



Michael Cheikin M.D.
Holistic Medicine and Physiatry
Center for Optimal Health
832 Germantown Pike, Suite 3
Plymouth Meeting, PA 19462
610-239-9901 www.cheikin.com



Level 1 (Core) Changes

Do's	Rationale
<input type="checkbox"/> increase knowledge (readings)	Knowledge is power. Knowledge is inspiration. Be selective and critical, as there is lots of misinformation in the everyday media due to economic and political pressures.
<input type="checkbox"/> sleep: at least 8 hours for adults; more for children	poor sleep is correlated with high blood pressure, diabetes, endocrine abnormalities, pain, depression, irritability, and poor performance; sleep quality is as important as quantity
<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"/> drink at least 8 cups of quality water/day (adult)	Spring, reverse osmosis or distilled water is safest. Most of us do not consume adequate water. Ideal intake is 2 two quarts per day for the average adult.
<input type="checkbox"/> organic only: soy, spinach, strawberries, peppers, other fruits & veggies, animal products	Organic foods have better nutrient content. 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. 60% of soy is genetically modified; as well as corn and other produce. Animals are often fed poor quality and genetically-modified feed, antibiotics and are mistreated.
<input type="checkbox"/> one vegetarian/raw meal/day per week	Vegetarian meals, especially when organic, are excellent sources of vitamins, minerals, phytonutrients, anti-oxidants, and protein. Vegetarian foods are less stressful to the planet.
<input type="checkbox"/> increase following oils and nuts in diet: olive, walnut, almond, sesame, coconut	these oils are healthy and many are anti-inflammatory. Coconut oil is fully saturated and will not become damaged with high-temperature cooking. Coconut oil is also a "medium chain" oil and is converted to energy, not fat.
<input type="checkbox"/> preferred sweeteners: fresh fruit > honey > maple syrup	In general, try to reduce sweeteners, and avoid artificial sweeteners including stevia. 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"/> cautious fish consumption	Most fish is toxic, whether farm-raised or wild, due to pollution. Some farmed fish is genetically modified. Small, wild cold water fish such as Norwegian sardines are OK as occasional meals.
<input type="checkbox"/> reduce or replace cosmetics and household chemicals with organic sources	health, beauty, and household products are poorly regulated and contain many toxins which are absorbed through the skin and lungs, and can persist. www.ewg.org maintains a growing database of such chemicals and products.
Don'ts	
<input type="checkbox"/> no changes in medications	medication reduction (such as asthma, seizure and antibiotic medications) can only occur <u>after</u> holistic approaches are in place and have demonstrated efficacy
<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. Note: "0" trans fats foods may still contain hydrogenated oils-check ingredients.
<input type="checkbox"/> no artificial sweeteners or flavor enhancers	aspartame (Equal), sucralose (Splenda), saccharin (Sweet 'N Low), acesulfame K (various names), msg (monosodium glutamate), and other artificial flavorings, and their metabolic byproducts are potential neurotoxins and carcinogens, and do not promote healthy weight management
<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 and other stimulants	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"/> 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"/> eliminate corn syrup	Corn syrup is a genetically modified, highly processed 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, non-stick, fluoride	Aluminum, in foil, pans, deodorants and ant-acids, can contribute to the development of Alzheimer's disease and other toxic illnesses. Compounds made with fluoride and bromide are potentially toxic.