

Way of Life December 7th, 2011 Health Lecture Series
What to Eat to Build Health & Promote Healing
With Ramona Richard

Help with Digestion

- Important! Make sure you can digest your proteins!
- Use *Bitters* before meals + bitter greens
- For low acid: *Betaine HCL* supplement
- For gastritis: DGL and Aloe
- For heartburn: DGL, enzymes NOTE: GERD is often too LITTLE acid
- May need to add digestive enzymes
- Soups & stews are easier to digest
- Eat more slowly and chew more thoroughly

Avoiding the Holiday Binge

- Don't skip meals: hunger + sugar = disaster
- Use stevia & xylitol to sweeten teas, coffee...
- Rule: eat sweets **only** after a good meal
- Choose dark chocolate – get benefits w/ your calories!
- Eat smaller portions of sweets
- Choose fresh fruits over sugary sweets often
- Make your alcohol of choice Red Wine
- Bring your own healthy dessert to a party

Eat for Strong Bones

- High Calcium foods
 - Collard greens & kale
 - Salmon & sardines, canned with bones
 - Almonds & sesame seeds/tahini
- High mineral foods
 - Sea veggies, leafy greens, nuts & seeds
 - Green powders (spirulina, chlorella, etc.)
- Add weight-bearing exercise!
- Other nutrients: not just calcium
 - Magnesium, strontium, boron
 - Vitamin K2
 - Vitamin D3

Creating a Diet Plan

- Each Meal:
 - **Protein**
 - **Good fat/oil**
 - Olive, sesame, organic butter, flax, nuts, coconut
 - **Complex carbohydrate**
 - Whole grain
 - Root and leaf veggies
 - Legumes (can count for protein too)

What About Fats & Oils? - Three categories

| <u>Saturated</u> | <u>Monounsaturated</u> | <u>Polyunsaturated</u> | |
|------------------|------------------------|---------------------------|----------------|
| | | <u>omega 6</u> | <u>omega 3</u> |
| Butter/ghee | Olive oil | Sunflower | Flax |
| Coconut | Nut oils | Safflower | Hemp |
| Animal fats | Avocado | Corn oil | Chia |
| Palm oil | Peanut oil | Soy oil | Fish oil |
| | Sesame oil | | |
| <i>Can heat</i> | <i>Can heat</i> | <i><u>Do not heat</u></i> | |

Oils That Heal

- **Olive oil** shown to have heart-health benefits
- **Coconut oil**
 - Anti-microbial benefits
 - Preferentially burned for energy, not stored as fat
 - Has been successfully used in weight loss
- **Omega 3 oils** (flax/chia/hemp, fish)
 - Thin the blood, preventing clots
 - Have strong, anti-inflammatory actions
 - Add to the health of the skin
 - Lower cholesterol and triglycerides
 - Anti-depressant action – necessary for brain function

Correcting Low Moods

- Protein (15-20 g) in each of 3 main meals
- Do NOT let blood sugar drop too low
- Tryptophan (empty stomach)
 - 500 mg 1-4 X daily with something sweet (or use 5-HTP)
- 5-HTP: 50-100 mg one or more times daily - with or without food
- B vitamin complex 25-50 mg twice a day
- Vitamin D blood levels > 60

Sleep Tips

- No caffeine after mid-afternoon
- No lights or TV in bedroom
- Supplement with calcium/magnesium before bed
- *From Fatigued to Fantastic – Revitalizing Sleep Formula* (Enzymatic Therapy)
- Melatonin at bedtime – begin 1 mg or less
- 5-HTP or tryptophan at bedtime (builds serotonin)
- Herb: Holy Basil if stressed
- L-theanine if anxiety keeps mind spinning