

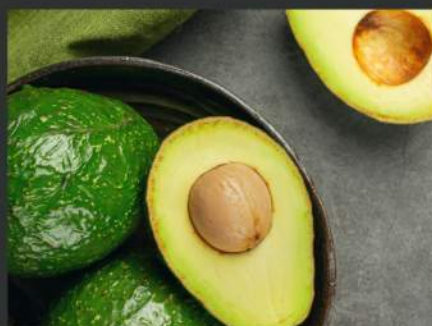


KEEP TRACK OF WHAT YOU EAT  
WITH CLARITY AND EASE.  
THIS TOOL HELPS YOU STAY  
MINDFUL, CONSISTENT, AND  
ALIGNED WITH YOUR HEALTH  
GOALS.



ACADEMY OF  
DHARMA  
WELLNESS  
ARTS

# Nutrition tracker





## *Copyright and Content Protection*

All materials presented in this guide — including text, illustrations, diagrams, descriptions, and practical recommendations — are the intellectual property of the author.

Copying, reproducing, distributing, or using the materials, in whole or in part, without the author's written permission is prohibited. All rights are protected under applicable copyright and related laws.

This material is intended solely for personal use, learning, and self-development. We kindly ask you to respect the work and efforts of the team that contributed to the creation of this product.



## *Medical Disclaimer and Limitation of Liability*

This guide contains coaching materials intended to support your personal growth, self-awareness, and pursuit of health and well-being goals.

However, this product is not a medical or psychotherapeutic program and does not replace consultations with physicians, dietitians, psychotherapists, or other licensed specialists.

The author and the team do not make diagnoses, prescribe treatments, or recommend medical procedures. If you have or suspect any medical or psychological conditions, please consult with a licensed healthcare provider.

All decisions regarding your lifestyle and health are made solely by you. Coaching — including the content of this guide — is not a substitute for medical advice and does not carry any medical responsibility for the results of your decisions.

By using this guide and participating in coaching sessions, you agree that neither the author nor the team is responsible for any medical consequences or changes in your health.



## *Welcome*

Thank you for choosing this guide. For me and my team, this is an important project: we sincerely want to help you better understand your health, learn how to manage it in real life, and find your own sustainable path to balance and well-being.

This material is dedicated to the foundations of Traditional Chinese Medicine (TCM) — its core principles, health philosophy, the role of nutrition, daily routine, emotional state, and internal energy. Here, you'll find not just theory, but practical tools to help you observe yourself, analyze your body's responses, adjust habits, and see real changes.

We understand that many people today struggle with overload, fatigue, sleep disorders, and mood swings. The information out there is often contradictory, and universal advice does not work for everyone. That's why our goal is not to offer ready-made solutions, but to create space for deep self-understanding, help you prioritize, and build your personal health strategy.

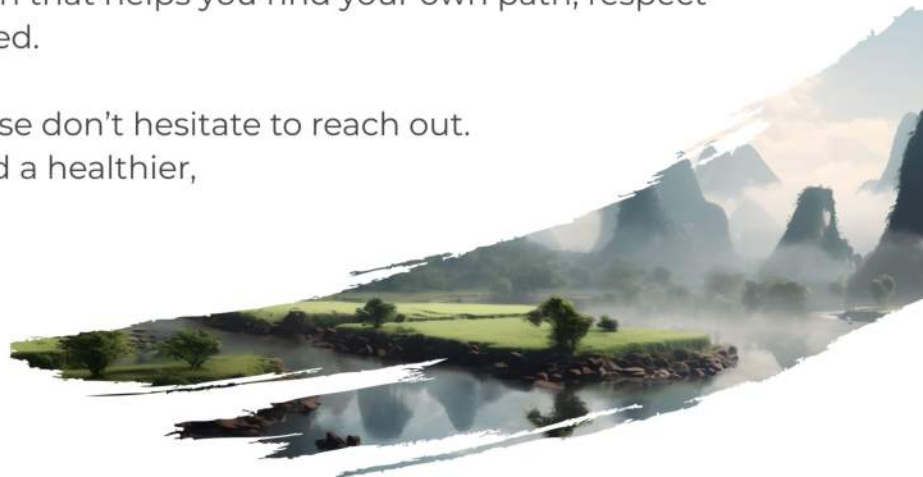
In this guide, you'll find:

- Explanations of how the body works and how its systems are interconnected;
- Key TCM principles: the balance of Yin and Yang, energy circulation, and the role of organs;
- Practical steps and recommendations you can implement without special training.

We created this product so you can move forward step by step, without stress and overload, making positive changes and seeing results. There is no one-size-fits-all model here, but rather an approach that helps you find your own path, respect your uniqueness, and feel supported.

If you need help or support — please don't hesitate to reach out. We're here to walk with you toward a healthier, more balanced life.

**With best wishes,  
Alexander Dvoryanchikov and the  
Dharma Wellness Arts team**



作業簿



掌握

# About the Author

## *Master*

Good day!

My name is Aleksandr Dvoryanchikov, and I'm happy to welcome you here. I am a physician-reflexologist and a certified specialist in Western medicine, as well as a master in Traditional Chinese Medicine. I'm the co-author of an interactive coaching program and a project dedicated to health and Traditional Chinese Medicine.

### **My Path into Coaching**

After receiving a solid medical education, I began to delve deeper into the study of health recovery methods and approaches that help improve the quality of life. In my practice, I analyzed data from more than 10,000 clients, which allowed me to identify key patterns and develop effective strategies for coaching and wellness.

My programs are based on a systematization of knowledge from masters of Chinese, Tibetan medicine, and Ayurveda, as well as on the analysis of practical experience. This allows me to create effective strategies aimed at achieving balance between the physical, emotional, and energetic state of a person.

### **Yoga and Educational Activity**

I have been practicing Hatha Yoga and yoga therapy for over 22 years, having received initiation from the Himalayan master Pilot Baba. For 17 years, I have led individual and group yoga classes, integrating them with methods of Eastern medicine.

Since 2001, I have been actively involved in educational projects, organizing courses, seminars, webinars, and masterclasses for professionals and patients, focusing on Chinese, Tibetan, and Ayurvedic medicine. Integrating traditional knowledge with modern science helps me find the most effective methods of combining Eastern wisdom with contemporary approaches — creating applicable methods for my students.

### **Professional Qualifications**

I received my fundamental medical education at the I.M. Sechenov Moscow Medical Academy, graduating in 1992. After that, I completed an internship and residency in anesthesiology, neurology, psychiatry, addiction treatment, and reflexotherapy.

I later completed advanced training in phytotherapy, hydrotherapy, and restorative medicine at the Institute of Postgraduate Education.

### **The Path into Eastern Medicine**

I have always been inspired by the depth of Traditional Chinese Medicine. I studied under leading experts such as Professor Shi Sinchunhe (Beijing), Dr. Mu Ra (Harbin), and monks of the Shaolin Monastery. I also studied Tibetan constitutional medicine (Sowa Rigpa) and Ayurvedic foundations.

In addition, I actively participate in seminars and masterclasses on Traditional Chinese and Tibetan Medicine, which allows me to continually expand and deepen my practical knowledge.





## *About the Dharma Wellness Arts Project*

The Dharma Wellness Arts project was born from a desire to unite experience, knowledge, and practices that help people strengthen their health, restore vitality, and find a stable inner balance. We believe that every person deserves an individual approach — not universal solutions. What makes our approach unique is the combination of elements from Eastern traditions (principles of TCM, Ayurveda, phytotherapy), modern scientific research, and many years of experience in working with people and developing individual strategies for each participant.

We design supportive systems that include nutrition, daily routines, emotional states, quality sleep, physical activity, breathing practices, and mindfulness work.

### **What we do:**

We help people understand their true needs, identify the key factors influencing their health, and build step-by-step plans to move toward a healthier, more balanced life.

Our team includes certified specialists working in the field of coaching, TCM, and integrative medicine, who support participants on their personal journey. We don't offer generic solutions — we help build a path that works for each individual.

The Dharma Wellness Arts project is not just an informational resource. It's a space where knowledge becomes practical tools, and practice becomes a path to improved quality of life, restored inner resources, and strengthened health. We are here to support you at every step of this journey.



# *The Problem*

In today's rapidly changing world, many of us feel overwhelmed, stressed, and struggle to prioritize our health and well-being. The demands of work, family, and daily life often leave little time for self-care, leading to various health problems.

Chronic stress, lack of physical activity, poor nutrition, and mental exhaustion — all these factors can significantly impact overall quality of life. Moreover, finding reliable health information can be difficult, and the abundance of conflicting advice and rapid lifestyle changes often makes it harder to determine what's right for you. This uncertainty can lead to mistakes, undermining motivation and slowing progress.

At Academy of Dharma Wellness Arts, we understand these common challenges and obstacles people face when trying to improve their health. We are ready to help you navigate this path by providing the clarity, guidance, and support you need to overcome them.





# *The Solution*

At the Dharma Wellness Arts Academy, we believe that sustainable well-being is available to everyone, regardless of current circumstances. We offer a holistic approach to health that addresses the root causes of common problems and provides effective, personalized solutions.

Our team of experienced health and wellness specialists is ready to guide you every step of the way. We begin by understanding your unique goals, challenges, and aspirations. Through open and in-depth conversations, we gain a complete picture of your physical condition, mental well-being, lifestyle habits, and personal priorities.

Based on this information, we create an individual plan tailored to your needs. This plan becomes your roadmap to better health, covering aspects such as nutrition, fitness, stress management, and overall well-being. We don't believe in one-size-fits-all solutions — we focus on what works best for you.

Our coaching approach combines expert guidance, ongoing support, and strategies grounded in evidence to help you achieve lasting, positive changes in your lifestyle. We understand that health is a journey, not just a goal, and we're ready to be your partner every step of the way.

Say goodbye to confusion and uncertainty on your path to well-being. Embrace clarity, confidence, and transformation with Dharma Wellness Arts Academy. Together, we will unlock your full potential for health and happiness.



# *The role of a tracker and mindful eating in restoring health*

## **What does working with a food tracker involve?**

A food tracker is a tool that helps you gently and without pressure build a conscious connection with food and your body. It doesn't require strict control or rigid rules. Its goal is to teach you to notice how specific foods, dishes, and combinations affect your condition, energy, mood, and overall well-being. This awareness becomes the foundation for lasting changes in nutrition and lifestyle.

## **How to build your own nutrition system?**

Mindful eating requires attentive observation. Our system offers a step-by-step structure and methods that will help you adapt your diet to your unique needs and lifestyle. Through regular notes and observations, you'll begin to better understand your body's signals and choose food that suits you — without guesswork.

## **What you will gain through observation and working with the tracker:**



### **Personal analysis of reactions to food**

You will learn to track your condition after meals, identifying which foods give you energy and lightness, and which cause heaviness or discomfort.



### **Developing a sustainable nutrition strategy**

You will start structuring your meals, rhythms, combinations, and approaches that support your body — without forcing yourself.



### **Understanding key balance principles**

You will discover how the thermal nature of food, taste, seasonality, and direction of action affect health.



### **Solving problems and eliminating triggers in the diet**

You will identify which foods or habits undermine your body's stability and learn how to gently adjust them.



### **Building confidence and stability**

Your observations will help you create a calm, balanced relationship with food, free from anxiety or restrictions.



### **Emotional support through food**

You will learn to use nutrition as a resource to harmonize your emotional state and reduce stress.



# Table of Contents

## Chapter I

|   |    |
|---|----|
| Introduction  | 2  |
| The importance of creating and maintaining a knowledge base | 3  |
| How to choose the right knowledge base format               | 4  |
| Knowledge base (example entry)                              | 5  |
| Conclusion  | 9  |
| Chapter wrap-up   | 10 |

## Chapter II

|  |    |
|--|----|
| Food tracker: a step toward understanding yourself | 12 |
| Trackers and worksheets                            | 13 |
| How to use trackers and worksheets                 | 14 |
| Example of a completed food tracker                | 15 |
| Food tracker                                       | 16 |
| How to analyze your observations                   | 20 |
| Trackers and worksheets (instructions)             | 21 |
| Factors that worsen condition after eating         | 22 |
| Factors that improve condition after eating        | 23 |
| Conclusions  | 26 |
| Want to go further?                                | 27 |

# Chapter 1

## Congratulations on starting the first chapter!

Wise people say: organized knowledge is the foundation of conscious decisions. Today, we begin building your personal knowledge base so that, moving forward, you can work with your body and symptoms more accurately.

### What's next?

**Topic: Chapter 1.** Creating a knowledge base — the foundation for conscious change. Congratulations! You are starting the first chapter of the tracker. In it, we focus on creating a knowledge base — a place where important information about your body, reactions to food, observations, and discoveries will be collected. This will become the foundation for all your future work.

### What you'll gain from this chapter:

- You'll understand why it's important to record information, even if it seems obvious.
- You'll learn different formats for keeping a knowledge base (lists, tables, notes, etc.).
- You'll start recognizing connections between food, symptoms, and well-being.
- You'll develop a structure you can also use in other areas of health.
- You'll prepare for the next chapter — keeping a complete food tracker.

### Task 1:

Read the explanation of why a knowledge base is important and why it's worth maintaining one. Decide which format suits you best — structured lists, tables, or short notes.

### Task 2:

Look at examples of completed knowledge bases and start your own. For now, try recording 3–5 key observations, even if they seem minor. This will help you build the habit of tracking important details.

### Tip:

Don't aim for perfection. The value of a knowledge base lies in regularity, not flawlessness. The main thing is to start noticing what you previously overlooked.

## Introduction

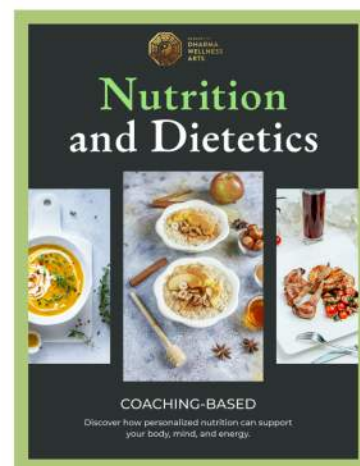
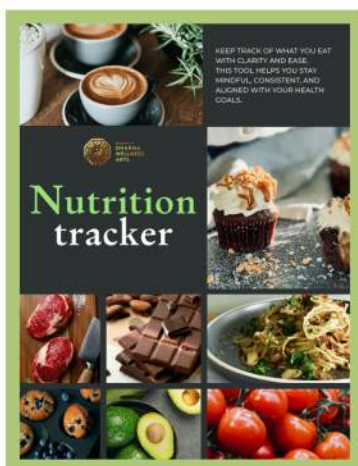
In Traditional Chinese Medicine, dietetics is considered one of the deepest and most practical forms of recovery. Through daily eating habits, it influences the movement of Qi, the balance of Yin and Yang, the function of organs, emotional state, and even mental clarity.

For nutrition to truly begin to help, it's essential to build a conscious connection. We don't start with restrictions — we start with observation. You begin to notice which foods support you and which cause heaviness, irritation, anxiety, or a drop in energy. This tracker will help you tune in to your body's signals. You'll mark exactly how the food you choose affects your condition. The more precisely you observe, the clearer it will become what truly works for you. No universal diet will give you the answer. Only your own body knows what it needs. But to hear it — you must first create the foundation.

**If you want to go deeper, we've prepared a separate product — a Dietetics Book within the TCM system. It contains proven approaches explaining how food affects organs, symptoms, Yin–Yang balance, emotions, and overall well-being. This is not just a reference guide — it's a practical tool you can use to gently adjust your diet to your current state.**

It all starts here — with the tracker, with the first step, with awareness. But the path leads to a systematic understanding, and we've prepared everything so you can take it confidently.

If you'd like, I can also adapt both this and your Chapter 1 translation so they sound like a single, smooth English guide rather than two separately translated pieces. That way they'll have the same style and tone from start to finish.



## *The importance of creating and maintaining a knowledge base*

Working on yourself requires not only understanding information but also systematizing it. Every new idea, observation, or recommendation can become an important part of your strategy for restoring balance. That's why it's so important to record all new information in your knowledge base.

### **Why is this important?**

When we study a lot of new information, we often find that some details get forgotten or lost. A knowledge base is your personal tool for storing, organizing, and later using everything you learn. It helps you:

Keep important data in one place.  
Easily return to materials you've already studied.  
Continuously improve and refine your strategy.  
Clearly see your progress and take all nuances into account.

### **How to maintain a knowledge base?**

- 1. Record everything that seems important:** key terms, new concepts, factors affecting your condition, and tips that may be useful.
- 2. Structure your notes:** organize the information into categories to make it easier to navigate (e.g., food, symptoms, emotions, sleep).
- 3. Update regularly:** add new observations and adjust old entries as you study and apply the information in practice.
- 4. Use your knowledge base as a tool:** refer back to it to refresh information, adjust strategies, or remind yourself of key points.



# *How to choose the right knowledge base format*

On the following pages, you'll find various templates for keeping a knowledge base. These formats are designed to help you choose the most suitable way of recording and organizing information so it can easily integrate into your daily life.

## **What you'll find:**

### **1. Structured List**

For those who prefer short notes and clear wording. Suitable for recording key terms, tips, and recommendations.

### **2. Table**

The ideal option if you want to compare different aspects (e.g., factors, their impact on your condition, and actions taken).

### **3. Observation Journal**

A format for detailed tracking of changes. Best if you want to record daily observations, experiments, and their results.

### **4. Infographic or Visual Map**

For visual learners who better absorb information through diagrams and images. This format makes it easy to show relationships between different aspects.

### **5. Goals and Progress**

For long-term planning. This format helps record goals, steps toward achieving them, and results at each stage.

## **How to work with the templates:**

- Review each of the presented formats.
- Choose one or several that best fit your task.
- Customize them for your needs: add, remove, or create your own categories.

## **Tip:**

Experiment with different formats to find the one that truly works for you. Remember, a knowledge base is your personal tool, and its effectiveness depends on how convenient and functional it is for you.

# Knowledge Base

## Example Entry

Topic:

---

---

### 1. 1. Key Points on the Topic

(Briefly note the main ideas or facts from the material)

---

- Yang is active energy associated with warmth, movement, and overloading the body.

---
- Excess Yang depletes Yin, leading to irritability and fatigue.

---
- Foods with pronounced Yang qualities (crab, coffee, extra-strong black tea, caviar, lamb, fatty foods, dark bitter chocolate) strongly increase Yang and deplete Yin, worsening imbalance.

---

### 2. How This Can Help Me

(Write how this information can be useful for you or your situation)

---

- Eliminating Yang foods (crab, coffee, fatty foods, strong tea, dark chocolate) during Yin recovery can help reduce body overload.

---
- ---
- ---
- ---

### 3. Insights

(Write down your personal discoveries, thoughts, and questions that arose during the learning process)

---

- Yang foods, especially coffee, lamb, and strong black tea, significantly increase body overload.

---
- Smoking and vaping greatly boost Yang, overloading the body and worsening symptoms.

---
- A proper diet that excludes Yang foods helps restore energy balance and reduce irritability.

---
- ---



# *Knowledge Base*

Topic:

---

---

## **1. Key Points on the Topic**

(Briefly note the main ideas or facts from the material)

---

- ---
- ---
- ---
- ---

## **2. How This Can Help Me**

(Write how this information can be useful for you or your situation)

---

- ---
- ---
- ---
- ---

## **3. Insights**

(Write down your personal discoveries, thoughts, and questions that arose during the learning process)

---

- ---
- ---
- ---
- ---

# Knowledge Base

## Example Entry

| Key Points  | How This Helps Me  | Insights  |
|---|--|---|
| After eating fatty meat, the noise becomes more pronounced, especially in the evening | Replaced meat with stewed vegetables and fish in the first half of the day | In the evening, the noise almost doesn't increase, and my sleep has become calmer |
| Coffee causes anxiety and seems to "amplify" the noise                                | Switched to a barley drink or simply warm water with ginger                | The noise has become quieter, especially on days without coffee                   |
| When I eat in a hurry or on the go, the noise increases                               | Started eating in silence, without a phone, and slowly                     | Even simple food eaten in calm feels different in the body                        |
|   |  |   |
|   |  |   |
|   |  |   |
|   |  |   |

This table is for personal use to help you observe and track patterns or changes.  
It is not a substitute for medical advice

## *Knowledge Base*

| Key Points | How This Helps Me | Insights |
|------------|-------------------|----------|
|            |                   |          |
|            |                   |          |
|            |                   |          |
|            |                   |          |
|            |                   |          |
|            |                   |          |
|            |                   |          |

This table is for personal use to help you observe and track patterns or changes.  
It is not a substitute for medical advice

## *Conclusion*

The right nutrition is not always what is commonly considered “healthy” or “beneficial.” Your body’s reactions may differ from widely accepted norms. Food that truly suits you does not cause internal tension and doesn’t require effort to process. After eating such food, you feel lightness, calm, mental clarity, and physical comfort.

### **Key signs of suitable nutrition:**

- No desire to overeat
- A sense of sufficiency without overload
- Reduced background stress
- Physical stability: steady breathing, warmth in the abdomen, clarity of thought

This could be a simple, familiar dish — but eaten at the right time and in the right state. It’s not only about what’s on your plate, but also how it is perceived by your body.

### **Conclusion:**

Nutrition based on observation helps correct internal imbalances and reduce strain. This is not a list of restrictions or a diet, but a tuning tool — built through mindful attention to yourself.

If you want to deepen your understanding and organize your knowledge, refer to the dietetics materials. They will help you more accurately interpret your body’s responses and develop a sustainable, supportive nutrition system.



## Chapter Wrap-Up

You've already done important work: you've learned to observe, record, and structure your knowledge. This is the foundation of a mindful approach to nutrition.

### Now you can:

- Better understand why certain reactions occur.
- Choose foods not based on “rules” but on their real effects on your body.
- Support your body through nutrition — taking into account the season, the state of your organs, and your current needs.

### What's next?

In the next stage, we'll deepen observations and move on to food analysis: how different foods affect your condition, which ones worsen symptoms, and which ones support you.

For those who want to go further — studying the TCM dietetics system will help you:

- Understand how food works at the level of energy and organs.
- Use knowledge of Yin–Yang balance, seasons, and organ health.
- Choose foods consciously, without guesswork or contradictions.

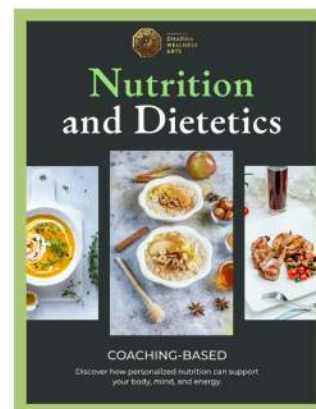
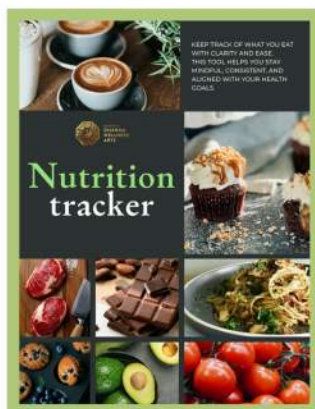
### If you want even more:

In the full “Dietetics” guide, you'll find:

- A complete food selection system based on TCM principles.
- Detailed product selection schemes.
- Ready-made menus, understanding of why each dish supports or harms, and faith in your choices.

In the meantime, continue with the tracker:

From observation → to understanding → to confident action.



## Chapter 2

### Congratulations on starting the second chapter!

You've already laid the foundation: you've started keeping a knowledge base, paid attention to your reactions, and taken your first steps toward understanding yourself. Now we move on to real-time observation — through keeping a food tracker and analyzing the factors that influence how you feel after eating.

### What's next?

**Topic: Chapter 2.** Food tracking and the impact of factors on well-being

In this stage, you'll begin to track exactly how food and surrounding conditions affect your body. We won't just record what you've eaten — we'll learn to identify the influencing elements.

This applies not only to negative reactions. Sometimes small, unnoticed details support the body, improve digestion, and boost mood and energy. We'll note both what makes you feel worse and what helps you.

### What you'll gain from this chapter:

- You'll learn to see cause-and-effect links between food, external factors, and your condition.
- You'll be able to pinpoint which circumstances worsen your state after meals: overeating, rushing, lack of sleep, cold, stress, etc.
- You'll notice what helps you feel better: a calm pace, warm food, walking, rest, and certain food combinations.
- You'll start forming your personal list of individual factors — both triggers and supportive elements.
- You'll continue to fill your knowledge base — now based on personal observation, not just theory.

### Task 1:

Read the explanation on why trackers are needed and how to use them correctly. Remember: the goal here is not to “evaluate” yourself but to learn to observe.

### Task 2:

Keep a food tracker for several days. Note:

- Composition and timing of meals
- Physical and emotional state during and after eating
- Conditions: Were you in a rush, stressed, comfortable, resting?

### Task 3:

Move on to analysis.

- Use the sample factor lists to identify what worsens or improves your condition.
- Compare with your own observations — start building your personal list of factors.
- Add everything important to your knowledge base to create a personalized map of patterns.

## *Food tracker: a step toward understanding yourself*

Keeping a food tracker is not just a form of control. It's a way to learn to listen to your body and notice how specific foods and combinations affect your condition. This approach doesn't limit you — it helps you rely on real experience and consciously choose what supports you.

You've already begun creating your knowledge base. Now it's time to take a deeper look at nutrition — as one of the key factors influencing clarity, lightness, energy levels, and the presence or absence of discomfort. This tracker will help you record not only the facts (what and when you ate) but also your body's responses, emotional reactions, and overall well-being.

### **What's important to track:**

- Time and conditions of eating — on the go, in a calm setting, with or without a feeling of hunger.
- Composition and nature of the food — light, dense, warming, cooling, dry, fatty.
- State before eating — emotions, sensations in the body, level of fatigue or tension.
- Reactions after eating — clarity, drowsiness, heaviness, noise in the ears, emotional state.
- Overall assessment of the meal — whether it supported you or, conversely, disrupted your balance.

Fill in the table daily or as you go. Over time, you'll begin to see patterns: what works specifically for you and what is better avoided.

This method of mindful observation will help you create your own nutrition system — not based on external rules, but on your own practical experience and sensitivity to yourself.

## Trackers and Worksheets

This workbook was created to be your reliable assistant in achieving goals and structuring your work. Inside, you'll find unique trackers, worksheets, and tools that will help you organize the process, monitor progress, and find solutions to improve your well-being.

### If you are using the digital version:

- You can download all trackers and worksheets as a single archive by scanning the QR code or using the link below:  
Link: *(insert hyperlink or website address)*



### If you are using the printed version:

- The workbook comes with additional materials. Check the inserts or appendices to the printed version to get full access to all tools.

### Use the tracker format that's most convenient for you:

- Vertical format: Table in portrait orientation — best for those who prefer a compact format for writing.
- Horizontal format: Table in landscape orientation — ideal for working with wide columns.





## *How to use trackers and worksheets*

Observing your body is a skill. And like any skill, it requires attention, honesty, and a bit of time. Over the next few days, you'll be filling out the tracker to see exactly how food affects your condition — physically, emotionally, and energetically.

There's no "right" or "wrong" way to do this. The main thing is to be honest with yourself. Note what you ate, how you felt before and after, what was happening around you, and whether it made you feel comfortable or not. You can record your observations in free form or use the provided tables.

**This is not control or a diet. This is a way to listen.  
It's an inward look, without judgment or pressure.**

If you can't record everything — that's okay. Even a few accurate notes will help you spot recurring reactions and patterns. Over time, you'll start noting not only the consequences but also the causes. That's exactly what the tracker is for.

Track your observations in whatever format works best for you: by day, by meal, or by sensations. Your path to recovery starts not with restriction, but with understanding. And mindful eating makes this path possible.





## *Analysis and tracking of factors affecting nutrition and body condition from the perspective of TCM*

This section will help you analyze your diet and overall well-being by comparing your daily meals, external factors, and how you feel with the concepts of Traditional Chinese Medicine (TCM).

You'll be able to systematize information, note the most typical body reactions, and start reflecting on the factors that influence your digestion, energy, and overall state.

### **Let's find your current starting point and begin today**

This will allow you to clearly define your level and identify key areas for improvement. Later, you'll be able to create an effective nutrition plan that will help you achieve noticeable health results quickly and sustainably.

#### **Task 1 4-Week Change Program Level 1: Fill out the table based on your current knowledge**

Observation diary: nutrition, factors, sensations, methods of improving well-being.

#### **Instructions:**

1. In the Date column, write down the current date and time of your meal or snack.
2. In the Food column, specify what exactly you ate or drank.
3. In the Factors column, note what was happening around you or within you at the time (for example, stress, physical activity, lack of sleep, cold, heat, etc.).
4. In the Food Characteristics column, describe the nature of the meal: light, heavy, warming, cooling, neutral, sweet, salty, spicy, etc.
5. In the State column, describe how you felt before and after the meal (for example: hunger, tiredness, irritability, heaviness, drowsiness, energy, calmness, clarity).
6. In the Methods column, note what helped you feel better afterwards (for example, rest, a walk, breathing practices, tea, stretching, meditation).
7. In the Changes column, indicate what changes you noticed (improvement, worsening, no changes).

## *Example of a Completed Nutrition Tracker*

| Date & Time | Nutrition (meals)                                | Factors (stress, physical activity, emotions) | Nature of food (heavy, light, warm, cold, spicy, etc.) | Accompanying sensations (pain, heaviness, fatigue, bloating) | Methods and ways of improvement              | Changes in condition (improvement, no change) |
|-------------|--|---|--|--|--|---|
| 07:00       | Breakfast: quinoa porridge, boiled fish, 1 pear  | No triggers                                   | Light, warm  | Mild dryness in the throat                                   | Warm herbal tea 30 min before breakfast      | Slight improvement                            |
| 08:30       | -  | Mild anxiety due to work                      | -  | Mild fatigue   | A glass of warm water 1 hour after breakfast | No change                                     |
| 09:30       | -  | None  | -  | None   | Light stretching, breathing exercises        | Slight improvement                            |
| 12:30       | Lunch: stewed turkey, steamed broccoli, potatoes | None  | Nutritious, warm                                       | None   | Walk 10 min after lunch                      | Stable condition                              |
| 13:30       | -  | Moderate stress at work                       | -  | Mild neck tension  | Short relaxation break                       | Small improvement                             |
| 15:00       | -  | None  | -  | Fatigue  | A glass of warm water 2 hours after lunch    | Slight improvement                            |
| 18:30       | Dinner: soup on bone broth, 2 slices of bread    | None  | Light, warm  | Mild dryness in the throat                                   | Tea 30 min before dinner                     | Stable condition                              |
| 20:00       | -  | Mild tension after a walk                     | -  | Mild fatigue   | Light stretching, glass of warm water        | Slight improvement                            |
| 21:00       | -  | None  | -  | Mild neck tension  | 5-minute walk                                | Slight improvement                            |
| 21:30       |  |   |  |  |  |   |

This table is for personal use to help you observe and track patterns or changes. It is not a substitute for medical advice



## Example of a Completed Nutrition Tracker

| Date & Time | Nutrition (meals)                                | Factors (stress, physical activity, emotions) | Nature of food (heavy, light, warm, cold, spicy, etc.) | Accompanying sensations (pain, heaviness, fatigue, bloating) | Methods and ways of improvement         | Changes in condition (improvement, no change) |
|-------------|--|---|--|--|---|---|
| 07:00       | Breakfast: quinoa porridge, boiled fish, 1 pear  | No triggers                                   | Light, warm  | Mild dryness in the throat                                   | Warm herbal tea 30 min before breakfast | Slight improvement                            |
| 08:30       |  |   |  |  |   |   |
| 09:30       |  |   |  |  |   |   |
| 12:30       | Lunch: stewed turkey, steamed broccoli, potatoes | None  | Nutritious, warm                                       | None   | Walk 10 min after lunch                 | Stable condition                              |
| 13:30       |  |   |  |  |   |   |
| 15:00       |  |   |  |  |   |   |
| 18:30       | Dinner: soup on bone broth, 2 slices of bread    | None  | Light, warm  | Mild dryness in the throat                                   | Tea 30 min before dinner                | Stable condition                              |
| 20:00       |  |   |  |  |   |   |
| 21:00       |  |   |  |  |   |   |

This table is for personal use to help you observe and track patterns or changes.  
It is not a substitute for medical advice.



## *How to analyze your observations*

Observation is just the beginning — but it's the foundation for conscious change. If you've recorded your meals for at least a few days, you can already see what supports you and what weakens you. This process helps you connect with your body, understand its signals, and adjust your diet so it works for you. The point is not about what's "right" or "wrong," but about seeing how your body responds — gently, honestly, and without judgment.

### **Pay attention to:**

- Recurring symptoms after specific meals.
- The effect of meal timing (especially dinner).
- Connections between emotional state and digestion.
- The difference between warm and cold food.
- Reactions to specific food combinations.
- How your condition changes after snacks between meals.

### **Try to identify 3 types of reactions:**

1. What improves your well-being (in body, energy, and mood).
2. What worsens it — what consistently triggers negative sensations.
3. What is neutral — doesn't noticeably help or harm.

Such observation becomes your personal navigation system. Only you can feel what truly works for your body. This is the first step toward building nutrition without rigid restrictions or diets — step by step, based on your real experience.



# Trackers and worksheets

## How to Use the Next Page:

### 1. Analyze the data:

- While filling in the tracker, start noticing what exactly affects your condition.
- On the following pages, write down the factors that reduce tinnitus and those that make it worse.

### 2. Fill in the next 2 lists step-by-step:

- On one page, list everything that reduces tinnitus (for example, certain foods or relaxation techniques).
- On the other page, list everything that increases tinnitus (for example, stress or specific types of food, dishes, actions).

Factors That Improve Well-Being

*Factors that improve condition after eating*

|    |  |
|----|--|
| 1  |  |
| 2  |  |
| 3  |  |
| 4  |  |
| 5  |  |
| 6  |  |
| 7  |  |
| 8  |  |
| 9  |  |
| 10 |  |

Factors That Worsen Well-Being

*Factors that worsen condition after eating*

|    |  |
|----|--|
| 1  |  |
| 2  |  |
| 3  |  |
| 4  |  |
| 5  |  |
| 6  |  |
| 7  |  |
| 8  |  |
| 9  |  |
| 10 |  |

### These records will help you:

- Clearly see how your behavior and environment affect tinnitus.
- Create a personalized strategy for working with tinnitus, based on real data.
- Develop a long-term strategy to avoid factors that worsen tinnitus and to introduce more factors that reduce it into your routine.

## *Example of a factors that worsen condition after eating*

|    |   |
|----|---|
| 1  | Overeating                                  |
| 2  | Cold food or drinks                         |
| 3  | Fruit immediately after meals               |
| 4  | Eating in a rush                            |
| 5  | Eating while stressed                       |
| 6  | Drinking a large amount of water with meals |
| 7  | Heavy fried food                            |
| 8  | Alcohol during meals                        |
| 9  | Eating without feeling hungry               |
| 10 | Very frequent snacking without proper meals |

## *Example of a factors that improve condition after eating*

|    |  |
|----|--|
| 1  | Warm, freshly prepared food              |
| 2  | Moderate portions                        |
| 3  | Slow and mindful eating                  |
| 4  | Calm environment during meals            |
| 5  | Short walk after eating                  |
| 6  | Soft, warm soups                         |
| 7  | Herbal tea after meals                   |
| 8  | Proper food combinations                 |
| 9  | Eating at the same time each day         |
| 10 | Light feeling of satiety, not overeating |

## *Factors that worsen condition after eating*

|    |  |
|----|--|
| 1  |  |
| 2  |  |
| 3  |  |
| 4  |  |
| 5  |  |
| 6  |  |
| 7  |  |
| 8  |  |
| 9  |  |
| 10 |  |

## *Factors that improve condition after eating*

|    |  |
|----|--|
| 1  |  |
| 2  |  |
| 3  |  |
| 4  |  |
| 5  |  |
| 6  |  |
| 7  |  |
| 8  |  |
| 9  |  |
| 10 |  |

## Conclusions

### How to Use the Next Page:

#### **You've learned to notice what used to pass you by.**

Working with a tracker is not just about making notes. It's a mindful practice that helps you reconnect with your body, better understand your reactions, and regain control over your nutrition.

#### **Now you have:**

- Real, conscious experience — not abstract theory;
- An observation skill you can apply to any product, situation, or stage of life;
- A knowledge base you've built yourself — step by step;
- Your own personal list of triggers and supportive factors, which can't be found in ready-made schemes;
- Flexibility — you're no longer dependent on universal recommendations because you know what works for your body.

#### **You haven't just finished working with the tracker.**

You've learned to work with yourself — with interest, care, and awareness. These observations are your starting point for creating an individual nutrition strategy.

And if you want to deepen your understanding — the next step is already ready for you.



## *Want to go further?*

### How to Use the Next Page:

The tracker is just the beginning. It has given you a tool for observation. Now you can move on to a systematic understanding of nutrition — based on millennia-old practices and modern principles of mindfulness.

### What you'll find in “Dietetics”:

- A detailed nutrition system based on Traditional Chinese Medicine;
- Understanding how foods affect organs, energy, and overall well-being;
- Seasonal recommendations, syndrome and condition analysis;
- And most importantly — the ability to choose food for yourself, not according to rigid standards.

### **This is not a strict diet and not a list of restrictions.**

It's a path where nutrition becomes your support — not a cause of fatigue, anxiety, or symptoms.

