FEEDING A HEALTHY FAMILY

FROM KIDS TO ELDER
INTRODUCTION

• Olga Afonsky, LN, CNS, MS
• I use food and diet to help people with all kinds of chronic conditions to get better.
• I’m a big believer in prevention.
• Cooking your own food from scratch is the single most important thing you can do for your health.
• www.food-remedies.com
• 202-460-7779
It’s our responsibility as parents to keep our kids’ Vitality buckets full.

- Offer a wide variety of Real foods
- Model healthy eating habits
- Cook for them
- Cook with them!
YOUNG ADULTS

- We tend to mostly serve ourselves from our Buckets without tending to them
- We might:
  - Eat poor foods
  - Work too much
  - Be under pressure and be stressed out
  - Not get enough rest
IT’S TIME TO ACT!

• Assess the situation and address the most obvious issues

• Food-wise, the best thing you can do is to eat REAL unprocessed food

• If you are willing to grow your own food, even better!

• Most dietary approaches work because they encourage people to avoid processed foods
DIMINISHED RESERVES

• And sometimes we find ourselves “scraping at the bottom of the vitality Bucket”.

• This is when we become susceptible to illness, get sick and just can’t get better. Or maybe we are chronically fatigued, mentally and physically drained.

• It’s a sure sign that it’s time to start filling the bucket up!
QUALITY OF FOOD MATTERS!

• If you don’t cook you are hostage to the food industry!
• They cut cost by substituting with cheaper ingredients
• Read the labels, don’t believe the names of products
• Fats and oils are a big concern

Ingredients: Organic expeller pressed soy and/or canola oil, organic whole eggs, organic egg yolks, organic extra virgin olive oil, filtered water, organic honey, organic distilled vinegar, sea salt, organic mustard (organic distilled vinegar, water, organic mustard seed, salt, organic spices), organic lemon juice concentrate.
AGING GRACEFULLY

• Live longer and without debilitating chronic diseases
• Blue Zones research:
  • They all cook their food
  • Grow gardens
  • Forage, eat wild plants
  • Not too much animal protein but not vegetarians
  • Eat less
• Eat fewer times a day - avoid snacking
• Have a 12 hour+ overnight fast
HOME-MADE MAYONNAISE

Ingredients:

- 2 egg yolks
- 1 tsp Dijon mustard
- 1 tsp white wine vinegar
- 1 cup avocado or olive oil
- 2 tsp lemon juice
- Salt and pepper

Directions:

1. Make sure all the ingredients are room temperature
2. In a glass bowl combine egg yolks, mustard, vinegar, salt and pepper
3. Start mixing with a whisk slowly drizzling the oil until its incorporated and the mayo thickens
4. Add lemon juice and mix
5. Will last in a fridge for 3-7 days.
6. Enjoy!
COOK WITH US!

• Meet my partner chef Eliza Gonzalez
• Keep in touch:

202-460-7779
www.food-remedies.com
http://www.elizagonzalez.com/

Thank you for listening!