

Nutrition and Lifestyle Suggestions

Prepared by Deborah Lee Ph.D. Nutrition
Tri-State Wellness Summit, June 13th 2014, Quincy, IL

- 1. Drink at least 8 glasses of water a day.** (adults) Water hydrates and protects every cell of your body. Proper water consumption helps to eliminate wastes and improve: fatigue, allergies, allergies, headaches, sinusitis, inflammation, joint pain and many other afflictions. You need enough pure water daily to eliminate toxic chemicals and heavy metal poisoning. Drink water that has been filtered using reverse osmosis and/or other processes.
- 2. Eat plenty of fresh vegetables and fruits.** Ideally, half of the food you eat daily (by volume) should be vegetables and fruit! USDA recommendations are to *eat 9-13 servings a day* because:
 - * They are high in fiber. This helps slow the absorption of fat and toxins.
 - * They offer one of the best ways to loose weight.
 - * They nourish normal flora in the lining of the GI tract and inhibit the growth of yeast.
 - * They speed up transit time in the GI tract, reducing bowel toxicity and irritation.
 - * They contain numerous vitamins and mineral, including folic acid. The latter produces serotonin to help overcome depression and overeating.
 - * They reduce the chances of both cancer and heart problems, increase mental clarity, reduce bowel, digestive and skin problems; and reduce issues of arthritis, sinus and chronic pain.
- 3. Avoid “trans fats” (hydrogenated and partially hydrogenated oils) and fried foods.** Turning liquid oil to solid oil provides a longer shelf life...but numerous health problems. Ingestion of trans fats causes a “gumming” effect in the body. This in turn makes you crave more fat, which results in more “gumming” (platelet aggregation). Many chips, packaged foods, bottled salad dressings and mayonnaise contain trans fats. Regular use of cheese, animal fat and fried foods can have many of the same effects. Problems include:
 - * Dry or flakey skin, dandruff and other skin problems.
 - * Heart disease and clogging of the arteries with the gummy oils.
 - * Chronic pain and inflammation. Muscle fatigue.
 - * Link between ADD, fatigue and various neurological disorders.
 - * Less resistance to bacteria and viruses; weak immune system.
 - * Erectile dysfunction in men.
- 4. Sharply reduce refined sugar.** The average American eats 170 pounds of refined sugar a year! *Over consumption of sweet items (and refined carbohydrates) causes the body to excrete, or loose, essential minerals, including calcium.* Other problems from sugar and include:
 - * Emotional stress and depression due to the leeching of B vitamins and adrenal weakening.
 - * Increase of yeast and other one-celled organisms in the bowel. This leads to the production of toxins, irritation of the GI tract, decrease of friendly bacteria, Candida Albicans.
 - * Blood sugar swings, causing the pancreas to produce insulin. This in turn leads to craving more sugar (also bread, pasta and soda). Over time, diabetes can result.
 - * Increase in the hormone adrenal.
 - * Increase of chronic pain, inflammation, heart disease and weight gain.
 - * Aggravation of: allergies, sinusitis, asthma, irritable bowel, depression, fatigue, migraines.
 - * Increased risk of cancer, due to suppression of the immune system.
 - * Link between refined sugar and ADD or ADHA

5. **Sharply reduce refined carbohydrates.** *Refined carbohydrates* are grains that have the fiber, bran and vitamins removed. Only starch is left. When eaten, the starch turns to sugar quickly in your body. Many of the symptoms mentioned above are the same. There is extensive research and 1,000's of case histories showing the connection to inflammation and weakening of the immune system. Excessive intake stresses your digestive and endocrine systems. *Rice cakes, popcorn, pasta, most breakfast cereals, etc.*) *Wheat and other high carb grains enhance weight gain, allergic responses, inflammation, arthritis, diabetes and more.*
6. **Avoid chemical additives.** The average American consumes some 10 pounds of chemical additives a year. The long term results of a mixture of dozens of chemicals have not been determined. We do know that many individual additives compromise the nervous system, liver and health in general. The list of chemicals and their effects is too long to include here. Read labels on packaged foods and do your best to avoid them and GMO foods.
7. **Avoid soft drinks. Sharply reduce alcohol and caffeine containing items such as: coffee, tea and chocolate.** These substances *deplete many vitamins and minerals, stress the nervous system, weaken the immune system and enhances in the gut.*
8. **Exercise daily and deep breathing.** Be conscious of adding exercise to your daily routine. A minimum of 30 minutes a day is recommended to maintain health. To loose weight - 45 to 60 minutes a day is needed. Walking is one of the best and easiest forms of exercise. Oddly enough, when you exercise more you usually eat less; have more overall energy and think more clearly. Exercising boosts the immune system by getting oxygen into the blood.

Additional recommendations:

1. **Fruits and vegetables (USDA recommends 9-11 servings a day):** Eat fresh vegetables and fruit regularly. Eat them raw or lightly cooked. Eat more berries and low-sugar fruit. NOTE: the next best thing to raw is chemical-free, dried produce; and then frozen.
A good way to meet the goal is with the Juice Plus+ vegetable, fruit, and berry capsules*.
 2. **Oil: Increase quality olive, coconut, sesame and flax oils:** Eat more fresh fish, especially salmon and tuna. Eat raw seeds, nuts and avocados. Try natural nut and soy butter. Also, low fat milk and yogurt; and feta, farmers, mozzarella or yogurt cheese.
 3. **Sweeteners:** Try fruit sweeteners, agave, barley malt and rice syrup, molasses, stevia and other natural sweeteners instead of artificial ones.
 4. **Whole grains, whole grain products and complex carbohydrates:** Use brown rice, wild rice, and other whole grains. Try sprouted wheat (gluten free) bread and baked products. Buy rye crackers; chips that contain no trans-fat, and cereal with healthy oils and sweeteners. Eat more sweet potatoes or yams instead of white potatoes to reduce rapid conversion to starch.
 5. **Eat protein with every meal:** Avoid pork products and limit beef. Eat more chicken, fish, raw nuts and seeds; also beans such as: black beans, lentils, pinto, garbanzo, and others. If flatulence is a problem, take a good digestive enzyme. Also, add the following products to you day:
 - **Juice Plus+ Complete*** each day in a smoothie or with cereal.
 - **Juice Plus+ Complete protein bars*** for a meal replacement or snack.
- * **Order the Juice Plus+ products at www.four-winds-farm.com or dlee@adams.net**