

# Some Recommendations to Consider as You Change Your Diet

**The goal:** To eliminate things from your diet foods that are robbing you from feeling alive, energetic and pain free; and (add foods in their whole form) to your diet that will promote vitality and life. Avoid eating foods for emotional reasons, but instead to nourish and promote life.

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## Things that take away from your health. Tips at a glance:

- Aspartame (NutraSweet or Equal)
- Sucralose - (Splenda)
- Trans fatty acids (most fried foods, hydrogenated oils, margarine, and vegetable shortening)
- MSG (may not be listed in ingredients) is a brain neurotoxin
- Eliminate all artificial preservatives and chemicals
- Limiting sugar is CRITICAL including all processed sugars/starches – these include all pasteurized honey, corn syrup, (high fructose corn syrup), cane sugar, brown sugar, beet sugars and all refined processed starches (corn starch, white flour and starch, white rice, potato, tapioca, and arrowroot starch). These can cause severe blood sugar imbalances, hyperactivity, depression, irritability, mood swings, joint pains, weaken your immune system and lower your resistance to infection, cause fungal/yeast overgrowth and can hamper overall function of your spleen, liver, pancreas and intestines. Too many sweets and processed starches can lead to adult onset diabetes.
- Fruit juice (too much sugar without the fiber- raises insulin levels)
- Advertised "Fat free" foods
- Imitation eggs
- Boxed cereals
- All vegetable oils (soybean, cottonseed, canola, safflower, sunflower, corn)
- Deep fried foods and lard- Fried foods (French fries, chicken tenders, etc) are one of your worst enemies! The fats used are usually a "hydrogenated" converted vegetable oil, (trans fatty acids) which are toxic to the body and can cause many health issues. Whenever you see the name, "partially hydrogenated or hydrogenated oils," you know it's a **BAD** fat - AVOID completely. Too many animal fats are also harmful... Best to cut way down on the amount of animal fats, and eat more of the good fats including avocados, nuts/seeds, un-heated unrefined coconut oil and olive oils. (Stir fry in water or chicken broth and add oils after for flavor)
- Tap water
- Isolated protein powders
- The whites (bread, rice, pasta, noodles, and processed milk)
- Pork, oysters, shrimp, crabs, lobster, and catfish (scavenger meats are hard to digest and/or high in toxins)
- Meat from animals that has been raised on feed that contains antibiotics and hormones

- Pasteurized and homogenized milk - At the very least I would suggest non-homogenized milk. Cow's milk is very hard to digest in its present form. The protein in dairy (caseins) form a layer of "gluey glop" along the small intestine. Over time this can damage the lining and cause many health issues including malabsorption. Dairy has been highly heated through the process of pasteurization and this changes the structure of the proteins, (caseins) and sugars, (lactose) making it foreign to our bodies and even harder to digest. You may want to eliminate completely and use the alternatives such as rice, soy, grain and nut milks. It is important to eat calcium rich foods such as sprouted sesame seeds, tofu, legumes, nuts and other seeds, leafy greens and the grain amaranth. These are all better sources of calcium as the body can assimilate (absorb) it better.
- Iceberg lettuce (low nutritional value)
- Canned vegetables
- Potatoes, beets, carrots, bananas - if you have weight problem - they easily convert to glucose.
- Lower your grain intake if you have weight concerns – especially grains that contain gluten (sprouted wheat, spelt, kamut, barley and rye)
- Caffeine (nerve irritant) When you drink too much of the stimulant caffeine, your blood pressure raises, leaving you anxious and restless. It overworks the adrenal glands, and can cause metabolic imbalances leading to overweight or underweight issues. Caffeine can also stimulate release of stored glucose from the liver, causing blood sugar fluctuations, and can put a strain on your pancreas. Caffeine causes a spiraling downfall in health and needs to be eliminated completely. When adding Calli to your lifestyle you do not crave coffee nor do you go through the withdrawals!
- Coffee, colas, diet drinks, store bought fruit juice
- Peanuts (high allergen and hard to digest)
- All soy unless fermented or sprouted
- Processed, packaged foods
- Commercial salt (use unrefined sea salt instead)
- Skim or low-fat dairy products – At the very least low-fat.
- Artificial colorings and flavorings
- Roasted nuts and seeds (the heat turns the oils rancid)
- Farm raised fish (they are grain fed and have mercury content)
- TV dinners and canned soups

**Now that you have eliminated foods that are not adding to your health what foods would be great additions.**

## **Things that add to your health. Tips at a glance:**

- If you are going to drink milk (not pasteurized and non homogenized) in limited quantities (goat milk is much better than cow's milk)
- Beef (grass fed) in moderation as it is a high stress protein that is hard to digest. I would introduce fish (fresh cold water) and poultry first.
- Poultry: chicken, turkey, ostrich (pastured best, at the very least organic free range)
- Game meats such as venison, buffalo, lamb
- Fish and sea vegetables from clean waters
- Eggs (organic omega-3 eggs)
- Seeds (raw) sunflower, pumpkin, sesame, flax
- Soaked nuts (raw) cashews, Brazil nuts, almonds (great choice they are alkaline), pecans.
- Nut Butters
- Freshly made beans and lentils in moderation (beans become mostly carbohydrates when cooked)
- Organic Butter
- Whole grains in moderation (gluten free grains are easier to digest and include: brown rice, amaranth, quinoa, millet, barley and oats)
- Sprouted grain breads, tortillas, English muffins, and buns
- Raw nut butters
- Raw honey contains digestive enzymes and is an excellent choice for a sweetener. If you do not have blood sugar problems, pathogens or any immune system disorders, the following sweeteners are fine to use *occasionally* as snacks and in cooking: Dried Dates and Figs, Brown Rice Syrup (contains gluten) and Barley Malt (contains gluten) Raw Honey, Rapadura Sugar (Unrefined Whole Cane Sugar), Date Sugar, Agave Nectar, Diluted Apple or Grape Juice and Pure Maple Syrup.
- Fermented foods like tamari, tempeh, natto, sauerkraut, kim chee, raw vinegar, fermented vegetables, full-fat plain yogurt (Nancy's and Stony Field) that contains the live cultures.
- Home made salad dressings (lemon, lime, olive oil, fresh herbs and raw apple cider vinegar)
- Unrefined coconut oil, extra virgin olive oil, high-oleic safflower and sunflower oils, and expeller-pressed nut oils, cold pressed sesame oil, grape seed oil.
- Kelp
- Cheese (raw is preferred, goat cheese is a good choice) Alta Dena makes a great raw milk goat/cheddar .
- Unrefined Whole Sea Salt (Celtic is a great choice)
- Fresh herbs and spice seasonings.

## Consider Key points to properly nourishing your body:

**Water-** our bodies are made up of 70% water and we must remain hydrated. A few benefits of water: carries nutrients to our cells, hydrates our colon and aids in the function of our metabolism (vital for weight management). Spring water, filtered water, and generally well water is okay (not city tap water). Drink water in-between meals and not too much with meals, as it will dilute the gastric juices. Ice water or very cold water hinders the cells in the stomach from producing needed acid for digestion.

- ⇒ Lemon will neutralize water
- ⇒ Calli and Fortune Delight are considered part of your water intake. If you drink Calli and Fortune Delight with a meal it will be absorbed with the food; if you drink before or after meals, they will promote hydration and flushing.
- ⇒ Drink at least half of your body weight in ounces of water, Calli and/or Fortune Delight per day.

**Organically grown whole foods-** Vegetables, fruits, nuts, seeds, grains, and beans that are grown non-organic are full of pesticide residue and are severely lacking in nutrients. In organic food farming, the soil maintains its richness in nutrients and minerals through the rotation of crops. By adding natural fertilizer, it also allows the soil to regenerate and re-mineralize itself, maintaining the nutritional content of the soil. The non-organic may look pretty, shiny and good, but don't be fooled...it's severely lacking in the minerals and nutrients we need to stay healthy!

**A mixture of cooked and raw food-** Cooking destroys the vital enzymes in foods, making it harder on your system to digest. Cooking also reduces the vitamin/mineral content in the foods. A good rule of thumb is to eat at least 50% of your food raw.

**Eighty /Twenty Rule** – Eighty percent of the food on your plate should be by vegetables. The remaining 20% could be an animal protein, or a grain or combination of grains, or a starchy vegetable.

### Fermented, Cultured Foods

Very important to restore the natural “gut ecology” of the intestinal tract with good bacteria and yeasts. These “friendly” micro floras help digestion, provide better immunity against pathogens and manufacture some important vitamins like Vitamin B-12. Digestion of fat and protein is greatly enhanced when eaten with cultured veggies. Rejuvenative foods- Veggie Delight is a great choice.

I recommend Vitadolphus from Sunrider; 3-6 packets a day for one month and then 1-3 per day for maintenance.

Apple Cider Vinegar- 2 Tablespoons a day is also very helpful to promote a healthy environment (alkalizing) in your colon.

**Celtic Sea Salt** (contains trace minerals essential to our bodies) other sea salts can be refined and are not a whole food. Sea Vegetables provide wonderful needed minerals. Buy “Sea Seasoning brand flavoring such as Dulse with Garlic or Nori with ginger to sprinkle on your food.

### Fiber – Colon Loving Foods

Sunrider's Sunbar (8 grams) Sunrider's Fibertone (approx. 1 gram per capsule) are my favorite choices to supplement your diet to make sure you are getting enough fiber. You need approximately 25 grams of fiber a day. Organic ground flax seeds are another choice. Flaxseed oil or seeds are the richest source of Omega-3's from the plant kingdom.

Fruits, vegetables, grains and legumes all contain fiber. If a food is crunchy like some fruits and veggies, you can figure you are getting 5 grams of fiber from that food. The more crunch - the more fiber.

## Meeting All Key Requirements:

**Sunrider Foods are organic, raw and concentrated (7-14 lbs of raw food concentrated down to 1 lb. of finished product)! Sunrider is the first food I eat everyday. The N.B.C. program (Calli, NuPlus and /or Vitashake, Quinary and Sunny Dew) contains roughly 72 organically grown, raw fruits and vegetables per serving. Each NuPlus serving contains – 65% complex carbohydrates, 23% Amino Acids (the body builds its own protein), 12% fatty acids. VitaShake contains NuPlus, Metabalance 44 and probiotics. Quinary contains 50 foods and is a combination of 5 formulas combined into one. Quinary feeds your Immune, Digestive, Respiratory, Circulatory and Glandular Systems. Calli and Fortune Delight are like vegetable soup. They both promote cleansing of the body. Calli specifically promotes cleansing of the cells, organs, and tissues; Fortune Delight helps the body to flush fats and toxins.**

## **PROTEINS / CARBOHYDRATES**

NuPlus is always my first choice for complex carbohydrates and protein! When you begin to change your diet quinoa, millet, amaranth, and buckwheat are recommended choices; also excellent are spouted almonds, pumpkin, flax, sunflower, and caraway seeds.

**Eat Pre-soaked and/or Sprouted Organic Beans, Nuts, Seeds and Grains for your proteins and complex carbohydrates. Soaking removes the enzyme inhibitor phytic acid.**

Sprouted fava, soy & lentils are all sources of **high proteins**, and gram for gram they are even more efficient complete proteins than red meat without the fat content! Your body can assimilate sprouted beans easier as the proteins and carbs have already been broken down into the individual amino acids and sugars through the sprouting process. They also have an abundance of live enzymes to assist digestion and assimilation. Try adding them raw to your salads, or blend them into a pate or spread and mix with herbs and spices.

**Other good sources of proteins and complex carbs** are sprouted Mung beans, (very crispy and sweet to top salads), sprouted Adzuki Beans, sprouted or cooked Quinoa, Millet, Barley, Oats, and soaked/sprouted Nuts and Seeds. (Sprouted Wheat, Spelt, Kamut, Barley & Rye are all good if you can tolerate these gluten grains) These are only a few of the several out there. I recommend you go to your natural food store and see the many varieties offered.

**It's a good idea to rotate your proteins and carbohydrates, (as it is with all your foods) to prevent intolerance or allergy and to be sure you are getting all your nutrients. Sunrider Foods are the only foods I have not seen people develop intolerances to! The opposite happens with Sunrider Foods, you become stronger.**

## **FATS**

High-quality organic, unrefined seed oils, organic butter and ghee are critical for the healing process. Safflower, sunflower, pumpkin seed, hemp, evening primrose, borage and flax seed oil can be used in salad dressing or added after cooking for flavor. Unrefined coconut oil, butter or ghee are best for sautéing.

**Unrefined Coconut Oil** – Beneficial fat which contains lauric acid (fatty acid found in mother's milk). Coconut oil is naturally stable and therefore excellent for cooking. It contains caprylic acid- a potent anti-fungal. Coconut Oil helps the body to metabolize fat.

**Extra-virgin Olive Oil** – Four qualities to consider when buying olive oil. The best quality olive oil will be: extra-virgin, unrefined, cold pressed and organic. You should not cook with olive oil. Trader Joe's is a good source – good prices.

**Omega 3 Essential Fatty Acids** – Most people are seriously lacking Omega 3 fatty acids in their diet. The ideal ratio of Omega 6 to Omega 3 should be 1:1. The typical person, on a diet high in corn, soy, canola, and other unsaturated oils (French fries, corn-fed beef, etc.) has a ratio ranging from 10:1 to 50:1! Very unhealthy levels! Flax Seed oil is the richest source of Omega-3's in from the plant kingdom. Two tablespoons a day to get your Omega 3 essential fatty acids is recommended.

- ⇒ I recommend Sunrider's Energy Plus- 3- 2xs a day
- ⇒ Other sources would be: "Carlson" brand Fish Oil / "Garden of Life - Olde World Atlantic Cod Liver Oil" / "Nature's Way Wild Alaskan Fish Oil" / "Living Fuel's Omega 3 & E" Fish Oil are just a few good brands.