

General Lifestyle Recommendations

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Ninety-four percent (94%) of all chronic disease is related to food intake.

Diet and Nutrition

The American diet has developed into a processed concept, where the attention is focused on taste instead of its natural nutritional value. As a result, the foods we eat are stripped of their vitamins, and sometimes fortified with synthetic forms of vitamins added to flavor enhancers, and preservatives to enable mass production and a longer shelf life. They are then considered toxic or dead foods. As a result, the body develops a nutritional deficiency because the natural nutrients are not available, and the preservatives and synthetic nutrients are not natural to the body and therefore the body will respond to this intake on a biological level in a negative way.

Continue to educate yourself on diet and nutrition. A good diet will resolve or prevent many illnesses. A poor diet is equivalent to poor material and workmanship in a house. It soon falls apart.

Avoid and/or Eliminate the Following:

1. Prepared foods if you are not sure how they were prepared (i.e. casseroles with bad fats, meats full of chemicals, starches deep fried or cooked at high heats, etc...).
2. All processed foods in a package and canned foods. They contain preservatives, chemicals and hydrolyzed proteins. Most of them have been processed at high heats, which de-nature the foods and have acrylomides which are cancer causing. Bleached flours are stripped of all nutrients. Simple sugars are harmful to the pancreas and have no nutritional value.
3. All excito-toxins. MSG, yeast extracts, aspartame, artificial sweeteners, artificial flavorings, they are toxic endocrine and nervous system disrupters.
4. Processed meats. They contain sodium nitrate or nitrates that are cancer causing. All fast food restaurants meats are full of harmful chemicals.
5. Homogenized milk and milk products. The body doesn't recognize the fats and it causes allergies.
6. Alcohol and tobacco is not welcomed by the body for any reason, there are no significant functions by either and should be eliminated to maintain proper health and reduce vulnerability to numerous illnesses in addition to cancer.
7. Environments that are considered a threat to your health. When you must be in an unhealthy environment, be sure to prepare yourself to prevent or reduce exposure.
8. Chocolate and coffee due to the harsh proteins can make the body acidic. Decaffeinated products are processed and more damaging to the body than the natural form.
9. Vegetable oils and lards.

Think nutrient dense – low caloric! Eat foods that are provided by nature, called *Living Foods*. These are the true health foods. Nuts, seeds, whole grains, fresh fruits and vegetables are where the nutrition really is. When eating any of these foods consider only organic, non-GMO, hormone and chemical free.

This program is not pro, nor con, towards vegetarianism, it is a personal choice. In the normal food chain, our biochemistry requires some meat; soy protein does not replace meat. The body requires 3 ounces of red meat weekly, eating more within reason is acceptable, and the magic phrase is “within reason”. Our body is biochemically dependent on the enzymes from red meat, but not the amount that our society consumes. The soy protein that some use to replace the protein source usually derived from red meat is not the same because it is biochemically different and will have similar but not correct characteristics required for correct metabolism.

Raw Food diets, Macrobiotic diets and similar dietary changes should be reviewed to ensure that it is correct for your situation.

Include and/or Increase the Following:

1. Whole fruits and vegetables in their natural state. Skins on most vegetables and fruits hold most vitamins and nutrients, try to include them as part of your meal instead of discarding them.
2. Make an effort to pick foods when ripened on the vine or tree to maximize nutritional benefits. Look for locally grown first.
3. Lightly steam your dark green vegetables; they release 5 times the amount of vitamins than most raw vegetables. Don't boil vegetables. Boiled water has vitamins dumped down the drain and you lose a lot of nutritional value.
4. Fermented foods such as sauerkraut, kim chi, miso, tempeh, Rejuvelac, keifer aid in building the healthy gut flora.
5. Soaked raw nuts, seeds, legumes and grains.
6. Drink plenty of water. A good guideline is to take your body weight and divide in half. Drink that number of ounces of pure clean water daily.
7. Healthy oils such as olive, coconut, palm and macadamia nut.
8. Use fresh or dried herbs and spices. They can provide you with some of the best antioxidants.
9. Use dates or raw honey for sweetening. Dates are best since they include fiber making them low-glycemic.
10. If eating dairy, make sure all cheeses are cultured. Milk is raw. Yoghurt is Greek style.
11. When eating meats, limit to 3 ounces of red meat weekly. Eat hormone free and organic.

12. When at a restaurant, if you question how a particular meal is prepared, simply ask the waiter, they will be glad to tell you exactly how it was prepared. You can then determine whether you can eat that meal or choose a different meal.
13. Vitamin supplements are extremely important if taken properly and according to the body's requirements. Do not take vitamins because they sound good or because it is a fad. Many abused the term "vitamin" because too many people use the term to describe similar affects; each has its own place and function in nutritional application to the body. Cancer patients should beware of some vitamins, as certain vitamins will accelerate cancer while others will reduce cancer. "Designer Vitamins" can be more harmful than good. Whole food supplements are best.
14. Exercise as often as possible, within reason. Be sure to investigate the exercises best suited for you. Listen to your body, if it does not like something, speak to your doctor and/or investigate, determine why and act accordingly. (See below)
15. Maintain a positive attitude, especially during stressful times.

Protein Verses Carbs

Protein verses carbohydrate is controversial. The action of protein causing an acidic reaction causes calcium in the body to bind and not release, so the calcium may exist but is rendered useless, and provides a false indication of potentiality. Calcium is needed for many healthy functions.

After taking Conscious Essentials Formula, acidity decreases as the correct nutrition becomes available for the correct "molecular lumber yard" and it is indicated by a slightly alkaline pH. After 2 months, the calcium, cholesterol, triglycerides tend to reduce to normal levels and the calcium is now utilized as a carrier again, and the other functions regain potential.

False Alkalinity

Some people use herbs or vitamins designed specifically to raise alkalinity, however, they are not focusing on the required supply of nutritional elements for the "molecular lumberyard"; therefore it is a false alkalinity because the potentiality is hindered. The goal should not be to increase alkalinity; instead, the goal should be to provide the correct nutrition, which then causes the chemistry to result in the correct alkalinity.

Proper complex carbohydrates will aid in reducing acid and neutralizing the chemistry, which will eliminate the vulnerability of pancreatic stress, pain and gas. Simple sugars are to be limited because they are utilized too quickly and have no nutritional value. Medium to complex carbohydrates are desired and as well as non-complex proteins.

Exercise

Vitamin and other nutritional supplements are important and essential for good health. However, to maximize the potential, exercise is important to generate the muscle tone and increased circulation to provide the pathways for nutrition. Some people who do not feel well will sit in a chair or in bed because they believe that they must rest in order to get better. The fact is that idleness will cause the body to function less and make the body more vulnerable to additional problems. By exercising you will

stimulate the proper circulation and tone muscles, which in turn improves circulation and nutritional delivery to the cells. This is very important.

Review the situation, discuss with either your doctor or professional as to the proper exercises for your situation, you do not want to strain or stress your body. You may need to start at a specific level and increase according to your ability.

Going to the Doctor

Medical check ups are a good preventative measure to keep you well balanced and to identify problems early. When choosing a doctor, determine their ability to accurately diagnose more than whether they smile, it can mean the difference of your lifespan. Good bedside manner is important however, their ability to properly help you comes first. When going for medical check ups, be sure to get extensive testing if your doctor requests it.

Be sure to write a list of questions before you go to the doctor to insure that you get all the answers. Do not be afraid to ask your doctor questions, be sure that you are satisfied with the answers. Be smart enough to accept something even if it is not what you want to hear. If you do not agree, investigate and educate yourself to better understand the situation and to understand why the doctor gave the answers you received. Second opinions are encouraged when you do not agree with the diagnosis.

Learn as Much as You Can

The best guide to preventative medicine is to educate yourself and your family, learn as much as you can about who you are, what makes your body function and what you must do to properly maintain your health at maximum potential. This in turn will provide you with the most enjoyment in your life and lower your vulnerability to become ill and will speed up your recovery time when illness does strike.

Need Additional Help?

Sometimes changing old habits can be challenging. Where do you first begin and what will make the most impact on your health? What about traveling and food choices? How do you eat in restaurants and stay healthy? Tina and Chris are available to work with you to create a customized balanced lifestyle plan that includes food choices and preparation best suited for your needs. Call 651-452-2955 to schedule your consultation.