

LIFESTYLE RECOMMENDATIONS FOR LOSING AND MAINTAINING WEIGHT, REDUCING INFLAMMATION, FIXING METABOLISM, AND CORRECTING INSULIN RESISTANCE.

Following are guidelines from the American Heart Association, American Cancer Society, American Diabetes Association, US Dietary Guidelines, and my studies of nutrition and health. Investing in your health is like investing in a retirement account. Following these guidelines will yield a great return in the form of your health and well-being. After smoking, weight related problems are the second leading cause of death in the United States. The leading causes of death in 2000 were tobacco (435,000 deaths; 18.1% of total US deaths), poor diet and physical inactivity (400,000 deaths; 16.6%), and alcohol consumption (85,000 deaths; 3.5%).

According to the government, 80% of Americans do not get the recommended dose of basic nutrients, and only 1% of us get the RDA of vitamins, minerals, and essential fatty acids.

FOODS to AVOID	FOODS to EAT
Remove problem foods: white flour, white sugar, white rice, white potatoes, soda, artificial sweeteners and colors, fast food, coffee and alcohol (or limit to 3-5 glasses of red wine per week). Do <u>not</u> combine starch with protein. Starches include grains, bread, potatoes, cereals, rice and pasta	Increase fiber intake to 30-50 grams/day with whole grains (like brown rice, quinoa, wild rice, millet, buckwheat, rye, spelt, kamut, barley, steel-cut oats, amaranth), whole vegetables, whole fruits, and beans. All starches should be in high fiber or complex carbohydrates (wheat instead of white flour, brown instead of white rice, etc.) Do combine starch with vegetables.
Problem oils include hydrogenated fats (margarine, fried foods, shortening, processed and refined oils) refined corn, safflower, and sunflower oil.	Increase intake of monounsaturated fatty acids (olive, canola) or other healthy oils like flax oil, borage, extra virgin olive, and cold-pressed or expeller-pressed polyunsaturated oils like sesame, walnut and almond. Nuts and seeds of all varieties and nut butters will also provide you with healthy fats.
Limit meat, dairy and other high fat foods.	Proteins include animal products: choose free-range organic eggs, low-fat organic yogurt, wild game, wild fish like salmon, herring, and sardines, lean poultry (white meat) from free-range chicken, turkey, and lean red meat. Do combine protein with vegetables. Eat protein in the morning to help regulate blood sugar and reduce hunger. Steamed or boiled eggs or yogurt are good options.
Limit fat, sodium, and cholesterol intake.	
Avoid all juice and drink mixtures.	
Do not eat empty calories.	
Do not skip meals.	Do eat 5-6 small meals each day instead of 1-3 as many people do.
Be aware that many "low fat" or "low calorie" foods have more calories than the regular varieties.	
Eat 2-3 pieces of fruit per day <u>at most</u> .	Eat fruits separate from other meals, especially melons.
Avoid coffee	Substitute green tea or herbal teas
	Keep at least 15% fat in your diet to avoid decreasing HDL and increasing triglycerides.

	Choose most of your foods from plant sources. Plant <u>protein</u> sources include: red, green and French lentils, green and yellow split peas, beans (kidney, navy, lima, mung, pinto, black and garbanzo) and soy foods (tofu, tempeh, soy milk, soy yogurt, soy nuts, edamame)
	Take a fish oil supplement with DHA and EPA and free of heavy metals, 1 or 2 1,000-mg. Soft gels/day. 90 % of Americans are deficient in omega 3 fatty acids.
	Eat 4-5 cups per day of fresh organic fruits and the same amount of vegetables per day. Supplement with Greenfoods tea (available here) if this cannot be done.
Do not eat for three hours before bed.	Exercise 30-40 minutes three times per week or more if possible. Only 8% of Americans get the amount of exercise recommended for minimum healing benefits, and 29% are sedentary. Include both aerobic and strength training.
1 in 25 of us have some severity of gluten intolerance, which is a problem of mal-absorption. Foods that include gluten are wheat, oats, rye, and barley. Absorbing sufficient nutrients will let your body be satiated with less quantity. Ideal food combining will limit digestive problems:	
Studies show that overweight people often mistake the thirst signal to the brain for the hunger signal..	Try having a large glass of water first if you have unusually frequent food cravings. A light soup or broth before meals can also help signal the brain that you are full before consuming too many calories
	Do keep a food journal, especially if you are trying to lose weight or are addressing a particular health concern. Ask for a form to do this if you would like one.
Foods that encourage inflammation include: Gluten (wheat, oats, rye, spelt, kamut, barley) Shellfish (shrimp, lobster, crayfish, clams, oysters, mussels, and scallops) Pistachios, peanuts, dairy products, non-dairy creamers, margarine, butter, shortening, trans fats, processed oils, commercial salad dressings and spreads, sugars (refined or natural)	Taking an acidophilus product of at least 5-10 billion live organisms per serving can reduce intestinal and therefore systemic inflammation.