

Nutrition and Lifestyle Suggestions

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- 1. Drink at least 8 glasses of water a day.** 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 offer one of the best ways to loose weight.
 - * They are high in fiber. This helps slow the absorption of fat and toxins.
 - * 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 (which 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 oil*, which results in more “gumming” (or platelet aggregation). Many chips, packaged foods, bottled salad dressing, mayonnaise, etc. contain trans fats. Regular use of cheese, animal fat and fried foods can create many of the same effects. *Problems include:*
 - * Dry or flakey skin, dandruff and other skin problems.
 - * Heart disease and clogging of the vascular system.
 - * Chronic pain and inflammation. Muscle fatigue.
 - * Link between ADD, fatigue and various neurological disorders.
 - * Less resistance to bacteria and viruses, due a weakened immune system.
- 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) many essential minerals, including calcium.* Other problems from sugar and include:
 - * Emotional stress and depression due to: the leeching of B vitamins and adrenal weakening; also an increase of yeast and other one-celled organisms in the bowel. The latter promotes a production of toxins, irritation of the GI tract and suppression of necessary bacteria.
 - * Blood sugar swings, causing the pancreas to produce insulin. *This in turn leads to craving more sugar (also bread or starch).* *Over time diabetes and weight gain can result.*
 - * Increase of chronic pain, inflammation and heart disease.
 - * Aggravation of: allergies, sinusitis, asthma, irritable bowel, depression, fatigue, migraines.

5. **Sharply reduce refined carbohydrates.** There is a lot of confusion about carbohydrates. *Refined carbohydrates* are grains (such a wheat and rice) that have fiber, bran and vitamins removed. Only starch is left. When eaten, starch turns to sugar very quickly in the body. Many symptoms mentioned above are the same. White bread and grains offer no nutrition; worse yet they cause vital vitamins and minerals to be depleted. Excessive “carbo” intake stresses your digestive and endocrine systems. *As a rule, if it’s white, don’t eat it (including rice cakes, popcorn and many boxed breakfast cereals). White, starchy foods promote weight gain.*
6. **Avoid chemical additives.** The average American consumes 10 pounds of chemical additives a year. The long term results of a mixture of dozens of chemicals have not been determined. 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.
7. **Avoid soft drinks. Sharply reduce alcohol and caffeine containing items such as: coffee, tea and chocolate.** *These substances deplete many vitamins and minerals; and they stress the nervous system and adrenal glands.*
8. **Exercise daily and deep breathing.** Be conscious of adding exercise to your daily routine. A minimum of 60 minutes a day is recommended to maintain health. To loose weight - 90 minutes a day is needed. Walking is one of the best and easiest forms of exercise. *Oddly enough, when you exercise more you are usually less hungry, have more overall energy and think more clearly!* Exercising boosts the immune system, by getting more oxygen into the blood.

9. Additional recommendations.

a. Fruits and vegetables (USDA recommends 9-13 servings a day):

Eat fresh vegetables and fruit regularly. Chemical-free dried or frozen is better than canned. Eat produce raw or lightly cooked. Eat more berries and low-sugar fruit. We also suggest *Juice Plus+* (*vegetables and fruit in a capsule*). See our website for info and research.

b. Oil:

Increase raw and fresh olive, canola, sesame and flax oils. Eat more fresh fish, especially salmon and tuna. Eat raw seeds, nuts and avocados. Try natural nut and soy butters. Use low fat milk and yogurt; feta, farmers, mozzarella or yogurt cheese, and flax oil capsules.

c. Sweeteners:

Try fruit sweeteners, barley malt and rice syrup, molasses, stevia, and other natural sweeteners instead of artificial ones.

d. 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 commercial cereal which uses healthy oils and sweeteners. Eat more sweet potatoes or yams, instead of white potatoes.

e. Protein with every meal:

Eat more fish, chicken, raw nuts, seeds; and eat a variety of beans such as: black beans, pinto, garbanzo, lentils and others. Beans stabilize blood sugar and helps with weight loss. If gas is a problem, take a good digestive enzyme.