

July 10, 2013

Eat - Be Healthy

- Eat real food.
- Pay attention to how you feel.
- Treat problems, not symptoms.

Eat real food

- Reactions are everything.
 - Nutrition is confusing. There is so much conflicting guidance because your body is complicated.
 - NOBODY knows what the right daily allowance of nutrients are for *you*. There are 90+ *identified* nutrients (proteins, fats, vitamins and minerals) required to fuel your body. The required amount of each nutrient is constantly changing and dependent on your actions, your thoughts, and the amounts of other nutrients available.
 - Start by eating real food. Change your food and you change the reactions. Change the reactions and you change your health.

Pay attention to how you feel

- Chronic disease does not happen overnight.
 - High blood sugar, chronic inflammation, digestive distress, and hormone imbalances can all lead to chronic disease.
 - How are your joints and skin? Inflammation (pain, heat, swelling, redness (including rashes), or loss of function) is your body's generic response to damage. Chronic inflammation is an indicator of a persistent problem.
 - How does your stomach feel? Digestive distress (reflux, gas, bloating, diarrhea, constipation) is an indication of digestive issues. Digestive issues limit the absorption of nutrients and increase the likelihood of disease.

Disclaimer: This information is being shared, not prescribed. Work with your healthcare provider. You are responsible for your health.

- Where are you storing fat? Hormones effect large areas of the body for long periods of time. Hormone imbalances can be triggered by thoughts, actions or nutrient deficiencies.

Treat problems, not symptoms

- Everything is independent. Everything is connected.
 - Symptoms are warnings. Blocking a symptom without fixing the underlying problem is like turning off the smoke alarm without putting out the fire.
 - Cells are independent but connected. Cells react independently based on the environment surrounding the cell. To get a fat cell to release fat, you have to get the environment around the cell right. To get the environment around the cell right, you have to get the hormones right. To get the hormones right you have to lower stress, lower blood sugar, and provide the right hormone building blocks. To get the building blocks, digestion has to work... You get the picture.
 - Simple steps can have significant effects, get the big pieces in place:
 - 1) Recover better (increase sleep, decrease stress).
 - 2) Get blood sugar under control.
 - 3) Reduce inflammation.
 - 4) Improve digestion.
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Food to Focus on

- Quality matters.
- Eat plants that were healthy when they were picked. Eat animals that were healthy when they were killed. Eat eggs, cheese, and butter from healthy animals.
- You MUST eat animal products and must eat more than just muscle meat.
- Vegetarian diets are nutrient deficient.
 - Eat a wide variety of vegetables.
 - Eat grass-fed beef, wild caught fish, omega-3 eggs.
 - Eat easily digestible starches (sweet potatoes & squash)
 - Eat fat (coconut oil, coconut milk, avocado, grass-fed butter & cheese)
 - Eat soups & stews (made with stock from bones & connective tissue)

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Avoid These

• *Different people have different levels of tolerance. The less sleep you get, the more stress you are under, and the more environmental toxins you are exposed to, the tighter you will have to be with your food.*

• *Grains, legumes and grain-fed dairy will degrade performance in some and cause illness in others.*

• *The typical American diet contains toxic levels of sugar and seed oil.*

• **Grains.** Grains can damage the digestive tract and have proteins which can lead to auto-immune issues. Vegetables provide fiber without the digestive trauma of grains.

• **Legumes** (including peanuts). Beans are difficult to digest and contain anti-nutrients and toxins. The majority of toxins in beans are removed by soaking and cooking, but not all. Animals and vegetables provide the benefits of legumes without the side effects.

• **Grain Fed Dairy.** Grain fed cows are inflamed. Cows normally eat grass, not grains. Eating and drinking dairy products from grain fed cows exposes you to inflammation and destructive material from the grains the cows are eating. Bone broth provides plenty of calcium along with collagen and other essential building blocks without the downsides of industrial dairy.

• **Sugar.** Excess sugar is toxic and stored as fat. Bread, pasta, and rice = glucose = sugar. Natural sugar is sugar, honey is sugar. It all looks the same after digestion.

• **Seed Oils.** Corn oil, soybean oil, safflower oil, sunflower oil, canola oil are all polyunsaturated fatty acids (PUFA's), they spoil easily (turn rancid) and are easily damaged by heat. PUFA's should NEVER be used for cooking. Seed oils are high in omega-6 fatty acid. Excess omega-6 fatty acid increases systemic inflammation in your body.

There are no nutrients in any of the items listed above that can't be easily obtained from other sources, avoid them for 30 days and see how you feel.

A few seconds of taste or a lifetime of health. Your choice.

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Limit These

• **Nuts.** Nuts have some vitamins, fats, and minerals but they are easy to overdo (especially when someone else has already taken the shells off and added salt!). Limit quantities to amounts you would eat raw and in the shell.

• **Fruit.** Fruits have vitamins and minerals but fruit (especially industrially produced fruit) is high in fructose. High levels of fructose can stress the liver. Eating whole fruit (i.e. not blended) in a meal or at the end of a meal is a good way to avoid excess.

*** Fruits and nuts are really good treats at the end of a meal, they are easy to overeat as snacks*

Eat This Much

• **Vegetables.** There are thousands of vegetables, eat them frequently. Fiber content in vegetables make them difficult to over-eat without processing or serious willpower. Most vegetables are well tolerated by most people. Some vegetables, such as nightshades (tomatoes, peppers, and eggplant), can generate an allergic reaction. Some vegetables, such as crucifers (broccoli, cabbage, cauliflower) and dark green leafy vegetables (spinach, collards, and swiss chard) should be cooked (steamed or lightly sautéed in butter). Most cases of overeating involve excessive uncooked quantities over a long period of time.

• **Starches.** Sweet potatoes, and squash break down to mostly glucose (a simple sugar). Glucose is a fuel. Eat a little bit everyday (~ med size sweet potato), add more starch to fuel endurance activities, eat less starch to lose weight. For weight loss, experiment with both amount (“moderation” is much less than you think!) and time of day.

• **Muscle Meat.** No more than 8-16 oz per day.

• **Bone Broth/Stock.** 1 cup per day for calcium, collagen, and minerals.

• **Fat.** Add avocado to breakfasts and salads. Use butter and/or ghee for cooking. Use coconut oil as a salad dressing. Cook with coconut milk.

** Weight loss is almost entirely dependent on eating. Reduce salt and sugar and increase fat to control hunger. Cut back sugar and starch to lose fat. Reduce fructose, alcohol, and stress to lose abdominal fat.*

Set yourself up for success, make your food choices before you get hungry

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Book Recommendations

[Perfect Health Diet](#) by Paul and Shou-Ching Jaminet. An excellent reference on both macro and micro nutrients. It's not the final word but it's a very good summary.

[The Paleo Solution](#) by Robb Wolf. Regardless of your feelings about eating like a caveman, Robb Wolf provides an outstanding and entertaining explanation of the digestive system and what happens when you under-feed or over-feed your body.

[Good Calories, Bad Calories](#) by Gary Taubes. A very, very well researched explanation of how getting the focus point wrong (fat vs sugar) is making Americans fat. Well written, but dense. For an easier to read version check out **[Why We Get Fat](#)**, also by Gary Taubes.

[It Starts With Food](#) by Dallas and Melissa Hartwig. Provides more information on the downside of grains and legumes and does a very good job of explaining how your body's regulatory systems can get out of whack.

[Nourishing Traditions](#) by Sally Fallon. The whole grain and legume recommendations conflict with the paleo approach but Nourishing Traditions provides outstanding information on nutrient types, food types, and preparation methods. An outstanding reference.

[The Vegetarian Myth](#) by Lierre Keith. Vegetables are good. Vegetarian diets are nutrient deficient.

[4 Hour Chef](#) by Tim Ferriss. Buy the hardcover, it has pictures and makes cooking easy.

[Cooked](#) by Michael Pollen. A different take than Tim Ferriss with the same goal, explaining the basis of cooking. Excellent information regardless of your cooking skill level.

Link Recommendations

Websites where real people have gotten real results:

robbwolf.com. The Paleo Solution Podcast is free and hits a wide, wide range of topics.

chriskresser.com. Chris Kresser has an outstanding free podcast and excellent research on digestive health, healthy babies, and heart disease.

*Nutrition studies are notoriously difficult. Unless someone is locked in a lab for months, it's hard to isolate what is being eaten. Fortunately, people on the internet are more than willing to discuss what their problems are and what they eat.

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