

**I always advocate for**

Products from animals that are properly raised and fed-pastured, grass fed/finished. GMO, hormone and antibiotic free (incl. raw whole dairy)

Poultry that is pastured and raised without GMOs, hormones or antibiotics.

Fish and shellfish that is wild caught from unpolluted waters.

All produce should be grown without pesticides.

Organic certification ensures no hormones antibiotics or GMO's.

**TRY TO AVOID**

Things in a box, bag, bottle, can or from a window

Refined carbohydrates/ grains-pastas, crackers, cereals

Factory farmed animals

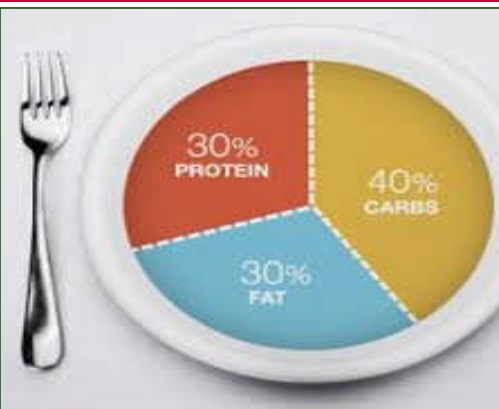
Hydrogenated fats, trans fats, processed oils

Refined and artificial sweeteners

Fast foods and deep fried foods

Alcohol, carbonated and caffeinated beverages

# Easy Steps to good health



**BREAKFAST, LUNCH and DINNERS**

**30% protein** -----animal products, fish/seafood, **whole** dairy

**30% fats** — healthy, non-hydrogenated, non-processed or heated polyunsaturated oils, raw, properly prepared\* nuts and seeds, saturated fats— animal fats, coconut oil, palm oil, butter, ghee (NO canola or soybean oil)

**40% good carbs**—leafy greens, non-starchy veggies with lots of butter and salt to taste, Limit fruits to two per day and only between meals with fat and/or protein

**HYDRATION—Water**

Make sure you are drinking at least ½ of your body weight in Oz. of water daily plus 1.5 to 2 times the amount of any diuretics you consume (carbonated beverages, bottled juices, green and black tea, coffee, some herbal teas, alcohol)

For an average adult, water should not exceed 100 oz. Over 250 lbs. not more than 128 oz.



**Your best choice is a properly prepared, nutrient dense, whole foods diet.**

**Proper preparation of nuts, seeds and grains\***

**soak, ferment, sprout**

All nuts, seeds and grains have a shell of phytic acid that prevents us from absorbing the contents of the nut, seed or grain. This phytic acid also binds to the minerals already in our body and carries them out.

To quote Michael Pollan, **“eat all the junk food you want as long as you cook it yourself.”**

**Signs of dehydration**

EARLY	MATURE
Headache	Migraines
Fatigue	Fibromyalgia
Anxiety	Heartburn
Depression	Back /joint pain
Irritability	Constipation
Cravings cramps	Colitis

Healthy Portion Control

**Eat in a resting and relaxed state**

slow down so that you can digest properly...You don't need to count calories, just pay attention to how you are feeling-eating slowly, chewing properly, are you getting full? If so, stop. Put the rest in the fridge for another time.

**Good ideas for snacks...**

- Hard boiled egg
- Fruit with nut butter
- Nuts and seeds
- Cottage cheese and fruit
- Meat stick
- Smoked fish or tuna
- Energy truffle
- Broth
- Yogurt, kefir
- Olives and cheese
- A piece of fruit & cheese
- Bacon

**Resources**

- \*www.thenourishinggourmet.com
- www.westonaprice.org
- www.healthylivingtc.com
- www.freecoconutrecipes.com
- www.realmilk.com