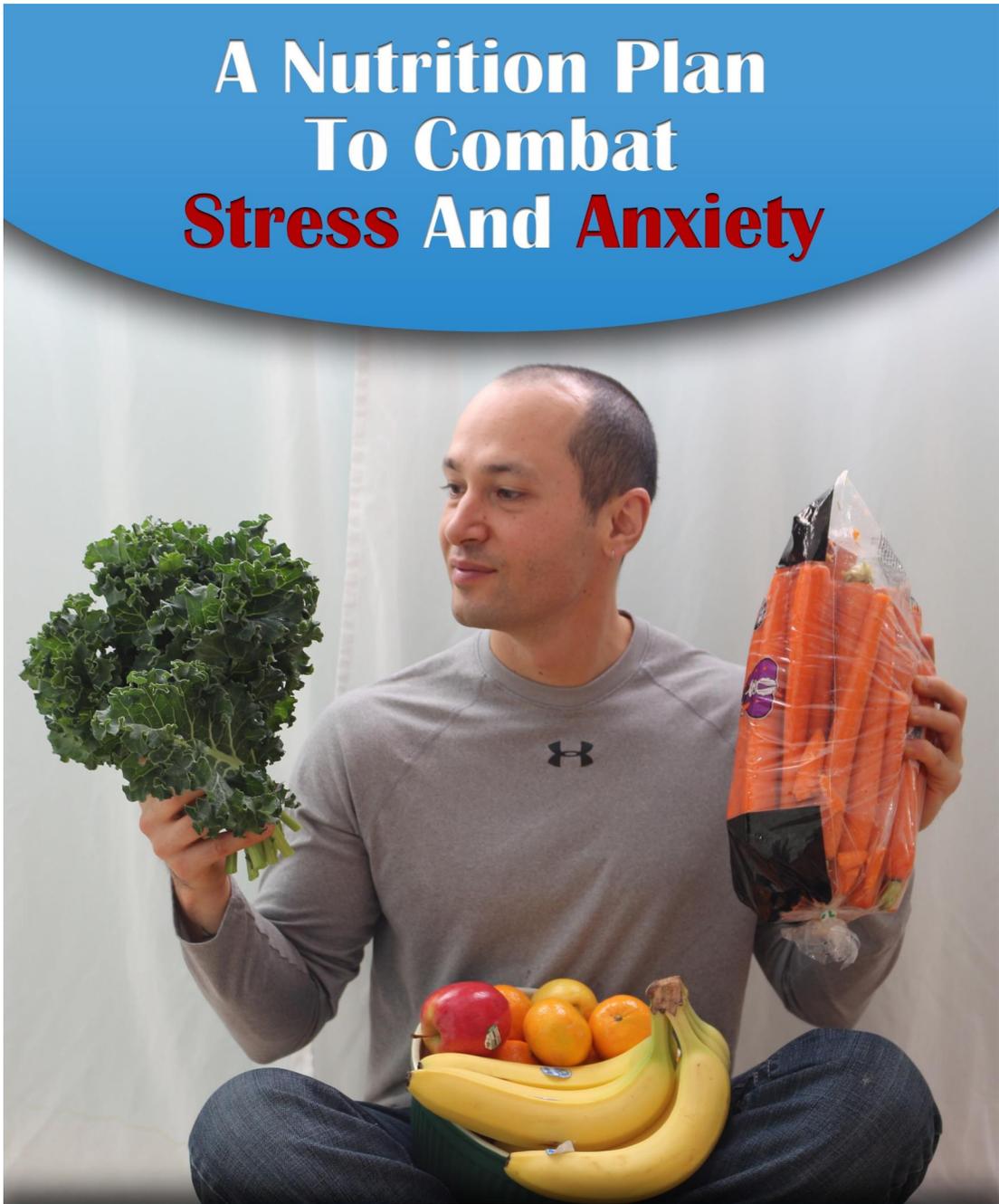


# A Nutrition Plan To Combat **Stress And Anxiety**



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## Introduction

**W**hile our modern world may feel tame and comfortable, free from most of the immediate dangers that plagued our ancestors, many of us are being quietly undermined by insidious forces we are not aware of. Modern dangers to our health may sneak in silently, but in the long run, they are no less damaging.

Advances in science and technology have greatly increased the average lifespan. With youth thus extended, adults can now look and feel like they're twenty or thirty years younger than they are. Regardless, a multitude of Americans are excluding themselves from such opportunities. Heart disease is the first leading cause of death in the United States, and strokes are the third leading cause. It is time to become informed; often, these and many other ailments can be avoided. The fountain of youth may only be a myth, but with proper guidance through this program, an emotional connection to knowing and wanting to gain optimal health, and consistent planning and execution, you may get very close to that fountain of youth in a short amount of time.

### Perilous Lifestyles:

As stressful lives lead to poor nutrition, people trap themselves within a vicious cycle. With so many people constantly on the go, eating a healthy balanced diet has become more difficult than ever. The American Psychological Association found a direct correlation between eating fast food and levels of stress. Fast food, detrimentally high in calories, high in saturated fats, high in sugar, and low in whole grains, frequently becomes the norm. Proclaiming solutions to this nutritional deficit, too many fad diets focus on weight loss at the expense of nutrient assurance. According to APA survey participants, one out of every four people rely on "comfort foods" when feeling stressed. Prolonged periods of anxiety cause the body to feel tired. Popular "comfort foods," such as chips and ice cream, which contain simple carbohydrates and high levels of fat, fail to serve as good energy-sources.

The short boosts of energy produced by high sugar content only leave the body with greater feelings of exhaustion a few hours later. Insomnia, mood swings, hypoglycemia, high blood pressure, high cholesterol, and weakened immune systems are the inevitable result of the combination of stress (with its negative affect on blood-sugar) and a high-sugar diet... But we will stop all that starting today.

Needless to say, further complications (such as depression, diabetes, and obesity) often develop. Within this environment of poor health, chances of congested heart failure greatly increase. The APA survey found that sixty-five percent of people who relied on “comfort foods” were overweight and had twice the chance of obesity. Obesity, America’s severe and growing epidemic, continues the negative chain by exposing the body to even more health complications.

Nevertheless, healthy low-risk lifestyles need more than nutritious food in the diet; vitamins and supplements are essential. Today’s society makes it virtually impossible for even the most dedicated health food loyalist to receive all proper nutrients from food alone. For one, it has become more and more difficult to find healthy and quick food while dining out, but the hectic schedules of personal and professional life greatly decrease consistent home-cooked menus. Secondly, popular non-organic methods of growing, raising, and processing inevitably lose some of the natural nutrients that should be in food. While compensating for nutrients lost and ignored in meal plans, vitamins also serve as natural and holistic alternatives to medications and offer solutions to medication’s shortcomings.

Stress can be overwhelming, but the health problems caused by unhealthy reactions may be deadly. Modern society may pose an increasing number of obstacles, but you do not have to become a victim. By choosing nutritious foods, vitamins, supplements, getting exercise, and by avoiding tobacco, a long life of youthful vigor is more possible than ever.

### Bask To The Basics

It may seem too unsophisticated, but keeping your life simple is an important key to longevity. Aside from prolonging life, it makes a long life happy.

## What is the purpose of a long life, if you spend most of it in illness?

A short life is better than a long life of being bedridden, medicine-sustained, and pierced by dozens of intravenous tubes.

In all the perplexities that are going on around us, many people have forgotten how simple “simple” really is. They have forgotten that one major key to a healthy life is simply being downright simple. Simplicity is oftentimes so profound to other people that they do not believe it as truth unless someone complicates it for them.

They find it hard to imagine that once upon a time, people lived comfortably and very happily — that satisfaction exists even without TV, air conditioners, or phones. They lived much longer and healthier lives long before the discovery of Science and Medicine. They don’t need some social science expert to tell them that needs are proportional to progress, and that needs cannot stay as they are while progress goes on, especially at a fast pace. But with all the changes that have gone on in our lives, one thing has stayed at the top of list throughout when it comes to optimal health, and that is a keen awareness of what you put in your body... In other words, your nutrition.

This thing about life being complicated (and that it should be made complicated to be enjoyable) has been impressed on people by the media and by a “metropolitan culture” that says life is all about competing and coping.

Daily, from every possible angle of attack, we are bombarded by manufactured suggestions that we cannot be simply simple — that you've got to have this and eat that in order to stay healthy throughout your adult years, and you've got to BE this and that — or be left behind by the majority and be worlds apart from the rest.

## This is mostly the spirit of modern commercialism

In case you haven't noticed, commercialism has become the largest pressure in our lives, and in that, the number one leading cause of stress-related illness and deaths.

Recently, Australian health experts discovered that too much emotional and work-related pressure produces chemical reactions in the blood that later develop into fatal diseases, like cancer.

According to physical therapists and massage therapy experts, pressures build up lumps in the body that constrict smooth blood flow. These constrictions produce your unexplained body aches, which can later weaken your body's defences. They are harmful to your health.

## Starting a healthy nutrition program today will combat these pressures

Advocates of simple living say that commercialism is blowing surface-deep physical, and vain emotional, needs out of proportion, by tricking the minds of people into believing that not conforming to suggested and highlighted commercial needs is bad.

Simply put, commercialism is saying, "You're a loser if you don't EAT this!" But, I truly believe that if you follow exactly what I'll teach you in this program, we can begin to turn our minds away from the commercialism that is controlling our health. We can turn our focus from "what should I eat that is convenient, and fast?" to "what can I eat that will provide me the best source of energy, will keep me from battling illness in the future, and will give me the mental health I truly want and deserve day after day?"

But, there are a few things you must do for yourself first, before we start!

## Decide Exactly What You Want From This Program



**D**o you want to know the difference between people who succeed, and people who fail? I'll show you... Let's see if you can pick up on the similarities of these goals when it comes to nutrition:

- I want to feel better about myself
- I want more energy in my life
- I want to eat better

Did you pick up on the similarities in these three goals? You got it, they are all way too general. What I want from you is to be incredibly specific when it comes to deciding what you want from this program. Here are three examples of goals that others who have used this nutrition program have made, and to this day they are still experiencing optimal health from their nutrition.

- I want to learn to be consistent in the way I approach my nutritional daily needs; this will give me the energy I need to play with my kids everyday.
- When I lose 30 pounds from following and applying what is taught through this program, my self esteem will skyrocket and my quality of life will be great.
- By consistently applying what I learn through this program, I will stop my nighttime junk food eating habit and avoid illness later on in my life.

See the difference? These kinds of goals are powerful and have REASONS behind them, specific reasons the individuals want to achieve those goals. They have purpose behind them and they will keep you on track when you feel a setback may occur. The first example showed WHAT this person wanted (consistency) and was followed by WHY they wanted it (more energy to play with kids). Second example again shows what this person wanted (to lose 30 pounds) and why they wanted it (to improve their self esteem), and the same can be said for the third example.

So now it's your turn: Write down three SPECIFIC goals that you want to achieve through this program. Is your goal to to lose a certain amount of weight by a certain amount of time? Is it to end your habit of craving and eating junk food, or to increase your energy levels so you can play the sports you love? Whatever they may be, write down three of them, either in a nutrition journal (you should have one to keep notes etc. throughout this program), or a separate piece of paper. Once that is done, keep the journal or piece of paper on the desk beside your bed and read it each day when you wake up. THIS IS VERY IMPORTANT! This will get momentum going in your favour when the day begins. And don't just READ it, feel the joy it would bring you to actually accomplish those goals as you read. Take your time and read your goals again and again until you develop an emotional connection to what your goals are. Remember, these reasons are your fuel to create the change you want. Without these goals and the reasons behind them, you will NOT be able to keep the cycle of positive change going.



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**“If You Fail To Plan, You Plan To Fail.”**

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## Nutrition Is A 24 Hour Job!



**Y**ou know, I've been doing sit-ups five days a week for over 25 years. My core is pretty darn strong, but it did not happen overnight. I did not do sit-ups for a couple weeks, or months, and then stop. I had to make sit-ups a habit if I wanted to get, and maintain, the results I have.

Exactly the same holds true with healthy eating. You will never be healthy by eating healthy foods occasionally. You have to make healthy eating a habit if you want to obtain optimal nutritional health. People jump on the “bandwagon” of healthy eating when they read books or view websites that talk about nutrition. While many of these books and websites tell you what you should eat in order to be healthy, they fail to teach you how to make healthy eating a habit. Thus, in a short period of time when temptations come up, people fall right back into their old unhealthy eating habits.

### What is a Habit?

*According to Webster's dictionary a habit is “a behavior pattern acquired by frequent repetition or physiologic exposure that shows itself in regularity or increased facility of performance.”*

Or, in simpler terms, a habit is something you do every day... Can you see that if we simply apply this principle to healthy eating we will be on our way to vibrant health?

## Bad Eating Habits

Bad eating habits do not develop overnight. For most people, these habits began forming when they were kids. Thus, one reason why many adults have a hard time breaking their bad eating habits is because these habits have been a part of their lifestyle for many years.

## Why Do We Eat Food?

There are two main reasons why we eat food. One is to supply fuel for our body, and the other is for pleasure. Unfortunately, some of the foods that give us pleasure are unhealthy.

Most people make their food selections based on what they see, smell, or taste. Look at these three sentences:

- That pie sure looks good!
- That pie sure smells good!
- That pie sure tastes good!

Notice that all three statements involve food and pleasure. However, the food that is producing the pleasure (in this situation the pie), may or may not be good for you from a nutritional standpoint. That is why we need to be wise in our food selections and not simply leave it up to our sense of sight, taste, or smell.

## Eating Healthy Can Be Enjoyable!

Some people think of eating healthy as being boring and tasteless. I think that one reason they feel this way is because most of the commercial ads we see promote foods high in calories, fat, or sugar, and only a small percentage of food advertising focuses on fruits, vegetables, grains and beans. Thus, if there was more nutritional education, more and more people would find eating healthy to be pleasurable and tasty.

## How Healthy Eating Habits Changed My Life

It is great to be in good health and I thank God for it. However I do not believe that I am healthy because of chance. I strongly believe that one main reason that I am healthy is because I take personal responsibility for my health. Making healthy eating a habit is a great part of this responsibility. Our physical bodies have laws that are governed by proper nutrition. If we violate these laws by consistently eating unhealthy foods, we are going to get sick. Once we get sick, the road back to optimal health can be a long and hard struggle, and you may not get the chance to come back. This is why it's so important that you take your time through this program, understand it, and begin implementing potentially uncomfortable changes into your daily life starting today.



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**“Every Master Was At One Time A Disaster.”**

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What a fantastic quote, and one that will likely apply to you well today. Wherever you may be in your life right now, remember that the most successful people in their fields today have been where you are at one time or another in their lives. You have to start somewhere, and by purchasing this program and following it you too will turn yourself into a nutritional master, and with that you will have a quality of life that others will envy and that you will be proud of. But, since this is a 24-hour job that you will be undertaking, you must implement the three P's consistently in order for you to guarantee your success and achieve optimal health.

## Perfect Practice

Perfect practice means taking all the valuable information in this program and applying it to the situations that are currently affecting you negatively in your life. For example, when I learned about the importance of breathing and how it affected my body and my anxiety levels, I only practised proper breathing from time to time and with half-hearted attempts, but that's not what perfect practice is. Perfect practice is when you add high amounts of QUALITY as well as TIME to the new habit you're trying to instill in yourself. For example, you may be starting off great in the mornings (with all the anxiety-busting foods you find in this program), then slowly find yourself directed by your sugar cravings as the evening approaches. This is a half-hearted attempt, and won't help you achieve the goals you set out for yourself. Commit 100% every day, and practice being perfect in how you approach your nutrition starting today.

## Persistence

Perfect Practice is nothing without the persistence needed to keep you on the right path. Think of persistence as the fuel for perfect practice, and look at recovery from your current situation as a long-term plan. As the saying goes, "if at first you don't succeed, get a bigger hammer and keep going." This program is your bigger hammer, and your persistence will carry you to where you want to go.

## Patience

"Patience and time do more than strength and passion." Patience is a quality I still struggle with very much. Sometimes, I growl and huff and puff if a car in front of me doesn't move fast enough when a traffic light turns green. Needless to say, patience does not come easily to most of us, and due to the fast-paced world we currently live in and the demands that are placed upon us from many different angles, it's probably harder now to be patient than it has historically ever been. The benefits of developing into a patient person are not only a fantastic tool to have in your arsenal as you turn your nutrition around, they will carry on into many other aspects of your life.

The benefits of developing the 3 P's in your life will also carry over into you becoming a better natural decision maker; you will become armed with the ability to see the pros and cons in a situation and make a productive decision rather than a quick decision that you may regret later (like eating junk food, for example). It helps you to develop compassion because you become a more understanding person towards others when you yourself are patient. Finally, it helps you to understand and appreciate the process of growth; Rome wasn't build in a day, and anything worthwhile takes time and effort to achieve.

## It's You Against Them!

Your body is a living biological organism just like any plant or other animal; all your organs, fluids and cells work as a team. If one part of the team is not at its best, your body becomes diseased and illness sets in.

Think of your body as a soccer team; you don't have to know anything about soccer, all you need to know is that you have a home team and an opposing team. The soccer field is your life. From the moment the first whistle to play is blown (your birth), to the final goal (the end of your life), the opposing team, all the outside forces, are attempting to cut your life short by stealing the ball and going in the opposite direction. I call this premature death due to disease or illness.

The opposing team is made up of some really big and fast players: free radicals and chronic inflammation. These players never get tired and they will never give up. From the moment you are born, free radicals enter into your very young body with your very first breath and start their attack on your cells. free radicals are molecules or atoms that are missing an electron; they attack any cell they come in contact with and try to steal an electron from them. free radicals continue their attack until they succeed, and in the process they damage the healthy cells they are attacking. free radicals are a part of life. They are in air and water pollution, they are in the processed foods we consume, and are also caused by traumas and injuries. Another source of free-radical damage comes from the medications we take in order to recover from illnesses; this particular free-radical damage from medication is called “side-effects.”

There are times in our lives when we need to take medications to combat serious illness, but we must keep in mind that we have to boost our immune systems during the time we are on these needed medications. This will minimize the side-effect damage and aid in our long-term recovery. Every time you breathe, fresh free radicals are entering your body and there they start playing for the opposing team. The next opposing team-member is chronic inflammation; scientists are calling this player a silent killer. Our bodies are amazing organisms; if they senses an injury or illness they send in a home team-member, called inflammation, to aid in the defence of the body and help restore the area that is damaged.

## Game On!

This is where the game gets a little complicated; free radicals cheat, they don't just damage a cell when they steal an electron, they actually mutate the cell or deform it. The damaged cell then becomes another free-radical; when the home team's healthy inflammation tries to go in and protect the now-unhealthy cell that the body senses as damaged, the unhealthy cell turns on the inflammation and attacks it, stealing an electron. Now, the once-healthy inflammation cells become mutated or deformed themselves and become chronic inflammation attacking healthy tissues inside our bodies. Boy oh boy, this starts a whole chain of events. But, remember this:



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**The soccer game has two teams playing on the field.**

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You have to breathe every day in order to live; now you know that every time you take a breath, free radicals are entering into your body and doing damage. **You can, however, win the game if you take in large amounts of antioxidants to refresh your team players.** Antioxidants are YOUR really big and fast players; they are molecules or atoms that have an extra electron that they will give to a free-radical. When this happens the free-radical no longer plays on the opposing team, instead it begins to play for you. This is what I call building your team forces; your team force is your immune system. Your team works together but your immune system is your coach, if your immune system is strong it can send in the needed players at the right time to fight any invaders that your body may encounter. But you have to feed your immune system; it requires necessary minerals and vitamins as well as large doses of antioxidants everyday. **If you starve your immune system of its required nutrients, then the players on the field do not get the reinforcements they need to win.**

Most people start taking multivitamins when they get older, but parents should start their children on multivitamins as soon as possible and teach their children about nutrition starting at a very young age. People as young as 20 years of age are being diagnosed with diabetes in the United States due to their poor eating habits. This is a very scary trend that is taking place. Many 30 year olds have heart disease, also due to their poor eating habits, causing “hardening of their arteries.” Scary isn't it?

## So What did you eat today?

You are breathing in polluted air as you are reading this article; what type of defence did you provide your immune system with today? I hope you took your vitamins and minerals; did you eat any fresh fruits, or fresh vegetables? What about your children?

Most plants contain about 1,000 to 1,500 antioxidants; vitamins and minerals also contain large numbers of antioxidants. Vitamin C and E contain the largest amount of antioxidants. You can take as much vitamin C as you want without harming your body, but vitamin E has a recommended dosage per day, and if you take much more you can cause yourself problems. Do not exceed the recommended dosage for your weight. Fish also have high numbers of antioxidants. Try adding fish to your diet a few times a week.

It's also important to remember that you can destroy the antioxidants in your food through your cooking habits. Food is composed of biological organisms, just like you. Now, if you are like me and have a tendency to burn things, then do what I did and invest in a juicer and juice your vegetables and fruits (much more on this later) – juice your way to healthier living. The amazing thing about juicing is there are so many combinations that you can get your kids to drink their vegetables by adding sweet fruits to the mix. Wowza!

## Understanding How To Get Back To Optimal Health Through Nutrition

Now let's look at the numbers. Because of our ignorance, we as a population have caused serious pollution problems on this amazing planet we live on. So, we end up taking in roughly one billion free radicals per day, in the form of pollutants. Let's see how many antioxidants we can take in if we have one whole grape fruit and two eggs and one piece of toast for breakfast, and let us not forget our multivitamin: this will take us to about 3,600 antioxidants. For a snack we have a banana and a glass of milk which is about... let's be generous... 1,800 antioxidants. For lunch we have fish with steamed spinach and one cup of whole grain rice, that's about 4,000 antioxidants. Dinner comes and we have a nice cut of steak and some steamed broccoli with red onions and mushrooms; add a yam to that meal and we take in 9,500 antioxidants. **For the day we did not do very well at all,** only 18,900 antioxidants. We are losing the soccer game and we thought we were winning. What can we do?

You can drink a lot more fruits and vegetables, by juicing them instead of trying to eat them, and you will not lose the antioxidants in these lifesaving foods. There is also a newly discovered fruit from South East Asia called the mangosteen fruit.

## The Best Fruit You Can Begin Taking Today

The mangosteen fruit has been used in Southeast Asia for centuries for all types of ailments. To date, there is a significant range of known traditional uses, such as: anti-diarrheal, anti-inflammatory, pain control, treatment of infections, fever control, gastrointestinal problems, skin rashes and burns, headaches, anti-parasitic, muscular-skeletal and joint problems, control of blood sugar and diabetes, infections (viral, bacterial and fungal), as well as mouth ulcers, prevention of atherosclerosis, dementia, anxiety and depression, cancer and aging concerns, and there are many, many more. The list of health benefits continues to grow as more clinical studies and scientific research is done on this fruit, but you need to begin taking advantage of this fruit's benefits as soon as possible.

For the past 20 years that independent universities and scientists have been doing studies on the mangosteen fruit, they wanted to understand why the people of Southeast Asia did not suffer with the same diseases that we experience in this country. The serious diseases and anxieties that are killers here in the west are barely seen in Southeast Asia. As the scientists were beginning to study this particular fruit they found out it has the ability to help with disease control. A chemical compound called xanthenes was discovered inside the skin of this fruit in record numbers, as was a record number of antioxidants. The mangosteen fruit contains the highest number of antioxidants ever found in one food source; an unbelievable 25,000 per fruit. Wow!

In nature, xanthenes are very limited in their occurrence. The Aloe Vera plant contains only one xanthone, yet it is used for medicinal purposes in a variety of ways. When the news came out about how good the Aloe Vera was for burns and skin problems, people began to grow Aloe Vera in their yards and break pieces off whenever they had a skin problem. Over 200 hundred xanthenes have been identified in nature to date, and 41 of those are in the mangosteen fruit alone—that's almost a full 25% of all the xanthenes that are known.

What can xanthenes do for you? Xanthenes are a new class of chemical compounds with biologically active plant phenols. Scientific studies are making it evident that xanthenes are responsible for a wide range of medicinal benefits experienced by people using this juice.

The mangosteen fruit is a food, not a drug, and therefore does not have the inherent dangers associated with medications. The thousands of people now drinking mangosteen fruit juice for medicinal reasons are reporting beneficial effects on their conditions. The mangosteen fruit has three components, the skin or pericarp, the fleshy fruit, and the seeds. All of the components have powerful xanthenes and antioxidants, but the majority are in the skin or pericarp.

## Can Mangosteen Fruit Juice Help With Mental Health?

One regular consumer of mangosteen juice had this to share:

*"In 2009 I was diagnosed with mild depression and my doctor prescribed me with an antidepressant drug. However, one side-effect of this drug was that it could increase the anxiety I was experiencing. So, to counter-act the first drug I needed to take a second drug. In short, I wasn't comfortable with that, nor the fact that it seemed to be my only option. I desperately wanted to get well and found myself asking, "there's got to be a better way." Well, I did find a better way and that way, for me, was mangosteen juice. Earlier I had learned that one of the healing properties of the mangosteen fruit (from which XanGo is made) is that it's an anti-depressant. This fact is backed up by tons of research found on the internet. So, I used mangosteen juice as a natural alternative and it did the trick. Today I'm happy, healthy and back on top of things."*

Mangosteen fruit has anti-anxiety properties and consumers have successfully controlled their symptoms of anxiety and their panic attacks through this miracle fruit. This is due to the elements in the juice that work directly to stabilize the altered brain chemicals which trigger anxiety.

By changing your diet to a healthier one and adding mangosteen fruit juice, you will enhance your team players by supporting your immune system so they can defend your body against outside invaders. You will have a wonderful quality of life!

## Recapping This Section:

- Understand that if you want change, then your habits must change.
- Understand and begin implementing the 3 p's starting today.
- Realize the importance of antioxidants.
- The mangosteen fruit, in my opinion, is the greatest fruit for you in the world.

## Let's Do This! Why Is Nutrition So Important?



“**B**ecause you are what you eat!” This often-used phrase has come to describe the belief that a person's totality, including his health, appearance, mood, and thoughts, is shaped by the food he eats. Anthelme Brillat-Savarin wrote: “Tell me what you eat and I will tell you what you are,” and in an essay entitled Concerning Spiritualism and Materialism, Ludwig Andreas Feuerbach wrote: “man is what he eats.”

Actually, neither Brillat-Savarin or Feuerbach meant for their quotations to be taken literally. They were merely stating that that the food that one eats has a bearing on one's state of mind and health. The actual phrase didn't emerge as part of the common English language until some time later. In the '20s and '30s, the nutritionist Victor Lindlahr, who was a strong believer in the idea that food controls health, developed what he called the Catabolic Diet. The diet was accepted and gained some adherents. Lindlahr's theories became so popular that even advertising was shaped by his nutritional dogmas. A 1923 advertisement for beef released through the Bridgeport Telegraph had the following message:




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**“Ninety per cent of the diseases known to man are caused by cheap foodstuffs. You are what you eat.”**

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To some, the old adage, “you are what you eat” may be a bit exaggerated. Still, many studies have shown that the food, water, and other substances we consume can have profound effects on our physical, mental, and emotional wellness. Evidence continues to mount up suggesting that the food we eat has powerful psychological effects, and as someone who recovered from their anxiety disorder naturally, I can vouch for this fact.

For starters, there are clear connections between mood and foods that are rich in folates like **green leafy vegetables**. A 1997 Harvard study supports earlier findings that show a link between folate deficiency and depressive symptoms. The study revealed that low folate levels can interfere with the antidepressant activity of selective serotonin reuptake inhibitors (SSRIs). A Tufts University study of nearly 2,948 individuals found that those who met the criteria for a lifetime diagnosis of major depression had lower serum and red blood folate concentrations than those who had never been depressed.

A case study from University of Alaska best exemplifies how food intake affects the people from the North Pole region. This happens when various populations change from their traditional means of consuming and procuring food to steak and lots of junk food. Though the traditional diets vary from region to region, the menu generally draws from marine mammals, fish, hoofed animals, fur-bearing animals, birds and their eggs, plants, and berries. These foods are rich in nutrients, with high levels of protein, omega-3 fatty acids, and antioxidants, while low in carbohydrates.

**However, radical changes in their diet occurred after establishing contact and engaging in trade with Westerners. Obesity, diabetes, and cardiovascular disease were virtually unknown to the frozen North. The introduction of fat and carbohydrate-rich Western diets brought previously unrecorded diseases to the North Pole.**

A recent case study also found that rates of depression, seasonal affective disorder, anxiety, and other mental illnesses are on the rise in circumpolar regions, especially among non-isolated populations. Suicide rates have increased seven-fold in many northern populations over the past several decades. The authors of the case study acknowledges that the combined decline in mental health and the disappearance of traditional diets in circumpolar people make a direct connection between diet and mental health in these people a very real possibility.

“You are what you eat;” the phrase got a new lease on life in the '60s Hippie era. The food of choice for the champions of this notion were macrobiotic whole foods and the phrase was adopted by them as a slogan for healthy eating. The belief in the diet in some quarters was so strong that when Adelle Davis, a leading spokesperson for the organic food movement, contracted the cancer that later killed her, she attributed the illness to the junk food she had eaten at college.

## So How Will We Know When We Are Getting Enough Nutrients In Our Diet?

First of all let's look at what 'enough' is. Everyone has heard of the Recommended Daily Allowance or RDA. You find these listed as **percent RDA on the back of all foods that you buy**. What does that mean? The RDA was developed in the 1920's as a minimum requirement to avoid malnutrition. It was later improved in the 1950's to include the amounts of vitamins and minerals needed for 'normal growth'. Today's scientific studies show that this is very different than the amounts that are probably needed to reduce the risk of chronic illnesses. The amounts of many vitamins (not all) that are needed for most people to stay healthy in their adult years are likely to be much higher than the RDA suggests. The fact is, we don't really know what the exact optimal amount of each nutrient is, and they certainly vary for different people. But, the bottom line is that the vast majority of us don't get enough from our food. Studies have shown that most people who think they are eating a healthy diet are not even meeting the RDA levels for all nutrients and **most people are deficient in at least one if not several key vitamins**.

### So what does that mean?

Think about it like driving down the freeway with no seat-belts, no airbags, and old tires that could blow at any time. You might be fine. But if a tire blows and you get in a wreck, what are your chances of coming out of it unscathed with no safety equipment? Proper nutrition works the same way in the body. It allows us to function optimally to fight off infections and common colds and to deal with the common physical and mental stressors that we face all the time.

A minor deficiency in a key vitamin, mineral or other micro-nutrient shows up in the short term as lethargy, impatience, and general fatigue, and in the long term can increase your risk of cancer, heart disease, diabetes, depression, and a large number of other chronic illnesses.

Beware: This statistic you are about to read might anger and confuse you...



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**Less than 10% of medical doctors get any formal training in nutrition in medical school.**

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A doctor's profession is really to help people that are sick get better. Doctors are trained to diagnose and treat, and after medical school a large part of their training comes from pharmaceutical representatives that visit their office. They are not usually trained to give advice on optimal healthy living. Most doctors are very reputable practitioners and adhere to high standards of patient care – **but their customers are sick people trying to recover, not people trying to achieve optimal health.**

## Your Cravings, or How do I overcome urges to eat?

Why do we sometimes feel the overwhelming magnetic attraction to stop by the local fast-food joint and grab a double-cheeseburger and fries? Why do we feel the need to super size our meals when we're depressed or have had a bad day? Where does the desire to gulp down every last bite of a restaurant meal—whose portions are grossly oversized—come from? Why do we feel the sudden urge to raid the refrigerator late at night—looking for anything fattening or sweet? And why do we feel the need to mindlessly munch on "snack-foods" from the nearby vending machine during the middle of a workday... when we're not even really hungry?

If you've ever experienced any of these common scenarios, you're not alone. Thousands of people every day, including me, battle with these sudden "urges" to eat. The truth is, in most cases, these desires are driven primarily by our emotions and, in some instances, physiologically, by our brain chemicals. Either way, the two are intertwined more closely than some people and scientists think.

Typically, "urges" to eat are first driven by our emotions. Emotions so strong, they can easily override our common sense or desire to do the "right thing"—that is, to eat healthy, nutritious, moderately low-fat foods. So, why, when we are working so hard to improve ourselves and striving to build a better body do we allow ourselves to fall into these "mindless" eating traps? Eating like we are... well... out of control? We are supposed to be different than that, aren't we? We're supposed to be perfect, right? We're supposed to be healthy and always eat only what's on our prescribed list of "approved" foods, isn't that correct? Well, I've got some news for you...

## Eating Success Strategies

Now, let me share with you what I believe is the most powerful strategy you can use to help overcome any challenges that typically arise or are associated with "emotional eating."

From here on out, I will refer to these as "**Eating for Success strategies.**" Here are the strategies to help you overcome your emotional urges to eat:



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**THE PSYCHOLOGY FACTOR—RECOGNIZE THE  
EMOTION(S) THAT DRIVE YOU TO EAT**

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We eat for a range of different reasons, besides trying to build muscle and slash body fat.

Of course, we already know the importance of eating smart. So why do we sometimes crave "bad" foods? Overeat? Or eat when we're not even hungry? The answer to those questions is not simple. However, as the latest science has shown, unless you're one of the small percentage of people who have a genetic tendency to produce higher-than-normal amounts of the "hunger" hormone, ghrelin (or the newest appetite-stimulating gene, recently discovered in France, called GAD2), there's an overwhelming amount of evidence to support the fact that your personal psychology plays a prominent role in determining when, and how much, you "feel" the need to eat.

See, our ability to control our eating has a great deal to do with our emotions—our personal psychology, Or, what I call "emotional triggers." It can be extremely helpful to become very aware of the psychological factors that may be negatively influencing your eating habits. **Awareness** is the first and most important step. Maybe we eat in response to different emotions. We get upset or angry at our spouse or have a dispute with a co-worker. We get depressed when a loved one passes or a cherished relationship ends. We're **bored** at night or during the weekends or lonely and living alone (and it's just you and the fridge!). **It's as if food is supposed to suddenly "fix" these feelings or solve your problems.**

## Not a FAT chance!

As you know, if you've experienced any one of these emotional triggers, eating food in response to them DOES NOT make you feel any better afterwards. In fact, oftentimes you feel downright guilty because you know you're more "in control" than what you displayed by eating so mindlessly. And more often than not, you're angry at yourself too, because you likely ate an entire pint of Ben & Jerry's New York Super Fudge Chunk ice cream, topped it off with a bowl of Frosted Mini-Wheats, and set yourself back on the course to optimal health and a body to be proud of.

## So What's The Key? AWARENESS Is The Key!

*"To minimize the emotional triggers that cause you to crave unhealthy foods, I suggest you write down in your nutritional journal the emotional issues that repeatedly causes you to go into a tailspin of eating mindlessly, so you can actually turn that awareness into action to control the issue."*

See, every personal insight you can collect then becomes an opportunity for a careful choice in the future. And a mindful, careful choice is the key to gaining control over your urges to eat, and thus, instead of eating "comfort foods," you can make the right decisions—smarter decisions—when it comes to maintaining balanced, healthy food choices.

By understanding when and how your particular emotional responses are triggered, you'll quickly discover the reasons for many of your choices in the past. And possibly more importantly, you'll gain an appreciation for how your past choices may have led to current, sometimes careless eating habits. In other words, you'll learn when poor eating habits derailed your progress in achieving your goals for your physique and bringing down your stress and anxiety levels, as well as how they may have been better dealt with, wisely and more consciously.

## HOW TO OVERCOME EMOTIONAL EATING

So, now we've come to the \$64,000 question: How should you respond to those sudden, uncontrollable urges to eat? Well, let's start with some very effective preventative measures... strategies I've used for a few years now to keep me on the right path to much better mental health, self esteem, and a better body.

Try to consume five to six protein- and carbohydrate-balanced meals each day. It amazes me how many times I've given out this advice, yet at the same time, I find it's continually overlooked. Besides the scientific fact that by eating small meals throughout the day, you can keep brain chemicals (i.e., hunger hormones) and insulin (along with blood sugar) levels even, in doing so, you will undoubtedly suppress those uncontrollable emotional hunger cravings.

Also, **cutting calories**, or **eliminating food groups altogether**, such as all carbohydrates or all fats (recommendations often found in traditional diets), is the absolute WORST thing you can do. Limiting calories and/or food tells your mind that you're depriving yourself, and shortly thereafter, your body will crave those forbidden foods. In essence, you're more likely to psychologically "want" to eat them and, consequently, more likely to binge on them. That's in addition to the fact that once you reintroduce them into your diet, you'll easily put back on any pounds you lost.

**Eating every two to three hours while you're awake** is the optimal way to keep your body in a fat-burning mode, supply your muscle tissue with plenty of the nutrients it needs to rebuild itself, and defer any hunger cravings that could otherwise arise. One great way to achieve this is by using a meal replacement. These (naturally made) powders are convenient and provide your body with all of the essential nutrients of a whole-food meal without all of the hassle of shopping, preparing, cooking, eating, and cleaning up after a regular meal. Think of meal-replacement protein shakes as fast food for the 21st century. They are extremely convenient and work exceptionally well to fulfil your daily nutritional needs.

## The #1 Meal Replacement Supplement You Must Get!

*My favorite meal replacement/protein supplement is called Warrior Blend which is made by SunWarrior. The great thing about this meal replacement protein supplement is that it's raw, gluten free, soy free, dairy free, non-GMO, and has been fortified with coconut oil which is a double bonus. This supplement is VERY easy to digest and contains all the essential amino acids you need.*

Once you begin to put the above strategy into practice, you'll quickly see how easy it is to follow through, no matter what your circumstances. Plus, you'll feel much more in control.

## Plan and prepare your meals in advance

If you fail to plan, you might as well plan to fail. Seriously. While I recognize that most of us are too busy to prepare healthy, low-fat, nutrient-rich foods every day—six times a day (I'm included here!)—don't make the mistake so many others make, which is to plan their workouts but eat "accidentally." If you fail to follow a proven nutrition strategy like this one, your chances of building optimal health, lessening your anxiety levels, and building that body you want will fall apart.

One possible solution I've used over the years with great success is for my fiancée and I to **prepare our meals for the week on Sunday night and then store them and freeze the rest**. Cooking in larger quantities will take the pressure off of you having to shop, cook, prepare, and clean-up after several meals throughout the week. Plus, as a bonus, by shopping like this, you'll likely save more money on groceries, too.

In addition, by being more prepared throughout the week, you won't have to "think" about what you're going to eat or how you're going to get your food... You only have to consider when to eat it. It's a simple solution to a complex problem that many, many people suffer from each and every day. It's a shame to see so many people put in such hard work at the gym (if health-related anxiety isn't a problem, of course) and then follow a haphazard eating pattern. Being prepared with healthy, nutritious meals will ensure you're not the guy you see every day standing by the break-room vending machine, slamming in 50 cents to get his daily lunchtime candy bar. If you follow this strategy, you won't look and feel like him either.

## Putting This Into Practice

Now it's time for you to get to work. What that means is, it's time for you to take these success strategies I've described and put them into your daily practice, starting *now*.

**Remember, all successes and failures in life are based on habit.** Those who are unsuccessful have the EXACT same biological make-up as those who are successful. The only difference is, successful people follow successful habits, and unsuccessful people follow unsuccessful habits. It's really as simple as that.

My hope is that this exercise has enabled you to identify a number of useful, actionable, and motivating strategies for creating your own success... So, you can now overcome any emotional eating habits you might have had and stay on the right path to building optimal health and a killer body.

### Recapping This Section:

- If 90 percent of what causes disease is related to the food we eat, we must realize the importance of good nutrition to leading a long and healthy life.
- Begin eating every 2 to 3 hours during the day.
- A great nutrition plan involves planning and preparation; don't make excuses for not cooking and preparing food, because the benefits far outweigh the short time you must sacrifice.

## Oh Those Fad Diets...



**N**owhere are there more fad diets, weight loss schemes, and wild, completely unsubstantiated weight loss advice circulating than in North America. With so much conflicting "information" out there, it's no wonder people don't know where to turn to lose weight properly, and do so in a healthy way. The fact is, that while many people assume they are eating healthily, it's closer to the truth that many of them don't even come close to eating a balanced, nutritious diet.

The reason for this is mostly due to the way they are guiding themselves with false information propagated by fad diets put out there by weight loss companies. Most of these diets are leading people to believe that cutting out certain nutrients is what it takes to properly lose weight. Nothing could be further from the truth. Here are four common myths which lead many dieters to take the wrong road to try to find their weight loss salvation.

## MYTH # 1) YOU HAVE TO STARVE YOURSELF TO LOSE WEIGHT.

This is probably the most commonly heard and longest-running myth about weight loss out there. The fact is, if you don't eat enough, your metabolism will slow down greatly, making your body want to store fat—thus making most of your initial weight loss come from water and muscle. This makes your body-fat percentage go up, meaning you are losing weight, but you are actually getting fatter!

The average woman should not eat less than 1000 calories per day and the average man should not eat less than 1200 calories per day unless under the direction of a physician. If you eat 5-6 smaller meals a day verses 3 bigger ones within a proper calorie range, you will never feel hungry and you will lose weight while staying healthy.

## MYTH # 2) EAT NO FAT WHATSOEVER.

This is another myth that has been around for a long time. It probably comes from the fact that you do need to limit your fat intake to around 15% to 20% of your overall daily calorie intake. The logic behind most people's thinking here is that "if eating only a little is good, then eating none must be better," but the fact is, **your body does need that 15% to 20% of fat in your diet because fat helps lubricate your joints, keeps your skin smooth and elastic, provides a source of energy, helps your nervous system to function properly, and provides insulation from cold weather.** Olive, flax-seed, and fish oils are good sources of fats. Avoid saturated fats and hydrogenated (trans) fats.

## MYTH # 3) YOU SHOULD NOT EAT FROM CERTAIN FOOD GROUPS.

A lot of fad diets adhere to cutting out one food group or another. The Atkins diet, which sparked a whole host of copycat diets, placed an emphasis on eliminating carbohydrates, for example. The fact is, your body needs a balance of carbohydrates, protein, and fat to function properly, and so none of them should be eliminated from your diet. Water, vitamins, minerals and fiber are also needed and should be a part of your regular daily intake. **The key is to try to keep the carbs, proteins, and fats in the proper range at approximately 60% for 'good' carbs, 25% for proteins, and 15% for fats.**

## MYTH # 4) TO GET ENOUGH PROTEIN, YOU HAVE TO EAT MEAT.

While it is true that meat is a great source of protein, it is certainly not the only one. Meat can also be high in fat and sodium. Dairy products are usually high in fat, but now there are plenty of low-fat and fat-free dairy products to choose from and they do not compromise the protein value. Egg whites are also a prime source of protein. These are all sources of complete proteins. Various vegetables and legumes also contain proteins but these are all incomplete proteins and must be eaten in the right combinations to become complete. One example is combining beans with rice.

The best way to be sure you are getting a well-balanced, **nutrient-rich** diet is to eat more whole foods and less processed, pre-packaged foods and to **avoid eating out as much as possible**. Make eating out an occasional treat, but try to prepare most of your meals yourself.

Picture This...

It's 11:30 AM at work. You've been up since 5 o'clock and the hunger meter is on high. "What to eat?" you think to yourself.

You head downstairs to the nearest local deli but nothing you can allow yourself looks that exciting or good. Sure, you could go out for fast food, but there's a meeting coming up and you don't really want to move your car and then have to find a new parking spot when you return.

So, you decide not to go out. That leaves eating in.

You look at your choices, wishing you'd had the foresight to bring something from home. There's the vending machine in the break room, filled with plastic-wrapped, rubber-textured sandwiches, bagels, muffins, and danishes. Ugh. You keep spinning the carousels, hoping that by some miracle, there will be a vegetable snack plate or something halfway decent. You narrow down your choices to a cup of noodle soup or a chicken breast sandwich.

**Now you have another choice:** eat something to take the edge off or power through the minutes of temptation until you are sitting in your meeting and eating is out of the question. After an hour of dreary repetitive discussions, your hunger may have calmed down.

How you handle it each day depends on your mood. Often, if we can get through that one tempting half-hour, we're set for the afternoon and can easily wait for our well-planned light dinner. On other days, you know in your heart that if you don't eat something, you won't be able to concentrate on your work because all you can think about is food while you try to conceal the embarrassment of a gurgling stomach.

On those days, take the chicken sandwich, remove the bun, and microwave the miniscule piece of chicken provided. Then cut it into tiny pieces and eat slowly with a plastic knife and fork. If you can make the pea-sized pieces last for 15 or 20 minutes, you'll feel like you've actually eaten an entire meal and be on your way to a pleasant non-food-focused afternoon on a very limited caloric intake.

If you truly want to control your weight, you can do it anywhere. **The key is never to eat until you've had a lengthy internal dialogue with yourself** that forces you into a full awareness of your food intake and then select the lesser of all evils and consume it as slowly as you can manage.

Even trapped in the office with nothing more than a killer vending machine, you can turn bleak choices into a self-esteem building triumph. Do you see how important planning your meals a day before is now? Whatever you do, don't "wing it," keep reminding yourself that optimal physical and mental health through nutrition, as well as losing weight in a healthy manner, is a 24 hour job. But, let's truly find out what 5 things you **MUST** do to make sure your new nutritional diet will work for you, just the way you want it to.

## Making Your Diet Work For You!

There are many things that we will cover throughout this program, but I want to nail down three very important rules you must live by no matter what your goals are for yourself.

### **1. Eat breakfast within one hour of rising.**

Breakfast provides at least 30 percent of the total energy and nutrition needed to sustain the human body during the whole day; therefore it is very important to have a proper breakfast and not to skip it.

### **2. Have a healthy low-fat lunch snack.**

Have a healthy snack at lunch time, low fat yogurt for example, to keep your energy going.

### **3. Have your dinner at least 2 hours before your bedtime.**

Have a proper dinner three hours before your bedtime; never go to bed on a full stomach.

Aren't these 3 rules simple?

Sometimes the simple fact that we are taking control of our lives, and applying simple but powerful steps like these three, can make a massive impact on not only our physical well being, but our confidence and mental health as well. If you are confused about step two and what the best choice might be for your afternoon snack, don't worry. As we get deeper into the program, all will be revealed.

## More Facts To Support The Fact That DIETS DON'T WORK!

It is a widely reported FACT that 95% of diets don't work! That fact doesn't stop over 75% of people saying they had been on diet in the last year. So, this being the case, what's the point in losing 20 Lbs, and then gaining back 25Lbs, and why do people do it? There is no doubt that there is great pressure over the last few years to look 'thin' and/or get healthy.

**So why do diets fail?** That's the million-dollar question. The main reason diets fail is we are guilty of falling for the latest clever marketing campaign. Over the last 10 years there have been a stack of diets on the market, many endorsed by Hollywood stars.

Many of these diets DO work, but only short term. They often do produce quick weight loss and fantastic results. The problem is maintaining the weight loss, as it is very difficult to stick to these eating plans. They are simply too boring. Once you lose the weight, it is all too easy to slip back into your old ways and go back to your normal calorie intake. This will result in weight being put back on probably as fast as you lost it—often you will end up heavier than when you started the “diet.”

**It's about re-educating yourself on how you eat and what you eat.** It's certainly not rocket science. At this moment, you may still have a number of questions in the back of your mind, about dieting and what the best approach will be for you. I want to go over some of the most frequent question I get on dieting, and after, we will go deeper into which foods we must begin adding to our nutrition plan to get where we want to go.

### 1. How much should I weigh?

The best and most accurate answer to this question can come from either a personal trainer, or a physiotherapist from my experience. They can answer that question most accurately. More important than how much you weigh is your body/mass index, which measures your height against your weight.

## 2. How can I keep off the weight that I lose?

If you lose weight gradually and re-educate both yourself and your body about food, you'll have a great start. The secret to keeping weight off is to balance your energy needs with your food intake. Eat enough calories to supply your body's energy needs, but not so many that your body stores the excess as fat.

## 3. What's the story with obesity and diabetes?

Obesity increases the risks of a number of chronic health conditions, and diabetes is one of them. People who are more than ten percent overweight increase their risk of developing type 2 diabetes substantially.

## 4. How do I decrease my intake of sugar?

Obviously, you can decrease your intake of sugar by cutting out sweets and refined snacks, but you should also watch out for 'hidden' sugars. Check ingredients (more on this later). High fructose corn syrup and sucrose are both simple sugars that add lots of calories and little nutrition.

## 5. How often should I weigh myself If My Primary Goal Is To Lose Weight?

Most experts recommend that you weigh yourself no more than once a week. Some go so far as to tell you to throw out the scale entirely! A more accurate measure of your loss is your clothing size. If your clothing is feeling looser, you're doing great!

## 6. Do I really have to exercise?

You don't HAVE to, but it will be a lot harder to lose weight and reach that optimal mental and physical health you want if you don't. A half hour of moderate exercise daily is the minimum activity level for healthy weight loss. You can get it walking, running, cleaning your house – remember: **anything active burns calories.**

## 7. What's a calorie?

A calorie is a measure of energy. Foods are rated with calories based on the amount of energy they provide to the body when consumed.

## 8. Can I lose weight without changing my diet?

Weight loss is the result when you burn more calories than you consume. If you only need to lose a small amount of weight and your diet is generally healthy, you can lose weight by increasing your activity level to burn more calories. If your diet is poor, or if you're more than a few pounds overweight, you really need to learn a new, more healthy way of eating, or you'll put the weight back on when you go back to “normal” eating.

## 9. Should I eat fish while on my diet?

Absolutely. Fish is in high protein, low in saturated fat, and high in omega 3 fatty acids. Some doctors recommend eating as many as 10 servings of fish per week!

Okay, so you now have three very important rules to live by as you go about your nutrition plan, you have some questions in your mind that have been answered, and you also know more about why diets don't work and more importantly *why* they don't work. The next step is to arm you with the kinds of foods that will make a huge impact on your life!

## Recapping This Section:

- It's critical that when faced with a situation where you must eat quickly, you decide on the healthiest option available to you at that moment, and if this program says you shouldn't eat it, then you shouldn't eat it.
- Don't fall for famous celebrity marketing campaigns when it comes to those fad diets; they may work for losing weight, but only for a short time, and most of them are unhealthy for you anyway.
- Eat breakfast within one hour of waking, and dinner two hours before falling asleep.
- All fats are not created equal.

## Why You Should Consider A Mainly Vegetarian Diet



In 2011, the average American ate 1,966.3 lbs of food, which is nearly a TON (about the weight of a small car), according to the USDA's economic research service. But what's more important to pinpoint, here, is what kinds of foods we take in on a daily basis. If we take a closer look at the US, for example, we can see that the consumption of meat has nearly doubled since the early 1950's, consumption of cheese has grown by five times from the early 1950's, and soda consumption has risen by nearly six times from what it was 60 years ago. All this tells me a few things:

- We need to become more educated about what and when to consume our foods.

AND

- We need to make a decision to build new more nutritious eating habits.

I really want you to commit to understanding this next section, so with that said, let's go!

Our society is set up to regard meat eating as the “norm.” Those people who choose a vegetarian diet are often thought of as difficult, “trying to be different,” or just odd. A common nutritional fallacy is that meat and animal products must be consumed in order to maintain a well-balanced, healthy diet.



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**NOTHING COULD BE FARTHER FROM THE TRUTH!**

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Many people these days are finding out the many health benefits of a vegetarian diet. Additionally, many physicians and nutritionists are prescribing and endorsing plant-based meals in order to promote health, prevent and treat certain diseases, and even to reduce weight. There are many products now becoming available in shops and supermarkets that contain health-enhancing plant extracts. These are mixed in yogurts, spreads and cheeses, to specifically lower cholesterol levels, reduce blood pressure, enhance energy levels, and boost immune systems.

**Who knows what other benefits are just around the corner in plant extracts.**

Although vegetarianism may seem like a modern idea, in reality, its health benefits have been known for many years in cultures around the world. India and the far east make up the largest percentage of the world's vegetarians, both for health and spiritual reasons. One group of people, the Hunza, who live near the Himalayas, have a diet which is exclusively vegetarian. Members of their community reportedly often live to be over 100 years of age.

The American Dietetic Association say that the benefits of a vegetarian diet can include:

**Lower cholesterol levels**

**Lower levels of saturated fats**

**Lower body fat**

**Reduced rates of heart disease**

**Lower blood pressure**

**Lower incidence of type-2 diabetes**

**Lower instances of certain cancers**

**Higher levels of important minerals and antioxidant vitamins**

Obesity is one of the major health concerns in the western world. It can be addressed with a vegetarian diet, one that eliminates excess protein and animal fat consumption, and increases fiber in the form of fruits, vegetables, and whole grains. Those who consume a vegetarian diet tend to maintain a lower body mass index (BMI), which significantly aids in the treatment and management of other chronic illnesses such as cardiovascular disease, high blood pressure, and diabetes. A lower BMI should be an aim for anyone who is going through this program.

One question often asked by those considering a vegetarian diet is, "**will I get enough protein?**" This is certainly a valid question, as protein is necessary for the building, maintenance, and function of all body cells. In fact, a varied and well-balanced vegetarian diet actually provides all the protein the body needs, obtained by eating such things as whole grains, beans, nuts, and some soy products (although I'm not a huge fan of soy, and I'll tell you why later).

**In fact, meat-based diets typically provide an excess of protein, which may actually be harmful.** High protein levels can put more strain on the kidneys. A leading gerontological journal reports that too much protein can cause a person to lose about 30% of their kidney function by the time they reach old age. It can also cause systemic acidity, which the body attempts to counter by leeching calcium out of the bones, which can lead to osteoporosis.

*Becoming someone who is primarily vegetarian does not mean you are limited to eating carrots, fruit, and nuts.*

There are many types of vegetarians that eat meatless diets in a variety of combinations. Some of the more common types include:

- **Lacto vegetarians** – those who do not eat meat or eggs, but do eat dairy products such as milk and cheese.
- **Lacto-ovo vegetarians** - those who do not eat meat, but will eat dairy products and eggs.
- **Ovo vegetarians** - those who do not eat meat or dairy products, but will eat eggs.
- **Vegans** – those who do not eat meat, dairy products, eggs, or any animal products at all.

There are many medical and health organizations that promote, endorse, and support people on a path toward changing their diet and lifestyle to one that includes more plant-based foods. Many restaurants, grocery stores, and supermarkets now provide meals and products for different types of vegetarians, making it simpler to choose this healthy lifestyle.

Remember that at the end of the day it is your decision, but I truly believe that no matter what your drive was to purchase this program... the solution is in a MAINLY vegetarian diet. That being said, if you want to simply keep eating a little meat, while exploring deeper into the vegetarian side, then do that. Don't worry about the “purists.” There is no law to say you cannot eat a little meat, fish, or chicken along the way - it's your life and your choice. Once you start eating more vegetarian food, though, many people find they start to lose their taste for meat. The main thing is to enjoy the food and feel healthier by doing so.

Consider also using either all organic vegetables and fruit, or at least as much as you can source. Organic produce really makes a great deal of difference to the taste and texture of food, and you have the security of mind that what you are eating is free of pesticides and other chemicals.

## My Personal Experience With Vegetarianism

I have many friends who, over the past few years, decided to become vegetarians. I saw friend after friend jump onto the bandwagon that being a vegetarian had become, and I'll admit that I almost jumped on the wagon myself without giving the choice much thought.

After nearly 9 months of research and some pretty serious self-evaluation, I decided to become a vegetarian. There is no part of me that is against people deciding that being a vegetarian is right for them. My only frustration is that too often people make that choice without taking even a moment to think about the reasons why or the consequences that being a vegetarian will have on their lives (remember again, reasons come first).

So, my advice to you is simple and probably obvious. You only have one life to live, one body to live in, and a few short years in which to experience all of life that you can. So do not make the decision to become a vegetarian lightly or without thought. I would hate to see anyone commit to such a decision out of ignorance and then deal with the consequences long afterwards.

One of the best ways to make a good decision about becoming a vegetarian is to inform yourself. Learn the reasons why people choose to become vegetarians and see if your reasons measure up. Because remember, what we are looking for here is a long term solution to your nutritional deficits that are causing you great stress and anxiety, weight issues, and potentially future illness issues... so we need to make sure that we commit.

Know that if you do decide to become a vegetarian, it will affect your life in many ways. Obviously, it will affect the foods you choose to eat and prepare. Don't forget, however, how it will affect your ability to eat out at restaurants or to eat food that your friends and family prepare. Consider, too, the costs of becoming a vegetarian. Depending on where you live and what kinds of foods are available, becoming a vegetarian can either save you or cost you a lot of money, so proceed with caution.

I have loved my experience of being a vegetarian. I felt like my reasons for changing my lifestyle were valid and I knew I could incorporate the things that being a vegetarian required quite easily into my lifestyle.

## Achieving Your Goals The Plant-Based Way

All diets designed to promote heart health are **low in bad fats and cholesterol and high in fiber**. Vegetarian diets, then, are a natural choice for those who want to reduce the risk of heart disease, because vegetarian diets are naturally low in fat and cholesterol and high in fiber! Eliminating meat, poultry, and fish, which are among the foods highest in fat and cholesterol and lowest in fiber, can be a giant step toward improving heart health. Another step, which comes naturally to vegetarians, is to increase the consumption of plant-based foods that are naturally high in fiber. Plant-based foods, particularly fruits and vegetables, also provide antioxidant protection for the heart.

### Olive and canola oils

These are considered the healthiest oils out there because they help to reduce cholesterol levels in the blood. Low fat cooking methods are also recommended for heart health. Such methods include **broiling, steaming, roasting, baking, poaching, and stir-frying with little or no oil**. You can also try replacing some of the oil, butter, or margarine in recipes with **water, juice, applesauce, or puréed prunes**. Frying foods, particularly deep-frying, is never recommended for those concerned about heart health.

Since egg yolks are high in cholesterol, whole eggs can often be replaced with bananas, tofu, applesauce, or egg replacers in most recipes. You can also replace the yolk with the white of another egg. For example, **if a recipe calls for one egg, use two egg whites and discard the yolks**.

When shopping for ingredients for heart-healthy meals, buy plenty of fruits, vegetables, whole grains, legumes, and fat free or low fat milk products. **Avoid frozen vegetables with cheese, cream, or butter sauces**. Read the labels on snack foods to find out how much fat and cholesterol they contain. The best snacks are lightly **salted popcorn, fresh fruits, and vegetables, rice cakes, almonds, and pretzels**. There are also lower-fat baked versions of many chips, ones that would ordinarily be high in fat.

## Fiber

Fiber helps to cleanse the blood of cholesterol, which is why **high-fiber diets are considered beneficial to the heart**. What you must do is choose whole grain breads and cereals, and limit the consumption of refined (white) breads and cereals. Also limit and eventually eliminate the consumption of sugary baked goods like croissants and muffins, which tend to be low in fiber and high in fat.

## Eating Out

Eating out can be especially challenging both to vegetarians and to those concerned about heart health. Some simple guidelines can make it easier. For example, choose:

- stir-fried entrees
- steamed vegetables
- pasta with tomato sauce

## Order:

- baked potatoes without butter or cheese and choose vegetable-based soups.
- Avoid mayonnaise-based salad dressings
- Always ask for dressings and sauces to be served on the side so you can limit the amount you eat.

Saturated fats and trans fats should be avoided, while monounsaturated fats are generally considered good for the heart. The fact that saturated fats are mostly found in animal products is another natural advantage for vegetarians concerned with heart health.

**Saturated fats are also found in coconut, palm, and palm kernel oil, so these oils should be avoided on a heart-healthy diet.** Trans fats, which may also contribute to the development of heart disease, are found in margarine and many baked goods.

**Sources of monounsaturated fats, the kind that are good for the heart, include canola oil, olive oil, flax seed oil, nuts, avocado, soy, and nut butters.**

A vegetarian diet that includes soy products may add an extra benefit for heart health. Many studies suggest a connection between soy, such as tofu, soymilk, and soy yogurt, and lower rates of heart disease. The usual recommendation is 25 grams of soy protein per day.

**Since cholesterol is only found in food of animal origin**, such as meat, eggs and dairy products, **vegans do not need to worry about cholesterol in the foods they eat.** Grains, legumes, nuts, fruits, vegetables, and vegetable oil are all naturally cholesterol-free. Conversely, only vegetarian foods provide heart-healthy fiber. Oats, carrots, fruits, and beans are especially high in the kind of fiber that helps to lower cholesterol levels in the blood.

## Travelling And Sticking To Your Nutrition Plan

Sticking to a nutritious diet while travelling can be one of the more difficult things to do. However, if you learn how to make smart choices, a healthy diet is really not that difficult. Modifying your diet slightly to accommodate travel, is not as challenging as it first may seem.

### Plane Trips

If you are travelling by aeroplane, your diet may have to include aeroplane food, **which can often be of poor nutritional value**, depending on the selection. When you book your flight, ask about your food options, **ask if a vegetarian dish is available?** Vegetarian dishes are sometimes more nutritional in this case, but it really depends on what they may be serving. If you can, eat a larger nutritious meal before your flight, so that you don't have to eat the entire meal that is served in order to feel full.

## On The Road

When driving or taking a bus, you may be tempted to stop at fast food restaurants and eat the meals found there. Avoid this whenever possible! If you're on vacation, you may wish to splurge a tiny bit, but having fast food more than once during a week can really be bad for your health. If you must, choose the healthiest options available, like chicken breasts for example. It's crucial that you stick to your nutrition plan when you are away from home because **remember what got you here—it was your habits and you certainly don't want to fall back into those self-defeating habits of your past.**

Also, remember that you can take your own meals with you when travelling. Although you may have to sacrifice a little time (remember, this is your personal health we're talking about), preparing a few meals to take with you will save you a boat load of money. Remember, always control your portions if you MUST eat out by ordering lunch menu sizes or splitting the meal in half and getting a doggie bag, and you'll be well on your way to healthy eating, even away from home.

Yes, eating healthy foods when you travel can be a challenge. However, your health is worth it. Eating meals high in nutrition will assist in fighting the illnesses that you are likely to encounter when travelling and you will find yourself more alert so that you can enjoy your trip.

## Recapping This Section

- How determined are you to reach your nutrition goals?
- There are different forms of vegetarianism, so know you do not have to live off of strictly eating vegetables forever.
- Switch your cooking methods to include only canola and olive oils.
- Eat smart starting today when you go out to eat.
- If you must eat out, watch your portions and don't eat until you're full, unless it's on the vegan menu, in which case you can eat as much as you want, and your mind and body will love you for it!

## The 6 Elements Of Nutrition



**B**oy, that part about veganism was pretty sweet, yes, but it's also important that you understand what the six elements of nutrition are because, well, you are putting them in your body, possibly even as you read this. It's just a matter of knowing how much of it you truly need, and how it's affecting you for better or for worse.

### Carbohydrates

After fats, this is probably the most talked-about element I've come across when people need help with losing weight healthfully. In simple terms, carbohydrates are broken down by various enzymes into simple sugars and then glucose so they can be absorbed into the blood. Digestive enzymes are like biological scissors - they chop long starch molecules into simpler ones.

According to experts, if we cannot burn all the fat we consume, the remainder is stored as fat tissue. This fat-burning ability is determined by the amount of insulin in our bloodstream. (Note: a major factor in insulin release is the glycemic index (GI) value of the carb-containing foods or meal consumed.) **When insulin levels are low, we burn mainly fat. When they are high, we burn mainly carbs.** But a problem arises when insulin levels remain constantly high, as in the case of individuals suffering from insulin insensitivity. In such cases, the constant need to burn carbs reduces our fat-burning ability. Result? More fat is stored as fatty (adipose) tissue and unhealthy weight gain occurs.

Generally speaking, the speed of digestion is determined by the chemical nature of the carb itself, and thus how "resistant" it is to the activity of the enzymes. A simple sugar is usually much less resistant than a starch, and is digested or metabolized much faster. Things that slow down digestion include: the presence of acid (from gastric juices or the food itself), and the presence of soluble fiber.

### High Insulin Levels May Increase Risk of Obesity

This is why experts are linking high insulin levels, together with a reduced ability to burn fat, with obesity. And, as you can see, high insulin levels are typically determined by the type of carbs we eat. High GI foods or meals trigger higher levels of insulin than intermediate or low GI foods. This is why the Glycemic Index is considered to be so important in assessing carb-eating habits.

As we have seen, **the human body is fuelled by glucose.** Therefore, all foods must be converted into glucose before they can be used as fuel. **Carbohydrates are more easily converted into glucose than protein or fat,** and are considered to be the body's "preferred" source of energy, and the brain's essential source of energy.

Simple carbs are more easily converted into glucose because their molecular structure breaks down faster in the stomach and small intestine. Therefore these carbs raise glucose levels in the bloodstream quite rapidly (less than 30 minutes). This explains why diabetics, who occasionally suffer from an excessively low blood-glucose level, can quickly restore their balance by eating simple-carb foods, like sweets.

## Fat

For most of us, eating is one of the most satisfying things we do in our everyday lives. As a matter of course, we have our favorite dishes, favorite drinks, and favorite snack foods—which only proves that eating is one of our favorite activities (which are all being tweaked to provide a nutritional balance now, right?). There's really nothing wrong with that since food, a primary necessity of man, is the thing responsible for making us healthy, fit, and giving us energy to perform everyday tasks.

But, alas, improper intake of food will do us more harm than good. Proper information about healthy eating should always be on hand so that certain illnesses can be prevented, and as for the case of obesity, it can be treated through fat burning and weight loss.

**A common misconception in the area of food and nutrition is that fat is always bad.** But is it really? Fat is the body's major energy storage system. When the energy from the food we eat and drink can't be used by our body right away, the body turns it into fat for later use.

The body uses the fat from foods for energy, to cushion organs and bones, and to make hormones and regulate blood pressure. Some fat is also necessary to maintain healthy skin, hair, and nails. Thus, one should not eradicate all fat from the diet. But, too much fat can lead to many health problems such as heart disease, obesity, diabetes, and more.

We can determine that not all fats are created equal, and knowing the difference between the bad ones and the good ones will lead you to making healthier choices. There are the saturated fats – the unhealthy ones – and the unsaturated fats – the good and healthy ones.

Let's review each and see just how different they really are.

## Saturated Fat: Unhealthy Ones

Saturated fats, which are generally solid at room temperature, are the least healthy fat, and tend to increase the level of cholesterol in our blood. They are also largely responsible for causing artery blockage which leads to eventual heart failure. Foods that contain saturated fat include butter, cheese, margarine, shortening, tropical oils such as coconut and palm oil, and the fats in meat and poultry skin. Consumption of these oils and foods should be avoided at all costs. Otherwise, they may bring serious health problems.

## Unsaturated Fat: Healthy Ones

Unsaturated fats reduce blood cholesterol when they replace saturated fats in the diet. There are two types of unsaturated fat: monounsaturated fat and polyunsaturated fat. Monounsaturated fats have been shown to raise the level of HDL (the 'good' cholesterol that protects against heart attacks) in the blood, so in moderation they can be part of a healthy diet. This is why they are known as the good fats. As mentioned earlier, olive, canola, and peanut oils are good sources of monounsaturated fats.

All fats, even the good ones, will still make you gain weight if too much is consumed. The key here is to keep all fats in moderation, but try to make the majority of your fat intake come from the good ones whenever possible. No more than 20% of your daily calorie intake should be from fat of any kind, especially if you are trying to lose weight.

## Protein

Protein plays a very important part in a healthy diet as it is used to build and repair tissues. But, Why has protein become one of the most talked-about nutrients lately, and how can you get the most gain for your protein buck? Over the past several decades, high-protein diets have been touted by healthcare professionals as the solution for weight loss and controlling food cravings. However, some recommendations had been in the form of fad diets, emphasizing high-fat protein sources, in which case the long-term health effects are unknown. Learning the right amount and types of protein to have with meals and snacks is important. This can help in managing weight while keeping hunger hormones in check.

### Hunger and Hormone Control

Our hunger level is often affected by our hormone levels. In a review in the Journal of Obesity, increased protein intake has been shown to lower hormone levels. This in turn decreases hunger even on a lower-calorie diet. This is powerful as our hormones play a large role in our appetite and control against cravings. If hunger hormones are kept in check, it makes it a lot easier to maintain focus throughout the day. A big reason why many women do not maintain weight loss is they don't feel satisfied or lack the energy to stick to a meal plan. **When you restrict calories and don't supply enough protein, especially at breakfast, you are more likely to crave foods high in salt, fat, and sugar once your meal is broken down.** This may result in taking in more calories than you originally planned, which can sabotage even the best of intentions.

### Benefits Beyond Weight Control

Getting enough protein may also help strengthen your immunity, decreasing your risk of colds and infections. A recent study in the Journal of Nutrition also suggests an added benefit to higher protein diets and exercising in improving your blood cholesterol and triglyceride levels. Many protein-containing foods are packed with other disease fighting nutrients that go beyond just managing your weight, such as fiber, iron, magnesium, zinc, and omega 3's.

These nutrients help keep you physically strong, regulate your digestive system, and fight inflammation in your body. Since increasing protein may also help regulate insulin levels, there may also be promise in managing diabetes. So, what's not to love?

## Plant-Based Protein Powders

Plant-based protein powders represent a new and popular trend in nutrition. There are many reasons for this, but chiefly among them are the perceived limitations of whey protein and the limited side effects of many of the leading plant proteins. For vegans, these powders are almost essential to maintain a healthy diet. Whatever the motivation for using soy, rice, pea, or hemp powder, it is important to understand the distinct advantages of each before going out to purchase a particular supplement. All four are generally effective replacements for whey protein, but some of them bring unique attributes that could be the perfect fit for your needs.

## Soy Protein Powder

Soy has long been known in the "green" and healthy living community as an effective replacement for most any other protein source. Those who are lactose intolerant, are vegetarians or vegans, or have allergies to certain grains, have turned to soy in order to get the essential protein their body needs. One of the benefits of soy powder is that it is low in fat, something not all protein powders can boast about. Additionally, soy powder is low in carbs, while containing many essential amino acids. Many studies have shown a steady diet of soy protein to lower "bad" cholesterol. This could be an important factor for certain individuals looking to lower their cholesterol effectively. Practically speaking, soy powder is considered to be highly mixable, meaning that it can be integrated well with a wide variety of smoothies, shakes, and added to baking recipes with ease.

## Rice Protein Powder

Rice protein powder is a relatively new addition to the plant-based supplement powder market. One of the first benefits users tend to notice is the markedly lower retail price. This is because rice is a generally cheaper plant protein ingredient. While it does not have as much protein per serving as some of the other powders, rice protein is great in that it delivers complete amino acids that have not been broken down in the production process. Like soy protein, rice is easy to digest. People who have had issues digesting the other nutritional supplements may wish to try rice powder to alleviate some of these symptoms. It is also another great protein to easily mix with drinks and baking recipes.

## Hemp Protein Powder

While hemp may conjure up images of marijuana smoking teenagers, this plant-based supplement serves a very different purpose when utilized as a protein supplement. Many users state that hemp powder has a noticeably better taste than any of the other alternatives. While this should not be the first factor to consider, it can make the difference when all other factors are equal. Hemp protein is a whole food source, rich in fat, but the good kind of fat. The high fat levels can be a turn-off for some potential users, but it is important to make the distinction between good and bad fats. Hemp is also extremely high in amino acids and other hard-to-get-nutrients, such as zinc, iron, and magnesium.

## Pea Protein Powder

Pea powder may seem like an unlikely source of protein, but the split pea has been known for its protein-packed life-giving vitality for centuries. In addition to being highly soluble and relatively affordable, pea protein has been proven not only to lower blood pressure but to improve kidney function as well. Most of the commercial protein powders contain over 25 grams of protein per scoop which is considerably more than many soy and rice powders. Bodybuilders also point to the fact that pea protein has over 5 grams of BCAAs which helps accelerate muscle building.

All of these plant-based supplements are remarkably effective, yet often go unnoticed in favor of the highly commercial whey powder. The reality is that these protein powders are just as effective as whey protein powder. While they are great for vegans and those with allergies, plant-based proteins are a perfect option for virtually any person in any situation.

## Vitamins

### What are They?

A vitamin is an organic (carbon-containing) substance derived from plants and animals that **the human body must have in very small amounts**. Without vitamins, the human body would not survive; vitamins are required for normal growth, metabolism (creating energy in your cells), and health. Vitamins are needed to make enzymes and hormones, which are important substances the human body uses to create all the chemical reactions needed to live. Most of us get enough of vitamins from our food, but it may be necessary for some people to **take a vitamin supplement**, because an ongoing shortage of vitamins will lead to failed health, weakness, and susceptibility to disease.

The body needs at least 13 different vitamins to function properly:

Vitamin A, Vitamin B complex (B1 – Thiamine, B2 - Riboflavin, B3 – Niacin, B6, B12, B9, B5), Vitamin C, Vitamin D (can be obtained through sunlight), Vitamin E, and Vitamin K.

There are two types of vitamins: fat soluble and water-soluble.

### Fat-soluble vitamins

Vitamins A, D, E, and K are fat-soluble; they dissolve in fat but not water. Once these vitamins are absorbed by the body, they are stored mostly in the fatty tissues and in the liver. The liver provides the primary storage tissue for vitamins A and D. Vitamin E is stored mainly in body fat and to a lesser extent in the reproductive organs. Relatively little vitamin K is stored.

Because you can store these vitamins, you don't have to get a supply of them every day. **However, eating fats or oils that are not digested can cause shortages of fat-soluble vitamins.** On the other hand, getting too much of these vitamins, particularly vitamins A and D, can lead to toxic levels in the body and cause problems.

### Water-soluble vitamins

The water-soluble vitamins - vitamin C and all the B vitamins - need to dissolve in water before your body can absorb them. Because of this, your body can't store these vitamins in any significant amounts. The water-soluble vitamins your body doesn't use are removed by your kidneys and come out in your urine, so you need a fresh supply of these vitamins every day. You can't really overdose on water-soluble vitamins, unless you take truly massive doses.

Water-soluble vitamins are easily destroyed or washed out during food storage or preparation. Proper storage and preparation of food can minimize vitamin loss. To reduce vitamin loss, refrigerate fresh produce, keep milk and grains away from strong light, and use the cooking water from vegetables to prepare soups.

### How to get vitamins?

It is best to get the vitamins and minerals your body needs through the food you eat. A daily diet of varied foods can provide you with the needed vitamins and minerals for maintaining a healthy body. To get the most vitamins possible from your food, **refrigerate fresh produce and keep milk and grains away from strong light. Vitamins are easily destroyed and washed out during food preparation and storage.**

There are also a number of other factors that deplete our bodies of important vitamins:

- **Smoking** - strips 25mg of vitamin C for each cigarette smoked.
- **Stress** - utilizes a lot of B-complex vitamins and minerals.
- **Eating sugar and other refined products** - will strip chromium, zinc, vitamin B3, and other minerals from the body.

Too little of just one vitamin may disturb the body's balance and lead vitamin deficiency. Some deficiencies can be cured simply by eating foods that contains the vitamin that you need. Other deficiencies lead to diseases and conditions that are more difficult to treat.

However, taking too many vitamins can also be dangerous. This is especially true of the fat-soluble vitamins A, D, E, and K; it is harder to get rid of an excess of these vitamins in the body.

## Minerals

Every part of you is made from minerals - your bones, cell structure, lymph liquid, arteries, organs, tissue, muscle, hair, and so on. You cannot live without minerals and your body does not produce minerals.

### So, Where do you get your minerals?

You get them from vegetables, fruits, and good supplements (such as the protein supplements mentioned in the previous section). Since only 10% of people eat enough fruits and vegetables, the rest of you are deficient in minerals. If we eat enough vegetables and fruits, why do we have to take a mineral supplement?

**A long time ago when the soil was rich in minerals, vegetable and fruits were jam-packed with minerals.** Fruits and vegetables were not picked early, frozen, waxed, radiated, or stored in argon gas. Those who ate these vegetables and fruits obtained an adequate supply of minerals and seldom had a deficiency. Today, the opposite is true. You and I cannot get enough minerals from eating fruits and vegetables. Now we eat more cooked vegetables, more vegetables in packages, fruits and vegetables that are waxed, and vegetables from other countries not processed properly. Today, we need to supplement our eating habits with a live mineral liquid to make up for the lack of minerals in the good food we eat.

Here is a partial list of illnesses and their related mineral deficiencies, and below each mineral is the food that is highest in that mineral.

- **Calcium** - receding gums, PMS, panic attacks, muscle cramps, lungs weak, low back pain, kidney stones, insomnia, bone weakness, bone spurs, calcium deposits.
  - **Foods** - cheeses, cottage cheeses, dulse, greens, kelp, goat milk, sesame seeds, unrefined cereal grains, seeds and almonds.
- **Sodium** - restless nerves, poor eyesight, mental confusion, lack of saliva, frontal headache, white coated tongue, cracking joints, fatigue, offensive breath, stiff tendons, stiff joints
  - **Foods** - goat milk, goat whey, black mission figs, apples, apricots, kale, kelp, prunes, raisins, strawberries, sunflower seeds, black olives, celery, dulse, asparagus, greens,
- **Potassium** - fearfulness, mental illness, low energy, pains and aches, body acidity, tendency toward violence, suspiciousness, loss of ambition, nervousness, negativity
  - **Foods** - black olives, dulse, potato peeling broth, bitter greens, kelp, Irish moss, various seeds and nuts, apple cider vinegar, soy milk, spinach, goat milk, grapes, apples, bananas, cheese, cucumbers, fish, dale, lettuce
- **Magnesium** - A.D.D., anorexia, arterial calcification, low calcium absorption, convulsions, depression, gastrointestinal disturbances, growth failure, menstrual migraines, osteoporosis, tremors, hot temper, fainting
  - **Foods** - seeds and nuts, yellow cornmeal, rice polishings, wheat germ, avocados, coconuts, spinach, goat milk, grapes, honey, whole wheat

- **Phosphorus** - constant weakness, neuralgia, numbness, lack of confidence, slow oxygenation, sensitive to noise or criticism, fatigue
  - **Foods** - meat, egg yolk, dairy products, fish, almonds, rice bran, pumpkin seeds, soybeans, lentils, sunflower seeds, almonds, various types of beans, carrots, pecans, lentils, cabbage
  
- **Manganese** - A.D. D., asthma, carpal tunnel syndrome, convulsions, loss of libido, miscarriage, retarded growth rate, still birth, TMJ, nightmares
  - **Foods** - black walnuts, and other nuts and seeds, pineapple, parsley, leaf lettuce, celery, blueberries, black eyed peas, apricots
  
- **Copper** - A.D.D., anemia, arthritis, behavior (violent), cerebral palsy, high cholesterol, eyelids sagging, gray or white hair, hernia, liver cirrhosis, learning disabilities, low blood sugar, slow healer, high risk of strokes, varicose veins
  - **Foods** - liver, sea foods, almonds, greens, leafy vegetables, whole grain cereals,
  
- **Selenium** - age spots, aging skin, Alzheimer's, cancer, cystic fibrosis, fatigue, heart palpitations , HIV, hypothyroidism, liver damage, muscular weakness, scoliosis
  - **Foods** - wheat germ, bran, whole grains, onions, broccoli, eggs, seafood's, milk products, meat, asparagus, tomatoes, mushrooms, nuts
  
- **Iodine** - goiter, menstrual difficulties, thinking confused, heart and lung problems
  - **Foods** - kelp, fish, dulse, sea plants, watermelon, okra, mustard greens, green peppers, eggplant, brussels sprouts, carrots chives, artichokes, agar

- **Iron** - fatigue, low auto-immunity, anemia, depression, low blood pressure, slow speech, poor memory, susceptibility to colds
  - **Foods** - greens, unsulphured dried fruits, dulse, kelp, Irish moss, black cherries, black berries, liquid chlorophyll, strawberries, celery, spinach, rice polishings sunflower seeds, blackstrap molasses, eggs, goat milk, pinto beans
  
- **Zinc** - A.D.D., hair loss, congenital birth defects, body odor, brain defects, diarrhoea, slow healer, heart defects, hernia, impotence, lung defects, prostate enlargement, loss of sense of smell, short stature, webbed toes
  - **Foods** - goat milk, brewer's yeast, pumpkin seeds, wheat germ, wheat bran, high protein foods, cow's milk
  
- **Chromium** - A.D.D., unexpected weight loss, low sperm count, pre diabetes, manic depression, learning disabilities, impaired growth, hyperactivity, coronary blood vessel disease, cataracts, low blood sugar
  - **Foods** - brewer's yeast, whole grain cereals, clams, meat, cloves and spices, corn oil.

There are more minerals than the ones listed above. This is just a start, so that you can see why minerals are so important. One thing that you should ask yourself is “do I see a consistent pattern in the feelings listed above, and what I'm feeling?” If so, there may be a lack of that mineral in your body.

Remember:

A consistent lack of a specific mineral can lead to a serious illness. So, let's tackle that lack starting today.

## Water

You can barely make it through a day without hearing or reading some piece of warning or advice about your health. Our society is obsessed with all of the latest fads and techniques for doing as little as possible and eating as much as you want while maintaining the body of a supermodel. There are so many diets and health plans that can be found on the internet or in any magazine that it becomes easy after a while to simply ignore everything you read. For the most part, many of the warnings and pieces of advice you see could be safely ignored without any serious effect on your life. **One piece of advice, however, that you cannot afford to ignore is about drinking water.**

Drinking water is one of the most simple, easy to follow, and necessary pieces of health advice that you'll ever hear. Take the advice seriously. Drinking water is absolutely essential to your life for a variety of reasons. Because our bodies are made up of such a high percentage of water in the first place, it only makes sense that drinking water would benefit our bodies in great ways.

Drinking water is a great way to purify our bodies of many of the toxins and impurities that make their way into our systems with each meal we eat and through the air we breathe each moment. **There is no better way to consistently cleanse your body and keep your digestive system moving than by drinking water each day.**

There is a wide range of suggestions out there about how much water you should drink each day. **The easiest and best method I have discovered is to take your current weight and divide it in half. This is your magic number of ounces for drinking water each day. So, for example, a woman weighing 150 pounds should drink the number that is half her weight, or 75, in ounces of water each day.**

Sound impossible? Drinking water may be hard at first if you aren't used to it. Begin by finding yourself a large water bottle that holds a significant amount of ounces in it. Fill it up each morning and carry it with you during the day. When you get thirsty, opt for drinking water rather than choosing your favorite soda or coffee as a beverage. The more you begin to drink water, the more that your body will crave it. The process of getting enough ounces into your body will become a habit in no time.

There are many other great reasons to start drinking water. But, if you're like me, you've already heard them all at least ten times. All that is left for you to do is follow the advice you heard just this one time.

## What's The Right Kind Of Water To Drink?

The U.S. Environmental Protection Agency (EPA) estimates that 40 million Americans consume lead contaminated water on a daily basis. The EPA also estimates that 480,000 cases of learning disorders in children, and 560,000 cases of hypertension in adults, occur each year in the United States as a result of lead contamination.

How does water become contaminated with lead? Lead is not normally found in water until it passes through pipes and plumbing fixtures that contain lead. Homes built before 1986 are likely to have lead pipes, fixtures, or solder. Homes built after 1986 that contain "lead free" plumbing, are also at risk. "Lead free" plumbing may still contain up to 8 percent lead. Most common problems come from brass or chrome-plated brass faucets and fixtures that can leach significant amounts of lead into the water. As the water sits in the pipes, lead leaches into the water, **particularly into hot water**, contaminating the water that is delivered from the faucet.

To find out if your water is contaminated with lead, testing can be done through a laboratory at a cost of between \$20 and \$100. Home test kits that test for lead and other contaminants are also available and typically cost less than \$20. The home test kits are simple to use and, although not as accurate as laboratory testing, they will provide reliable test results.

There are several simple ways to protect against consuming lead-contaminated water:

- Allowing the water to run from the tap for several minutes before using it will flush the lead contaminated water through the pipes and deliver cleaner water.
- Use only cold water for drinking and cooking since hot water leaches more lead from pipes and fixtures.

There are disadvantages to running the water before using it, though; it's wasteful and children may not always follow the procedure or wait long enough before drinking the water.

**Installing a water filter at the point of use, normally the kitchen faucet, will remove any lead from the water.** The cost of a kitchen faucet water filter is under \$30. Ongoing costs for replacement filter cartridges will vary with amount of water used and the life span of the filter, but will typically be less than \$50 per year. Water filters are the most effective method of removing lead and other dangerous contaminants. When considering the purchase of a water filter, be sure the filter is certified by NSF International to remove lead.

*Boiling water before using it will not remove lead. In fact, as water boils, the lead becomes even more concentrated, increasing the level of contamination.*

Most of us have lead that is already stored in our bodies from years of exposure. The human body excretes most of the lead we ingest but it also stores a portion of it in our bones and teeth. Buildup of lead in a woman's body can pose a risk to the fetus during pregnancy. Lead can cross from the mother's body to the baby starting around the 12th week of pregnancy. **Even low levels of lead can result in low birth weight and slowed development.**

The EPA suggests that following a diet low in fat and high in calcium and iron, including green vegetables, will help reduce the amount of lead that our bodies absorb. If we eliminate the source of the lead going into our bodies and follow a healthy diet, some of the lead in our bodies will be excreted over time.

Herbal cleansing products on the market today claim to remove heavy metals, including lead, from our bodies. Although there is little scientific research into the benefits of herbal cleansing programs, many people use these products on the advice of naturopathic practitioners. I would advise you use your own judgement, and make sure you look up reliable reviews before using such products.

## Recapping This Section

- Understand that all fats are not bad.
- Healthy vegan protein supplements as a meal replacement are a much better alternative to other supplements.
- Make sure you're drinking the right kind of water throughout the entire day.
- Understand the importance of minerals and begin adding them to your daily nutrition plan.

## The Truth About Food Labels, Meat, And Juicing



There are so many nutrients in food, so many ingredients, so many facts to know about what's supposedly good for you and what's supposedly not. Well, by now you should have a much better idea of what direction your nutrition plan will be headed in, but labels can still be confusing yet VERY important. Fortunately for all of us, the US Food and Drug Administration (US FDA) created a standardized format for the nutrition label that all processed and/or packaged consumer foods must affix to the outside of their product. So, no matter what the food, you can easily compare its value to you with that of any other food.

There are three fundamental areas to look for first on a nutrition label, and they're all conveniently grouped together near the top, just under the title "**Nutrition Facts.**"

**The Serving Size:** Generally, a standardized amount (like cups or tablespoons or pieces) followed by the equivalent amount in the metric system (such as grams).

**How Many Servings Per Container:** Most packaged foods contain multiple servings in a single package, making it easy to double, triple, quadruple, etc. the caloric intake from that of a single serving.

**The Amount of Calories Per Serving:** Typically, a single serving of around 40 calories is considered low-calorie, around 100 is considered moderate, and 400 is considered high-calorie.

Keeping tabs on the amount of servings you take in, based on the caloric intake per serving, is one great way to manage your weight. Another is to balance out eating high-calorie foods with low-calorie foods earlier or later in the day.

The next step in using nutrition labels to help control your weight is to get the most nutrition out of the calories you take in.

Use the Percentage Daily Value to tell you how rich in each of the required nutrients the food really is. Daily values are based on a 2000-calorie diet. 5% or less of a nutrient's %DV is low, 20% or more of a nutrient's %DV is high. **Limit your amount of total fat, cholesterol, and sodium.** No daily requirement exists for trans fats (the most dangerous kind), though their quantity per serving does appear on the label, so just be sure to keep them to an absolute minimum. Again, make sure to get plenty of dietary fiber, Vitamin A, Vitamin C, Calcium, and Iron.

Once you have gathered all the information you need, you simply ask yourself if a food choice is a wise choice for you in terms of both calories and nutrients, and whether it makes more sense for you as part of a meal or as a standalone snack. If the answers to these questions don't satisfy you for a particular food, then the next question to ask yourself is whether you can find a suitable alternative. The answer to that question is almost invariably "Yes".

## Watch The Salt!

Salt (sodium) plays an important role in the regulation of muscle contraction, fluid balance, and nerve impulses in the human body, and it is essential for overall good health. All our body fluids (including blood, sweat, tears, etc.) contain sodium. It is essential to maintain a proper balance of sodium in these fluids. Sodium in the body is mainly found in the fluids that surround the body's cells, such as blood and lymph fluid. When sodium intake exceeds the amount the body can handle, it builds up in the interstitial areas, and the kidneys have to work extra-hard to excrete it.

A build-up may cause the body to hold onto extra fluids in the blood and around the cells, which contributes to increased blood pressure and also excess weight gain from water. The reason why water retention can be so hard to diagnose is that almost all the body's tissues have plenty of capacity to hold a little extra fluid without looking abnormal. This extra fluid is what makes one look fat.

Generally, we should only eat between 1,000 and 3,000 mg of sodium a day, so it's easy to go overboard. **The Recommended Daily Allowance (RDA) for sodium is about 2,300 mg - slightly more than one teaspoon.** While sodium occurs naturally in many foods and is used in food additives such as **monosodium glutamate** (MSG), salt itself still accounts for more than 90 per cent of the sodium in our diets.

In fact, three-quarters of the salt in our diets comes from processed foods, with just 10 percent coming from the salt we add during cooking or at the table, and the remaining 15 percent that occurs naturally in food. This means that the key to keeping salt intake down is to eat fewer processed, salty foods such as sauces, pickles, crisps, canned meats, sausages, ham, and canned soups (this is why it's important to check the labels for how much salt the food contains). The bad news is that many of these foods are also high in calories and fat making them poor choices if you're trying to lose weight.

*The more highly-processed a food is, the more likely it is to have high sodium content.*

That's why, when it comes to eating, it's wise to stick mainly to the basics. Fruits, vegetables, legumes, beans, and whole grains all have little sodium.

## Tips to Reduce Sodium in Your Diet

Eat canned soups or broths sparingly. These can be very high in sodium.

- Rinse salt from canned foods.
- Use fresh poultry, fish, and lean meat, rather than canned or processed types (if you eat meat).
- Switch to low-sodium margarine, or low-salt butter.
- Avoid salted nuts, chips, pickles and other snack foods.
- Avoid using table salt.
- Do not add extra salt at the table.
- Reduce sodium when shopping (read labels always when unsure).

Read the food labels carefully to find out more about what is in the foods you eat. This will help you choose the right foods. This will help you limit the amount of sodium you eat every day.

## The Truth On Meat When Shopping

Many people may not realize it, but much of the meat we eat contains **synthetic growth hormones and other chemicals that may be harmful to us**. Why would cattle owners want to use growth hormones? It is all about money. Ranchers today want to produce more cattle in a shorter period. A rancher may only have about 14 months to get the calf from a small size, say 80 pounds, to a selling size (around 1,200 pounds). Growth hormones help the cattle put on weight to get them ready for slaughter in record time, as well as reducing the amount of fat in the meat. Nitrates are a chemical compound that can also be found in meat today, being used to cure meat and give it a healthy color. Most notably, nitrates are found in hotdogs, giving them their red color.

## The use of hormones in meat is nothing new

As far back as the 1930s, research showed that estrogen affected the growth rates in both cattle and poultry. By the 1950s, a synthetic (man made) estrogen, DES, was being used to increase cattle size. However, DES was found to cause cancer and is no longer used to "fatten" up cattle and chickens.

The Food and Drug Administration (FDA) currently approves of five different types of hormones used in food production. Of these, testosterone and progesterone are produced naturally by the animals, and zeranol and trenbolone acetate are synthetically made. These hormones are approved for use only in cattle and sheep. Poultry, such as chickens and turkeys, and pigs do not gain much weight when given these hormones, so they are not given to them. Most of these hormones are given to the animal by inserting a pellet under the skin of the ear. The pellet releases the hormone and the ears of the animals are thrown away during the process of them being slaughtered.

**The concern of scientists and consumers alike is that traces of the hormones and chemicals will remain in the meat and pose a potential hazard to humans who consume it.**

Have you noticed that girls today seem to be reaching puberty at a younger age?

It is suspected that this may be due to the steroids found in today's meat. Unfortunately, studies done on the potentially harmful ingredients in meat have proved inconclusive and further studies are needed. One problem encountered when conducting a study is that the animals produce some of the hormones naturally, therefore making it hard to determine how much is natural versus the pellet hormones. Also, the level of hormones produced naturally varies from animal to animal, another hurdle for researchers to overcome. The concern with nitrates, used to cure meats and give them a pink or red color, is that they can be converted into nitrosamines. **Nitrosamines are believed to both cause and promote cancer.** However, the FDA has no study that decisively finds nitrates used in meats harmful, therefore they continue to allow them to be used in processed foods.

## What should you as a consumer do?

If you are going to eat meat, one thing you can do is purchase organic meat. **Organic meat comes from livestock raised without hormones or steroids.** Also, the cattle are fed grains with no pesticides involved. In 2002, the United States Department of Agriculture developed a system wherein all organic foods (including meat) would be labelled as such. So, when shopping, you should see a label on organic meat that signifies that it contains at least 95% organic ingredients. Some grocery stores carry organic meat, but if not, you may have to visit a butcher shop or health food store to find it. You can even buy organic meat through the internet and have it delivered to your home. **However, if you decide to purchase meat online, you may want to first order a small amount. That way, you can determine if it meets all your specifications for delivery time, freshness, etc. before buying a larger quantity.**

As ranchers strive to find ways to get more cattle to slaughter faster, consumers will continue to be concerned about the methods they are using to do it. Until more research is done, the best thing you can do is try to be aware of all the dangers out there by staying up to date on the current research being done on cattle hormones and the chemicals used in processing meats, and to purchase organic meat for your family.

## Juicing Your Way To Mental And Physical Health

Due to the highly processed foods that we consume and the polluted air that we breathe, our body accumulates toxins. The body does its best to eliminate the toxins, but ends up being stressed due to the overload. Symptoms such as chronic headaches, skin allergies, premature ageing, etc. start to manifest.

## What can we do today to help our ailing mind and body?

Juice fasting! A safe and effective way to detox! Many studies have been done on the beneficial effects of juice fasting. We can:

- increase our lifespan
- treat biochemical imbalances
- reduce our cholesterol levels
- treat allergies, acne, etc.

In juice fasting, by giving the body a rest from food and digestion, the immune system can focus on elimination of toxins, with the aid of the organs of elimination (the liver, pancreas, gall bladder, kidneys, intestines, skin, etc.).

During a prolonged fast (three or more days), the body will start to burn off and digest its own tissues by process of autolysis in a discriminate manner. It will first decompose and burn those cells and tissues which are diseased, damaged, aged, or dead (tumors, morbid cells, abscesses, excess fat deposits, etc.). The stomach shrinks and becomes less acidic. Then, certain detox symptoms are experienced, e.g.: acne breakouts, fatigue, headaches, etc. as the body eliminates its toxins. These symptoms should ease and we will feel a renewed sense of health and well-being promptly.

You can juice almost any fruit and/or vegetable that you can eat raw. Vegetables that are good for juicing include **tomatoes, cucumbers, celery, and carrots.**

Fruit and vegetable combinations taste delicious. For example, **apple and carrot juice makes a nice blend. Another nice combination is apple, celery, and tomato.**

For vegetable and fruit skins, peel them off, especially if you suspect that they have been sprayed. If you can use organic fruits, this will be much better. Rinse off in filtered or distilled water.

## How to Juice for Juice Fasting?

It is recommended to dilute your juice 50/50 with water, especially if you are using fruits and the juice is too sweet. Use distilled water, if possible, for dilution.

Also, **remember that you can't buy freshly prepared juice from a supermarket or any juice that comes from a packet, despite what the label on the packet says.** Any juice in a carton, can or bottle has been heat-treated for preservation.

Juice has to be prepared fresh! The longer the juice stays out, the less fresh raw food enzymes it will contain. This means that you either find a store that prepares it right before you drink it or you use a juicer yourself (time to buy a juicer!).

## 8 More Benefits To Begin Juicing!

We've already mentioned a few benefits to juicing, but I truly want to get you pumped and beginning today, no matter what your goals are throughout this program. Let's run through them!

1. If drank fresh, the juice is full of live enzymes, which is helpful the body.
2. Unlike coming out of a packet, the juice is fresh and not pasteurized. Pasteurization many have its conveniences but it has resulted in nutritionally dead foods. During pasteurization, high heat is used and this destroys the vital nutrients within the juice.
3. You consume more vegetables by drinking than by eating. As you probably have experienced, it's not always possible to eat as many vegetables as you would like. Drinking fresh vegetable juice helps take care of this problem.

4. Digestion and assimilation of the vegetable nutrients is much easier. Your body is, in fact, like a juicer. When you eat a stick of celery, your body will digest the celery by extracting the juice to get the nutrition. The fiber is eliminated via the colon and bowel movements. However, if you juice, you have already extracted the juice for the body thus making it easier for your assimilation. Nevertheless, it's still important to eat whole vegetables and fruits because you need some amount of fiber as well.

5. Fasting gives your digestive system a rest. Since fresh fruit and vegetable juices require little digestion, and are quickly assimilated into your body. Most of the 10% of bodily energy normally involved in your assimilation, digestion, and elimination is freed up. The end result? You feel a sense of renewed energy after the fast.

6. A fast helps to also break down toxic materials - fat, abnormal cells, and tumors – and releases diseased tissues and their cellular products into the circulation system for elimination.

7. In addition, new cell growth during fasting is stimulated and accelerated as the required proteins are re-synthesized from decomposed cells (during autolysis). Your serum albumin reading, aka your blood-protein level, remains constant and normal throughout your fast, as your body very smartly uses protein and other stored nutrients where needed.

8. Juice fasting is a much gentler process of detoxification as compared to water fasting. For a juice fast, a broad variety of fruits and vegetables should be used in combination; this is necessary to enhance health during the fast. In this manner, the body still gets its daily calories from the easily-digested juices as compared to the more extreme water fast. Thus, the release of toxins from the fat cells in a juice fast is much more gentle and gradual.

Remember what we said in the beginning of this program? NO EXCUSES! Yes, juicing takes some preparation time, yes, a juicer costs money, and yes, it takes time to actually juice. But my question to you is how bad do you want the goal you set out for yourself? Remember, whether your goal in this program is to lose weight, lessen your stress and anxiety levels, or reverse disease, all of these can be handled simply by beginning to juice! Remember, the key to get the most out of juicing is to do it yourself and not to settle for what's sitting on a shelf somewhere that says fresh juice!

## Juicing Recipes For You:

### Recipe 1: Vegetable Juice Combo

2 Swiss chard leaves

1/2 beetroot

2 or 3 sprigs of watercress

3 carrots

1 celery stalk

Wash with filtered or distilled water, cut and put in juicer.

### Recipe 2: Carrot-Apple Juice

2-3 Green Apples

1 carrot

Fresh basil leaves

Wash with filtered or distilled water, cut and put in juicer.

### Recipe 3: Carrot-Vegetable Juice

A handful of dandelion leaves

1 kale leaf

4 carrots

Fresh mint, basil or coriander leaves

Wash with filtered or distilled water, cut and put in juicer.

### Recipe 4: Peach Juice

2 or 3 peaches

Wash with filtered or distilled water, cut and put in juicer.

## Recapping This Section:

- Label reading is an art that you must begin getting good at.
- Watch your salt intake; when reading labels, take your time.
- All meat is not created equal, do your research if you are going to eat meat.
- Juicing is not good... it's incredible!

## Detoxing Facts And Your Very Own 7-Day Detox Cleanse



Okay, so, we've gone over juicing; now it's time to go a little deeper into detoxing, as well as provide you a full recipe for success in order to start the process of detoxing your body and mind.

There are several types of detox diets, some good and some great. Our goal is to be great. There are those diets in which you can only eat fruits and vegetables, those in which you can only eat “clean” foods, those in which you can only drink fruit and vegetable juice, and the most extreme type where you can only drink water (yikes, can you imagine?). You can also do specialized cleanses designed specifically for a certain area of the body (for instance, the liver, kidneys, blood, or lungs). However, most detox diets just involve cleansing the entire body. Below, I will give you a sample of a seven day detox diet that you **MUST** begin to implement as soon as you can put the pieces together.

First of all, it is important that you have regular bowel movements during a detox because this will lessen the likelihood of toxins being reabsorbed by the body. A good way to make sure you will eliminate regularly is to **take 2 tablespoons of ground flax seeds in lemon water in the morning, and drink lemon water throughout the day.** Flax seeds provide the body with fiber and lemon water has a slightly laxative effect.

It is also important to drink enough fluids during a cleanse. You should try to include at least eight glasses of water daily to ensure that you are allowing toxins to be flushed out.

A sample menu of a detox diet follows below. This is a diet that allows some food, since this tends to be easier for beginners. Remember, you can modify this to fit your needs and preferences.

## UPON RISING

- 1/2 lemon squeezed into a glass of warm water
- 1 tablespoon of bentonite clay and 1 tablespoon of ground flax seeds in a glass of water

## BREAKFAST

- breakfast smoothie made with pear, rice milk, and rice protein powder
- supplements: vitamin C (liquid form if possible)

## SNACKS (you may choose any, or all on the list)

- fresh apple juice diluted with water
- water
- vegetable broth
- supplements: milk thistle
- celery sticks and hummus

## LUNCH

- chunky vegetable soup made with vegetable stock and your choice of vegetables
- steamed broccoli with sesame seeds and beets sprinkled with lemon juice on brown rice
- apple sauce
- supplements: multivitamin

## SNACKS

- dandelion root tea
- carrot sticks with hummus dip
- water
- supplements: milk thistle

## DINNER

- curried lentils on quinoa
- salad with mixed greens, red peppers, artichokes, and sprouts drizzled with salad dressing of garlic, lemon juice, and olive oil
- vegetable broth

## BEFORE BED

- 1 tablespoon of bentonite clay and 1 tablespoon of ground flaxseeds in a glass of water

**This must be followed for up to seven days.** Remember to be careful, because while you should expect to feel sluggish and slightly ill, if you are feeling very ill or fatigued, provide yourself with extra nutritional, healthy calories.

Detoxification in general is the removal of toxic substances from the body. It is one of the functions of the liver and kidneys, but can also be achieved artificially by techniques such as dialysis and chelation therapy.

In this case diets are very important and are usually the basis for any detox program, whether it is herbs, cleansing, or other detox programs. **Detox diets will generally eliminate trigger foods**, which may cause many problems with digestion and elimination. Foods like wheat and dairy are often the cause of allergies. Sugar is eliminated because of its empty calories and tendency to produce hypoglycemia.

Meats are eliminated because they may contain hormones, antibiotics, and are difficult to digest. **Caffeine is wise to avoid, since it has many ill effects on the body's digestion.** Refined, processed, and junk foods are also out if you want any detox program to work.

## Refined white sugar

A lot has been written about the detrimental effects of refined white sugar on the body. It is really very bad for you! A lot of products contain a lot of refined white sugar. Cola, for instance, is notorious, but even things like ketchup contain a lot. Try to cut down on it by using brown sugars, like cane sugar.

Sugar certainly has a stimulating effect. If you consume a product full of sugar you get a kick out of it; that's why products that contain a lot of sugar are so attractive.

The lymphatic system is used to bring nourishment to cells and to remove wastes. The lymph nodes, located in the lymph vessels, break down toxins. **The breakdown of toxins is especially important during infections and other acute illnesses.** It's also wise to note that deep breathing and movement help keep lymph moving through the lymph vessels.

## Do Detox Teas Help Relieve Stress And Complement Your 7-Day Plan?

What effects do today's toxic pollutants and impurities have on the body? It becomes sluggish, fatigued, over-stressed, and defenceless against today's disease. Environmental toxins hidden in our air, food, and water are also hiding in us.

The best herbal ingredients included in detox teas are **ginger, dandelion, and burdock, which are known for their cleansing effect on the body.** Drinking Detox Tea can be an important part of re-balancing and renewing your body and mind, and should be used not only during your 7-day cleanse, but with most of the meals you take in on a regular basis (also a great substitute for coffee drinkers).

*The body does most of its detoxifying at night while the body is at rest, so by taking Detox Tea in the morning, the body can continue its cleansing process throughout the day for a more consistent and complete cleanse.*

Some signs of an overtaxed liver are PMS, headaches, indigestion, hay-fever, acne, bloat, Hepatitis, boils, carbuncles, fertility concerns, digestive disturbances, immune deficiency, chronic debilitating diseases, nervous system conditions, gall bladder concerns, kidney concerns, menstruation concerns, endometriosis, poor fat and protein digestion, and fatigue or chronic fatigue syndrome. Obstruction of liver energy can cause intense feelings of frustration, rage, or anger, and these emotions in turn further disrupt liver energy and suppress liver function, in a vicious self-destructive cycle.

Most ingredients in Detox teas are 100% herbal and these Detox Teas and Capsules have long been known for their cleansing and detoxifying qualities (but try not to make capsules your first option, these ingredients work best in regular teabag form).

## Green Tea, The Almighty Powerful Cleanser

For many centuries, the people of China have used green tea for treating various diseases. However, with the advancement of time, today people in the west also use green tea, having realized its many health benefits. Green Tea has long been esteemed in China for its involvement to good health. The fame of Green tea in the United States continues to develop, as it is confirmed that green tea has an innate foundation of antioxidants. Years of research reveal that green tea restrains the expansion of objectionable cell colonies, thus labelling **it the healthiest tea obtainable.**

Let us take a look at the benefits of green tea:

Green tea has many health benefits, and it can be used for avoidance of the following diseases: **Cancer, Rheumatoid Arthritis, High Cholesterol, Cardiovascular Disease, cataracts, Infection, and Impaired Immune Function.**

Green tea helps in weight loss as well, of course. The green tea leaves augment metabolism in the body; therefore the consumption of green tea helps you burn more calories.

Green tea has the capability to fight bacteria, and this can be counted as one of the chief benefits of green tea. This boosts your immune system, thereby increasing its resistance power. It also helps kill the bacteria that cause plaque and tooth decay. Green tea can help in fighting food poisoning.

In addition, green tea can help by lessening blood sugar levels and cholesterol level in your blood. **Also, green tea helps in getting rid of bad breath.** An element is present in green tea that stunts the growth of odor-causing bacteria. Therefore, a cup or two of green tea taken regularly can help in maintaining fresh breath.

If you are a chain smoker, and also consume around six cups of green tea a day, then the propensity of risks caused due to the toxins emitted by cigarette smoke is reduced to a great extent (that doesn't mean you should keep smoking though, nice try).

Green tea also contributes to maintaining your beauty. With the help of green tea, you can freshen up your face; apply it around your tired eyes to get a soothing feeling. If you have freckles or blemishes on your face, you can apply the green tea to get rid of the spots.

Green tea also has benefits for antiseptic purposes. It can be used to treat minor cuts, rashes, and it can also be applied to cure sunburn.

**Green tea is organically grown and the customary drying method used for green tea protects the tea from the harmful effects of fermentation.**

Products made with green tea are available in different strength levels. Some supplements are comprised of low-strength active polyphenols, whereas others go as far as using un-standardized green tea leaf powder.

It has been reported by National Cancer Institute that green tea has cancer-avoiding aptitudes and components. People who have depended on costly antioxidant products are finding that green tea is very cost-effective and organic. **Green tea should be on your list of most-consumed beverages; after water, of course.**

Learn to incorporate green tea into your 7-day cleanse, as well as on a standard basis, and it will help you receive optimal results in your overall health.

### Recapping The Section:

- You are armed with the BEST 7-day cleanse you can find, whether your goals in this program were to lose weight, alter your mental health for the better, or increase energy levels, this cleanse will kick-start your journey to optimal health. So, make sure you get what's on this plan's list (enough for 7 days), and begin immediately.
- Cut refined white sugar out of your nutrition plan completely.
- Drink a minimum of 2 cups of green tea per day through your cleanse, and after you're done, as you continue your journey to optimal health through nutrition.

## The 4 Best Plants And Foods On The Planet



### Aloe Vera

“It has been proven that Aloe Vera is effective in treating cancer in animals and humans. In fact, in 1992, the U.S. Department of Agriculture approved the use of Aloe Vera for the treatment of soft tissue cancer in animals as well as feline leukemia. There is strong scientific proof that Aloe Vera suppresses the growing of a cancer tumor, stimulates immune system response, raises tumor necrosis levels, and promotes healthy tissue.”

“Aloe Vera helps to lower the damage done to the body by treatments such as radiation and chemotherapy, which destroy healthy immune system cells that are very important for the body's recovery.” **With the use of Aloe Vera, the immune system is boosted, tumors shrink, and metastases is reduced so the cancer does not spread.**

## Manuka Honey

Medicine may be increasingly high-tech, but the latest wonder-treatment which is being offered to patients is, well, honey.

Recently it was announced that bandages soaked in **manuka honey** are to be given to mouth cancer patients at the Christie Hospital in Manchester to reduce their chances of contracting the MRSA superbug and to lessen wound inflammation following surgery. This is just the latest study investigating this particular type of honey's healing powers. It is used routinely at the Manchester Royal Infirmary for dressing wounds, and other research has found it can fight gum disease, ease digestive problems, and soothe sore throats.

All honey contains hydrogen peroxide, a substance once used as a wound disinfectant in hospitals — it comes from an enzyme that bees add to nectar. It also contains the enzyme glucose oxidase, which boosts its anti-bacterial properties.

*This was recognised by the ancient Egyptians and Greeks, who used honey to help heal burns and sores.*

## Garlic

*If garlic had been created in the laboratory instead of by nature, it would probably be a high-priced prescription drug.*

Garlic is one of the oldest known medicinal plants, and it's been credited with fighting heart disease, lowering blood pressure, and helping to fight off colds.

In fact, garlic has been used medicinally for at least 3,000 years, but until relatively recently its benefits were considered little more than folklore. According to a report in the Journal of the American Medical Association (Nov. 28, 1990;264:2614), the therapeutic roles of garlic have been described in more than 1,000 scientific studies.

### Tips for cooking with garlic:

1. Before cooking, remove the exterior skin of the clove. There are many ways to do this: strike the bulb with the broad side of a kitchen knife, use a rubber garlic rolling tube, soak the garlic in lukewarm water for 30 minutes, or dip the cloves into boiling water for 30 seconds.
2. After skinning the garlic, select a cooking method that will result in the appropriate flavor. It can be sauteed to create a nutty, savory taste, poached to create a mild flavor, oven-roasted to bring out the nutty flavor with a caramelized quality, fried to create a crisp exterior, or grilled to create a soft, smoky flavor.
3. Garlic is very sensitive to heat and will burn easily, especially when sauteing. Expose the garlic to heat just until the oil sizzles and then remove it. When cooking garlic with onions, start the onions first. They will take longer to cook.

### Main Benefit of Garlic: Cancer Prevention

The first scientific report to study garlic and cancer was performed in the 1950s. Scientists injected allicin, an active ingredient from garlic, into mice suffering from cancer. Mice receiving the injection survived more than 6 months, whereas those which did not receive the injection only survived 2 months.

### Goji

For centuries on end, herbalists in Tibet and Mongolia have recommended small red berries called “goji” as a remedy for those suffering from a variety of problems. In fact, the people of Tibet and Mongolia hold a two-week annual festival in honor of the goji berry. Many of them have nicknamed the goji berry “happy berry” because, in common folklore, “to eat goji in the morning will lead to smiles all day.”

But respect for the goji berry isn't confined to the foothills of Tibet and Mongolia. The goji berry has been used for hundreds of years as a tonic in Chinese medicine. During the Tang dynasty (A.D. 772-842), poet Liu Yuxi wrote a poem celebrating the nourishment of "body and spirit" brought about by the goji berry. Without a doubt, the people of this region of the world love the goji berry. But the goji berry's introduction to the Western world is still fairly recent, so the berry remains a relatively unknown fruit for a large fraction of the world's population. So, what is a goji berry? And why is it so loved?

### What is a goji berry?

Goji berries grow on small green-leafed vines that yield a bright red fruit with a shape most resembling a raisin. The berries are extremely delicate, and during harvest, they are shaken from the vine rather than being picked. To avoid spoiling, they are slowly dried in the shade. The texture of a goji berry is very chewy, and its taste is often described as a cross between a raisin and a cranberry.

### What makes the goji berry so potent?

Goji berries are believed to be a rich source of vitamins and nutrients, with each goji berry purported to contain **18 different amino acids and vitamins B1, B2, B6, C, and E**. It is believed that goji berries contain more beta carotene than is found in carrots of equal size. And the goji berry is touted as one of the richest sources of vitamin C in the world, trailing only the Australian billy-goat plum and the South American camu camu. Goji berries are also believed to contain zinc, iron, calcium, phosphorus, selenium, and germanium in varying quantities. As a rich source of many of the vitamins and minerals essential to nutrition, goji berries are filled with antioxidants.

The unique properties endemic to the Tibetan goji berry makes it one of the more fascinating fruits on Earth. As consumption of the goji berry grows in popularity in other parts of the world, our knowledge of the plant itself is certain to increase. Until then, do yourself a favor and enjoy a delicious goji berry!

## Recapping This Section

- A great way to begin adding these four super-duper plant foods into your nutrition plan is to use them as a snack (except for garlic, best at night or no one will want you to breathe). For example. Manuka honey on a sandwich, or goji berries in your pocket, and Aloe Vera in liquid form to sip from time to time.
- Make sure you follow the instructions properly when cooking with garlic.
- Cancer prevention doesn't get much better than these foods, so begin using them in small amounts.

## Final Words

**L**iberate yourself – life is actually quite simple. What gets a bit too complex, though, is trying to remain simple. Don't you agree? Just as small drops of water make the mighty ocean, the little things you enjoy doing have the capability to turn you into a storehouse of confidence. When you were created, you were given the capability to achieve anything. However, in the process of growing up, you forgot what exactly your purpose was, and with lessening confidence and a sense of lost direction also comes awful eating habits. It happens to lots and lots of people who really feel like breaking free, but are too tied up in their day-to-day responsibilities, so much so that it gets impossible for them to spare even ten minutes to reflect on their lives, their direction, their dreams, and their goals. It's our duty to clear the mess that prevents us from hearing our heart. Your conversations with your heart should keep getting clearer, and the best way to do this is to find time to do what you enjoy, and to build optimal health through great nutrition.

Find your flock - birds of a feather flock together. You must surround yourself with people that share not only the same nutritional goals as you, but life goals as well. They are the people of your frequency, and the energy flow between you and them is natural. Life becomes easy when you are among the people who are more or less on the same plane of thought as you are, and it's easier to relate to them. They seem to understand you and vice versa, thus creating the conditions for healthy conversations.

Remember, optimal health through nutrition is a 24-hour job - the journey of a thousand miles begins with a single step. The idea is to begin with a small step that can be further developed into giant strides, so if you haven't already begun taking that first step, do so today. The only way to create something extraordinary in your life is to GO FOR IT! No matter how small your progress is, your focus should be on completing a task successfully, even though it's a small task. A series of big uncompleted tasks is a sure-shot way to depression. Break a big task down into a list of small tasks to be completed throughout your nutrition plan. Tick off from your list each job successfully completed. A completed task, no matter how small, gives a sense of achievement that boosts your confidence and equips you with more energy, so that you can try a bigger task.

**Create Your Own Luck, And Keep On Striving For Something Better!**