



Welcome to a healthier lifestyle.....

Welcome to a healthier you.....

Thank you for choosing our wellness center to assist you in achieving your personal wellness goals now and throughout your life to achieve physiological, mental and spiritual health. In order to assist you in getting started on a path to proper lifestyle living we have put this introduction together for you.

What we do at Essential Health Wellness is to assist the body to repair and replenish metabolic pathways and metabolism or to correct dysfunction in body systems. It is a supplemental program not a permanent program. Once that is accomplished it is your lifestyle of proper nutrition, stress management, exercise and proper sleep that sustain the body and mind optimally. So let's get YOU started on the path to proper lifestyle.

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Introduction

When I was taught Functional Medicine, I was taught that the body does not malfunction in isolation but rather from stressors placed upon the body, namely emotional, nutritional, environmental and hidden inflammation. All of this is correct, however, I was taught that emotional stress was the main driver of the stressors. While I could argue that this is true, I have come to realize it would be far less true if we had our bodies fine tuned like a race care.

Where am I going with this? It has been ingrained in our heads for the last 50+ years that a low fat high carb diet is the proper diet. Lots of whole grains, breads, cereals, vegetables, starchy potatoes and low on saturated fat. After all this was deemed a healthy diet. Then you might start to ask yourself why we have one of the highest incidences of weight control, diabetes, obesity, CVD, cancer, Alzheimer's, depression, ADD, ADHD, and basically ever other disease you can name.

Don't get me wrong emotional stress is a huge driver of dysfunction in metabolic pathways, but, and this is a big but, if our bodies were operating at peak levels we would be able to "cope" with these emotional stressors much better. Thus we would be healthier both physiologically and mentally. And that is what I am going to teach you, how to readapt your body and brain to burn good, clean, steady fuel. You are going to learn how to be metabolically flexible so you can change the mix when you want – high speed when needed or endurance steady as you go.

Let the learning begin....

Food Groups

We have three main food groups, fat, protein and carbohydrates. Let's break each one down so you understand what they are.

- Carbohydrates - carbs are found in many foods, but exist in high levels in starchy and sugary foods, and refined and processed modern foods. This includes breads and cereals, pasta, rice, fruit, starchy vegetables like potatoes, sugar and honey. Carbohydrates mostly break down into glucose, the simplest carbohydrate in the body. Although we need glucose to live, the body can produce enough of its own through what is called gluconeogenesis, the conversion of protein to glucose. Carbohydrates are NON essential for life.
- Protein – protein which when fully broken down are Amino Acids. Out of the 20 amino acids 10 are essential, meaning the body cannot make them they must come from the food we eat. Amino acids are the building blocks of life. They are involved in every metabolic pathway. They are the precursors to neurotransmitters that make our brain function, without them we cease to exist.

- Fat – fat is essential is comes in different forms, monounsaturated, polyunsaturated and saturated. All three are extremely healthy and needed for our survival. The brain is mostly all fat. Every cell in the body has a lipid (fat) layer, every nerve has a myelin sheath made of fat for insulation without it the nerves do not fire correctly.

What are we going to change in the way of nutrition.....

Our goal is to put our bodies back into the metabolic state they were meant to be....a fat burning machine. We are going to revert back to a low carb healthy fat (LCHF) nutritional intake to fuel our bodies. LCHF embraces eating whole foods, foods that are not processed and generally not broken down. It consists of lower carbs, moderate protein and a higher intake of healthy fat. It is far more fuel efficient than a high carb diet that most of you are eating. Carbs burn dirty and produce reactive species or free radicals. Free radicals are the main driver of accelerated aging and all of this taxes your immune system which has to clean this up day in and day out.

What benefits will we feel

- Lose weight and keep it off for good. Most everyone has tried the newest and latest fad diet and for a while you were successful, but then you put the weight back on again usually along with some more.
- Stop constantly feeling hungry and beat yourself up when you eat foods you shouldn't.
- Improve inflammatory conditions. Ingesting large amounts of glucose is inflammatory to the body and to the brain. Yes, I said brain, most people do not realize that the brain can be inflamed, it is quite common.
- Steady energy levels. Fatigue is so common most of you think it's just normal. The five-hour energy commercial I think sums this up quite well with people literally dosing off in the middle of the day. Soda, candy and energy drinks are NOT the answer. Yup you got it MORE glucose and the cycle starts all over again.
- Feeling emotionally and mentally stable. By eliminating the constant ups and downs associated with a glucose filled diet your brain is set at a more constant rate.
- Cravings disappear because you are not sugar loading your body.
- Deeper and better sleep.
- Live better and longer. Do you simply want to be the best you can be in health and in life? Do you want to be able to provide food for yourself and your family that is tasty, nourishing and easy?

If you find yourself nodding your head when you read this list, then LCHF is definitely for you. Remember this is not some new way of eating on the contrary this is how we survived for thousands of years before the advent of commercial agriculture and processed foods in the last fifty years. We are going back to fueling our bodies the way they were designed.

Why does this work

- If you gain weight easily, feel lethargic, stressed and are out of shape, chances are you are insulin resistant and intolerant to carbs, they are one in the same. LCHF is the best lifestyle approach for managing insulin resistance.
- When you can control your blood sugars and the hormones that control your energy levels and weight (especially insulin), your body will respond by working as it was designed to – as a fat-burning machine!
- Weight control will become effortless, your energy levels will be better and you will feel great. Free at last from the low-fat, calorie-counting way of living that left you hungry, sick and tired.
- What raises glucose and insulin levels, carbohydrates. We all vary in how we respond to and tolerate carbs. Finding your particular carb-tolerance level means your blood sugar and insulin will be well controlled.

The keys to becoming Keto adaptogenic are

1. Replace processed foods and junk food with real, actual food is the foundation of the LCHF lifestyle.
2. Cut the carbs down... not out. Sugar and grains are not good for you, yes that means bread, even if it is wholegrain. Just how low you go depends on your personal tolerance to carbs, or degree of insulin resistance.
3. Vegetables are good for you, above ground are less glycemic. Eat lots of them, at each meal if possible. The good news is you can add fats such as olive oil or butter to make them taste even better and get a good dose of healthy fat at the same time.
4. Make fat your friend, sugar is out, total carbs are **low**, protein is moderate and, because you have to get your energy from somewhere, fat is in.
5. Put protein in its place. You need protein for life, but once you have more than your body needs, it gets converted into sugars (glucose) by the liver. LCHF is not a high-protein diet. Many people stall in their progress because they are overdoing the protein.
6. Eat on cue. The whole point of LCHF is that your body will now be able to send and receive the messages it needs to stay in shape, to tell you when you are full and to energize you.
7. Surround yourself with helpers, ask for support and don't be afraid to request exactly what you want when you are out and about. Yes, it feels odd to order a

burger without the bun the first time, but you will be amazed at how much people will help someone on a life mission.

8. Diligence, not effort. Relying on your will power, like avoiding the chocolate cookies in your pantry is futile. Instead, rely on being organized and having a ready supply of the right foods around you (diligence) in the first place.
9. Adopt the 3-meal rule. Humans make mistakes. We expect you will fall off the wagon. That's okay as long as you jump back on again. We run the 3-meal rule: there are three meals a day, 21 meals in a week. Let's get most of them right, knowing that three meals off the wagon a week is okay.
10. Other things also affect your health – exercise, alcohol and cigarettes, drugs, whether over the counter or illicit, stress, sleep and much more.

Top three concerns

1. Will adopting this way of eating be bad for my health? Actually it's the exact opposite. Eating nutrient dense, whole foods with good quality healthy fats, while reducing nutrient poor carbohydrates promotes health and will eliminate some of your existing health issues.
2. Is this a fad diet? Absolutely not. For one it is not what I call a diet rather the way our bodies were meant to be fed and have survived on for thousands of years until recently. Eating a diet high in sugars or glucose promotes insulin resistance, inflammation and poor health. Just look around you at the amount of people who are overweight or obese and how many people are suffering from diabetes. Currently 30 million americans have diabetes and another 60+ million are pre diabetic.
3. Is almost eliminating carbohydrates legitimate? Healthy fat and protein are essential to the human body, we can't produce all of them entirely they are essential for us to survive. However, we can produce glucose from protein when needed if we had to. Currently we indulge in a diet that is predominately from carbs causing insulin resistance. Foods such as breads, cereals, pasta, rice, crackers, bagels are nutrient poor, with little to no vitamins and minerals and few fat and proteins. Clearly these are useless foods that are mainly fillers.

Proteins:

It is important that you *eat about 20-25% protein*. The rule of thumb or ceiling for protein intake is around 1.5 grams of protein per kilogram of your **IDEAL weight. (Pounds x .454=kg)** When it comes to meat, poultry or fish, roughly a palm sized piece (100 grams) yields about 30 grams of protein the rest is fat. It is important to divide the day's total suggested amount of protein into several meals.

The variety of protein sources (i.e.: eggs, fish, turkey, chicken, lamb, beef) and the quality (i.e.: organic, hormone-free, range-free and grass fed) are very important to consider. Use only fresh meats, not those which are processed and packaged.

- **Red Meat** - as desired, with attention to variety of proteins in overall food plan recommended to have at least 3 oz./3 times a week
- **Lamb** – as desired, with attention to variety of proteins in overall food plan
- **Pork** – pork chops, pork roast, pork tenderloin is fine, watch your ham, bacon and sausages for added ingredients like preservatives as this will cause blood sugar and/or body water fluctuations.
- **Fish** - use a variety – salmon, black cod, mahi mahi, grouper, herring, trout, bass, walleye, perch, sardines; shellfish and molluscs (shrimp, crab, lobster, muscles, clams, oysters) grilled, steamed, baked or poached. Always use fresh. Ask for “wild” fish – those caught in their natural habitat. In the farm- raising of fish, the fish are fed foods that they would not normally eat in the wild and it changes their fatty-acid and protein make-up to a less advantageous form.
- **Poultry** - use a variety of chicken, turkey, Cornish game hen, dark meat and white meat - grilled, steamed, baked, roasted - do not bread or deep fry
- **Eggs** – limit to 5 out of 7 days’ use per week. The yolk has nutrients that are denatured when cooked through. It is recommended to have eggs soft boiled, sunny-side up or over easy as often as you can.
- **Nuts** - *best used as snack* (see details under Snacks) rather than breakfast, lunch or dinner choice
- **Cheese** - for many people, all cow’s milk products need to be eliminated altogether. It is recommended to leave all cow dairy products out for the first two weeks. Choose Goat and Sheep Cheeses and Goat’s Milk Yogurt as alternatives.
- **Soy** – *Eat none at this time*. Many people are allergic to soy, especially in concentrated forms such as tofu, Tempe, soy protein powders, and protein bars.

Vegetables:

Nutrient rich vegetables provide an abundance of the vitamins and minerals that sustain your body. Vegetables should make up only 5% of your meal for the first 2-3 weeks until your body has become keto adapted then eat as much as you like. Again, **quality** and **variety** is key. Your body is most nourished with **organic produce**. Many therapeutic nutrients such as anti-oxidants and flavonoids are in the properties that give vegetables their color. Look to your shopping carts and to your meals and ask, “do I have a rainbow of colors here?”

- **Green Vegetables** – Eat above ground vegetables as below ground have a higher sugar

content. They are high in minerals and low in calories. Include swiss chard, kale, collard greens, bok choy, beet greens, spinach, broccoli, cabbage, cauliflower, mushrooms, Brussel sprouts, sauerkraut, artichokes, alfalfa sprouts, green beans, celery, radishes, watercress, asparagus, leek, fennel, parsley, water chestnuts, dark leafy greens and salad greens. Dark green steamed vegetables are superior to salad greens.

- **Yellow and Orange Vegetables** - (yams, winter squash, carrots). Use in small portions and always balance with green vegetables and protein in the meal. (Corn is considered a grain and can be an allergen, which can contribute to blood sugar and weight issues. If suspecting, eliminate corn for a minimum of two weeks, add back in and be aware of the return of any of your symptoms)
- **Onions, Garlic and Tomatoes** - use as desired
- **White Potatoes** - avoid as starch turns into sugar
- **Soy Products** - avoid as many people are allergic to soy

Fruits:

Whole fresh fruits are allowed with the following exceptions: **avoid bananas, grapes and dried fruits** (they can play havoc with your blood sugar and may contain harmful preservatives).

Berries, Citrus, Melons, Apples and Pears should be consumed in moderation. Low sugar fruit is the best to consume; avocado, bell peppers, cucumber, zucchini, squash, pumpkin, eggplant, lemon, limes. Fruit and vegetable juices are best to keep at a minimum. Eating the whole fruit is better.

A great mid-meal snack, if needed consists of a handful of nuts (6-10) and a piece of cheese or fruit. If choosing to have fruit with a meal it is best to eat the fruit first as it does not digest in the stomach but rather the small intestine. Eating fruit with a protein, as it digests in the stomach, will cause both to “rot” in the stomach. This will cause digestive issues as neither will digest appropriately. Wait approximately 15 minutes to eat protein following the fruit. A good rule of thumb is to eat fruits 15 minutes prior to a meal and 1 hour after a meal.

Grains:

Ideally grains are not part of the human diet. For the first 3 weeks or until keto adapted avoid all grains. Many people are carbohydrate intolerant. Some people notice that having grains also lends to a sleepy feeling, either immediately or up to several hours later. As you start to change your nutrition it is best to eliminate gluten/gliadin containing foods, (wheat, rye, spelt, couscous, teff and kamut). Soy is also suspect as a problem.

Non-gluten/gliadin grains would be; amaranth, buckwheat, rice (brown and wild), millet,

quinoa, sorghum. A note about oats: although oats do not naturally contain gluten, they are frequently contaminated with gluten because they are processed at mills that also handle wheat, avoid them unless they come with a guarantee that they are gluten free.

When non-gluten grains are processed for human consumption (e.g., milling whole oats and preparing rice for packaging), their physical structure changes, and this increases the risk of an inflammatory reaction. For this reason, we limit these foods.

Fat and Oils:

Healthy fats such as extra virgin olive oil, sesame oil, coconut oil, flax oil, walnut oil, grass-fed tallow and organic or pasture fed butter, ghee, avocados, coconuts olives, nuts, nut butters, and raw not roasted seeds; flax, sunflower, pumpkin sesame and chia. Add these abundantly at every meal. Avoid all margarines, hydrogenated and partially hydrogenated oils as well as vegetable oils like Canola Oil. Mayonnaise may be used in moderation as long as it is made with only egg, oil, salt and lemon. There should be no artificial ingredients or lo-fat labeling on your mayonnaise.

It is important that fat makes up an abundance of your diet. Fat will also come from meats, poultry and fish.

Salad Dressings are best home-made where you have control over the ingredients. Use any of your permitted oils (or a combination thereof), vinegar (balsamic, raspberry, apple cider vinegar) or lemon juice and a variety of herbs (basil, rosemary, thyme), garlic, mustard, etc. for seasoning. Fresh herbs are packed with medicinal and phyto-nutrient qualities. Use them to your advantage!

Herbs, Seasonings and Condiments:

You can go wild here as long as you watch labels. Leave ketchup and chutney at the store but enjoy mustard, horseradish, tapenade, and salsa if they are free gluten, wheat, soy, and sugar. There are virtually no restrictions on herbs and seasonings. Be mindful of packaged products.

Snacks:

- **Raw Vegetables** – ¼ cup
- **Protein** – 1-2 oz. Chicken, Turkey, Fish, Beef, Lamb
- **Hardboiled Eggs**
- **Deviled eggs** - (use a mayonnaise made only with oil, egg, lemon, salt - no artificial ingredients)
- **Lettuce Sandwiches** (a protein wrapped in lettuce leaf)

- **Nuts - *almonds*** (a higher protein content), ***walnuts, brazil nuts and pecans*** (6-10 nuts per snack)
 - raw (for their enzymes) and organic are preferred, be sure to chew all nuts thoroughly
 - almond butter, tahini (sesame seed butter) - 1 tablespoon per snack
 - for some people, nuts may be an allergen or pose digestive problems. This may require your leaving them out of the food plan for the first two weeks, then to add slowly back in while being aware of any return of symptoms. One sign of their being an allergen for you might be increased cravings or an inability stop with the recommended quantity.
 - *eliminate peanuts* for a minimum of two weeks (they are a potential allergen and more difficult to digest)
 - cashews, pistachios, pine nuts and macadamia nuts are higher in fat content and best left out until weight and food cravings are properly managed
- **Sunflower, Pumpkin Seeds** - raw, unsalted & organic is your first choice 1-2 tablespoons per snack
- **Fresh fruit** (no bananas, grapes, or dried fruit) – always balance with a handful of nuts or protein afterwards

Beverages:

Water is your best choice, ideally drinking 1/2 oz. of water per pound of body weight per day or one quart per 50 pounds of body weight. Our bodies are 70% water and *it is considered a nutrient*, optimizing digestive function as well as elimination of toxins from your body.

It is important to eliminate the following beverages for a minimum of two weeks; maximum results are seen when eliminated for 6 weeks.

Caffeine - eliminate as it interrupts the blood sugar mechanism that we are looking to re-set. Unsweetened herbal teas are usually fine. Please avoid teas and other products that use the term “natural flavorings” as they may include products containing MSG.

Fruit juices are best eliminated until the blood sugar mechanism in your body is restored. If you are to have any fruit juices, use those containing no added sweeteners and natural not from concentrate.

Any **alcoholic drinks**, including beer and wine are to be eliminated for 2-3 weeks as the high sugar content and the rate at which alcohol is absorbed into your body disrupts your blood sugar and redirects the priority of fuel burning. It will also hamper the process of turning your body from burning glucose to burning fat. If you have any sleep disturbances, depression, irritability and/or anxiety - caffeine and alcoholic drinks can be one of the major factors in creating these feelings in the body. People are often amazed at how their mood, sleep and energy shifts in a positive way when they significantly reduce and/or let go of these beverages

altogether, saving them for the special occasion. You may experience some initial withdrawal symptoms (from 1 day up to 2 weeks), depending on how big a role these items have played in your food plan up until now. For those of you who have been using caffeine in significant quantities...you may choose to reduce the caffeine intake over a period of several days in order to reduce the withdrawal symptoms.

Sea Salt:

Sea salt – the components of salt as it exists in nature - are very necessary and needed ingredients for our bodies. Our body fluids very much resemble the ocean in its consistency. This is contrary to what the medical media would have you believe. Generic table salt (i.e. Morton's), however, does not fit the bill. It is highly processed, bleached, stripped of its trace minerals and has added anti-caking agents to make it pour smoothly. Dextrose (sugar) is also often added.

Recommended is "Pacific Sea Salt" from New Zealand. Celtic Sea Salt is also an excellent choice or any naturally dried sea salt. Dosages up to *1/2 tsp per day* are recommended by some of the top nutritional researchers and sports physicians. This may be accomplished by a return to salting your foods and/or sprinkling the salt into your water as you drink it.

Foods NOT Allowed:

- **NO wheat or wheat products are allowed** (this includes both whole wheat and white flour products such as pasta, breads, crackers, etc.).
- **NO Soy products**, including Soy Sauce.
- **NO sugar, honey, maple syrup, molasses, stevia**, etc. are allowed. These products serve to disrupt the sugar handling mechanism. They may be added back sparingly at a future time.
- **NO Artificial Sweeteners** (Equal, Sweetn'low, Aspartame) are allowed. They disrupt brain chemistry, blood sugar and have many reported side effects, including neurological symptoms.

Final Note:

Again, this program is designed to move your body from burning glucose to burning ketones for fuel. This is how the body was designed. We have mistakenly changed to a dangerous low fat high carb diet that is the cause of many health issues today.

This plan will also be very helpful in correcting blood sugar problems as well as helping to detect food allergy related symptoms. For many, the changes in your health and how you feel

when your blood sugar is maintained within a normal range can be dramatic. This feedback from your body is of tremendous value. This may be the most important issue that you can learn about and change regarding your health.

Please make this investment in your health by following the plan closely and noting any changes in how you feel.

Menu Suggestions:

Eating throughout the day may be important at first, starting with breakfast - do not skip it as your body needs it to help stabilize your energy and provide nutrients. It sets the tone for your whole day. However once your body switches to burning fat for fuel you will have much more energy and will eat when needed.

Breakfast:

- **Eggs** -scrambled, over-easy, sunny-side-up, poached with sautéed vegetables
 - i.e.: sauté veggies (onions, tomatoes, basil, rosemary, spinach, etc.) in Olive Oil, push to side of pan and proceed to cook eggs in the vegetable/oil/juice sauces or add eggs and scramble.
 - Enjoy the creative process and all of the smells of the vegetables and herbs!
- **Omelets** - sautéed Veggies, Avocado and Salsa. Be creative! Enjoy with Sautéed Vegetables.
- **Turkey, Lamb, Chicken Sausages** – with Sautéed vegetables.
- **Dinner Leftovers** – chicken, turkey, fish, meats with vegetables or salad

Lunch:

- **Salad with Chicken, Tuna, Eggs, Turkey, Lamb, Beef, Sausages** (i.e.: Chicken Salad, Cobb Salad - no cheese and w/vinaigrette dressing)
- **Chicken, Turkey, Fish, Lamb, Beef** with sautéed vegetables or salad
- **Omelets** with vegetables, feta or goat cheese
- **Dinner Leftovers** – chicken, turkey, fish, meats with vegetables or salad

Dinner:

- **Beef, Turkey, Seafood, Chicken, Lamb** - marinated, grilled, steamed, poached, herbed, spiced, baked with salad and vegetables
- **Omelet** - Be creative with vegetables and herbs
 - Salad & Vegetables on the side

Eating Out:

- **Meat, Chicken, Fish, Turkey, Lamb** - grilled, steamed, poached, stir fry w/Salad, Vegetables
 - ask for substitutions of vegetables, salads in place of starches
 - make it easy on yourself - ask them to hold the bread basket
- **Vegetable Omelet** - with sliced vegetables, salads
- **The Bun Less Burger** – ask for a wrap in salad instead

Snacks:

- **1-2 oz. Goat or Sheep Cheese and ½ cup Vegetables**
- **1-piece fruit and 6-10 nuts or 1 Tablespoon nut or seed butter**
- **Sunflower seeds, Pumpkin Seeds**
- **Hardboiled or Deviled Eggs along with 1/2 cup vegetables**
- **1-2 oz. piece of Chicken, Fish, Turkey, Beef, Lamb along with 1/2 c. vegetables**
- **Lettuce Sandwich** – a piece of protein wrapped in a lettuce leaf, add mustard or mayo, tomato

Helpful Hints for the Holidays/Parties:

- *Eat before you go to the party* (Don't go on an empty stomach, especially if it is cocktails, appetizers or desserts that are being offered)
- *Eat something first before the cocktail* (Alcohol is absorbed directly from the stomach and will go directly into the blood stream spiking your blood sugar)
- *Chew your food slowly* (Doing so will increase the body's acknowledgement of the foods coming in and more quickly signal the brain of the contents of your consumption)
- *Drink a water* (mineral or plain) *in between each cocktail* (Reduces blood sugar load and the chance of blood sugar spiking, also – alcohol dehydrates your body and the water will act to replace that which is lost)

Plan ahead / Make it easy for yourself:

- **Roast a Chicken, Turkey, Beef, Lamb** to have leftovers for 2-3 days
- **Find a good quality Deli Meat Shop** for sliced meats - Turkey, Roast Beef, etc.
- Make **"Lettuce Sandwiches"** - a large leaf of romaine lettuce, topped with a slice of

protein and slice of tomato - roll up and eat! Make ahead of time for quick grabbing, using a toothpick to hold together or in zip-lock bags for those meals away from home.

- Keep **Hardboiled or Deviled Eggs** on hand - boil 1 dozen eggs at a time
- **Cook Turkey, Chicken, Lamb Sausages ahead of time.** Sauté onions in a large skillet and add sausages to cook, having cooked several at a time will keep you prepared for those “I need to grab something quick” moments. Place in Tupperware container, a Ziploc bag along with some vegetables or slice onto a salad.
- **Salads - create ahead of time** in a large covered/Tupperware bowl (will usually stay fresh 2-3 days)
- **Prepare vegetables ahead of time** making them easy - i.e. celery sticks, broccoli, cauliflower, etc.
- **Take your lunches** - Tupperware container of salad with tuna, chicken, fish, beef, lamb, sausages
 - take along your dressing in small separate container or keep a salad dressing in your work refrigerator
- **Use your weekend** - plan, shop & prepare for the upcoming week
- **Use your evening** - plan & prepare for the following day, the best time to make lunch is the night before
- **Use an Online Chef Service**

Menu/Recipe

There are many cookbooks, websites & cooking magazines out there - go browsing. You now know what to look for as far as ingredient preferences. Remember...it is the quality and the variety of the ingredients and a balance of your meals that is important. Just add your nutritional knowledge in choosing which recipes are the healthier choices, use organic where you can, substituting quality fats and oils where needed.

Exercise:

Blood sugar control, hormone balancing (which lessens hot flashes and PMS symptoms), stress management, the production of endorphins (the most powerful feel good drug that is amazingly made by your own body), proper elimination, the circulation of nutrients, the building of lean muscle (which will continue to burn calories for you), detoxification and sleep are all affected positively by exercise.

Daily is ideal. In my experience this is a must, a priority, a point of “no negotiation” or excuses. The rewards far outweigh the sacrifice of a **minimum of 30 minutes per day** from our busy days. Also anabolic (weight resistance) is ideal, keep the cardio, running, biking, cycling, tread

mills to a minimum. You will find yourself better able to physically and emotionally handle your day and enjoy much better sleep with the addition of this very important component to your health.

Walking is by far the easiest, most enjoyable, can do anywhere, 'stick to it' choice. Variety in exercise, i.e. weights, yoga, stretching, dance; will increase your body and your mind's flexibility and range of motion abilities. Our bodies crave and thrive on movement. If blaming me as your task master gives you permission to carve out the time in your day to do this...please do so.

Sleep:

The best hours of sleep for your body are the hours of **10pm – 6am**. These hours and what your body is programmed to do during these hours are governed by your relationship to the sun and the 24-hour circadian rhythm – all of which are out of your control! During this time the body is designed to be in a state of rest, repair, detoxification and recovery. As much as we attempt to fool Mother Nature, our bodies are nature and demands attention to this detail. If your body is busy digesting a heavy, late meal or you are up late working, playing or watching TV, your body is focused on those tasks and unavailable for rest and recovery. Being mindful to get these hours of sleep is a significant step to take in bringing your stress, fatigue and blood sugar under control.

It is also important that your room be as dark as possible and that all electronic devices be a minimum of three feet away from the head of your bed. Some people find that even the color readings on their digital clocks are enough to keep them from a deep sleep. Consider covering the clock to assist you in attaining a deeper sleep.

If you are up during the night to go to the bathroom, it is most often an indicator of blood sugar mismanagement during the day. The more that you get your blood sugar into balance during the day, the more soundly you will sleep at night. Paying attention to your sea salt intake will also be of assistance in your night time urination patterns. If our bodies do not have the proper levels of sodium and trace minerals (provided by the sea salt), the body will not hold onto and use the water appropriately, hence an awareness of frequent urination.

Living Gluten & Gliadin Free

There is life beyond a diet of gluten and gliadin containing foods! If we stop and consider for a moment, most of our primitive ancestors never ate grains. Our origins come from hunters and gatherers whose **diets were rich in fruits, vegetables, nuts, seeds, proteins and natural fats**...all of those foods that could be gathered from the earth's harvest. There are a number of studies and research findings that show how native tribes experienced a profound sense of health that has been changed dramatically by the introduction of processed foods into their traditional diets.

Our American diet has become very grain and process-food oriented. Eating gluten/gliadin

free can in many ways is a return to an earlier way of eating...a way that our body genetically, hereditarily, digestively and metabolically better understands and functions with. Enjoy a diet rich in **proteins (chicken, beef, eggs, lamb, turkey, fish), vegetables, fruits, nuts, seeds, healthy fats** and keep the the gluten/gliadin free grains to a minimum if you can't eliminate them completely at first. You will feel better for your efforts! Please note that the intestinal healing process takes a minimum 2-3 months of a gluten-free diet, the more dramatic health changes are usually seen after 6 months.

The gluten-free world is one that is growing. Know that you are not alone in this dilemma, but rather part of an expanding group who are realizing the benefits of improving their diet. To help you in your meal planning and preparation we offer the following places to start. Each of these references will lead you to further suggestions, ideas and references. Your journey will be a learning process, so be patient with yourself while on the learning curve.

Restaurants:

Any restaurant that serves grilled, poached or sautéed fish, chicken, turkey, beef and lamb - ask that bread basket not be delivered to table and ask if your menu choice has any hidden flours. Accompany your meal with a salad or vegetable. Our culture has become very bread/pasta oriented. Do not hesitate to break the cultural rules.

Hidden Glutens:

Read food labels carefully. Glutens can be hidden under such names as *hydrolyzed vegetable protein, modified food starch, dextrin, and "natural flavorings"*. Gluten might also be found in the *alcohol used in flavorings such as vanilla* and in *distilled vinegar and veined cheese such as Blue Cheese and Roquefort*. Even the smallest amount could be enough to keep you from feeling the best that you can, so you will want to take extra care in finding those places that it might be hidden.

The focus of a gluten-free cookery is often on replacing gluten flour in baked goods with starches made from rice, arrowroot, potato, other legumes like chickpeas and wheat starch (all the protein has been carefully removed).

In many respects it is easier and nutritionally wiser to forgo the baked goods in large measure and eat other foods. The task of changing your diet is very much like moving to another country and culture. You may try to bring all your old habits with you, and struggle to get all of the ingredients that you are used to forming into meals, or you can gracefully, and with a sense of adventure try the new cuisine. Certainly, bakery foods are delicious and tempting, but so are creatively prepared vegetable, fruit, fish, and meat meals. Even with multiple exclusions, an appealing, varied diet is within reach if you are willing to change your eating style. The main thing is to be inspired to create and enjoy a new cuisine that will diminish your disturbances, sustain your interest in food, and provide balanced nutrition.

Helpful Hints to Remember:

- Chew food thoroughly
- Eat small portions often. Eat many small meals if necessary at first
- Avoid overeating.
- Increase water consumption to eight 8 oz. glasses per day, preferably between meals
- When emotionally upset, eat less and chew well. Slow down.
- Avoid overcooking vegetables. Cook just until crisp-tender.
- Try raw vegetables, they can be interesting and flavorful.
- Avoid distractions while eating, such as TV, radio, reading, and driving. Make eating an enjoyable time.
- At each meal, eat a variety of raw vegetables with your cooked foods.
- Read labels! Read labels! Read labels!
This is the most important thing in avoiding your reactive foods.
- Be adventurous. Learn to enjoy a wide variety of foods.
There's a whole world of new foods to try.
- Prepare wholesome snacks. Avoid commercially-prepared "junk foods" containing high fats or empty calories.
- Lower the outside stresses in your life. Try a Yoga or Pilates class.
Try meditation or taking a walk outside.
Make time for yourself sometime during the day.
- Be good to yourself. Your decision to improve the quality of your life through healthier food choices and meal planning is a very significant step towards Better Health. You are in control. Be proud of yourself.

Handling Mental and Emotional Stress:

Learning how to handle mental and emotional stress is of utmost importance. Our central nervous system, as well as our adrenal glands, can be pushed into overload by difficult life events. Mental and emotional stress can put us into a fight or flight response from which it may be difficult to recover. Fight or flight responses are generated by our sympathetic nervous system. An example of fight or flight response would be your automatic, uncontrollable response to an automobile accident.

A chronic over-stimulation of our sympathetic nervous system can lead to suppressed immunity and adrenal exhaustion. This section briefly describes some of the physiological effects of mental and emotional stress and provides a few techniques for managing difficult situations. We all need to have effective means for stress reduction. For some it may be prayer, meditation or biofeedback.

For others, exercise can serve this purpose. Yoga and tai chi are helpful for many people. This is clearly an area where expert advice can be critical. You will need to address some of these issues on your own by attending classes, reading books or seeking individual one on one attention from a specialist.

Chronic Stress: A Daily Event

Chronic sympathetic nervous system overload is a common experience for many of us. Running out the door in the morning without eating, coffee cup in hand, getting stuck in rush hour traffic and having too much work to possibly accomplish in one day creates chronic sympathetic overload thereby lowering our immunity. A single parent trying to juggle raising children, maintaining a home, keeping a full-time job, as well as taking care of themselves can result in sympathetic overload. We all experience these mental and emotional stressors. Are they preventable? Is there a way to get away from all significant sources of stress? Absolutely not. Our lives generate unavoidable stresses.

Responding to Stress

What we do have control over is how we respond to stress. With mental and emotional stress there is a sequence of events that determines how we will respond physiologically. It is within our conscious control to determine how these unavoidable stresses effect us on a biochemical/hormonal and neurotransmitter level.

Perception, Response, Internalization

Perception, response and internalization come together to form the body's physiological reaction to an event. First, we perceive an event. Second, we respond to that event in a positive or negative fashion. And third, we internalize the event. Internalization is where we can get stuck. If our perception of the event is negative and we begin to internalize the event in a negative fashion, this internalization process can damage our nervous system and hormonal system.

As an example, imagine you are driving on the freeway and are suddenly forced off the road by a car that swerves into your lane. You barely miss being in a major accident. Typically, you may have one of two responses. You may swear and curse and feel angry towards the driver who put your life in danger. In fact, you may internalize the event and be upset and angry for the rest of the day. Another possible response is to feel relief that you didn't get hit and that no one was injured. You may suspect the other driver simply didn't see your car or perhaps was forced to turn to avoid an obstacle on the roadway.

It's easy to see which example would have a potential negative effect on your health. Remaining angry for a whole day doesn't hurt anyone other than the person holding on to the anger. With a negative perception and internalization of events the physiological reaction in

the body can be long lasting. The healthier psychological response carries with it fewer long-term physiological effects. The event itself will cause a stress response involving the stress hormones adrenaline, epinephrine and cortisol. A scare like this will also put your sympathetic nervous system into a fight or flight response. These responses will last only a matter of a few seconds or minutes if we don't internalize the event negatively. After these initial responses the body will reset and normalize.

Our individual perception and internalization of life events determines the positive or negative effects they will have on our health.

Concept Shifting

Another significant mental strain on cortisol and the sympathetic nervous system is concept shifting. Concept shifting occurs when we have to change our focus or shift our attention too frequently. This can occur in a busy workplace when you are trying to complete a complicated task and you get distracted by phone calls and other interruptions. In fact, our whole educational system is based on concept shifting. Most schools have various classes throughout the day so that one class period is for math and the next covers history. Forcing the brain to constantly shift from one subject to the next can be stressful and have a negative impact on cortisol.

Whether at work or at school, constant concept shifting will increasingly stress your cortisol levels and sympathetic nervous system. There are some positive things to be said about flexibility in thinking and being able to shift one's attention to meet different demands. Nevertheless, your body perceives constant concept shifting as a negative stress. To the extent possible, it will benefit you to organize your schedule so that concept shifting is kept to a minimum. Since we can't change many of the situations that require concept shifting we can counter balance the negative effects by other behaviors that improve cortisol levels and reverse sympathetic overload. This includes exercise and relaxation techniques like gentle stretching, yoga, meditation, prayer, and of course keeping our blood sugar stable!

MENTAL & EMOTIONAL STRESS RESPONSE CHART

ONE'S PERCEPTION/INTERNALIZATION OF LIFE EVENTS

determines



MENTAL & EMOTIONAL RESPONSE

resulting in positive or negative



**ELECTRICAL CHANGES
IN THE HEART & NERVOUS SYSTEM**
which ultimately affect



IMMUNE AND HORMONAL RESPONSES

resulting in



NORMAL OR ABNORMAL PHYSIOLOGICAL EFFECTS

Example: sympathetic overflow → reduction in immunity → infection

Biological Clocks

Our link to nature is clearly seen in our sleep patterns and in our hormonal system. Our hormones are intimately linked to several natural rhythms or biological clocks. These biological rhythms are based on the twenty-four-hour cycle of daylight and darkness as well as the monthly cycle of the moon.

Twenty-Four Hour Adrenal Hormone Cycle

Just like the monthly biological clock in females, both men and women, have twenty-four hour cycles, or daily clocks. While fluctuations in female hormone production vary with a monthly cycle, the adrenal hormone cortisol varies with a twenty-four hour or daily cycle. Cortisol levels peak in the early morning hours as the sun rises and taper off as the sun sets, reaching their lowest levels three hours after dark. This daily rhythm of cortisol dictates when we should be our most active and when we should rest.

Any time you fly and change time zones, the importance of this twenty-four-hour biological clock becomes clear. Even a time change of a few hours can be enough to throw off one's normal sleep cycle. Cortisol not only dictates our sleep and wake states; it is also the primary hormone involved in directing immune system functioning.

Immune Trafficking Cycle

Have you ever wondered why your cold or flu symptoms get worse at night? It's because the twenty-four-hour rhythm of cortisol production regulates your immune system as well. As cortisol drops at night, our immune cells become more active. These cells leave the bone marrow and spleen to protect you while you rest. During this highly active period of immune function, immune cells kill bacteria and viruses. This basic immune activity relies on appropriate levels of cortisol. As cortisol drops at night, our immune system activity picks up, killing bacteria and viruses in large numbers leading to greater mucous production. This leads to more congestion and coughing at night as your body attempts to get rid of the mucous created from destroying bacteria and viruses. At daybreak, cortisol rises and immune cells return to the bone marrow and spleen to rest and recondition in preparation for the next nightly cycle.

Natural Sleep Cycle

If cortisol is out of balance, this normal immune function is compromised. As mentioned earlier, cortisol levels rise at daybreak giving us the energy to begin the working day. As cortisol

drops naturally at night, we enter into rest and recovery, physical repair and psychic regeneration. Our immune system functions optimally if we go to sleep by 10 p.m. As we sleep, physical repair takes place, immune cells patrol our bodies, eliminating cancer cells, bacteria, viruses and other harmful agents. However, if cortisol is elevated at night this immune function is compromised. If cortisol levels are normal during sleep, then true rest and recovery takes place thereby enhancing physical repair and immunity.

During sleep we also enter into stages of psychic regeneration. During these times, the brain releases chemicals that enhance our immune system. All during the night, we are going into Rapid Eye Movement (or REM) sleep states and non-REM sleep, alternating between light sleep and deep dream states. This is how we process the mental and emotional events of the previous day and refresh our minds for the day ahead. Most people need seven to eight hours of sleep to accomplish all these tasks. Without sufficient sleep, the immune system is hard pressed to keep up with its repair work and this creates the opportunity for disease processes to begin. If you miss out on proper rest, your physical repair and psychic regeneration will be compromised.

Water Consumption, Mental Health & Weight Loss

How much water do you drink a day? If you drink less than half your body weight (in pounds) in ounces daily, you are dehydrated! Water is vital to enzyme function during digestion and a myriad of other cellular metabolic functions. Water creates an electrical potential as it passes across cell membranes. This energy potential is used by the body to run your many physiological systems and is often the difference between being tired all the time and needing to drink coke or coffee (both of which further dehydrate people!), and feeling alive! Your central nervous system is sensitive to even 1% dehydration.

Do you think dehydration could be contributing to the MASSIVE use of antidepressants? Roughly 28 million Americans -- one in every ten -- have taken Prozac, Zoloft, or Paxil or a similar antidepressant. Consider that this number is equivalent to over half the entire population of England, almost equal to that of Australia and about seven times the population of New Zealand! It's probable that less than 1% of these people are adequately hydrated. Your central nervous system is vital to survival and is protected at all costs. Therefore, whenever it becomes dehydrated, your body will draw water from the mucus membranes of your stomach and intestinal tract (contributing to ulcers and poor digestion); it will draw water from spinal discs (contributing to desiccation of discs and pain in the back and neck), and a number of other possible problems. For those of you having a hard time getting the fat off, consider that water is vital to all processes of detoxification in your body and if you are dehydrated, your body will store toxins in your fat to protect your internal organs until you give it the supplies to clean house - lots of toxins = lots of fat. Let's face it, if you are tired, in pain or are taking medical drugs for almost any disorder, the miracle cure may be right in the refrigerator!

While drinking any water is better than no water, I highly recommend drinking only high quality bottled water that sells well in the stores. This minimizes its exposure to plastics and reduces

your chance of drinking unwanted xenoestrogens, which are highly linked to breast cancer and other forms of cancer and disease processes. Additionally, in most cities of the free world, chlorine is added to the water to kill bacteria, and that's exactly what it does when you drink it - it kills the friendly bacteria in your intestinal tract (if you have any left), leaving you unable to produce a number of much needed vitamins. It also results in a change in the pH of your colon from slightly acid to alkaline, an environment which favors yeast growth and unfriendly bacterial growth, both of which produce metabolic byproducts that are thought to be antagonistic to parasites and therefore contribute to constipation, which is another MAJOR problem today!

When purchasing water, it is always best to try and buy a water that comes from a natural spring. This is because drilled water has not gone through the Earth's natural cleansing and energizing process in full cycle. When water is prepared by Mother Earth, she pushes it up to the surface, at which time it is naturally filtered, prepared with adequate amounts of total dissolved solids (trace minerals), which are necessary chelates for heavy metals and other toxins in the body, and it has more life-force energy than water from the surface or drilled wells.

Closing Thoughts:

This guide is meant to start you on a path to regain your psychological, mental and spiritual health. It is not something new, it's returning back to the way our bodies were meant to function....we have strayed off the natural pathway onto a pathway of chronic destruction. Did you ever start to wonder why we are not dying of natural causes anymore, rather long drawn out debilitating diseases.

As this is the first step to restore and repair our major body systems it is a critical step, without it the protocols we design based on the specialized lab tests would be difficult to be effective. Lifestyle changes are critical.

At first this may sound daunting, however once you start and get past the first week or two you will be amazed at the difference in how you feel both mentally, physically and spiritually. Our individually designed protocols are highly effective coupled with the nutritional, stress management, exercise and sleep restoration it is life changing.

Thank you for taking the steps to become truly healthy, we look forward to joining and assisting you in this journey.

Dr. Shawn Juliano

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