

Nutrition Basics

The Diet-Health Connection

In 1988 the former Surgeon General Dr. C. Everett Koop stated that *the American diet was the cause of approximately two-thirds of the deaths due to disease in America*. It is no wonder when over 70% of the food produced in America is processed or refined. **We eat more sugar and refined carbs in a week than people ate in a year 200 years ago. This is the common factor in almost every modern disease.** Most Americans eat very little, if any, of the fresh vegetables, fruits, high quality fats, and whole grains that are essential for health.

We can trace many degenerative diseases to inflammation caused by the standard American diet. Serious illnesses such as cancer, diabetes, obesity, and heart disease as well as fatigue, hormonal disruption, anxiety, depression, sleep disturbances, bowel disorders, Candida and pain conditions are all influenced by what we eat.

“The most powerful tool you have to transform your health and improve your mood, mind, and metabolism is your fork! Use it well and you will thrive. Choose poorly and you will suffer. -Mark Hyman

1. Eat whole, real, fresh, organic, unprocessed food
2. Eat a lot of fruit and vegetables full of colorful phytonutrients
3. Eat foods with plenty of fiber
4. Eat foods containing omega-3 fats

Foundation

- ❖ Chronic disease and pain are almost always associated with inflammation.
- ❖ Processed and refined foods, as well as too much sugar, wheat, dairy products, meat, coffee, and alcohol cause inflammation.
- ❖ *Lose weight* if not at a healthy weight. Fat tissue secretes chemicals that induce inflammation, insulin resistance, and dysfunction of the cardiovascular system-which may influence the onset of chronic disease.
- ❖ *Fiber* binds with fat, cholesterol, excess hormones, and toxins in your intestines and speeds them through the digestive tract. Fiber also helps the body burn more calories, stay full longer, and reduces appetite.
- ❖ *Be as physically active as possible*. We need regular activity to increase metabolism and oxygenate our cells. 30 minutes a day of exercise, even simply walking, is a good way to begin. Balance activity with rest, quiet, and meditation.
- ❖ *Keep the body well hydrated*. Drink clean water every time you feel hungry – the sense of hunger is often the signal the body really wants more water. If still hungry, then eat.
- ❖ *Do not skip meals* and do not go hungry. Eat early in the day, within an hour of waking. Maintain a regular routine of meals with healthy snacks as needed
- ❖ *Eat your last meal of the day by 6:00 or 7:00 pm*, or at least 3 hours before sleep.

Daily Nutrition *Unprocessed, whole foods should make up the bulk of your daily diet:*

- **Fresh vegetables** Eat a wide variety of colorful veggies. Include salad greens and sprouts, avocados, broccoli, carrots, potatoes, squash, cabbage, etc. Raw, steamed, baked, in soup or salad.
- **Fresh fruit and melons**
- **Cultured foods** such as sauerkraut
- **Beans and lentils** as well as hummus (chick pea spread)
- **Whole grains:** brown or wild rice, millet, quinoa. if not gluten sensitive: steelcut oats, barley, rye
- **Nuts and seeds:** walnuts, almonds, pecans, pumpkin, sunflower, and flax seeds
- **Animal foods:** wild caught salmon, halibut, cod, sardines, free range chicken/turkey, eggs. If no inflammation may include lean lamb and grass fed beef
- **Dairy:** organic and full fat: plain yogurt, cheese, butter, soft goat and feta cheeses are less acidic
- **Oils:** Extra virgin olive oil, organic refined coconut oil, organic butter
- **Beverages:** Spring water, herbal teas, grain coffees, green tea. Spritzers made with fruit juice mixed with mineral water.

This program allows for an abundance of tasty and satisfying foods. If followed most of the time, with only occasional exceptions, your energy, mood, and overall health will improve.

Avoid

The following make the body more prone to illness and interfere with the absorption of essential minerals, exacerbating chronic illness, mood disorders, and fatigue.

- **Processed and refined foods** – breads, bagels, chips, soft drinks, cereals, pastries, crackers, muffins, pasta, most packaged, canned, and frozen foods. Some whole grain/veggie pasta is okay.
- **Caffeine:** Coffee, including decaf/black tea/chai made with black or mate tea.
- **Alcohol** one glass/drink per day maximum if you do drink
- **Sugars:** no white or brown sugar, honey, agave, maple sugar etc. All these disrupt blood sugar metabolism. Use small amounts of stevia to sweeten if needed.
- **Eliminating gluten** (wheat, barley, rye, oats, spelt, kamut, triticale) and/or **dairy products** (milk, cheese, butter, yogurt) is essential for a growing number of people in order to restore and maintain good health. Other common allergens to avoid *if you suspect allergies*: eggs, corn, soy, peanuts, citrus, nightshades (tomatoes, eggplant, peppers, potatoes), yeasted products (wine, vinegar, breads). These may cause a myriad of symptoms and diseases.
- **Soy: cheese, milk, bars, burgers.** Modern soy products are highly processed and contain substances that may cause digestive, thyroid, and immune system dysfunction. Small amounts of *whole or fermented* soy foods: tofu, edamame, miso and tamari are okay to consume.
- **Too much cold or raw food** and drink will weaken the digestion. Include soups, well-cooked grains and baked or steamed veggies into your daily diet. Drink warm or room temperature fluids, especially if it is cold outside or your digestion is already weak (i.e. gas or bloating, fatigue, tired after eating, overweight, sluggish). Salads and fresh fruits are more appropriate in the warmer months. Iced drinks and ice cream will weaken the digestive fire and thus the entire body. Eat ice cream and other frozen treats (even the nonfat variety) sparingly and infrequently.

Eliminate

Read labels and do not consume the following:

- **ALL high fructose corn syrup** (HFCS). HFCS has been shown to contribute to obesity and Type 2 diabetes. Also, all artificial sweeteners (aspartame –NutraSweet, Equal-, Splenda, saccharine, sorbitol, etc.) Small amounts of agave, honey, xylitol, or stevia may be used occasionally.
- **ALL trans fats:** hydrogenated and partially hydrogenated oils (in fast foods, margarine and most commercially produced baked goods such as crackers, breads, cookies, etc.)
- **MSG** Mono sodium glutamate and other food additives.
- **ALL soft drinks, including diet** soft drinks. The high sugar content, HFCS, or artificial sweeteners added are all extremely detrimental to your health.

Other Considerations

- **To alkalinize quickly** eat lots of fresh vegetables and fruits and drink clean water daily. Consuming either juice or broth made with celery, parsley, green beans, zucchini and/or spinach and/or powdered green drinks with lemon juice will alkalinize the body quickly.
- **Use organic foods**, especially when consuming animal based foods such as meats, eggs and dairy whenever possible. Commercially fed animals are given high doses of hormones and antibiotics and these substances are concentrated in the fat portion of the food when you eat it.
- **For added fiber**, freshly grind 1-2 Tablespoons of flax seed (in a coffee grinder) and add to cereal, salads, or in a smoothie. To help with constipation mix the ground flax seed *in water* and take 1st thing in the morning.
- **Add flora enhancing foods** such as greens, kefir, miso, yogurt, sauerkraut, wheat grass, and acidophilus.
- **Eat mindfully**, bringing your whole self to the meal. Explore all areas of your life where you may find the nourishment you need so that food does not carry the entire burden of sustaining you.
- **An annual detoxification program** is something to consider to rid the body of accumulated nutritional and chemical toxins that may overburden the system. Ask Mary for more details.

Breakfast

Eating a breakfast with protein and good quality fat (and little if any sugar) is essential to nourish you and stabilize blood sugar, energy and mood throughout the day. Research has proven that people who eat this breakfast enjoy better overall health and are able to lose weight and maintain the weight loss much better than those who skip breakfast. Try: cheese or avocado on rice crackers, plain, sugar-free yogurt with fresh fruit, flax or pumpkin seeds, walnuts, almonds, eggs, well-cooked porridge (congee) made with whole grains such as steel-cut oats, brown rice or millet with butter or nuts for fat, dinner for breakfast: salmon with vegetables or a hearty chicken vegetable soup. Soups and congee strengthen the digestion and give you a nutrient-rich way to begin the day. *For lighter fare in warm weather, have a protein shake, almond butter on an apple, fruit and nuts.*

Lunch and dinner

Fill at least 1/2 of your plate with lots of your favorite vegetables, raw, steamed, baked, boiled, as soup or salad. All these vegetables will alkalinize your body and provide you with the minerals and fiber you need to stay healthy. Include beans and legumes frequently. Add one serving of both lean flesh food and unrefined, whole grains per day. Add kombu or wakame to soups, beans, and grains while they are cooking to increase the mineral content and make them more digestible.

Snacks

Protein shakes blended with freshly ground flaxseed or almonds, fresh or frozen fruits, and a touch of cinnamon and vanilla added for flavor; walnuts, almonds; almond butter or tahini (sesame butter) on apples, celery, rice cake or rice crackers; raw veggies; whole, fresh fruit, sugar-free yogurt or kefir, cheese, sliced turkey, hard boiled egg.

Protein

Proteins are comprised of nitrogen-rich amino acids, nine of which are essential for our bodies to function properly (the body cannot synthesize them so they must be obtained from the diet). Protein requirements vary depending on physical activity, stress, and constitution. The most bioavailable protein comes from lean flesh foods, but also include the following in your daily diet: beans, vegetables, whole grains, nuts and seeds, whey or rice (NOT soy) protein drinks, as well as small servings of dairy products if desired.

Fats

Extra virgin olive oil for salad dressing, organic refined coconut oil to saute, organic butter to add to foods. Fried foods should be kept to a minimum.

Omega-3 fatty acids are essential for good cardiovascular, endocrine, and immune function. It is almost impossible to get enough in our diets so I recommend a *high quality fish oil* supplement.

To help reduce stress, stabilize energy and mood:

- Exercise daily, in the outdoors with natural light if possible. 30 minutes may be sufficient.
- Don't skip meals, especially breakfast: this will keep your blood sugar, brain chemistry, energy and mood stable.
- Eat lean protein every day, at every meal
- Eat lots of fresh vegetables and fruits daily
- Use meal replacement and protein drinks, made with rice or whey protein (NOT soy), rather than skip a meal or have a nutritionally inadequate meal.
- Eliminate or reduce all refined carbohydrates from the diet (pasta, bread, cookies, etc.)
- Avoid alcohol
- Avoid caffeine
- Avoid sugar and all refined carbohydrates
- Sleep 7-8 hours at night, on a regular schedule, as much as possible
- take Omega-3s daily, 1000 mg EPA/DHA, with food, 1-2x daily
- Decrease stress! Try acupuncture/yoga/meditation/massage/gardening/brisk walking/aerobic workout/Epsom salt baths/inhale essential oil of lavender to relax, rosemary to invigorate.

I believe in using whole foods to help our bodies stay healthy. For optimal health I have found we all need to take a basic protocol of nutritional supplements because we just do not get enough from our diets.

The following six nutrients are what I use and what I recommend to my patients. I use Designs For Health products that are available at BCA. Mark Hyman, MD in his UltraMind Solution program recommends this same protocol, insisting on the use of only very high quality brands to receive the desired therapeutic effects. Do not waste your money on cheap products from discount stores –they are made from chemicals you do not want in your body and they will not have the desired therapeutic effects.

1. **High quality multivitamin:** Designs For Health *Twice Daily Multi*, Thorne Research *Basic Nutrients*, Enzymatic Therapy *Doctor's Choice Multivitamin* as directed, with food.
2. **Omega-3s** from fish oil: **1000 mg of EPA and DHA**, 1-2x daily with breakfast and dinner. Designs for Health *OmegAvail Ultra TG 1000*, Nordic Naturals *Ultimate Omega*, Natural Factors *RxOmega 3 Factors*, Metagenics *EPA DHA Extra Strength*
3. **Calcium citrate 600-800mg**
4. **Magnesium glycinate or citrate 400-600mg**
5. **Vitamin D3, 2000 IU**
6. **Probiotics:** Designs for Health *Probiotic Synergy*, Metagenics *UltraFlor Plus*, Natural Factors *Multi Acidophilus with FOS*

Other:

1. Green drink: Designs for Health *Paleogreens*, Natural Factors *Enriching Greens*, Allergy Research *ProGreens*, New Chapter *Berry Green*, Doctors For Nutrition *Greens First 1-3 x* daily. Use the powder form for better assimilation.
2. Meal replacement: Use rice or whey (NOT soy) protein: Designs for Health *Whey Cool* or *Paleomeal*, Metagenics *UltraMeal Rice*, Natural Factors *Slim Styles*

To research and order supplements:

Pharmaca Integrated Pharmacy, Whole Foods Market

www.thenaturalonline.com

www.designsforhealth.com

www.standardprocess.com

Also: Blue light therapy has been proven effective for mood and sleep disorders: check out the goLITE at www.lighttherapy.com To order: www.costco.com or www.amazon.com

Resources

www.westonaprice.org

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www.womentowomen.com

www.natmedonline.com or www.askthedoctoronline.org

Enzymatic Therapy products are often recommended and are available at your local health food store and online.

For in-depth and sound info on nutrition

Richard M. Fleming, M.D.

Mark Hyman, M.D.

Chris Crowley & Henry Lodge, M.D.

Andrew Weil, M.D.

Excellent and reliable information on women's health

This information is based on over 20 years of clinical and personal experience. Please listen to your own body and gather information to make the choices that are right for you.

Disclaimer: Do not take this information as personal medical advice. Do not change your diet or medication if you are ill without the advice of your physician or other qualified health care provider.

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