

HEALTHY EATING TIPS

THE NUTRITION PROBLEM

Few people make the connection between nutrition, lifestyle habits, and health, but the truth is that eating a nutrient-dense, properly prepared, whole foods diet is often the least expensive, least invasive, most effective, and most enjoyable approach to transforming one's health.

Industrial Diets are Making Us Sick

A recent survey conducted by the National Cancer Institute asked Americans about their diet from the previous day. Only 9% of those asked consumed three or more servings of vegetables or two or more servings of fruit on the previous day. One in nine surveyed had no servings of vegetables or fruits on the previous day.

In the United States, for example, 46 cents of every food dollar is spent on meals and snacks away from home. Convenience stores have increased by 50% in the last decade. The typical American consumes 48 pounds of high fructose corn syrup annually, mostly via soft drinks. In 1990, the average American consumed their body weight in sweeteners and salt. Four percent of the energy use in the United States goes to packing food, which is about the same amount as the energy used to grow food. This is almost as much energy as flows through the Alaska pipeline. The 36 million tons of food packaging used in 1990 equals about 290 pounds per person. Americans drink more carbonated soft drinks than plain water. Soft drink output rose from 64 billion servings (12 ounces) in 1980, to 85 billion servings in 1990. In 1990 Americans spent \$5 billion on potato chips and corn chips, \$66 billion on fast food, and \$44 billion for soft drinks.

The same patterns can be seen in industrialized countries across the world.

Eat Your Way Back to Health

The decision to get rid of chronic health problems, prevent disease, and improve the quality of your life begins with fundamental improvements in your diet and lifestyle. A proper diet provides your body with the raw materials it needs—

HEALTHY EATING TIPS

vitamins, minerals, and phytochemicals—to begin healing, detoxifying, and rebuilding itself. This is the foundation of any effective nutritional program. Basic nutrition is an important first-step on the road to health. Following these dietary guidelines will make the other aspects of your nutritional program much more effective. If you are not yet able to follow this plan perfectly, keep in mind that the goal is progress, not perfection, and that the imperfect plan you stick to is better than the perfect plan you quit.

THE NUTRITION SOLUTION

Drink Enough Water Each Day

You need water to:

- ▶ Keep your cells hydrated and protected
- ▶ Eliminate waste
- ▶ Ensure the health of your mucus membranes.

Your body cannot adequately eliminate waste products without enough water. If toxic chemicals or heavy metals are at the root of your health problems, you will have a much easier time getting better when you are properly hydrated. So what kind of water is best? Unfiltered tap water often contains fluorine, chlorine, and even lead, so it's best to:

- ▶ Get a high-quality water filter.
- ▶ Buy spring water bottled in glass.
- ▶ Find a natural spring near you (visit FindaSpring.com).

HEALTHY EATING TIPS

Eat a Wide Variety of Vegetables

It's important to eat an ample quantity and wide variety of vegetables to obtain the diverse micronutrients our bodies need. Focus on low-glycemic vegetables like leafy greens and as many colors as possible. When possible, eat organic, local, in-season vegetables. Why are veggies so important?

- ▶ Vegetables are very high in fiber, vitamin C, folate, and minerals.
- ▶ Eating adequate fiber can help normalize cholesterol levels and blood pressure.
- ▶ The fiber in vegetables nourishes beneficial gut bacteria, which in turn nourish the lining of the GI tract, produce vitamins, and inhibit the overgrowth of yeast and other undesirable organisms.
- ▶ Vegetables help ensure healthy bowel transit times, which reduces bowel toxicity and prevents irritation of the GI lining.
- ▶ Vegetables contain folate, which increases energy, helps reduce the chances for a heart attack, and allows the body to produce serotonin (critical in preventing depression and overeating).
- ▶ The minerals in vegetables help prevent osteoporosis and act as important enzyme cofactors.



A NOTE ON CORN: CORN IS TECHNICALLY A GRAIN, IS OFTEN GENETICALLY MODIFIED, AND IS A COMMON CROSS-REACTANT FOR INDIVIDUALS SENSITIVE OR ALLERGIC TO GLUTEN.



A NOTE ON WHITE POTATOES: WHITE POTATOES CAN BE PROBLEMATIC FOR SOME INDIVIDUALS, BUT ARE A GREAT SOURCE OF ANTIOXIDANTS FOR THOSE WHO TOLERATE THEM.

HEALTHY EATING TIPS

Avoid Hydrogenated Oils & Trans Fats

Contrary to popular belief, most fats are actually our friend. There are, however, a few fat foes to look out for:

- ▶ Hydrogenated fats and oils
- ▶ Partially hydrogenated fats and oils
- ▶ Trans fats

As time passes, we keep finding out more and more bad things about these “Franken-Fats.” Hydrogenation is the food industry’s way of turning a liquid oil into a solid fat. This gives packaged foods a longer shelf life and allows food companies to mimic the look and texture of natural saturated fats like butter and coconut oil that have been wrongly maligned. There are many problems with hydrogenation from a health perspective, but the biggest risk is that the hydrogenation process produces trans fats, which have been linked to a number of health problems:

- ▶ Cancer: Women with higher levels of trans fats in their cells are much more likely to develop breast cancer than women with low levels of trans fats.
- ▶ Heart disease: High levels of trans fats create platelet aggregation, which is the beginning of the plaque associated with coronary heart disease.
- ▶ Pain and inflammation become much worse for clients who consume hydrogenated oils. They chemically prevent the formation of natural anti-inflammatory substances that are normally produced by the body. If you suffer from chronic pain or have recently been injured, strictly avoid hydrogenated oil.
- ▶ Trans fats are incorporated into the cells and make them less resistant to bacteria and viruses. They are a source of immune system problems.
- ▶ There may be a link between trans fats and ADD, depression, and fatigue. Brain and nerve tissue have a high content of fat. Some researchers believe

HEALTHY EATING TIPS

that when trans fats are incorporated into the nerve cells they affect function creating problems like ADD and depression.

- ▶ Muscle fatigue and skin problems are also linked to hydrogenated oils.

So what foods tend to contain partially hydrogenated oils and trans fats?

- ▶ Margarine
- ▶ Most mayonnaise
- ▶ Most salad dressings
- ▶ Most chips and fried snacks
- ▶ Many packaged and processed foods (e.g. crackers, cereals, and even bread).



ALWAYS READ LABELS. IF IT LISTS HYDROGENATED OILS, DON'T EAT IT!

Avoid Refined Sugar

Today, the yearly worldwide consumption of processed sugar exceeds 174,000 metric tons, with an average of 160 pounds per person per year. Compare that to the average of just 4 pounds per year in 1700, 23 pounds in 1800, and 90 pounds in 1900.

So what's the problem with this rapid increase? Refined sugar increases insulin and adrenal hormone production and can cause numerous health problems:

- ▶ Increased production of adrenal hormones causes the body to excrete essential minerals.
- ▶ Sugar consumption increases the body's need for vitamins B and C.

HEALTHY EATING TIPS

- ▶ Eating a lot of sugar aggravates many of the problems we associate with emotional stress. Sugar stresses the adrenal glands.
- ▶ Sugar feeds yeast and other one-celled organisms found in the bowel, causing them to multiply. These organisms produce toxins, irritate the lining of the GI tract and take the place of normal, more beneficial flora—removing the benefits of helpful bacteria.
- ▶ Eating sugar causes blood-sugar swings. Blood-sugar increases immediately after consuming sugar, prompting the body to produce insulin. Excess insulin creates more sugar cravings. More sugar is eaten, more insulin produced, etc. This stresses the pancreas and sets the stage for adult-onset diabetes.
- ▶ Sugar consumption can make pain and inflammation worse.
- ▶ Sugar can cause or aggravate allergies, sinusitis, asthma, irritable bowel, Candidiasis, migraine headaches, fatigue, depression, and even heart disease.

Avoid Refined Carbohydrates

The average individual today gets 50% of calories from “refined carbohydrates” (e.g. white bread, breakfast cereals, and pasta). Not only are refined carbs typically packed with sugar and high-glycemic starch, but they also lack the most nutritious parts of the original foods (e.g. fiber, minerals, vitamins, etc.). In other words, the nutrients have been removed and you are left with just the starch. Consuming such foods stresses your digestive and endocrine systems and uses up precious vitamins and minerals. Many people load up on carbohydrates in a misguided attempt to avoid fat, but the truth is that fat is crucial for health, increases satiety, and builds sex hormones and healthy cell membranes. Refined carbs, on the other hand, can exacerbate many of the same issues as refined sugar.

HEALTHY EATING TIPS

Avoid Chemical Additives

The average individual consumes 10 pounds of chemical additives every year. This has had a devastating effect on our health. The U.S. FDA tests single additives, but no one has any idea what combinations of additives do to us. Here are some chemicals that you may find in your packaged food:

- ▶ **Mono and diglycerides:** Used to maintain softness in baked goods. These are on the FDA list of food additives to be studied for possible mutagenic, teratogenic, subacute and reproductive effects. This is “Medicalese” for birth defects, cancer, and reproductive problems.
- ▶ **Brominated vegetable oil (BVO):** Used as an emulsifier. The FDA has it on the suspect list. Bromates are highly toxic. They can cause death through kidney failure or nervous system problems. Bromates can inhibit the body’s defenses. Between two and four ounces of a 2% solution can poison a child. When they are in oil, they are stored in fat (and nerve tissue).
- ▶ **Red #40:** Suspected carcinogen. Whenever you see a color followed by a number, avoid that food.
- ▶ **Added Sodium Nitrites:** Makes meat bright red and kills Clostridium Botulinum spores (botulism). Found in luncheon meats. Nitrites combine with natural stomach acid and chemicals in the food to form nitrosamines, which are powerful carcinogens. While some nitrites are naturally occurring in foods such as celery, beets, and cabbage, we want to beware of added, chemically-produced nitrites.
- ▶ **Aspartame:** Sold as Equal® and NutraSweet®. Possible link to brain cancer. May cause headaches, depression and anxiety attacks, or memory loss. Some individuals react strongly and may have heart palpitations, nausea, seizures or blurred vision. It also raises the pH of urine and may be linked to kidney and bladder infections.

HEALTHY EATING TIPS

- ▶ **THBQ (Tertiarybutylhydroquinone):** Food manufacturers had a hard time getting this approved. Death has occurred from ingestion of five grams (about 1/8 of an ounce). Eating one gram can cause nausea, vomiting, ringing in the ears, delirium, a sense of suffocation and collapse. It gives foods a long shelf-life.

You get the idea. The list of harmful additives is much too long to present here; these are just a few examples. Stay away from packaged foods with chemical additives and you will be much healthier.

Eat slowly and chew your food thoroughly

Ideally, chew your food until it is liquid. You will be satisfied with less food and you will have better digestion. Your saliva has enzymes that facilitate digestion. Also, it is easier to digest small particles than large ones. Most people eat too fast. Not chewing well stresses your digestive system and can lead to poor absorption of nutrients, digestive problems like gas and bloating and promote the growth of harmful bacteria in the digestive tract.

Limit Caffeine & Alcohol

In excess, alcohol stresses the liver and nervous system and can harm every organ in the body. If you drink alcohol, limit consumption to a few glasses a week, preferably dry red wine which tends to have lower sugar content.



NOTE: ALCOHOL CAN BE ESPECIALLY PROBLEMATIC FOR THOSE WITH GERD.

Caffeine stresses the nervous system, and coffee and tea are often heavily sprayed with fungicides. Black tea in moderation may be beneficial to the cardiovascular system, and green tea has been shown in studies to help immune function. If you must have coffee or tea, buy organic. Many people experience severe withdrawal from caffeine when they quit consuming it, so it is often best to taper off slowly.