



Nutrition Notes

Wellness Trading Post

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Nutrition Notes.

Fluids:

- Drink plenty of fluids, especially **water** (in general, the amount of fluid intake through the day should be about the same as the fluid being excreted from our body). General recommendations:
 - Eight to ten 8-oz glasses of water a day.
 - Herbal teas (they can help with our general health, digestion, calm the nervous system, help with sleep, coffee substitute, and more).
 - Fruit and/or vegetable juices (best being from fresh, organic fruits, homemade).
- **Caffeine:** Avoid/reduce intake of caffeine (coffee, chocolate, some teas, some pop's). Caffeine is a brain stimulant that can lead to hyperactivity, sleep disturbances, can inhibit the absorption of nutrients, increases the acidity of the body, increases loss of calcium (increasing the risk to osteoporosis).
Help tip: If you are a coffee drinker, visualize you are awake, energize & content with one cup a day.
- **Soda pops:** Avoid/reduce soda-pops. They are high in sugars, and contain phosphates that can displace calcium and magnesium which has been linked to hyper-kinesis (high muscle activity), and increasing the risk of osteoporosis.
Help tip: If you are a pop drinker, visualize your body craves and enjoys water, juice, tea over pops.
- **Alcohol:** Avoid/reduce intake of alcohol. Alcohol stresses the liver and inhibits production of digestive enzymes, raises blood sugar level, promotes the elimination of nutrients through urine and dehydrates the body, and increases uric acid (associated with kidney stone and rheumatic conditions such as gout). In excess and long use, it damages liver, pancreas, nervous system, increases the risk of cancer (esp. mouth, throat and stomach cancers).
Help tip: visualize your body craves and enjoys water, juice, tea over alcohol.

Eat small and frequent meals over few large ones. Small/frequent meals a few hours apart give the body a constant supply of nutrients and energy throughout the day. Small frequent meals are also easier to digest than large ones, and help reduce heartburns and acidity.

Fiber (bran, cellulose, gum, hemicellulose, lignin, mucilage, and pectin):

Fiber promotes the health of the digestive system. Fiber draws/removes toxins and heavy metals from the body, helps lowering cholesterol, stabilizing blood sugar levels, and reducing the risk of colon cancer. In addition, fiber helps with hemorrhoids, weight loss, and constipation.

Try to include food-containing fiber in every meal (whole-grain cereals and flours, brown rice, bran, lots of fresh fruit and vegetables, dried prunes, nuts & seeds, legumes such as lentils, peas, soybean, beans in general). In case of supplementary fiber, take this separately from normal meals, medication, and/or nutritional supplements since high amount of fiber can hinder absorption of some nutrients (e.g. zinc, iron, calcium) and medication.

- Gum and mucilages help regulate blood sugar levels, lowering cholesterol, and removal of toxins. Oatmeal, oat bran, sesame seeds, dried beans, psyllium seeds.
- Cellulose helps with hemorrhoids, varicose veins, colitis, constipation, and the removal of cancer causing agents from the wall of the colon. It is found in the outer layer of fruit and vegetables (examples: apples, beets, broccoli, carrots, celery, green beans, lima beans, pears, whole grains).
- Hemicellulose helps with constipation, reduces carcinogens in the bowels and reduces the risk of colon cancer, and helps with weight loss. It is found in apples, bananas, pears, peppers, and whole grains cereals.
- Lignin helps lowering cholesterol, inhibits formation of gallstone (examples: brazil nuts, carrots, green beans, peaches, potatoes, strawberries, tomatoes, whole grains).
- Pectin regulates the absorption nutrients and sugar, making beneficial in diabetes. It helps in the removal of toxins and heavy metals, reduces the side effects of radiation, reduces the risk of gallstones, and heart disease (examples: apples, beets, cabbage, carrots, citrus fruit, bananas, dried peas, okra).

Nutrition Notes.

<input type="checkbox"/>	<p><u>Fresh fruit and vegetables:</u></p> <p>Eat plenty of fresh fruit in vegetables. They are high in fibers and nutrients, phytochemicals that promote health, promote healthy bowel movement, and are natural cleansers/detoxifiers. In general, fruit and vegetable are alkaline to the body, and counteract excess acidity on our body (excess acidity can be detrimental to our long term health – it can affect the health of our immune system, digestion, bone strength, healthy function of our organs)</p> <p>Colorful fruit and vegetables such as cherries, blueberries, strawberries, raspberries, peppers, grapes, tomatoes, etc. are high in flavonoids (substances that are antioxidants, thus, help neutralize free-radicals).</p> <p>Yellow and orange color fruit and vegetables (mango, papaya, yam, sweet potatoes, carrots) are rich in carotenoids (precursors to vitamin A).</p>
<input type="checkbox"/>	<p><u>Essential Fatty acids (EFAs):</u></p> <p>EFAs are needed by every cell in the body. They are important for cell respiration, the lubrication of tissues (skin, joints). They support the adrenal and thyroid activities, and are used for the production of anti-inflammatory prostaglandins (hormone-like agents). EFAs are normally found in concentrated amounts in the brain, and are required for the normal development of the brain, and help with nerve transmission. In addition, EFAs help reduce blood pressure, protect against arthritic conditions, lower cholesterol and triglycerides levels, and reduce the risk of thrombus formation. Deficiencies are linked to hyperactivity, impair ability to learn and recall information, and reduce growth.</p> <p><u>EFAs sources:</u></p> <p>Omega-3 EFAs: Cold-water fish, such as salmon, tuna, herring, are good sources of (esp. decosahexaenoic acid, DHA – the fatty acid that is a major component of the brain, and needed for its development). Also, flaxseed oil, canola oil, and walnut oil.</p> <p>Omega-6 EFAs: Wheat germ, Evening Primrose oil, borage oil, vegetable oils such as soy, corn, and safflower; avocado, nut, and seed oils, grape seed oil.</p>
<input type="checkbox"/>	<p><u>Good Fats/Oils (unsaturated/polysaturated fats):</u></p> <p>Increase <i>cold-pressed</i> vegetables oils such as olive oil, soybean, safflower, almond, avocado, sesame oil. Oil/Fats are needed to build the cell membranes, used to protect organs, can be a source of energy, a source of EFAs. Polysaturated oils help reduce cholesterol levels and improve the ratio of HDL and LDL.</p> <p>Except for olive oil and canola oil, avoid cooking with these oils since they oxidize very easily. They should be eaten with salads, or added to the meals just before eating.</p> <p>Note: it is controversial if canola oil is good for our health; if you are a canola oil user, best to buy it organic</p>
<input type="checkbox"/>	<p><u>Saturated animal fat, hydrogenated fats/oils:</u></p> <p>Reduce intake of saturated animal fats, and foods high in animal fats, such as hamburgers, deep fried food (French fries, deep fried chicken), some cheeses, etc. They are associated with high cholesterol, obesity, cardiovascular diseases (high blood pressure, atheroma, arteriosclerosis, heart disease, and others), and cancer (colon, prostate, and ovarian cancer).</p> <p>Note: toxins (including heavy metals, and “bad” chemicals) are usually stored in the fat of the animal (i.e. beef, pork, poultry, fish, etc). Try getting organic source whenever possible.</p> <p>Avoid hydrogenated oils (margarines, vegetable shortening, food prepared using hydrogenated oils, or products containing them). Hydrogenated oils are considered a source of carcinogenic agents; they raise blood cholesterol levels and increase the risk of cardiovascular diseases.</p>
<input type="checkbox"/>	<p><u>Proteins:</u></p> <p>Our bodies need protein to build tissue (muscle, hair, nails, etc), hormones, enzymes, antibodies.</p> <p>Protein sources include animal protein (fish, poultry, beef, pork, milk and dairy products, eggs), and vegetable proteins (such as nuts and seeds, beans, beans sprouts).</p> <p>If you are not a vegetarian, try eating a good balance of vegetable and animal protein. Eat higher amounts of vegetable protein over animal one. If consuming animal protein, eat fish and poultry over beef and pork.</p>

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<input type="checkbox"/>	<p><u>Sugar:</u></p> <p>Replace <i>simple or refined carbohydrates</i> (such as simple sugars/sweets, white flour products such as white bread, cakes, cookies) with <i>complex carbohydrates</i>. <i>Simple sugars or refined carbohydrates</i> affects the blood sugar levels dramatically – when they are absorbed into the blood stream, it creates a sugar-spike producing a “sugar high”, followed by a crash, causing a hypoglycemic state (producing irritability, aggressiveness, restlessness, foggy-brain, reduced ability to concentrate, headaches, nausea, sensitivity to light and/or noise). Hypoglycemia can cause the body to release adrenaline, which can also provoke aggressiveness.</p> <p>Furthermore, the up and down spikes of blood sugars overwork the pancreas (to produce & secrete more insulin) increasing the risk of diabetes. Sugar also increases the acidity of the body, depresses the immune system (making a person more susceptible to allergies, and infections); reduce absorption of protein and nutrients (esp. calcium); slows down the growth of beneficial intestinal flora, and promotes the growth of Candida in the body (associated with yeast infections, and high toxins in the body that affect mood and behavior and the body’s general health).</p>
<input type="checkbox"/>	<p><u>Processed foods:</u></p> <p>Avoid highly processed food esp. with a lot of additives added (fast food, hot-dogs, cold-cuts/deli-food, hamburgers, many ready-to-eat canned foods, “TV-diners”, etc).</p> <p>In general, they have little nutritional value, and are high in calories and additives. Many of the food additives have been linked to health disorders, such as allergies, headaches, asthma, learning disability problems. Making a habit of reading food labels is educational, and helps us become familiar with the types & amounts of additives that are being put in our food, and which ones are important to avoid. A rule that is becoming popular when reading ingredients on labels is “<i>if you can’t pronounce it, don’t buy it</i>”.</p> <p>Some additives that are good to avoid are: MSG, Butylated hydroxy anisol (BHA), Butylated hydroxy toluene (BHT), Potassium nitrate, Sodium nitrate, and Sodium nitrite, Tartrazine or yellow dye #5, blue dye, red dye, Benzoic acid, carmine, FCF, carmoic acid, cochineal, sodium, indigo.</p>
<input type="checkbox"/>	<p><u>Goitrogen Foods:</u></p> <p>Goitrogens are substances that reduce thyroid activity by blocking iodine utilization. They are found in some raw fruit and vegetables, and cooking normally inactivates this action.</p> <p>Goitrogen foods include: turnips, cabbages, mustard greens, radishes, horseradish, kale, cassava root, soybeans, peanuts, pine nuts, and millet, peaches, pear, spinach, turnips.</p> <p><u>Health tip:</u></p> <ul style="list-style-type: none">● In the case of hyperthyroid (over active thyroid): try including some of these goitrogens foods in your regular diet (must be eaten raw to be effective).● In the case of hypothyroid (under active thyroid): avoid/reduce intake of these foods, or cook them well before eating.
<input type="checkbox"/>	<p><u>Purines:</u></p> <p>Purines are the end products of nucleoprotein digestion, and then are transformed into uric acid for excretion by the kidney. Purines are found in high amounts in some foods esp. animal foods. Frequent consumption of these foods may raise the uric acid levels in our body, and our body not be able to eliminate/excrete it all. In such cases, the uric acid may accumulate in our joints. Uric acid in our joints has been associated with arthritic pain and gout.</p> <p>Foods high in purine include: fats, meats and organ meat, shellfish, yeast, anchovies, sardines, herrings. Alcohol accelerates the purine breakdown, thus, raising uric acid levels.</p> <p>Health tip: avoid/reduce purine-containing foods if prone to Kidney stones (esp. uric acid type of stones), or gout.</p>
<input type="checkbox"/>	<p><u>Detox or body cleanse:</u></p> <p>If possible, do a body cleanse/detoxification for at least 3–7 days at least once a year. This would help the body remove excess toxins, and offending substances that may have accumulated. Accumulation of toxins lead to irritability, mood swings, reduced concentration, headaches, “foggy” brain, allergies, and other health problems.</p>

Nutrition Notes.

Food Allergies:

- Avoid/eliminate known offending foods.
- Avoid/eliminate foods that are commonly known food allergens. Namely: milk and dairy products, soy, grapes, peanuts, citrus fruit, gluten, corn, yeast, tomatoes, shellfish, eggs, chocolate, and food containing high amount of additives.
- If sensitive to aspirin, avoid/eliminate salicylate-containing food. Salicylates are aspirin-like substances that can be found in plants/foods, and can trigger the same sensitivity as aspirin when taken. Foods that are known to contain salicylates are: almonds, apples, apricots, all berries, cherries, cucumbers, currants, oranges, peaches, peppers, plums, prunes, and tomatoes.
- Avoid processed food high in additives (coloring, preservatives, flavoring) such as: MSG, Butylated hydroxy anisol (BHA), Butylated hydroxy toluene (BHT), Potassium nitrate, Sodium nitrate, and Sodium nitrite, Tartrazine or yellow dye #5, blue dye, red dye, Benzoic acid, carmine, FCF, carmoic acid, cochineal, sodium, indigo.
- Reduce or avoid foods that promote mucus production: milk and dairy products, citrus fruit, bananas, peanuts, refined carbohydrates (refined sugar, white flour products such as pasta, bread, cakes, cookies), soy.

Health tips:

- Visualize your body is healthy and free of any type of “allergies”

▪ **Elimination/re-introduction diet to help determine offending foods:**

The first step is to clean the system from the known or possible offending foods by eliminating them from the diet for a period of time (normally 2 to 4 weeks). Then, you re-introduce one food-item per week (or at least every 4 days) into the diet. If there is a reaction, remove the offending-food from the diet. The following week (or after 4 days), re-introduce a new item.

You can re-test any item that caused a reaction after 4 weeks. If the item causes a reaction again, then eliminate that item from your diet all-together (you can re-test after these food-item after a year or two if desired).

- **Rotation diet (to reduce risk of creating food sensitivities):** This diet simply means do not eat the same types of foods day after day. The idea is to allow the foods to clear from our body before eating the same food again. Rule of thumb: wait 3 to 4 days before having the same food again. This reduces the risk of the body over reaction to some food since they are not present in our body all the time. In addition, if there is a reaction, it is easier to identify which food the body may be reacting to.

Buying Organic (or foods that are grown free of man-made chemicals):

Buy organic whenever possible. This not only supports improving our planet’s environment (air, soil, and water), but also reduces the amount of man-made chemicals entering our body. Common source of chemical are pesticides, fungicides, and other substances put on fruits/vegetables to improve their colorings, slow their ripening, preserve them. These chemicals add stress to our body, can affect many systems of our body (including our immune and nervous system) and are linked to many health conditions.

Organic foods are grown using natural fertilizers, which helps keep the soil alive and full of nutrients. Thus, organic foods tend to have richer flavor and higher nutritional value. Organic meat, poultry, milk, eggs, mean that the animals have been raised free of hormones, and chemicals (since the animals are fed with chemical-free foods and antibiotics).

It is best to wash well the fruit and vegetables before consuming them. In addition, in the case of non-organic fruit and vegetables, peel the skins (if possible/feasible) to reduce the intake of chemicals that are usually sprayed over them. When organic, the skin of some fruit and vegetables are beneficial such as apples, pears, and potatoes (rich in fibers and nutrients).

Nutrition Notes.

Cigarettes:

Avoid/reduce cigarette smoking (including second-hand smoke).

Although not a food, cigarette smoke is included here because it affects the healthy function of our lungs, and it has been associated with many health conditions:

- Cardiovascular: atherosclerosis, high blood pressure, coronary heart disease, peripheral vascular disease, myocardial infarction, stroke.
- Respiratory: rhinitis, sinusitis, respiratory infections, chronic bronchitis, emphysema, asthma, lung cancer.
- Immune/endocrine: diabetes, cold hands/feet, low immune system, fatigue, allergies, increases levels of free-radicals which in turn, increases damage to vessels, organs and tissues, and increases the aging process; increases the risk of cancer (lung, mouth, tongue, throat, esophageal, bladder, kidney, cervical),
- Nervous system: Alzheimer's disease, headaches, memory loss, anxiety, senility
- Digestive system: vitamins and mineral deficiencies, hiatus hernia, heartburn, cancer (mouth, tongue, esophageal, pancreatic), peptic ulcers
- Others: increase infant mortality, low birth weight, burns, impotence, leg pains

In addition, cigarettes contain Cadmium, a heavy metal that replaces Zinc in the liver and kidneys and can accumulate in the body. Long exposure to high level of Cadmium can lead to high blood pressure, dull sense of smell, yellow discoloration of the teeth, nasal inflammations (runny nose, congestion), joint pain, hair loss, reduce appetite, dry/scaly skin, and can weaken the immune system.