

Jen's Principles for Healthy Eating & Living

Purchasing Food

1. Eat local, fresh produce that is in season. Visit your local farmers markets or join a CSA (community supported agriculture). When purchasing from a store, choose crops grown in the U.S.A. Foods coming from Mexico, China, or Peru have questionable growing methods and who only knows how old they are. If it's not available fresh, chose frozen next. Canned vegetables should be avoided.
2. If you're on a budget, it is most important to choose organic animal products first. Especially fat containing items such as butter, cheese, and beef because fat stores a higher level of toxins.
3. Find local meat, poultry, and dairy producers and purchase from them. Many of these farmers do not use hormones, anti-biotics, and animals live outside enjoying grass and sunshine. They are more nutritious and taste better. There are butchers who sell "clean" meat (no steroids, grass fed & finished) that aren't technically organic, so you aren't paying organic prices.
4. Enjoy wild caught fresh fish of the season. Stay away from farmed fish because they are fed waste, crammed into tanks, and even the meat (salmon) is dyed.
5. Buy raw nuts and sprout them yourself. Just soak overnight in water and dehydrate with a dehydrator or oven set at 100 degrees F.
6. Consider using grains like quinoa, teff, amaranth, and wild rice versus white rice, brown rice, cous cous, semolina wheat pasta, and corn.

Cooking

1. Juice daily with items like celery, cucumber, kale, bok choy, radishes, ginger, lemons, limes, and granny smith apples. Add in a carrot, ½ beet, ¼ orange only if yeast free. Juices that are primarily sugar containing vegetables and fruits like carrot, beet, orange, sweet apple, and melon may upset blood sugar levels and create yeast blooms.
2. Use health giving coconut oil for sautéing. Grapeseed oil and butter are also okay for higher temperatures.
3. Delicate oils like walnut, flax, olive, and hazelnut should not be heated. Add them to a meal after they have been cooked or use them in dressings.

Eating

1. Combine heavy proteins such as meat, fish, eggs, and poultry with non-starchy vegetables like broccoli, spinach, cabbage, spaghetti squash, asparagus, and celery only. Non-starchy vegetable portion should always be equal or great to the meat portion.
2. Combine non-starchy vegetables with starches like beans, hummus, peas, carrots, beets, corn, white potato, rice, pasta, bread, millet, winter squash, sweet potato, quinoa, and crusts. Non-starchy vegetable portion should always be equal or great to the starchy portion. If you want more starch, eat more non-starchy vegetables also.
3. When eating vegetable and starches, anchor them to balance blood sugar with a fat like butter, avocado, nuts, flax, hemp seeds, sour cream, or feta cheese.
4. Eat fruits two hours before or after a meal. Anchor with plain kefir, yogurt, or nuts to keep blood sugar levels balanced.
5. With blood sugar issues, choose fruits like berries (strawberry, black berry, blueberry), lemons, limes, cherries, grapefruit, apples, and cranberries. People with blood sugar issues may have trouble with high glycemic fruits like bananas, oranges, peaches, pineapple, and plums. The riper the fruit, the higher the sugar.
6. Eat a snack before bed which helps balance blood sugar levels overnight. Great snacks are plain yogurt with berries and flax, apples with raw almond butter, super smoothie, or a handful of nut mix.
7. Eat every few hours. The meals don't need to be large, even a handful of nuts will do.
8. Enjoy some type of fermented food each day like kefir, yogurt, or raw krauts. Do not purchase flavored kefir or yogurt, they are full of sugar. Make your own with plain; add berries and sweeten (if needed) with stevia, B Sweet, or maple syrup. If you're feeling adventurous, learn how to ferment your own foods from sources like *Nourishing Traditions* by Sally Fallon or *Body Ecology Diet* by Donna Gates.

Drinking

1. Drink ½ the amount of your body weight in ounces a day of clean water. Ex: if you weigh 150 pounds drink 75 ounces of water. Lemon juice, lime juice, or citrus essential oils can be added to water to support alkalinity, digestion, lymphatics, and the liver.
2. If you enjoy juice, make it yourself. Commercial juices are full of sugar even if it's not listed on the label. Also, when fruits and vegetables are pasteurized the sugar content increases as a result of the cooking process.
3. Limit alcohol intake to a few drinks a week, if any. Avoid sugar laden drinks like pina coladas, coffee drinks, and port wines.
4. If using milk alternatives consider making it yourself or choose unsweetened almond, hemp, coconut, or hazelnut milk. Avoid rice milk, it's high glycemic. Soy milk may inhibit thyroid function and is not encouraged.

Supplements

These are standard all around supplements that support good health. People's needs may vary according to their health, age, and gender.

1. Vitamin C, 1000 to 2000 mg per day
2. A potent B complex
3. Probiotics, yogurt & kefir aren't enough
4. Omega 3 fatty acids via flax seeds, chia seeds, fish oil, krill oil, etc
5. Food source anti-oxidants
6. General mineral complex including zinc, magnesium, iodine, and manganese
7. General multi-vitamin which is food sourced preferably
8. A general liver support either through eating liver foods daily (dandelion, beets, burdock root, cucumber) or via an herbal supplement source

My preferred sources for supplements are Ortho Molecular Products, Young Living Oils (<http://anxietytherapyremedies.com>), and Eidon.com (for Minerals). If you have questions on what you may need, let me know!

* Note: Information in this handout is not meant to diagnose, prescribe, treat, or cure any illness or disease. Please seek a qualified health professional for medical advice.