

CONDITIONING THE CORE from the INSIDE, OUT

What's the best way to get the best abs? It isn't just more crunches, less food. Your perfect six-pack comes from keeping your gut from fermenting foods, bloating, backing up and distending. Most typically perceived 'fit foods' wreak havoc within your intestinal track causing toxic wastes to accumulate along the insides of your 26 plus feet of large intestine. Cleaning out your pipes means flattening out your pack. Condition with-in!

SEVEN GOLDEN RULES OF HEALTHY FOODS (and Why to Honor Them)

EAT A RAINBOW ASSORTMENT OF VEGGIES AND FRUITS WITH AT LEAST 1/3 UNCOOKED

- ❑ Helps prevent many chronic diseases (heart/cancer/strokes/macular degeneration/cataracts...
- ❑ Provides full spectrum of plant pigments for powerful antioxidant effects
- ❑ Provides photo chemicals {carotenes/chlorophyll/flavonoids/fibre/enzymes) to fight disease and slow down the aging process as well as Vitamins C, E, and Selenium that work in harmony with antioxidants to prevent free radical damage to cells

AVOID REFINED FOODS and CARBOHYDRATES INCLUDING:

- ❑ **All Refined** sugars and white flour products of any kind: bread, bagels, pasta, rice, cakes/cookies/crackers
- ❑ These trigger a rapid rise in blood sugar causing the body to boost insulin secretion which can lead to obesity, poor blood sugar regulation, impaired digestion, nutrient absorption, inflammation, Diabetes, etc...
- ❑ Sugar/over refined grains feed cancer cells, cause unhealthy bacteria growth, and rob you of vital nutrients.

CHOOSE ORGANIC FOODS

- ❑ **Buy Organic** produce and most importantly - Organic Meats, Dairy, Soy, Eggs. Also Corn and Wheat.
- ❑ These have the highest concentration of harmful substances and are linked to cancers and other diseases.

REDUCE or ELIMINATE MEAT AND DAIRY CONSUMPTION

- ❑ Studies confirm the higher ones intake of meat and other animal products, the higher the risk every degenerative disease including heart disease and cancers such as colon, breast, prostate and lung.
- ❑ Animal products are fibre-less and void of antioxidants and photo-chemicals that protect us from cancer.
- ❑ They have an excess of saturated fats, hormones, antibiotics and carcinogenic compounds such as pesticides, herbicides and fungicides. When grilled, fried or broiled they are even more dangerous.
- ❑ Dairy products also cause inflammation and digestive issues that disrupt digestion and lead to weight gain.

EAT THE RIGHT FATS

- ❑ **Eliminate:** Fake Fats/Trans Fats and Long Chain Saturated Fats and deep fried foods
- ❑ Reduce intake of Omega 6 fatty acids found in meat, most vegetable oils including soy, sunflower, safflower and corn. These are associated with increased risk for cancer and numerous additional health issues such as heart disease, stroke, high blood pressure, skin disorders and diabetes
- ❑ Over-consumption of these is usually associated with deficiency of mono-unsaturated fats from nuts and seeds, olive and canola oil along with Omega 3's from fish, flax, hemp and walnut oils.

REDUCE SODIUM INTAKE AND INCREASE POTASSIUM

- ❑ High sodium and low potassium intake can cause high blood pressure and increase risk of cancer
- ❑ Keep intake of sodium below 1500 mg and increase potassium w/ a natural foods diet abundant in vegetables and some fruits

DRINK PURIFIED WATER – LOTS OF IT

- ❑ Body average of water is 10 gallons with a minimum of 6 glasses per day to cover what is lost in urination, sweat and breathing
- ❑ Mild dehydration impairs physiological and performance responses.

TOP FOOD ALLERGENS - Wheat, Corn, Soy and Dairy. Avoid Completely or consume in moderation!

Always Choose: FRESH - SEASONAL – LOCAL- LIVING/ENZYME RICH – PERISHABLE – CLEAN – ORGANIC

ALKALINE AND ACIDITY – HEALTH AND INFLAMMATION (A.K.A. - belly bloating):

The accumulated years of overeating poor quality foods, lack of sleep, consumption of alcohol, tobacco, coffee, drugs and other toxic substances all upset the delicate balance of the gastrointestinal tract's intrinsic nervous system and alter the body's chemistry. An unhealthy gastrointestinal (GI) tract plays a critical role in a wide variety of illnesses: a depleted immune system, back pain, fatigue, headaches and depression etc...

Continual overeating, use of stimulants (such as coffee) and the ingestion of toxic drugs (prescription and non-prescription) deplete the vital energies of the body. Drugs cannot restore energy to the GI tract; rather, they deplete it. All drugs have toxic effects and the body must expend energy in trying to neutralize and eliminate them. Coffee, alcohol, tobacco and junk food are included in this category. The body will ultimately break down unless given the opportunity to recover its energies.

To utilize the nutrients in our food, digestion, absorption, assimilation, cellular excretion and elimination of wastes are all called into play. This requires the expenditure of significant amounts of energy. To continually eat when the GI tract is not functioning properly is equivalent to exercising with a torn muscle or walking on a broken leg. Excerpt from:

Nourishing the Gastrointestinal Tract - Paul A. Goldberg, MPH, DC www.goldbergclinic.com Source: alive #247, May 2003

HOW TO BECOME MORE ALKALINE

One of the most important steps to increasing alkalinity is to reduce intake of acid-forming foods and increase intake of alkaline-forming foods. The ideal diet is comprised of 75% alkaline-forming foods and 25% acid-forming foods. Other proven ways to become more alkaline:

An ideal pH range is between 6.2 to 7.4, typically fluctuating as follows:

- Morning: 6.2 to 7.0
- Afternoon: 6.6 to 7.2
- Evening: 7.0 to 7.4

What does it mean?

If your pH level is consistently 5.5 or less, you are overly acidic and should adjust your diet accordingly. While you may feel okay, your health is at risk over the long-term.

Learn more about pH

To find out more about the acid-alkaline connection, including how to choose the right supplements and more, visit: www.genuinehealth.com

Easy Steps You Can Take Now!

Drink fresh, natural water throughout the day with a squeeze of lemon.

Begin each morning with a green food, such as greens+ ; Trophic greens; New Chapter; Ruth's Hemp Protein powder w/E3 Live and Maca...

Enjoy avocado, kale, Swiss Chard, carrots, celery, apples etc as healthy snacks

Practice deep belly breathing for oxygen fuels a more alkaline intestinal environment.

PRE AND POST FUELING FOR ACTIVITY

PRE EXERCISE: For 1 hour intense activity, choose fruits - Simple Carbs such as:

Dates – the glucose can be used for immediate energy and

Fructose -a fruit sugar are great choices such as Bananas, mangos, papayas. These are alkaline forming.

Coconut oil is a fabulous source of energy. A combo of dates w/ a touch of coconut oil is a great choice.

For longer duration (3 hrs): 3 parts carb, 1 part protein, 1 part EFA's. I.e.: Hemp protein shake or power balls.

NUTRIENT REPLENISHING IMMEDIATELY AFTER ACTIVITY:

Imperative to aid in recovery as well as to fuel muscle growth! Carbs are needed as well as 'easy to digest' protein. A good ratio is **1 part protein to 3 parts carb** (less fibre is better for quick absorption).

I.e.: Enjoy banana cubes shaken or dipped into hemp, Chia or ground flax seeds.

Note: Dairy products cause inflammation! Chocolate milk is NOT a good choice.

POST EXERCISE: Refuel with a nutrient rich meal of an easy to digest protein with healthy fats and veggie carbs.

SUPPLEMENTS Known to Augment Dietary Approach

1. **Pro-biotics** – Supplements: Healthy bacteria: Lactobacillus Acidophilus
Food Sources: Active Raw or augmented Yogurt (Recommended for periodic use).
2. **Digestive Enzymes** – Supplements: Digest-aid, bromelain, pineapple and papaya etc...
Food Sources: Raw foods, Fermented foods such as Miso
3. **Multi Vitamins and Minerals Complex** –
Supplement w/ Multi Vit/Minerals Complex
4. **Phytochemicals** – Sources: Garlic/leeks/onions/Broccoli/cabbage/kale/Carrots/Yams...
Supplements: Barley and wheat grasses "**GREENS**" Trophic Greens Concentrate, Greens Plus...
5. **Essential Fatty Acids** – Omega 3's most particularly
Food Sources: Fish/dark greens/flax/ walnut, hemp, pumpkin seeds, nuts, oil,
Supplement w/ Quality fish oil such as Krill, flax and hemp oils
6. **Fibre** – Supplements: Psyllium/Flax/Hemp/Chia seeds, fibre-aid...
Food Sources: Complex carbs: Fruits and Veggies / Unrefined Whole Grains/Cereals, Legumes

Resources/References:

Eating DVD – The Rave Diet and Lifestyle Mike Anderson; Dr Esselstyn www.diseasefree.com, The Cancer Project

www.cancerproject.org; Diet for a New American /Total Health Solution Dr. John McDougal www.drmcDougall.com

The Omnivores Dilemma Michael Pollan; John Robbins <http://www.johnrobbins.info/blog>

Staying Healthy w Nutrition Elson Haas; The China Study Colin T Campbell www.tcolincampbell.org

www.diseaseeducation.com ; www.foodmatters.com ; www.ewg.org ; www.vegsource.com

Harvard School of Public Health www.hsph.harvard.edu; Dioxin information www.ejnet.org

Health Everyday Eating Essentials - Dietary Coaching

Learn how to transition towards **eating healthier** as an everyday habit **with ease and style**. With encouragement, guidance, accountability, direction, feedback, support and suggestions you be taking better care of yourself, eating great, feeling better and **loving the results**. Consults and coaching are available locally or long distance.

More info www.terigentes.com or teri@terigentes.com