

NAME:

DATE:

F-P1-F.WPF 4/16/07-8

Do's

- | Do's | Rationale |
|---|---|
| <input type="checkbox"/> increase knowledge (readings) | Knowledge is power. Knowledge is inspiration. There is lots of misinformation out there, especially in the everyday media. |
| <input type="checkbox"/> replace processed white flour with whole grains | White flour is stripped of vitamin content. It may act as an allergen (gluten). It also may raise blood sugar. |
| <input type="checkbox"/> organic only: dairy, cheese, soy, spinach, strawberries, peppers, other fruits & veggies | Organic foods have several times the nutritional content of conventional foods. Many pesticides banned in our country are exported to third world countries, who grow produce and export them back to us. Conventional produce can have 20 or more pesticides per product, many of which are estrogen-like. These toxins accumulate in our fat and cell membranes, contributing to (if not causing) hormonal imbalance, weight gain, diabetes, cancer, immune dysfunction, etc. |
| <input type="checkbox"/> one vegetarian/raw meal per week | Vegetarian meals, especially when organic, are excellent sources of vitamins, minerals, phyto-nutrients, anti-oxidants, and protein. Vegetarians live longer and have less osteoporosis (protein causes calcium wasting) and inflammation (animal fats and arachidonic acid are pro-inflammatory). Vegetarian meals are more economical for individuals and the planet. |
| <input type="checkbox"/> increase following oils and nuts in diet: olive, walnut, almond, sesame | these oils are healthy and are anti-inflammatory |
| <input type="checkbox"/> OK sweeteners: stevia, brown rice syrup, apple (organic) juice concentrate or sauce, agave syrup | In general, try to reduce sweeteners. Honey and maple syrup remain controversial but may be used in moderation if there are no contraindications. |
| <input type="checkbox"/> replace table salt with sea salt | sea salt contains many essential trace minerals. try to find brands that are certified mercury and toxin free. |
| <input type="checkbox"/> use organic eggs and eat boiled, not fried | Frying oxidizes the cholesterol in the egg yolk, rendering it toxic. |
| <input type="checkbox"/> reduce fish consumption | Most fish is toxic, whether farm-raised or "wild", due to pollution. Small, cold water fish such as sardines are OK as occasional meals. |
| <input type="checkbox"/> drink at least 8 cups of quality water/day | spring or distilled water is safest. most of us do not consume adequate water. Ideal intake in ounces equals weight (in pounds) divided by two. |
| <input type="checkbox"/> reduce or replace cosmetics with organic sources | Health and beauty products are poorly regulated and contain many toxins which are absorbed through the skin. |
| <input type="checkbox"/> gentle walk 1-3x/week; gentle yoga 1-3x/w | gentle exercise of these types are good for: stress reduction, good sleep, weight maintenance, strengthening, stretching, bone, internal organs, etc. |
| <input type="checkbox"/> sleep: at least 8 hours | poor sleep is correlated with high blood pressure, diabetes, endocrine abnormalities, pain, depression, irritability, and poor performance |

Don'ts

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|--|---|
| <input type="checkbox"/> no changes in medications | Medication reduction can only occur <u>after</u> holistic approaches are in place and have demonstrated efficacy (such as reduction in blood pressure or cholesterol) |
| <input type="checkbox"/> no hydrogenated oils (= trans fats, partially hydrogenated oils, margarine, shortening) | These oils work their way into the membranes of each cell of our body, confusing hormonal processing, and contributing to inflammation, diabetes, fatigue, depression, anxiety and concentration dysfunction, and a host of other problems. |
| <input type="checkbox"/> no aspartame or msg | These chemicals are "neurotoxins" and can damage the brain. |
| <input type="checkbox"/> no fruit juice (veggie or fresh smoothie OK) | Fruit juice, when packaged, is rapidly oxidized (think of how fast cut apples get brown), reducing them to simple sugar and water. They also lack the fiber and bioflavonoids in the pulp. |
| <input type="checkbox"/> reduce caffeine | While giving a short boost in energy, they ultimately can contribute to adrenal fatigue and sleep disturbance, especially if consumed in excess. |
| <input type="checkbox"/> reduce -> eliminate soda and "diet" drinks | Regular soda consumption (with corn syrup) is associated with diabetes. "Diet" drinks probably worsen weight management. Soda also contains unhealthy phosphates and salt. |
| <input type="checkbox"/> reduce alcohol to one drink/day | More than one drink per day is associated with brain injury, liver toxicity, and dependence. |
| <input type="checkbox"/> minimize sugar and corn syrup | Corn syrup is a genetically modified, cheap sweetener that is excessively used in most processed foods. It is a major contributor to our health care crisis. |
| <input type="checkbox"/> reduce -> eliminate aluminum | Aluminum, in foil, pans, deodorants and ant-acids, can contribute to the development of Alzheimer's disease and other toxic illnesses. |