

# Brendan brazier thrive diet

**Brendan Brazier Thrive Diet:** Unlocking Optimal Health Through Plant-Based Nutrition In recent years, the focus on holistic wellness and sustainable living has led many to explore plant-based diets. Among these, the **Brendan Brazier Thrive Diet** stands out as a comprehensive approach rooted in raw, plant-based, nutrient-dense foods. Developed by Brendan Brazier, a former professional triathlete and a renowned nutrition expert, this diet emphasizes optimizing energy, enhancing athletic performance, and promoting overall well-being through mindful eating habits. In this article, we delve into the principles, benefits, and practical guidelines of the Thrive Diet, providing you with a thorough understanding of how it can transform your health journey.

## Understanding the Brendan Brazier Thrive Diet

The Thrive Diet is more than just a meal plan; it's a lifestyle that advocates for consuming predominantly raw, plant-based foods to maximize nutrient intake and reduce the consumption of processed foods. Brendan Brazier's approach is influenced by his own experience as an elite endurance athlete and his commitment to sustainable, cruelty-free nutrition. At its core, the Thrive Diet aims to: - Enhance energy levels and mental clarity - Improve athletic performance - Promote digestive health - Support environmental sustainability - Reduce inflammation and disease risk This diet emphasizes unprocessed, organic foods prepared with minimal heating to preserve vital enzymes and nutrients, aligning with the principles of raw foodism while allowing for some cooked plant foods.

## Principles of the Thrive Diet

The success of the Brendan Brazier Thrive Diet hinges on several key principles:

### 1. Predominantly Raw, Plant-Based Foods

The diet encourages the consumption of raw fruits, vegetables, nuts, seeds, and sprouted grains. Raw foods retain their natural enzymes, which aid digestion and nutrient absorption.

### 2. Focus on Nutrient Density

Every meal is designed to be rich in vitamins, minerals, antioxidants, and phytochemicals to support overall health and vitality.

### 3. Minimally Processed Whole Foods

Processed foods, refined sugars, and artificial ingredients are avoided to reduce inflammation and toxicity.

### 4. Incorporation of Healthy Fats and Protein

Sources like nuts, seeds, avocados, and sprouted legumes provide essential fatty acids and plant-based proteins.

### 5. Hydration and Alkalinity

The diet promotes drinking plenty of water and alkaline-forming foods to maintain pH balance and hydration.

# Key Components of the Thrive Diet

To effectively follow the Thrive Diet, it's essential to understand its primary food groups and their roles:

## Fruits and Vegetables

- Rich in vitamins C, A, and K - High in antioxidants to combat oxidative stress - Provide fiber for digestive health

## Sprouted Grains and Legumes

- Increased bioavailability of nutrients - Easier to digest - Examples: sprouted oats, quinoa, lentils, chickpeas

## Nuts and Seeds

- Healthy fats, protein, and micronutrients - Include almonds, walnuts, chia seeds, flaxseeds, sunflower seeds

## Superfoods and Alkaline Foods

- Spirulina, chlorella, wheatgrass - Leafy greens like kale, spinach, and Swiss chard

## Herbs, Spices, and Flavorings

- Enhance nutrient absorption - Examples: turmeric, ginger, garlic, lemon

# Practical Guidelines for Following the Thrive Diet

Implementing the Thrive Diet involves strategic meal planning and mindful food choices. Here are practical tips to get started:

## 1. Prioritize Raw, Organic Foods

Choose fresh, organic produce whenever possible to maximize nutrient intake and minimize pesticide exposure.

## 2. Incorporate Sprouted Foods

Sprout grains, beans, and seeds to increase digestibility and nutrient density.

## 3. Prepare Simple, Whole-Food Recipes

Opt for salads, smoothie bowls, raw wraps, and dehydrated snacks to keep meals aligned with the diet's principles.

## 4. Balance Macronutrients

Ensure each meal contains a good mix of carbohydrates, healthy fats, and proteins to sustain energy levels.

## 5. Stay Hydrated

Drink plenty of water, herbal teas, and alkaline beverages to support detoxification and hydration.

## 6. Limit or Eliminate Processed and Refined Foods

Reduce intake of refined sugars, artificial additives, caffeine, and alcohol.

## Sample Meal Ideas on the Thrive Diet

To illustrate how to incorporate the principles into daily life, here are some meal ideas: - Breakfast: Green smoothie with kale, banana, chia seeds, hemp protein, and almond milk - Lunch: Raw veggie salad with sprouts, avocado, sunflower seeds, and lemon-tahini dressing - Snack: Mixed nuts and dried berries or a raw energy bar - Dinner: Zucchini noodles with tomato-basil sauce and nutritional yeast - Dessert: Fresh fruit or raw cacao avocado mousse

## Benefits of the Brendan Brazier Thrive Diet

Adopting the Thrive Diet can lead to numerous health benefits, supported by scientific research and anecdotal evidence from practitioners: - Enhanced Energy and Vitality: Nutrient-dense foods provide sustained energy without crashes. - Improved Digestion: Raw and sprouted foods are easier to digest and promote gut health. - Weight Management: Whole, unprocessed foods help regulate appetite and support healthy weight. - Disease Prevention: Rich in antioxidants and phytochemicals that combat chronic inflammation. - Athletic Performance: Increased endurance and quicker recovery, ideal for athletes and active individuals. - Environmental Sustainability: Reduced reliance on animal products and processed foods lowers ecological footprint.

## Potential Challenges and Considerations

While the Thrive Diet offers numerous benefits, it also requires planning and commitment: - Meal Preparation Time: Raw and sprouted foods may involve longer prep times. - Social Situations: Navigating social meals and dining out can be challenging. - Nutritional Balance: Ensuring adequate intake of all essential nutrients, especially B12 and iron, may require supplementation or careful planning. - Personal Tolerance: Some individuals might experience digestive discomfort when transitioning to high raw intake; gradual adaptation is recommended.

## Conclusion: Is the Brendan Brazier Thrive Diet Right for You?

The Brendan Brazier Thrive Diet presents a compelling approach to achieving optimal health through plant-based, nutrient-rich foods. Its emphasis on raw, minimally processed foods aligns with contemporary dietary trends focused on wellness and sustainability. Whether you're an athlete seeking performance enhancement or someone looking to improve overall health, the Thrive Diet offers a versatile framework. However, as with any diet, it's essential to consider individual needs and consult healthcare professionals before making significant dietary changes. With proper planning and dedication, embracing the principles of the Thrive Diet can lead to increased energy, better health, and a more sustainable lifestyle. Start your journey towards vitality today by exploring the Thrive Diet's principles and discovering how plant-based nutrition can transform your life!

**Brendan Brazier Thrive Diet: A Comprehensive Guide to Plant-Based Performance and Wellness**

In recent years, the Brendan Brazier Thrive Diet has gained significant attention among athletes, health enthusiasts, and those seeking a sustainable, plant-based approach to optimal performance and wellness. Developed by Brendan Brazier, a former professional Ironman triathlete and nutrition expert, the Thrive Diet emphasizes whole, minimally processed plant foods designed to fuel the body efficiently, reduce inflammation, and promote long-term health. This article provides an in-depth exploration of the Thrive Diet, its underlying principles, practical implementation, and potential benefits.

What Is the Brendan Brazier Thrive Diet?

The Brendan Brazier Thrive Diet is a plant-based nutritional framework centered on consuming primarily whole, unprocessed, and nutrient-dense foods. Unlike many fad diets, it is rooted in scientific research and real-food principles,

aiming to optimize energy, enhance athletic performance, and foster overall well-being. Brazier's approach is inspired by his own experience as an elite athlete and his observations about the detrimental effects of processed foods and animal products on health and the environment.

At its core, the Thrive Diet encourages the intake of:

1. Fruits and vegetables
2. Whole grains
3. Legumes
4. Nuts and seeds
5. Plant-based oils
6. Superfoods like spirulina, chlorella, and wheatgrass

The diet minimizes or eliminates processed foods, refined sugars, animal products, and synthetic additives, promoting instead a natural, plant-centered lifestyle.

### The Philosophy Behind the Thrive Diet

#### 1. Plant-Based Nutrition for Peak Performance

Brazier advocates for a predominantly plant-based diet because it provides a rich array of antioxidants, phytochemicals, fiber, and essential nutrients. He argues that plant foods are more efficiently digested and metabolized, leading to better energy levels and faster recovery.

#### 1. Alkalizing the Body

One of the foundational principles is maintaining an alkaline pH balance in the body. A diet rich in fruits and vegetables helps reduce acidity, which is linked to inflammation and chronic disease. Brazier believes that an alkaline environment supports better cellular function and longevity.

#### 1. Minimally Processed Foods

The Thrive Diet emphasizes whole foods over processed ones. Brazier recommends preparing foods in ways that preserve their nutritional integrity — such as steaming, soaking, or blending rather than frying or refining.

#### 1. Environmental Sustainability

Beyond personal health, the diet aligns with eco-friendly principles by reducing reliance on animal agriculture, which has a significant environmental footprint. The plant-based focus aims to reduce greenhouse gas emissions and conserve resources.

### Key Components of the Thrive Diet

#### 1. Whole, Plant-Based Foods

A typical Thrive Diet menu is rich in:

1. Fruits: berries, bananas, apples, oranges, and tropical fruits
2. Vegetables: leafy greens, cruciferous vegetables, root vegetables, peppers, and zucchini
3. Whole Grains: brown rice, quinoa, oats, millet, and buckwheat
4. Legumes: lentils, chickpeas, black beans, and peas
5. Nuts & Seeds: almonds, walnuts, chia seeds, flaxseeds, sunflower seeds
6. Superfoods: spirulina, chlorella, wheatgrass, acai, maca powder

#### 1. Healthy Fats

The diet promotes the inclusion of healthy plant-based fats from nuts, seeds, avocados, and cold-pressed oils like flaxseed and olive oil.

#### 1. Hydration and Juicing

Brazier recommends drinking plenty of filtered water and incorporating fresh vegetable and fruit juices to boost nutrient intake and hydration.

### 1. Meal Timing and Preparation

He advocates for eating smaller, more frequent meals to sustain energy levels and facilitate digestion. Meal preparation often involves blending, soaking, or dehydrating foods to maximize nutrient retention.

### Practical Implementation: How to Follow the Thrive Diet

#### 1. Meal Planning

Start by designing meals that are rich in plant foods and balanced in macronutrients. For example:

1. Breakfast: Smoothie with banana, berries, spinach, chia seeds, and almond milk
2. Lunch: Quinoa salad with chickpeas, cucumber, tomato, and tahini dressing
3. Snack: Handful of walnuts and an apple
4. Dinner: Stir-fried vegetables with brown rice and a side of seaweed salad

#### 1. Food Preparation Tips

1. Soak nuts and seeds overnight to improve digestibility.
2. Use a high-powered blender for smoothies and sauces.
3. Incorporate sprouted grains and legumes for enhanced nutrient availability.
4. Utilize dehydration to create raw crackers or energy bars.

#### 1. Supplementation

While the diet emphasizes whole foods, Brazier recommends certain supplements for optimal health, such as:

1. B12 (since it is primarily found in animal products)
2. Omega-3 fatty acids (from algae-based supplements)
3. Vitamin D (especially in low sunlight regions)

#### 1. Transition Strategies

Transitioning to a plant-based, whole-food diet can be gradual:

1. Start by replacing processed snacks with nuts, seeds, and fruits.
2. Incorporate more vegetables into meals.
3. Experiment with plant-based recipes and smoothies.
4. Educate yourself on nutrition and ingredient labels.

### The Benefits of the Thrive Diet

#### 1. Enhanced Energy and Endurance

Many followers report sustained energy levels and improved athletic performance due to nutrient-dense foods and alkalizing effects.

#### 1. Faster Recovery and Reduced Inflammation

Plant-based diets rich in antioxidants help combat oxidative stress and inflammation, which are common in athletes and active individuals.

#### 1. Weight Management

The high fiber content and nutrient density promote satiety, aiding in healthy weight maintenance or loss.

#### 1. Better Digestion and Gut Health

Whole plant foods provide fiber and prebiotics, supporting a healthy microbiome.

## 1. Reduced Risk of Chronic Diseases

Long-term adherence to the Thrive Diet may lower the risk of heart disease, diabetes, obesity, and certain cancers.

## 1. Environmental Impact

By reducing reliance on animal agriculture, followers contribute to environmental sustainability and resource conservation.

## Challenges and Considerations

While the Thrive Diet offers numerous benefits, it also presents challenges:

1. Learning Curve: Transitioning to whole, plant-based foods requires planning and education.
2. Nutritional Balance: Ensuring adequate intake of B12, omega-3s, iron, and calcium requires attention.
3. Social and Cultural Factors: Adjusting to dining out or social events may require planning.
4. Personalization: Not everyone's body responds identically; some may need tailored adjustments.

## Scientific Support and Criticism

The principles underpinning the Thrive Diet align with current scientific understanding of plant-based nutrition. Numerous studies support the benefits of plant-rich diets on cardiovascular health, inflammation, and longevity.

However, critics argue that strict adherence may be impractical for some and emphasize the importance of individual nutritional needs. As with any diet, consulting with a healthcare professional before significant changes is advisable.

## Final Thoughts: Is the Thrive Diet Right for You?

The Brendan Brazier Thrive Diet offers a compelling framework for those seeking to optimize their health through a plant-based, minimally processed approach. Its focus on nutrient-dense foods, alkalizing principles, and environmental sustainability makes it relevant for athletes, health-conscious individuals, and eco-minded consumers.

While it requires commitment and planning, many find that the benefits in energy, recovery, and overall wellness are well worth the effort. Adapting the Thrive Diet to fit personal preferences and lifestyle can make it a sustainable and enjoyable way to achieve health goals.

## Resources for Further Exploration

1. Brendan Brazier's books: Thrive: The Vegan Nutrition Guide to Optimal Performance in Sports and Life
2. Thrive Foods website and recipe resources
3. Registered dietitians specializing in plant-based nutrition
4. Community groups and online forums for support and ideas

By embracing the principles of the Brendan Brazier Thrive Diet, individuals can take meaningful steps toward a healthier, more vibrant life that benefits both their bodies and the planet.

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As technology continues to advance, digital books will remain a central component of modern education and information exchange. The ability to download [Brendan Brazier Thrive Diet](#) reflects an adaptive approach to learning that aligns with current technological trends. Digital literacy is increasingly important in both academic and professional environments.

In conclusion, downloading [Brendan Brazier Thrive Diet](#) exemplifies the strengths of modern digital learning. It combines accessibility, functionality, affordability, and ethical responsibility into a single, powerful resource. By leveraging reputable platforms and engaging thoughtfully with digital content, users can unlock the full potential of [Brendan Brazier Thrive Diet](#) and continue their journey of personal and professional growth in the digital era.

## Questions & Answers About brendan brazier thrive diet

| No | Question                                                          | Answer                                                                                                                                                                         |
|----|-------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| 1  | What is the core principle behind Brendan Brazier's Thrive Diet?  | The Thrive Diet emphasizes a plant-based, whole foods approach that minimizes processed foods and animal products to promote optimal health, energy, and sustainability.       |
| 2  | How does the Thrive Diet benefit athletic performance?            | By focusing on nutrient-dense, plant-based foods, the Thrive Diet provides sustained energy, reduces inflammation, and supports faster recovery, making it ideal for athletes. |
| 3  | Are there any specific foods to avoid on the Thrive Diet?         | Yes, the Thrive Diet recommends avoiding processed foods, refined sugars, dairy, and meat products to maintain optimal health and digestion.                                   |
| 4  | Can beginners easily adopt Brendan Brazier's Thrive Diet?         | Yes, the diet is flexible and encourages gradual transition to whole, plant-based foods, making it accessible for beginners interested in improving their health.              |
| 5  | What are some popular recipes or meal ideas from the Thrive Diet? | Popular meals include green smoothies, salads with nuts and seeds, vegetable stir-fries, and energy bars made from whole plant ingredients.                                    |
| 6  | Is the Thrive Diet suitable for weight loss?                      | Yes, the diet's emphasis on nutrient-dense, low-calorie foods can support healthy weight loss and improve overall body composition.                                            |

Brendan Brazier, Thrive Diet, plant-based nutrition, vegan athlete, whole foods, energy optimization, plant power, endurance diet, vegan recipes, natural performance

# Understanding Brendan Brazier Thrive

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Structured layouts improve comprehension.

Brendan Brazier Thrive Diet eBooks support lifelong learning initiatives.

Brendan Brazier Thrive Diet eBooks offer a practical solution for learners seeking depth without overwhelming complexity.

Digital formats ensure identical learning materials for all participants.

Brendan Brazier Thrive Diet eBooks help learners organize complex ideas.

Brendan Brazier Thrive Diet eBooks can be updated to reflect evolving standards.

Predictability improves reading efficiency.

Readers can incorporate Brendan Brazier Thrive Diet eBooks into daily routines without significant time or space requirements.

This integration allows learners to connect reading materials with broader knowledge management practices.

The modular design of Brendan Brazier Thrive Diet eBooks allows readers to focus on specific sections.

Logical sequencing reduces cognitive overload.

This integration enhances knowledge management and recall.

Brendan Brazier Thrive Diet eBooks align with structured knowledge systems.

Digital distribution ensures that learners receive identical content regardless of location.

Professionals often prefer Brendan Brazier Thrive Diet eBooks for reference-based learning.

Brendan Brazier Thrive Diet eBooks are commonly used in digital education environments due to their scalability, consistency, and ease of distribution.

Accessibility across age groups and experience levels enhances inclusivity.

Control over pace reduces pressure and increases retention.

Brendan Brazier Thrive Diet eBooks provide a reliable foundation for both academic study and practical application.

The structured chapters of Brendan Brazier Thrive Diet eBooks guide readers through progressive learning stages.

### **Studying with Brendan Brazier Thrive Diet**

Studying with Brendan Brazier Thrive Diet in digital format allows learners to approach content in a more structured, flexible, and efficient way. Unlike traditional printed materials, digital documents provide tools that support active learning, deeper comprehension, and long-term retention. By applying effective study strategies, learners can maximize the educational value of Brendan Brazier Thrive Diet and turn it into a powerful learning resource.

One of the most effective approaches is breaking chapters into smaller, manageable sections. Large blocks of information can be overwhelming and reduce focus. Dividing content into sections encourages gradual progress and helps learners absorb information step by step. This method also makes it easier to schedule study sessions and maintain consistency over time.

After completing each section, summarizing the content in your own words is highly recommended. Summaries help clarify understanding and reinforce key concepts. Writing brief notes or outlines based on Brendan Brazier Thrive Diet content enables learners to process information actively rather than passively consuming it. These summaries can later serve as quick revision materials before exams or discussions.

Regularly reviewing highlighted sections is another essential study practice. Highlights draw attention to important ideas, definitions, or arguments that require reinforcement. Periodic review sessions strengthen memory retention and help identify areas that may need further clarification. Digital highlights remain accessible and searchable, making review sessions more efficient than flipping through physical pages.

Creating a consistent study routine further enhances learning outcomes. Allocating specific time slots for reading and review promotes discipline and reduces procrastination. Digital formats allow flexibility in choosing study locations and devices, making it easier to integrate learning into daily schedules.

### **Active learning strategies**

Active learning transforms Brendan Brazier Thrive Diet from a static document into an interactive study tool. Asking questions while reading, making predictions, and connecting new information with prior knowledge improves comprehension. Learners can add questions or reflections as annotations, creating a dialogue with the text that deepens understanding.

Teaching concepts learned from Brendan Brazier Thrive Diet to others is another powerful strategy. Explaining ideas in simple terms reinforces understanding and highlights gaps in knowledge. This method can be applied during group study sessions or personal review by summarizing content aloud.

### **Using Digital Features**

Digital features significantly enhance the study experience with Brendan Brazier Thrive Diet. Search functionality allows learners to locate keywords, concepts, or references instantly. This saves time and supports efficient cross-referencing,

especially when working with lengthy documents or multiple sources.

Copying references and quotations digitally simplifies academic work. Learners can quickly extract relevant passages for essays, reports, or research projects. When copying content, it is important to maintain proper citations and respect copyright guidelines to ensure ethical use of information.

Bookmarks are another valuable feature for efficient study. Marking important chapters, sections, or reference pages allows quick navigation during revision. Bookmarks help learners resume reading exactly where they left off and organize content according to study priorities.

Digital annotation tools further support active engagement. Notes, comments, and highlights can be added directly to the document, keeping insights closely connected to the source material. These annotations can be edited, expanded, or reorganized as understanding evolves over time.

Some readers also support linking annotations to external notes or documents. This integration allows learners to build a comprehensive study system that combines Brendan Brazier Thrive Diet with supplementary resources such as lecture notes, articles, or multimedia content.

### **Efficiency and productivity benefits**

Digital features reduce repetitive tasks and improve productivity. Instead of manually searching for information, learners can rely on built-in tools to streamline study processes. This efficiency frees up time for deeper analysis, reflection, and practice.

Synchronizing notes and progress across devices further enhances productivity. Learners can switch between devices without losing annotations or bookmarks, maintaining continuity in their study workflow.

### **Group Study**

Group study adds a collaborative dimension to learning with Brendan Brazier Thrive Diet. Sharing insights and discussing key points helps reinforce understanding and exposes learners to different perspectives. Collaborative learning encourages critical thinking and clarifies complex topics through discussion.

When engaging in group study, it is important to share Brendan Brazier Thrive Diet content legally. Only free, public domain, or authorized versions should be distributed directly. For paid editions, sharing official links or references ensures compliance with copyright regulations while still enabling collaboration.

Group members can exchange summaries, annotations, or discussion questions based on Brendan Brazier Thrive Diet. These shared materials support collective learning while allowing individuals to maintain their own notes. Digital platforms make it easy to collaborate asynchronously, accommodating different schedules and learning styles.

Discussion sessions focused on specific chapters or themes help structure group study effectively. Assigning sections to different members for review or presentation encourages accountability and deeper engagement. Each participant contributes unique insights, enriching the overall learning experience.

### **Collaborative tools and platforms**

Cloud-based tools facilitate collaborative study by enabling shared documents, comments, and feedback. Study groups can use shared folders or collaborative note-taking apps to centralize materials related to Brendan Brazier Thrive Diet. This approach keeps resources organized and accessible to all members.

Respectful communication and clear guidelines enhance group study outcomes. Establishing expectations for participation, note-sharing, and discussion ensures productive collaboration and minimizes misunderstandings.

### **Maintaining Quality**

Maintaining the quality of Brendan Brazier Thrive Diet files is essential for effective study. Low-quality or corrupted files can

hinder readability, disrupt learning, and cause frustration. Ensuring that downloaded files are complete and legible supports a smooth and reliable study experience.

Before using Brendan Brazier Thrive Diet for study, learners should verify file integrity. Checking page completeness, image clarity, and text readability helps identify potential issues early. If a file appears incomplete or corrupted, obtaining a fresh copy from a trusted source is recommended.

High-quality files preserve formatting, structure, and navigation features such as tables of contents and hyperlinks. These elements enhance usability and make study sessions more efficient. Poorly scanned or improperly converted documents may lack searchable text or clear layout, reducing their educational value.

Choosing reputable and legal sources for downloads ensures better quality and safety. Official publishers, libraries, and recognized platforms typically provide well-formatted and verified versions of Brendan Brazier Thrive Diet. Avoiding unreliable sources reduces the risk of errors and security threats.

### **Updating and replacing files**

Over time, improved editions or corrected versions of Brendan Brazier Thrive Diet may become available. Periodically checking for updates ensures access to the most accurate and relevant content. Replacing outdated files with newer versions helps maintain a high-quality study library.

Archiving older versions separately allows reference if needed while keeping primary study materials current and organized.

### **Building effective study habits with Brendan Brazier Thrive Diet**

Combining structured study methods, digital tools, collaborative learning, and quality control creates a comprehensive approach to learning with Brendan Brazier Thrive Diet. These practices encourage consistency, deepen understanding, and support long-term retention.

Effective study habits evolve over time. Reflecting on what methods work best and adjusting strategies accordingly leads to continuous improvement. Digital formats offer flexibility to experiment with different approaches and customize the learning experience.

### **Final thoughts on studying with Brendan Brazier Thrive Diet**

Studying with Brendan Brazier Thrive Diet becomes significantly more effective when learners apply structured reading strategies, leverage digital features, collaborate responsibly, and maintain high-quality materials. By breaking content into sections, summarizing insights, using search and annotation tools, participating in group discussions, and ensuring file integrity, learners can transform Brendan Brazier Thrive Diet into a powerful and reliable study companion. These practices support deeper comprehension, stronger retention, and more meaningful learning outcomes over time.