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Phase 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 7.5 hours for adults; more for children	poor sleep is correlated with high blood pressure, diabetes, heart attack, stroke, hormonal issues, 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, brain, mood, internal organs, etc.
<input type="checkbox"/> drink at least 8 cups of quality water/day (adult)	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. Avoid plastic containers.
<input type="checkbox"/> organic only: soy, spinach, strawberries, peppers, other fruits & veggies, animal products	Organic foods have higher nutrient content. Conventional produce can have 20 or more pesticides per product. Many toxins are estrogen-like and accumulate in our fat and cells, contributing to hormonal imbalance, weight gain, diabetes, cancer, immune dysfunction, etc. Most soy, corn and other produce are genetically modified. Animals are often fed poor quality and genetically-modified feed, antibiotics and are mistreated. ewg.org provides an annual list of "dirty dozen", the foods that should be avoided if not organic.
<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 healthy oils, nuts and seeds: almond, chia, coconut, flax, olive, sesame and walnut	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. Flax, chia and walnut are vegetarian sources of omega-3 oils but are easily oxidized (go rancid) so fresh whole, kept in freezer, are safer than the oils or pre-ground seeds.
<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 potentially toxic. Whole eggs including the yolks have several important nutrients as well as protein.
<input type="checkbox"/> cautious fish consumption	Most fish is toxic due to pollution whether farm-raised or wild. Some farmed fish is genetically modified. Small, wild cold water fish such as Norwegian sardines and wild salmon are OK as occasional meals. www.ewg.org has a list of most and least toxic fish.
<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. Other medications, such as those for stomach acid, birth control, anxiety, depression and pain require a supervised gradual reduction and may complicate other protocols.
<input type="checkbox"/> no hydrogenated oils	= trans fats, partially hydrogenated oils, margarine, shortening. These oils work their way into the membranes of our cells, 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 excess caffeine and other stimulants	While giving a short boost in energy, they can contribute to adrenal fatigue and sleep disturbance in many. Modest consumption of coffee and tea may be beneficial.
<input type="checkbox"/> eliminate soda and "diet" drinks	Regular soda consumption (especially 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 and several days off	More than one drink per day is associated with brain injury, liver toxicity, and dependence. Alcohol interferes with sleep and worsens anxiety and depression as well as promoting leaky gut.
<input type="checkbox"/> eliminate corn syrup, fructose	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, bromide	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.
<input type="checkbox"/> do not sleep next to cell phone; limit screens (blue light) before bed; put router on timer	We are filling the air with Electro-Magnetic Fields (EMFs), not much different than the air and water pollution that we ignored in the past. There is growing concern about the negative effects on sleep, brain and immune function and even bees and birds that are dependent on the earth's natural fields.