

The Truth about Your Nutrition

Regardless of your age, you can NOT be in optimal health without a combination of exercise and adequate whole-food nutrition. When I began in the fitness industry over 10 years ago, I was focused on exercise and the benefits it provided me from a physical standpoint; I wanted to be toned and look better in my clothes, and exercise made me feel stronger. I knew what I ate made a difference, but I only paid attention to the amount of calories I ate in order to maintain my weight. I didn't know the importance of what comprised those calories.

Even though exercise was my profession, I never felt like I could really attain the body I wanted. So I started to focus some of my effort on my nutrition. I have tried EVERY diet out there – Atkins, Protein Power, Zone, Fat Flush, bodybuilding, low fat, high performance, low carbohydrate - you name it, I tried it! And with each and every book or article I read, I had the determination and motivation to put the “diet” into my lifestyle.....for a while. But eventually, I'd break down and go back to my old habits. And I was often sick with a cold or sinus infection.

It wasn't until I started to learn about the benefits of whole food that things started to change. For the first time in my life, I didn't have to count calories. I didn't have to worry about my weight and the calories of every little thing I put into my mouth. And I was healthier, felt better and could think more clearly than I had at much younger ages. I also started to study about how our nutrition can create, prevent, and even reverse disease. These days, my focus is much more on my internal than my external physique. And now I have an extremely strong immune system that can withstand the stress of my hectic workout and teaching schedule, my busy life with my family, and the inevitable situation of being directly exposed to people with colds and the flu.

What I teach my students in class, in lectures and presentations is that if you eat and exercise today like your ancestors ate hundreds, even thousands of years ago, you will quickly find your ideal body weight, feel much younger and more energetic, have an iron-clad immune system and prevent chronic disease as you age. Your body NEEDS at least 7-13 servings of raw fruits and vegetables EVERY SINGLE DAY along with whole grains, beans, nuts and seeds, and maybe a small amount of meat. There is NO way around it. If you spend most of your time seated and eat the highly processed foods of today, your body, inside and outside, will reflect the junk you are putting into it, and your brain will slow as well. You ARE what you EAT!

Attached below are some of the tools I use to teach from. I hope they help you on your journey to optimal health!

My “DO NOT BUY” foods list!

These additives are contributing to the diseases that are ravaging this nation. These ingredients are directly being linked to all forms of cancer, auto-immune diseases like: chronic fatigue, Lupus, MS, diabetes, arthritis, Fibromyalgia, other diseases like endometriosis, heart disease, stroke, gastrointestinal diseases like IBS and Crohn’s disease, Alzheimer’s and Parkinson’s, ADD and ADHD and Autism.

- Partially Hydrogenated vegetable oils or “Trans-Fats”
- Hydrogenated oils - same as Trans-Fats
- Sodium Benzoate and Ascorbic Acid – these two together create Benzene Poisoning
- Hydrolyzed Protein - this is hydrogen added to protein
- Sodium Caseinate & Calcium Caseinate - linked to autism and other brain malfunctions
- Hydrolyzed Plant Protein, Hydrolyzed Oat Flour & Hydrolyzed Vegetable Protein, Yeast Extract & Autolyzed Yeast – another name for MSG
- Textured Protein & Plant Protein Extract - another hidden source of MSG
- Malt Extract & Malt Stock (thick sugary syrup) - Just another unneeded sugar.
- Spices or seasoning that you cannot pronounce
- Bouillon or Broth (organic broth is just fine, no chemicals are added)
- Natural Flavoring - bugs, guts and naturally occurring chemicals are all considered “Natural”
- High Fructose Corn Syrup – reports show ten times more addictive than sugar
- Nitrates & Nitrites - nitrate is harmless, but it can convert to nitrite, which can form nitrosamines, a powerful cancer-causing chemical in your body
- Enriched Foods - everything “good” was removed and replaced with chemicals and isolated vitamins
- Phosphoric Acid – clear colorless liquid, H₃PO₄, used in fertilizers, soaps and detergents
- Carmine, Cochineal Extract, Carminic Acid and PEG-80, 3, 46 and 120 - these are all names for the Cochineal Beetle used today for coloring foods (not only gross, but severe allergic reactions, especially with children)
- Any dyes, colors and preservatives that you didn’t make yourself
- Aspartame & Splenda

- Diacetyl – made in fermentation process causing respiratory injury and illness: [OSHA information about diacetyl](#),
- MSG, EDTA, BHA, BHTA or any other combination of letters - these preservatives will make it through the next ice age

Tips For Optimum Health, Weight And Wellness

Water

It is almost impossible to achieve good health or lose weight without an ample supply of water. Water brings nutrients to the cells and carries away toxins. **Divide your weight by 2 to determine the minimum number of ounces you should drink per day.** Buy a large water bottle. It's easier to track that way.

Fruits and Vegetables

These foods promote weight loss in a couple of important ways. First, the brain only has one means of telling your body it needs nutrients - sending hunger pangs! Since fruits and vegetables are packed with the nutrients your body needs, they help turn the "I'm hungry" message off in your brain. Secondly, they are rich in fiber, helping you feel "full" or at least "satisfied". **You need at least 7-13 servings every day** (combined)!

Protein

Each meal should include some protein. Believe it or not, there is a substantial amount of protein in vegetables. Protein does not mean you HAVE to eat meat to obtain it! Legumes (beans, lentils, etc.) are a great source, too. For women, soy is a must! How much protein is good per meal? Think about **an amount that would fit in the palm of your hand**, particularly with meat.

Complex Carbohydrates

If you've heard the high-protein and "no-" or "low-" carbohydrate dogma, BEWARE! Here's what you need to know. Simple carbohydrates like french bread, pasta, rice, most cereals, etc. turn to sugar if your body doesn't have an immediate demand for the energy they provide. Guess what happens to excess sugar? It is stored as fat in your body! So which carbohydrates are good? Those with high fiber like fruits, vegetables and whole grains. Why? Fiber slows the uptake of carbohydrates, allowing your body to use these calories over a longer period. If you love carbs, start reading labels. **A good ratio between carbohydrates and fiber and is no greater than 5:1.** (For example, if a slice of bread has 20 grams of carbohydrate, it should have at least 4 grams of fiber.) If you're trying to lose weight, consider lowering that ratio even further. Most vegetables have a 2:1 or 3:1 carb-to-fiber ratio. There are specialty breads and other grain products available with similar ratios. Shoot for a total of 30-50 grams of fiber each day!

Fats

You should eat healthy fats every day! Why? **It takes fat to effectively burn fat** (i.e. to use it as an energy source). What is a healthy fat? One that isn't cooked! Whole foods such as raw nuts, olives and avocados are all good choices. You don't need a lot. A handful of raw nuts will give you what you need. What fats should you avoid? Animal fats, oils of ALL KINDS, even olive oil, hydrogenated fats and fried foods. What about low-fat or fat-free goods? They're usually loaded with sugar which just turns to fat in the body anyway!

Avoid the Scale

Weight tells you very little about your health. **Body fat composition is a far more important** means of determining health. After getting an initial reading, body measurements can help you track your progress.

Eat Often and Consume Enough Calories

Once-a-day eating is one of the worst enemies of good health and achieving ideal weight. Your body thinks a famine is going on during the 23-1/2 hours you aren't eating! The ideal way to eat would be enough densely nutritious foods that fill the stomach and flip the "fullness and nutrition" switches - **5 or 6 times a day!** If you can't swing that, shoot for at least 3 meals per day. An insufficient number of calories sends the same "famine" message.

Exercise

You can accomplish your weight management and health goals by making sure you **allow for 45-60 minutes of exercise most days of the week.** You will create your most balanced and strong body with a combination of exercise. There are MANY benefits to yoga, but a great yoga session 1-2 times a week will create the flexibility your body needs and the detoxification your organs need. A strength training session 2-3 times each week will create muscle, which will help you tone and burn more calories. And finally, cardiovascular training like walking or jogging or classes like kick-boxing and Zumba burn lots of calories while you are doing them and are critical if you want to lose weight.

Other Helpful Hints

- Don't eat within two hours of bedtime.
- Don't drink with meals; sip water only. Fluids flood out digestive enzymes and your body won't break down food properly, which contributes to weight gain.
- Avoid aspartame. It keeps your desire for sweets going strong! NO DIET SODA!!!
- Focus on eating all the foods your body needs every day, not on what you can't have.
- Be patient. If you are trying to lose weight, and it took you two years to gain the weight, why expect to have it off in two months! It is genetically impossible to lose more than 2 pounds of FAT per week. If you lose more, it might be water, but it could be lean muscle mass, which will hurt your health and hinder your weight loss in the long run.
- Get at least 7-8 hours of sleep each night!

Did you know...?

- ▶ Eating [Cabbage](#) more than once per week cuts colon cancer odds by 66%.
- ▶ Eating a [Carrot](#) per day cuts stroke rate in women by 68%.
- ▶ Eating half cup of [Spinach](#) once per day cuts macular degeneration odds by 43%.
- ▶ Eating [6 servings per day of Fruits and Vegetables](#) cuts stroke rate by 44%.
- ▶ [Broccoli](#) has 20-50% more anti-cancer capabilities than Tamoxifen.
- ▶ Eating [9 serving per day of Fruits and Vegetables](#) cuts stroke rate by 66%.
- ▶ [Blueberries](#) lowers cholesterol better than drugs.
- ▶ [Apples](#) have natural estrogen and helps reduce cholesterol.
- ▶ [Acorela Cherries](#) are known to relieve symptoms of osteoarthritis.

- ▶ [Cranberries](#) are strong antibiotics and antivirals.
- ▶ [Oranges](#), besides being high on vitamin C, has every class of cancer inhibitor known.
- ▶ [Papayas](#) are natural medicine for helping digestion.
- ▶ [Peaches](#) contain Boron, which aids in calcium absorption.
- ▶ [Pineapple](#) is your best anti-inflammatory and helps dissolve blood clots.
- ▶ [Raw Beets](#) are a natural antidepressant.
- ▶ [Broccoli](#) is a super source of chromium, which helps regulate insulin & blood sugar.
- ▶ [Cabbage](#) is an anti-ulcer agent.
- ▶ [Carrots](#) fight heart and eye disease.
- ▶ [Kale](#) has 50% more calcium than milk.
- ▶ [Parsley](#) lowers blood pressure.
- ▶ [Spinach](#) lowers cholesterol.
- ▶ [Tomatoes](#) reduce your risk of skin, pancreatic, bladder and prostate cancer.