

Guide 7. How Diet Causes Disease—and How Plant-Based Eating Can Restore Your Health

This worksheet helps you understand how daily food choices affect long-term health, inflammation, and disease risk—without fear, shame, or pressure.

This is about awareness, empowerment, and realistic change.

Part 1: Awareness — Seeing the Connection Clearly

Healing begins with understanding, not blame.

1. Food & Health Reflection

Without judging yourself, reflect honestly.

When I think about my current health, I mostly feel:

- Confident
- Concerned
- Curious
- Overwhelmed
- Hopeful
- Avoidant

Health issues (current or past) that matter to me:

(energy, weight, blood sugar, blood pressure, inflammation, digestion, pain, family history, etc.)

One way my health affects my daily life right now:

2. Understanding the Bigger Picture

Finish these sentences gently:

"I used to think chronic disease was mostly caused by _____."

"After learning more, I'm beginning to see that daily food choices can _____."

One thing that surprised me about the connection between diet and disease:

Part 2: The Role of the Standard American Diet

This is not about guilt.

It's about clarity.

3. Noticing Patterns (Not Blame)

Foods I eat often that are highly processed or packaged:

Foods I eat often that come from whole plants:

(fruits, vegetables, beans, whole grains, nuts, seeds)

One pattern I'm noticing about how my diet might affect how I feel:

(energy, inflammation, cravings, digestion, mood)

4. Releasing Self-Blame

Check anything you're ready to release:

- "I should have known better"
- "This is my fault"
- "It's too late for me"
- "Change has to be extreme to matter"

One compassionate thought I want to practice instead:

Part 3: The Power of Plants — Hope & Possibility

Plant foods don't just avoid harm — they actively heal.

5. Reframing Plant-Based Eating

When I hear "plant-based," my first reaction is usually:

- Curious
- Skeptical
- Interested
- Overwhelmed
- Relieved

What plant-based eating actually means to me (in my own words):

One potential benefit of eating more plant foods that matters to me personally:

(health, energy, weight, longevity, family, freedom)

6. What Healing Could Look Like

If my body felt more supported and less inflamed, my life might look like:

One area of health I would most love to improve:

Part 4: Gentle, Realistic Change

This is not about going "all in."

It's about starting where you are.

7. My Low-Pressure Starting Point

Choose **one** approach that feels realistic right now:

- One fully plant-based meal per day
- One meatless day per week
- Replace dairy with a plant alternative
- Add one extra fruit or vegetable per day
- Try one new plant food this week

My choice:

This feels doable because:

8. Crowding In (Not Cutting Out)

Plant foods I already enjoy and could eat more often:

One meal I already eat that I could make more plant-forward:

Closing Reflection

Finish this sentence honestly:

"Healing doesn't feel scary when I remember that _____."

Before You Move On

Chronic disease is not random.

Healing is not impossible.

Food is information—and opportunity.

You don't need perfection.

You don't need fear.

You don't need to change everything at once.

You are learning how to nourish instead of harm.

How to support instead of fight your body.

How to heal one choice at a time.

Take this guide slowly.

Let curiosity lead.

Your body will tell you what's working.