEGUMES



SOAK BEANS IN WATER + BAKING SODA OVERNIGHT AND BOIL THE NEXT DAY

FRUIT JUICE
HIGH IN SUGAR



SWITCH_WHOLEFRUIT

WHOLE FRUIT
HIGH IN FIBRE



SWITCH_GLASS

CANS



GLASS JAR



TOXINS IN CANS SIP INTO FOOD

SWITCH IN THE KITCHEN & AT HOME



SWITCH_CONTAINERS

PLASTIC



GLASS



STAINLESS STEEL



TOXINS IN PLASTIC SIP INTO FOOD

SWITCH_SPOONS

PLASTIC



SILICONE



STAINLESS STEEL



TOXINS IN PLASTIC SIP INTO FOOD

SWITCH_BOTTLES

PLASTIC



GLASS



STAINLESS STEEL



TOXINS IN PLASTIC SIP INTO WATER

AIM FOR 1.5-2L OF WATER/DAY

SWITCH_COOKWARE

TOXIC COOKWARE



NON-STICK/
TEFLON



COPPER



ALUMINIUM



NON-TOXIC COOKWARE



STAINLESS STEEL



GLASS



CAST IRON



SILICONE



CERAMIC

TOXINS (PFA -PFOA & PFTE), ALUMINIUM, LEAD, CADMIUM, COPPER) IN COATING SIP INTO FOOD

SWITCH_BOARDS

PLASTIC

WOOD



GLASS



TOXINS IN MATERIAL OR COATING SIP INTO FOOD,
MAY BECOME MOULDY AND HARBOUR BACTERIA

SWITCH_CLEANING

TOXIC CLEANING PRODUCTS



NATURAL CLEANING PRODUCTS



DAMP CLOTH



WET & DRY CLOTH



SOAP & WATER



VINEGAR, BAKING SODA,
ESSENTIAL OILS

**SWITCH SELF-CARE
PRODUCTS**



SWITCH_BEAUTYCARE

COMMERCIAL COSMETICS



FULL OF HARMFUL CHEMICALS

HOMEMADE NATURAL PRODUCTS



COCONUT OIL
ADD ESSENTIAL OILS:
ROSEMARRRY
GERNAIUM
LAVENDER



COCOA BUTTER
MIX WITH JOJOBA OIL TO SOFTEN

SWITCH_SUNSCREEN

CHEMICAL SUNSCREENS



FULL OF HARMFUL CHEMICALS



PHYSICAL SUNSCREENS



WITH ZINC OXIDE OR TITANIUM DIOXIDE
FREE OF NANOPARTICLES

CHECK VERIFIED PRODUCTS BY [EWG.ORG](https://www.ewg.org)

SWITCH_SOAP

COMMERCIAL PRODUCTS

FULL OF HARMFUL CHEMICALS



NATURAL PRODUCTS

CASTILE SOAP, OLIVE OIL SOAP



CHECK VERIFIED PRODUCTS BY [EWG.ORG](https://www.ewg.org)

SWITCH_DEODORANT

COMMERCIAL PRODUCTS



CONTAIN ALUMINIUM, PARABENS,
PHTHALATES, TRICLOSAN, FRAGRANCES



NATURAL DEODORANT



CONTAIN NATURAL OILS, BAKING SODA,
ARROW ROOT, TAPIOCA STARCH, ZINC
OXIDE, MAGNESIUM, ESSENTIAL OILS

CHECK VERIFIED PRODUCTS BY [EWG.ORG](https://www.ewg.org)

SWITCH_TOOTHPASTE

COMMERCIAL TOOTHPASTE



**CONTAIN FLUORIDE (NEUROTOXIN),
TRICLOSAN (ENDOCRINE DISRUPTOR)**



NATURAL TOOTHPASTE



**FREE OF FLUORIDE
MAY CONTAIN COCONUT OIL, BAKING
SODA, H₂O₂, PEPPERMINT ESSENTIAL OIL
CHECK VERIFIED PRODUCTS BY [EWG.ORG](https://www.ewg.org)**

SWITCH LIFESTYLE



SWITCH_FASTING

INTERMITTENT FASTING

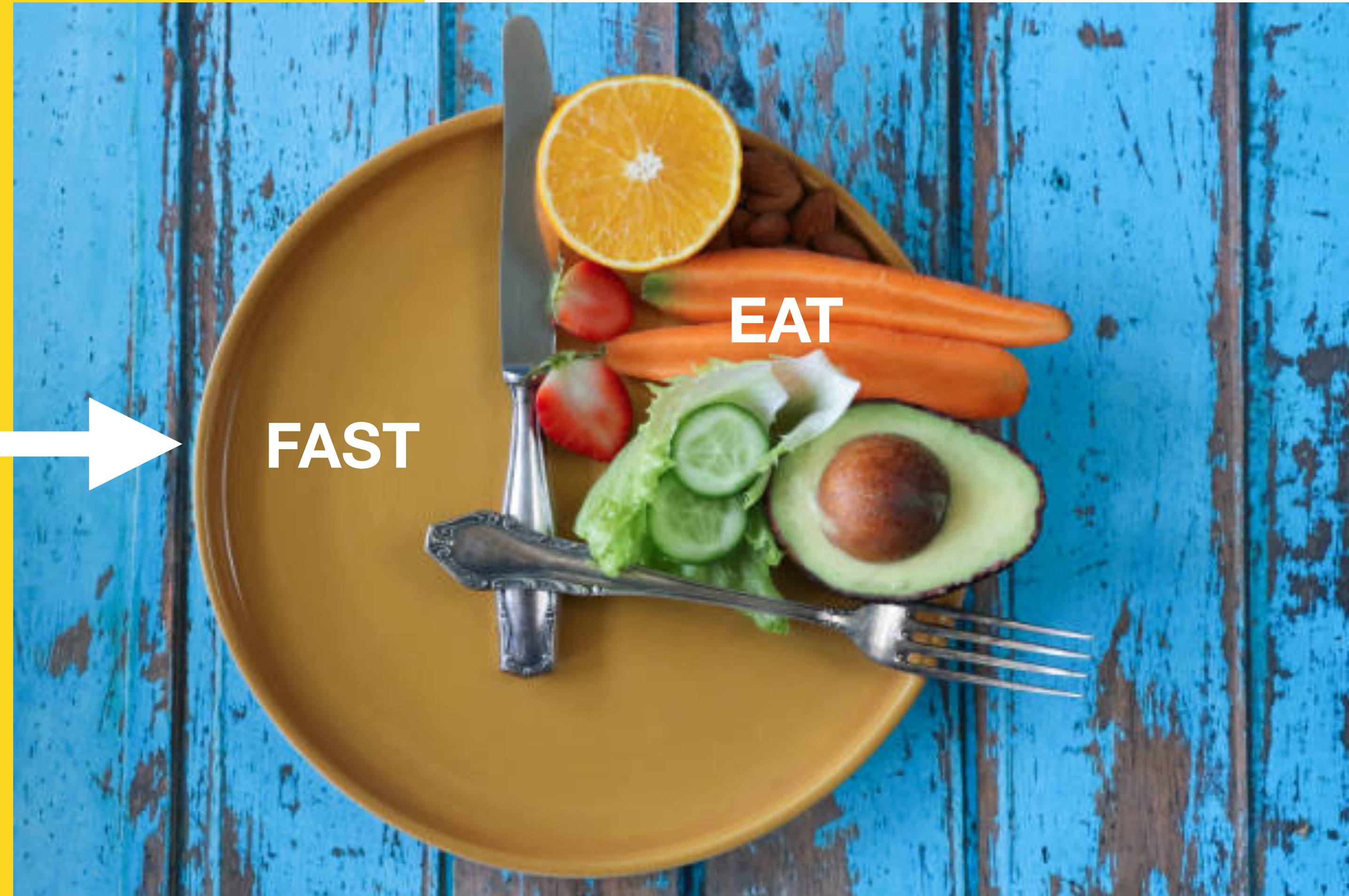
GRAZING



INCREASES INSULIN, CRAVINGS AND FAT STORAGE



FAST



EAT

REDUCE EATING WINDOW TO 6-8 HOURS
TRY TWO NUTRITIOUS MEALS/DAY

SWITCH_MINDFUL



EATING ON THE GO



EATING MINDFULLY



NOTICE THE TASTE, TEXTURE AND SMELL OF YOUR FOOD. TUNE INTO YOUR INTERNAL CUES OF SATIATION.

SWITCH_INNERPEACE

EMOTIONAL EATING



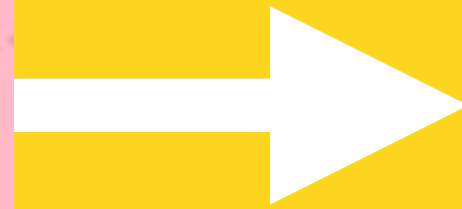
EMOTIONAL REGULATION



**YOGA, MEDITATION, BREATHING & MINDFULNESS
PRACTICE HELP SWITCH ON YOUR CALM & WISE MODE**

SWITCH_HYDRATE

SNACKING



HYDRATING



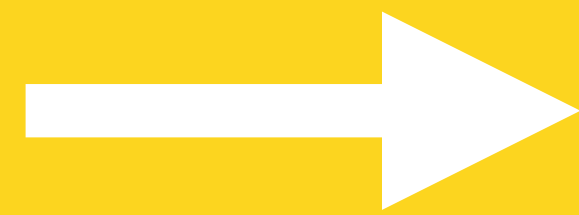
**HYDRATE (1.5-2 L/DAY) TO AVOID CONFUSING
THIRST FOR HUNGER
(WATER + HERBAL TEA)**

SWITCH_WILLPOWER

TEMPTATION



WHAT THE EYES SEES THE HEART DESIRES



WILLPOWER



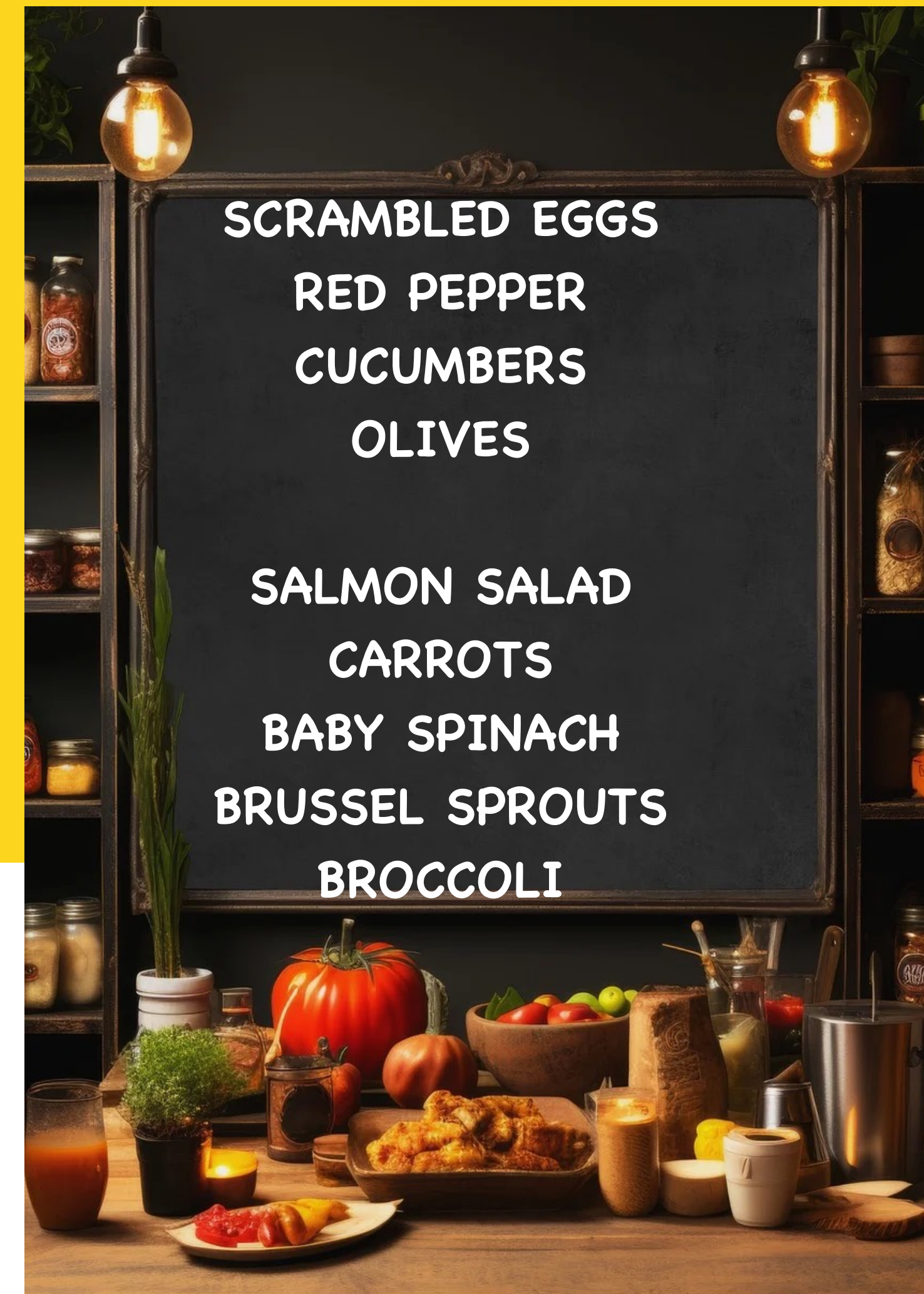
HAVING ONLY HEALTHY OPTIONS AT HOME
MAKES IT MUCH EASIER TO RESIST TEMPTATION

SWITCH_PLANING

PROCRASTINATING



MEAL PLANNING



SCRAMBLED EGGS
RED PEPPER
CUCUMBERS
OLIVES

SALMON SALAD
CARROTS
BABY SPINACH
BRUSSEL SPROUTS
BROCCOLI

WAITING UNTIL HUNGER STRIKE IS A
RECIPE FOR DISASTER

SWITCH_ONCE

INDULGING ALL THE TIME



INCREASES BLOOD SUGAR LEVEL
AND BODY FAT. KEEPS YOU HUNGRY

INDULGING ONCE A WEEK

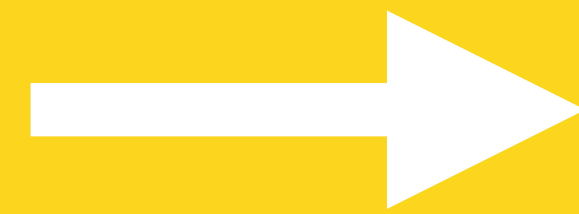


SWITCH_STICKS

CIGARETTES



CONTAINS ADDICTIVE NICOTINE & OTHER
CANCER-CAUSING SUBSTANCES.
INCREASES YOUR RISK OF HEART DISEASE.



CUCUMBER & CELERY STICKS



JOIN A QUITTING SMOKING PROGRAM

SWITCH_DRINKS

ALCOHOL



**TOXIC PSYCHOACTIVE SUBSTANCE
ZERO NUTRIENTS, HIGH IN CALORIES**

HERBAL TEA

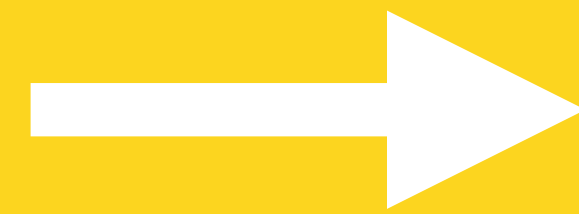


**SPARKLING
WATER**



SWITCH_BALANCE

STRESSFUL LIFESTYLE



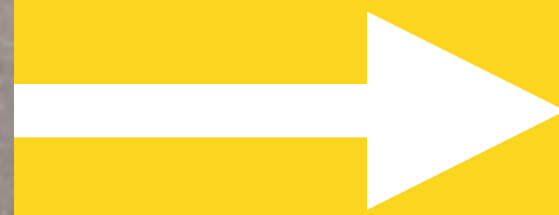
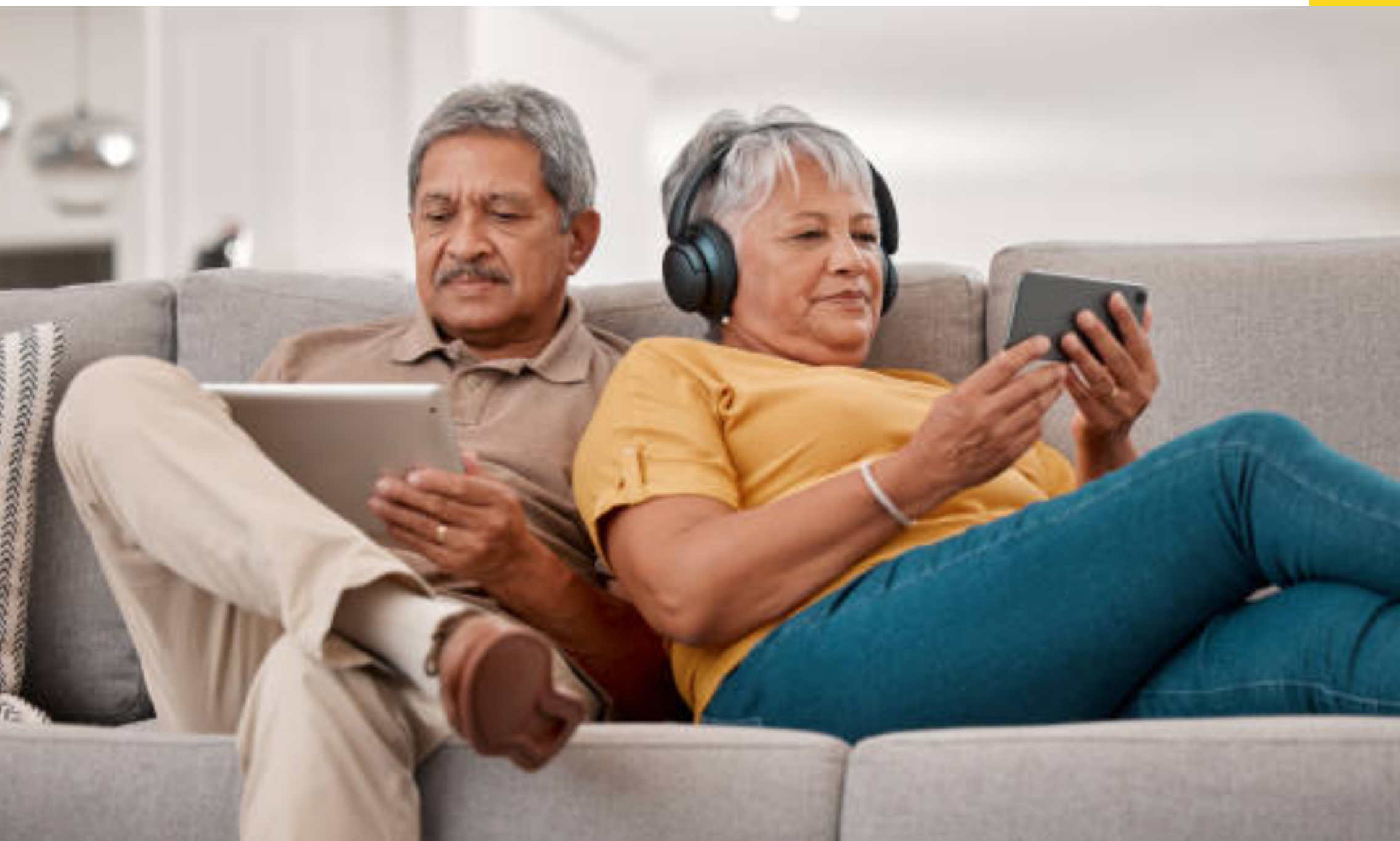
WORK-LIFE BALANCE



SCHEDULE TIME FOR FAMILY, EXERCISE, RELAXATION, LEARNING, FRIENDS, HOBBIES, BREATHING EXERCISES, MEDITATION, SLEEP...

SWITCH_ACTIVE

SEDENTARY



ACTIVE



WEIGHTLIFTING— 30 MIN- 2-3x/WEEK

WALKING, SWIMMING— 30 MIN-1HR- 6x/WEEK

STRETCHING, YOGA, PILATES— 30 MIN- 2-3x/WEEK

SWITCH_OUTDOOR

INDOOR



OUTDOOR



GET 30 MIN OF SUN EXPOSURE EVERY DAY
OR TAKE VITAMIN D + K2 SUPPLEMENTS

SWITCH_REALLIFE

VIRTUAL LIFE



REAL LIFE



FACE-TO-FACE SOCIALISING BOOSTS WELLBEING

SWITCH_E-FREE

E-POLLUTION



**SOCIAL MEDIA = DISTRACTING NOISE +
DISTURBING IMAGES + TOXIC INTERACTION**



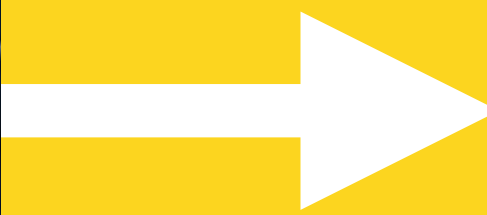
E-FREE



**BATHROOM TIME IS BREAK TIME FROM THE
WORLD. QUIET YOUR MIND.
BE WITH YOURSELF. BE E-FREE.**

SWITCH_REAL

DIGITAL BOOK



REAL BOOK



BLUE LIGHT FROM YOUR PHONE DISTURBS YOUR SLEEP

SWITCH_RECONNECT

DISCONNECT



RECONNECT



GET YOUR DAILY DOSE OF THE 'CUDDLE HORMONE' (OXYTOCIN)

SWITCH_RECONNECT

RECONNECT

DISCONNECT



GET YOUR DAILY DOSE OF THE 'FEEL GOOD HORMONE' (ENDORPHINS)

SWITCH_KINDNESS

RANDOM ACTS OF KINDNESS

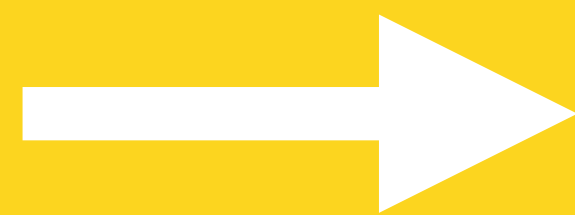
BYSTANDARD



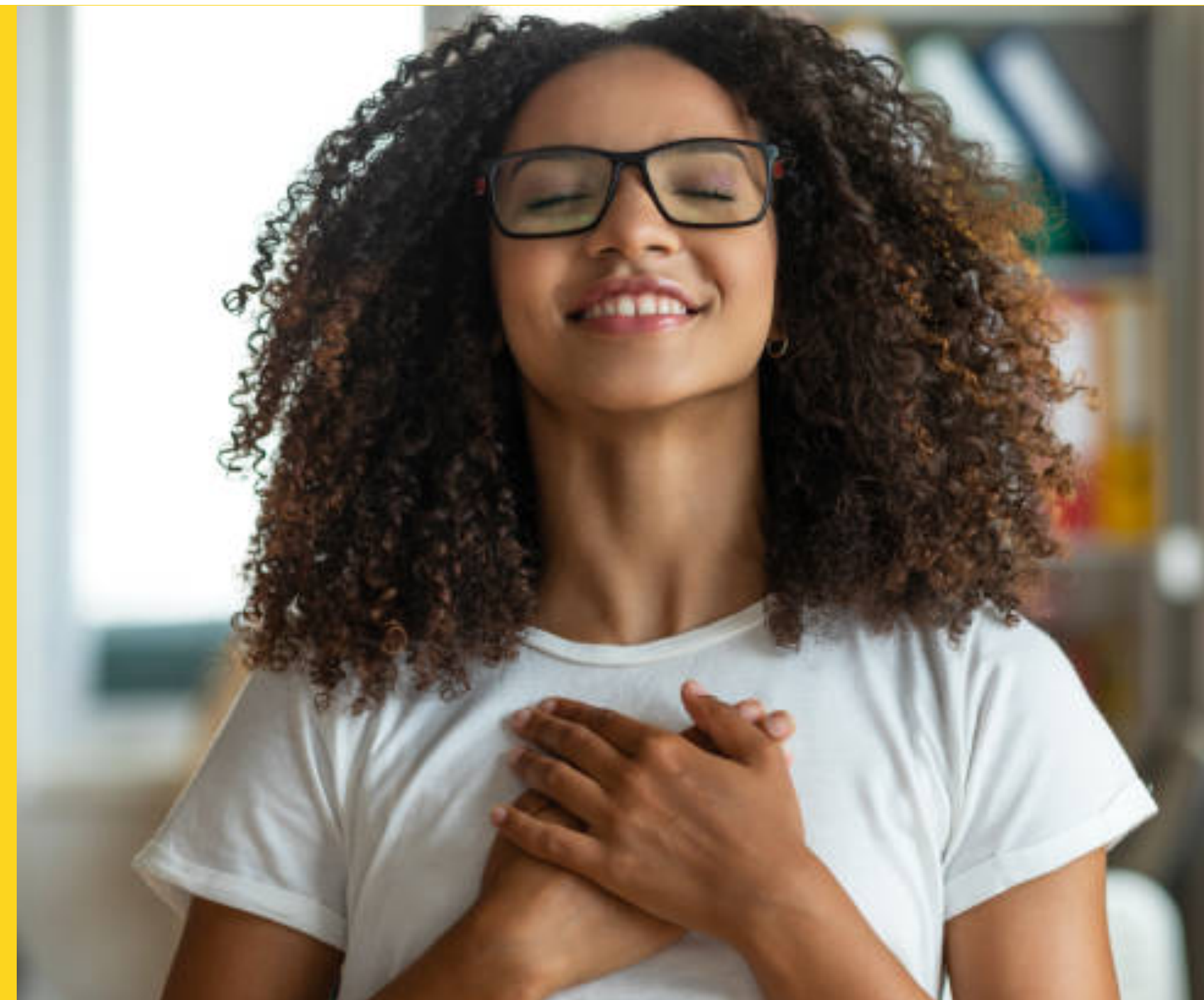
Doing random acts of kindness improves your psychological wellbeing and leads to a positive cycle of reciprocity

SWITCH_GRATITUDE

FRUSTRATION



GRATITUDE



LIST THE THINGS, PEOPLE, CIRCUMSTANCES YOU ARE GRATEFUL FOR. REGULAR PRACTICE IMPROVES YOUR MENTAL AND PHYSICAL HEALTH.

SHARE

**CREATE A POSITIVE RIPPLE
EFFECT AROUND YOU**

