

BASIC NUTRITION AND LIFE STYLE CHANGES NEEDED FOR BETTER HEALTH

REDUCE OR REMOVE THE FOLLOWING: they are either disruptive or destructive to the body's systems:

- 1. ALCOHOL, COFFEE, CARBONATED DRINKS & WATER, CORN, FRIED FOODS, PEANUTS, PROCESSED/CANNED FOODS, PORK, TOBACCO**
- 2. ARTIFICIAL SWEETENERS** (aspartame converts to formaldehyde during digestion and is a neurotoxin)
- 3. MICROWAVE COOKING:** Molecular structure of food is changed; all enzymes are destroyed in 9 seconds. Radiation remains in the food.
- 4. ALL CHEMICALS:** They cause the liver to become overtaxed and unable to detoxify the body. Cosmetics, creams, deodorants, anti-perspirants & perfumes (enter through the skin & go directly into the blood); cleaning products, food additives, food coloring, MSG, etc. (these chemicals enter the body through the digestive or respiratory systems and also through the skin). Anything you breathe in goes directly to the brain. There is no brain blood barrier for inhalants, as there is when you ingest foods.
- 5. PLASTICS, PESTICIDES AND ARTIFICIAL FERTILIZERS** have a molecule similar to Estrogen and it is felt that they may contribute to breast, prostate and uterine cancer and may render men infertile.

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- 1. DAIRY:** Use Coconut, Rice, Soy, Almond, sheep or goat's Milk
 - 2. SUGAR:** Use Stevia or Xylitol. (GI=Glycemic Index – the higher the number, the quicker the food triggers a rise in blood sugar, resulting in a surge of insulin): Stevia (GI: 0), Xylitol (GI: 1), Honey (GI: 10), commercial honey (GI: 15), table sugar (GI: 10).
 - 3. WHEAT:** Use brown rice pasta; occasionally rice crackers, gluten free and yeast free breads; Quinoa is a complete protein & the flour can be used to make pancakes, gravies and baked goods.

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- 1. WATER** : any filter is better than none. Reverse Osmosis is one type of filtration. Distilled water will leach out minerals, if used long term. However, it is useful in helping the body detoxify and can be used with essential oils, like lemon, to excrete petroleum residues, metals, inorganic minerals, and other toxins, such as Chlorine, which shuts down thyroid function. A whole house filtration system removes chlorine and other harmful chemicals, such as Fluoride. Drink ½ your body weight in ounces per day. Drinking a glass of water ½ hour before meals, increases enzymes and hydrochloric acid.
 - 2. VEGETABLES:** 4-10 (1/2 cup) servings daily: preferably organic (pesticides may contribute to cancer: see above). Non-organic fertilizers contain toxic materials such as lead. Organic vegetables are high in minerals and fiber and taste better.
 - 3. FRUITS:** 1 or 2 pieces of fresh fruit daily. They are high in minerals, fiber, anti-oxidants and are very alkalizing.
 - 4. PROTEIN:** 3-4 servings a day. 15 - 20 grams per meal. Always start your day with protein. It sets your blood sugar and metabolism for the day. Include meat, fish, beans, nuts and seeds, quinoa, tempeh, hummus, yogurt and cheese (goat or sheep milk is easier to digest) and most vegetables have small amounts of protein, Metagenics Medical Foods, Protein Powder
 - 5. LEMON JUICE:** (pH 7.5) Since we are more acid in the morning, it is also good to have a glass of warm water and the juice of half a lemon (lemons are very alkaline) in the morning. This raises the pH and also helps the liver. You may add a little Stevia or Xylitol (which do not spike blood sugar) or ½ - 1 teaspoon of honey or molasses (for added iron) if there is not a blood sugar problem.
 - 6. DEEP BREATHING** from the abdomen helps to stimulate the **Lymph** system, the **Chi** to flow through the meridians and to increase **Oxygen** in the lungs. It also releases tension and negative emotions. At night when you sleep, your breathing is naturally reduced, so carbon dioxide builds up. This can create an acidic pH, which is the foundation for almost every disease condition. Start your day with several deep breaths to remove the carbon dioxide that builds up over night when breathing is shallow. One breathing exercise is to breath in deeply to a count of 4, hold for a count of 2, exhale to a count of 4 and hold for a count of 2. Repeat 4-10 times.
 - 7. MEDICINAL TEAS:** including green tea, ginger tea, & ginseng tea. Occasionally, Chai Tea is a good substitute for coffee. The oils in coffee become very toxic when heated. It also over stimulates and therefore stresses the adrenals, pancreas and heart & so coffee can cause weight gain.

8. EXERCISE: start with walking 3 times a week: 10 min warm up walking; 10 min. power walking; 10 min. cool down walking. Build up slowly to 30 minutes every day. If desired add aerobics, weight lifting (helps build lean muscle), stretching or Pilates, but be reasonable and use caution. Do Interval Training to bring blood sugar into balance: warm up, 30 seconds power walk, 90 regular walk, do 3 repetitions, 1-3 times a week. **9. HYDROCHLORIC ACID (HCl): raw almonds** (pH 5.0) It is believed that 4 to 5 almonds a day may prevent cancer. Soak them in distilled or purified water over night or for a minimum of 6 hr. Or you may pour hot water over the almonds and soak them for 10 min. After 3 days, the almonds may go rancid. To create HCL, you will need a minimum of 3 almonds a day or as many as 1 for each 10 lbs. of body weight. Eat the soaked almonds first thing each morning. Since digestion starts in the mouth, chew well. **apple cider vinegar** (raw, unpasteurized – pH 5.5): Take 1/2 tsp to 2 Tbs apple cider vinegar in pure water. (You may add 1 tsp of Stevia, Xylitol or honey), before meals to increase the flow of hydrochloric acid in the stomach. **foods that stimulate HCl:** lemon juice, black olives, celery, spinach, chard, ginger, grasses, kale **10. FOOD COMBINING:** Eat proteins with vegetables; grains and potatoes with vegetables; fruits alone; and melons by themselves. **11. Eat** your heaviest meal at noon, no starches after noon and no sugar after dinner. It is best to not eat after 7:00 pm. **12. Never skip meals** because the body goes into starvation mode and starts to store food for emergencies, which puts weight on. Ultra Clear Plus, Ultra InflammX or Ultra Meal from Metagenics may be used to replace a meal or for a snack. These help to build lean muscle (necessary for good health and longevity) while allowing the body to use the stored fat. **13. Raw Fruits and Vegetables** are cooling to the digestive system. If your body runs cool, eat them later in the day (since our body temperature is lowest in the morning) or not at all, especially in the winter or if your immune system is compromised. **14. Eat according to your blood type** (A, B, AB or O). This is very helpful in keeping balance and so often helps keep the body at its optimal weight. The book, “Eat 4 Your Blood Type”, is now available in your individual blood type. **15. ESSENTIAL OILS:** Essential oils were mankind’s first medicine. They are the regenerating, oxygenating, and immune defense properties of plants; they increase ozone negative ions in the area, which inhibits bacterial growth. They quickly penetrate tissue and can be inhaled for immediate effects. Young Living oils are the highest quality essential oils on the market. Ask me how you can obtain them or go to www.youngliving.org/kathleenqep **16. NUTRITIONAL SUPPORT:** Primary needs are Multi Vitamin-Mineral, EPA_DHA (Omegas to keep the cells pliable in order to receive nutrients and excrete waste), **Probiotics** (to keep our colon supplied with friendly bacteria), **Fiber** (to keep the colon healthy), **Magnesium** (needed for almost every function). Since most supplements are not absorbed on a cellular level, I recommend high quality products from Metagenics, Designs for Health and Young Living.