

## **BASIC NUTRITION AND LIFE STYLE CHANGES NEEDED FOR BETTER HEALTH**

For more information, visit our web site at [www.blossomhealthandwellness.com](http://www.blossomhealthandwellness.com).

**REDUCE OR REMOVE:** the following are either disruptive or destructive to the body's systems.

**Alcohol**      **Coffee**      **Carbonated Drinks & Water**      **Corn**      **Dairy:** Use Rice, Soy, Almond, sheep or goat's Milk  
**Fried Foods**      **Peanuts**      **Processed / Canned Foods**      **Pork**      **Tobacco**      **Sugar** (GI=Glycemic Index – the higher the number, the quicker the food triggers a rise in blood sugar, resulting in a surge of insulin) : Agave Nectar (GI: 1), Stevia (GI: 0), Xylitol(GI: 1), Honey (GI: 10), commercial honey (GI: 15), table sugar (GI: 10).

**Artificial sweeteners** (aspartame converts to formaldehyde during digestion and is a neurotoxin) **Wheat:** Use brown rice pasta, rye or rice crackers, wheat free and yeast free breads, Quinoa (a complete protein) **Microwave:** Molecular structure of food is changed; all enzymes are destroyed in 9 seconds. Radiation remains in the food. **All Chemicals:** The abundance of chemicals may cause the liver to become over taxed and unable to detoxify the body. Cosmetics, creams, deodorants, anti-perspirants & perfumes (any chemicals put on the skin enter directly into the blood); cleaning products, food additives, food coloring, MSG, etc. (these chemicals enter the body through the digestive or respiratory systems and also through the skin). **Plastics, Pesticides and Artificial Fertilizers** have a molecule similar to Estrogen and it is felt that they may contribute to breast and uterine cancer and may render men infertile.

### **INCLUDE THE FOLLOWING:**

- 1. VEGETABLES:** 4 (1/2cup) servings daily: preferably organic (pesticides may contribute to cancer: see above). Non-organic fertilizers contain toxic materials such as lead. Organic vegetables are high in minerals and fiber.
- 2. FRUITS:** 1or 2 pieces of fresh fruit daily. They are high in minerals and fiber.
- 3. WATER** – filtered and, if possible, alkaline, although any filter is better than none. Reverse Osmosis is one type of filtration. Drink \_ your body weight in ounces per day. Distilled water and essential oils, like lemon, help the body to excrete petroleum residues, metals, inorganic minerals, and other toxins. Distilled water is not alkaline and will leach out minerals, if used long term. However, it is useful in helping the body detoxify. Chlorine shuts down thyroid function.
- 4. MEDICINAL TEAS:** including green tea, ginger tea, & ginseng tea. Occasionally, Chia Tea is a good substitute for coffee. The oils in coffee become very toxic when brewed. It also stresses the adrenals, pancreas and heart. Coffee can cause weight gain.
- 5. EXERCISE:** start with walking 3 times a week: 10 min warm up walking; 10 min. power walking; 10 min. cool down walking. Build up slowly to 30 minutes every day. If desired add aerobics, weight lifting (helps build lean muscle), stretching or Pilates, but be reasonable and use caution.
- 6. DEEP BREATHING** from the abdomen helps to stimulate the **Lymph** system, the **Chi** to flow through the meridians and to increase **Oxygen** in the lungs. It also releases tension and negative emotions. At night when you sleep, your breathing is naturally reduced, so carbon dioxide builds up. This can create an acidic pH, which is the foundation for almost every disease condition. Start your day with several deep breaths to remove the carbon dioxide that builds up over night when breathing is shallow.
- 7. LEMON JUICE:** (pH 7.5) Since we are more acid in the morning, it is also good to have a glass of warm water and the juice of half a lemon (lemons are very alkaline) in the morning. This raises the pH and also helps the liver. You may add \_ - 1 teaspoon of honey, molasses (for added iron), a little stevia, agave nectar or Xylitol.
- 8. HYDROCHLORIC ACID (HCl):** **RAW ALMONDS** (pH 5.0) It is believed that 4 to 5 almonds a day may prevent cancer. Soak them in distilled or purified water over night or for a minimum of 6 hr. Or you may pour hot water over the almonds and soak them for 10 min. After 3 days, the almonds may go rancid. To create HCL, you will need a minimum of 3 almonds a day or as many as 1 for each 10 lbs. of body weight. Eat the soaked almonds first thing each morning. Since digestion starts in the mouth, chew well. **APPLE CIDER VINEGAR** (raw, unpasteurized – pH 5.5): Take 1/2 tsp to 2 Tbs apple cider vinegar in pure water. (You may add 1 tsp of Stevia, Agave, Xylitol or honey), before meals to increase the flow of hydrochloric acid in the stomach. (or you may take **Metagest** by Metagenics 20 minutes after meals to encourage the body to produce its own HCl).
- 9. DIETARY HINTS:**  
**Food Combining:** Eat proteins with vegetables; grains and potatoes with vegetables; fruits alone; and melons by themselves. Eat your heaviest meal at noon, no starches after noon and no sugar after dinner. It is best to not eat after 7:00 pm.  
**Never skip meals** because the body goes into starvation mode and starts to store food for emergencies, which puts weight on. Ultra Clear Plus, Ultra InflammX or Ultra Meal from Metagenics may be used to replace a meal or for a snack. These help to build lean muscle (necessary for good health and longevity) while allowing the body to use the stored fat.  
**Raw Fruits and Vegetables** are cooling to the digestive system. If your body runs cool, eat them later in the day (since our body temperature is lowest in the morning) or not at all, especially in the winter or if your immune system is compromised.  
**Eat according to your blood type** (A, B, AB or O). This is very helpful in keeping balance and so often helps keep the body at its optimal weight. The book, "Eat 4 Your Blood Type", is now available in your individual blood type.
- 10. ESSENTIAL OILS:** Essential oils were mankind's first medicine. They are the regenerating, oxygenating, and immune defense properties of plants; they increase ozone negative ions in the area, which inhibits bacterial growth. They quickly penetrate tissue and can be inhaled for immediate effects. Young Living oils are the highest quality essential oils on the market. Find out more about them at [www.youngliving.org/209840](http://www.youngliving.org/209840) or ask me.
- 11. NUTRITIONAL SUPPORT:** Primary needs: **Multi vitamin-mineral, Calcium, EPA-DHA** (omega 3 to keep the cell walls pliable in order to receive nutrients and excrete waste) , greens, **Probiotics** to keep our colon supplied with friendly bacteria (Ultra Flora Plus) and **Fiber** to keep the colon healthy (Meta Fiber Metagenics, PaleoFiber from DFH, NutriClean from MA or Nature's Three from Nature's Sunshine). Since most supplements are not absorbed on a cellular level, I recommend and have on hand, high quality products from **Metagenics, Designs for Health** (for neuro-transmitter support) and **Isotonix** (nutritional supplements that by-pass the digestive system).  
All of Metagenic, Designs for Health and Isotonix supplements are easily assimilated and therefore, give you more for your money.

We offer Nutrition Counseling Services to help you find out what your nutritional needs are. First we would use the Bioimpedance Analysis device to determine your body composition (intracellular vs. extracellular water & body fat vs. lean muscle. We also have an on-line Health Appraisal Questionnaire from **Metagenics** which evaluates each of your systems and gives an extensive print out.

**Make an appointment to learn your specific nutritional needs by calling 951-587-2949, EXT 1.**