



# Look & Feel Great Method: Nine Steps To Healthy Lifestyle

## ***Healthy Eating Habits***

Eating healthy is important throughout your life and crucial to remaining healthy and feeling youthful! Balanced meals are the key and should be made up of organic or non- GMO foods that provide plenty of energy and satisfaction without toxic overloading or damaging your cells. Indeed, we are what we eat, what we absorb and even what we eat eats! Your food has a great impact on how you feel and how you look and age.

Here are some guidelines to eating clean, wholesome food:

Avoid dairy, gluten, corn and soy cause you do not need them to survive. The casein in dairy and gluten in wheat cause neuropeptide issues for many people. Corn is an excitotoxin to your adrenal system and can throw your neurotransmitters out of balance affecting one's mood regulation, focusing, mental clarity and more. Besides the fact that corn and soy are usually genetically modified; they offer little nutritional value. If you have a problem with casein, then soy is going to be another culprit causing havoc in your body.

Avoid trans fats since they cause the silent killer named inflammation. Trans fats linked to cancer, diabetes, decreased immune function, obesity, heart disease, elevated LDL (bad cholesterol), asthma, and reproduction issues.

Avoid sugar. Sugar is addictive, feeds cancer cells, triggers weight gain, obesity, causes mood imbalance, promotes premature aging and more! Average American annual intake of sugar ranges from 24 pounds to 180+ pounds of all forms of processed sugar! Every year, this national average of sugar intake increases so please monitor your daily sugar intake to



determine what is your current intake range and strive to lower it. Do not fall victim to the sugar addiction and epidemic in this country. Substitute sugar with organic Stevia which is a highly sweet herb derived from the leaf of the South American stevia plant.

Avoid carbohydrate overload since it turns to excess sugar, weight gain, diabetes, obesity, cognitive impairment by the sugar reducing the level on insulin production in your brain! Researchers call this Type 3 diabetes since the brain as well as the pancreas produce insulin necessary for brain cell survival.

Avoid high sodium foods. If you kidneys cannot eliminate salt then it will back up into your blood, making your heart work harder and increases pressure in your arteries. Cook with fresh herbs, spices like onion, garlic, oregano, rosemary, basil , parsley and even apple cider vinegar to flavor food.

Avoid waiting until you are starving since you may grab unhealthy food choices devoid of real nutrients. Plan each meal as a little preparation goes a long way.

Avoid eating when stressed out as digestion actually slows down and you will not absorb your nutrients due to the cortisol (stress hormone) in your body.

Instead, choose organic, wholesome foods balancing each meal with a protein like lean meats, low mercury fish like shrimp, sardines and salmon, complex carbohydrate like green leafy vegetables, healthy fats like olive oil, avocado, and coconut oil. If vegan make sure you get your protein from the least processed protein sources like mung bean, black bean, quinoa, pumpkin seeds, spinach, almonds, cauliflower, asparagus, peas.

Bon appetit! Happy, Healthy Eating;)



## ***Why these Top Foods to Avoid***

1. **Wheat & Gluten:** causes inflammation. Inflammation is the cornerstone of Alzheimer's, MS and Parkinson's. Gluten in Latin means glue and this substance can wreck havoc in all human bodies. Non-celiac gluten sensitivity is involved in most illnesses and neurological illness like headaches, ADHD, depression, dementia, movement, schizophrenia, since it induces inflammation. Gluten is a protein that we are not designed to breakdown and assimilate. Gluten increases Zonulin production and thereby increases intestinal permeability. More proteins will travel through the gut lining and affect immune system. Dr. Alessio Fasano states that zonulin opens GI tract to inflammation, autoimmunity and cancers. Gluten issues related to brain issues, neurological issues can be related to gluten sensitivity. Two good books on topic: Grain Brain Dr. Perlmutter and The Second Brain Dr. Michael Gershon.
2. **Corn, soy, MSG (monosodium glutamate):** are excitotoxins with no nutritional value. Most of corn and soy in U.S. is genetically modified but even organic corn offers excitotoxins. Soy impairs immune system, may affect thyroid, interfere with protein-digesting enzymes, contains isoflavones that mimic estrogen, disrupt endocrine function, and contain toxic levels of aluminum and manganese.
3. **Casein:** protein in animal milk causes inflammation, and linked to hormonal cancers. Great substitute is Daiya cheese, cream cheese as well as coconut milk, ice cream, sunflower seed milk.
4. **Banana** part of histamine family that causes inflammation and it is a glycemic index food wrecking havoc on blood sugar levels. Nightshades such as tomato, eggplant, white potato, French Fries are linked to arthritic inflammation.



5. **Artificial Sweeteners & Sugar:** increases risk of diabetes, dysregulate brain chemistry, highly addictive, leads to fat storage, increases appetite, slows metabolism. Instead substitute with organic stevia which is an herb. Direct relationship between blood sugar elevation and Alzheimer's - described as diabetes type III. Glycation elevates blood sugar brings to proteins and increases free radical and inflammation increases and is devastating to human brain. The carbs are the killers leading to modifications of proteins increasing inflammation, production of free radicals that damage DNA, fat, protein and every part of our body.



### ***Ideal Food Regime:***

***Listening to your body and how it feels when you eat certain foods, keeping a food journal to make the connections of what you eat to mind-body, then eating foods that make you feel your best.***

Low simple carbohydrate diet with emphasis on Complex carbs such as leafy green vegetables. Balanced diet, drinking lots of pure water and keeping pH not too acidic.

Healthy fats (energy source, structure of cell membranes including nerve cells) monounsaturated fats, olive oil, coconut, avocado, grass-fed-grass-finished beef, wild fish, nuts & seeds.

Need good nutrition & remove elements which damage new cells by focusing on the gut. Asparagus, carrots onions garlic are prebiotic fiber which is food for good bacteria - 4 to 7 cups of vegetables daily. Restricted carb diet remove starchy foods including root vegetables to rebalance gut flora terrain.

The Second Brain Dr. Michael Gershon: The gut produces more hormones and neurotransmitters than the brain. More communication from gut to the brain than from brain to gut.

### ***Foundation Tips for Intestinal Health:***

90 - 100% real food diet: vegetables (more of this than fruit), some fruit, meats, poultry fish, oils nuts seeds. Eat real food. Gluten free grains & removal of casein. 2/3 of immune system in digestive system, reduce inflammation for digestive health.

If Vegan then just consume complete protein, B12 enriched foods and you can supplement with vitamins if you have any nutritional deficiencies. Great sources of protein: green leafy vegetables, peas, quinoa, nuts, nut butter, beans, chickpeas, hemp, chia seeds, sesame, sunflower, poppy seeds, unsweetened cocoa powder, (tofu/tempheh/edamame/must be



organic and make sure you are not getting inflammation from this food group).

Almond or Coconut Bread:

Simple Mills & Almond Flour are amazing.

Another option:

<http://www.julianbakery.com/bread-product/paleo-bread-coconut/>

Explore Asian Organic Black Bean Spaghetti with 20.5 grams of protein. Add olive oil and some steamed or raw zucchini, red onion & garlic with oregano, basil and onion bits.

### **Flour:**

Simple Mills

Kin Arthur Almond Flour

Namaste

### **Non-dairy Butters:**

Coconut oil

Dastony Coconut, Cashew, Sesame Seed or Almond butters <http://windycityorganics.com/>

Ilovepeanutbutter.com offers milk free alternative to nutella

Hempzel's Natalie's Hemp Seed butter - alternative to peanut butter if that is an issue

### **Dressings, Sauces & Marinades:**

Coconut Aminos, coconut vinegar, coconut cream desserts, coconut bars, for the coconut chocolate crunch bars - only the Peruvian Crunch is dairy-casein free.

<http://www.coconutsecret.com/products2.html>

If you will be eating meat then find an organic and free range farmer: To locate a farmer near you: <http://www.eatwild.com/products/index.html>



### **Documentaries:**

**The Future of Food:** look into genetically-modified food (GMOs) and the destructive path of the Monsanto Corporation. Watch it free on Hulu.com. <http://www.thefutureoffood.com/>

**King Corn** <http://www.pbs.org/independentlens/kingcorn/> As America's most subsidized crop, this documentary follows two friends who plant an acre of corn and track it from seed to shelf.

**Food Fight:** Foodie celebs like Wolfgang Puck, Michael Pollan and Dan Barber talk about how food has changed in American and the growing organic-food movement.

**Forks over Knives** Despite our advanced technology, this movie investigates the "disease of affluence" that can be controlled or reversed by avoiding meat and processed food.

**Food Matters** <http://www.foodmatters.tv/> This film shows that what we eat really does matter and how it affects our health, mood and happiness.

**Fat, Sick and Nearly Dead**

**Ingredients**

**Food Inc.:** This film touches on the politics of food production, farming, obesity and disease in our 21st-century diet.

**Ted Talks: Defying Disease**

**Ted Talks: Chew On This**

**Miracle The Gerson Miracle**

**May I be Frank**

**Hungry for Change**

**Simply Raw**

**Meet Your Meat**

**Dirt! The Movie:** A look at the base of where all our food comes from... the ground. Watch it free online at Hulu.com.

**Fresh:** Urban farming activist Will Allen and Joel Salatin discuss how corporate America threatens our food economy.

**Super Size Me:** A fit man embarks on a 30-day challenge to eat only McDonald's fast food. Watch it free on Hulu.com.

**Fast Food Nation:** Showing the dark side of the all-American meal, this film examines the local and global influences of fast food.