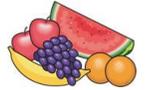


General Health Recommendations & Resources



We live in a culture that thrives on the Standard American Diet (S.A.D.) Unfortunately in order to maintain a high level of health and energy this diet does not fit the bill and will drive us to an early grave. This pamphlet will help direct you to some of the many health resources available and give you some ideas for implementing change. Don't get discouraged if it sounds overwhelming; if it takes baby steps to get started, some change is better than none at all and the more you research and work at it the easier it will become.

Whole Foods, not processed



The easiest first step is changing your diet is to **stop buying all processed foods**. **Whole foods:** fresh vegetables, fresh fruits, organic whole grain breads, grass fed meats, eggs, lean chicken & fish. **Processed foods** are packaged mixes, canned foods, any foods that have preservatives, food colorings, added synthetic vitamins (such as enriched breads, cereals, pastas).

Next, look at your condiments & replace them with minimally processed, organic ones. Don't assume that because something says "organic" that it's good for you. Many items that say "all natural" or "organic" have lots of ingredients your body doesn't need. Read the actual ingredients, not just the nutrition label. Look for unpronounceable words. Use natural sweeteners like pure maple syrup, stevia, xylitol & agave, not man made ones. Avoid corn syrup & high fructose corn syrup. Remember, you are what you eat! Avoid soda (Zevia is an acceptable alternative), sugars, white flour, conventional dairy products & fast food.

Consuming fresh produce is the number one step in preventing many diseases such as cancer & diabetes. Organic produce not only has a lower pesticide load but has been scientifically proven to have a higher nutrient content than conventionally raised produce. Grab a banana, not a candy bar.

Sources for organic food

Finding a food co-op is the least expensive way to find great prices on produce. If you are outside the Inland Empire area, try things like Meetup or Craigslist and search "food co-op". For those in this area, here are some suggestions:

****Russell Family**, Corona, CA. Every Tuesday afternoon pick-up. More info tclzpke@ca.rr.com

**High Desert, Apple Valley, CA: Bountiful Harvest Co-op www.bhcoop.org

**Healthy Diet Buying Club (Trish Evans)

Buys from United Natural Foods, Inc., U.S. Wellness Meats (grass fed beef), other companies gtdz@yahoo.com

www.bondedtogether.org

**U.S. Wellness Meats affiliate link: http://www.grasslandbeef.com/StoreFront.bok?affiliate_no=521 email 12% discount coupon code in enewsletter every other week.

****Clark's Nutrition Centers**, Riverside, Loma Linda, Palm Desert, San Bernardino.

**Trader Joes, www.traderjoes.com

**Henry's Farmer's Markets www.henrysmarkets.com

** www.amazon.com Sells cases of organic products such as healthy snacks in their Subscribe & Save program for much less than health food store.

****Costco** has some organic produce such as carrots & salad mix for great prices as well as frozen organic berries & vegetables on a rotational basis.

Green Smoothies & Juicing



The easiest way to get in several servings of fresh fruit & greens a day are green smoothies. Put the greens in first with the liquid base, blend up, then add fresh & frozen fruit to taste. Suggestions for greens: Baby spinach (*the mildest*), cilantro, parsley, dandelion, kale, beet tops, carrot tops.

Suggestions for fruit: Bananas, fresh squeezed orange juice, berries of any sort (blueberry, raspberry, strawberry, etc), peaches, nectarines, cherries, mangos, pineapple, papaya, kiwi, apricots.

Juicing is an excellent way to cure disease & maintain Health. We recommend the Green Star Juicer & a combination of greens (celery, spinach, chard, cilantro, dandelion, collards, kale, wheat grass, beets, etc) along with some carrots & apples to sweeten.

Other Food Suggestions



Meat: Beef has gotten a bad rap lately because studies have not used "healthy" meat. Research the differences between grassfed beef and conventionally raised (grain fed) beef. Grains are not the food cattle are intended to eat and feeding them this changes the entire composition of the animal. Those changes are passed on to the consumer. Some of the differences are:

<u>Grass fed</u>	<u>Grain Fed</u>
4 times more CLA (conjugated Linoleic acids – anitoxidant, anti-Cancer, fat burner, etc) than grain fed	insignificant amount of CLA
Ideal Omega 6:3 ratio of 2:1	Omega 6:3 ratio of 20:1 has adverse health effects
1/3 less calories	1/3 more calories
No animal by-products in feed, Non-irradiated, no antibiotics fed, No growth hormones	May be irradiated, growth hormones routinely used. antibiotics added to feed.
2-4 times more vitamin A & E May reduce risk of cancer & Heart disease	More total fat & saturated fat. Acidic digestive system from grain feed leads to Greater risk of E. Coli

Organic, Cage free eggs - High in CLA, great source of protein. Can be added raw to smoothie as very low risk of salmonella.

Free range poultry, clean fish from northern waters such as salmon, not farm raised, not canned (canned tuna has high levels of mercury) **Raw, organic grass fed dairy** such as cheese, butter, raw milk & kefir. **Organic, sprouted grain products** such as Ezekial 4:9 bread, spelt pasta, rice & rice pasta, sprouted wheat bagels. Keep even healthy grains to a minimum as they can cause inflammation & challenge insulin response.

Healthy fats such as avocados, raw nuts & seeds, coconut & olive oil.

Skip the fast food trap. Carry healthy snacks for trips, beef jerky, beef snack sticks, fresh fruit, carrots, sandwiches, hard boiled eggs, health bars, cookies & crackers made with organic ingredients (*read the labels!*). Avoid corn. They are found at Trader Joes & other health stores & thru amazon.com.

Nutritional supplements & medical choices



Many supplements are on the market. But which ones to take for what disorder? Or to maintain regular health? Where to spend your vitamin money and where not to? These are questions with no easy answers. One of the best resources I have found is this book "**Prescription for Nutritional Healing: A Practical A-Z Reference to Drug-Free Remedies Using Vitamins, Minerals, Herbs & Food Supplements**" by Phyllis Balch, CNC. The information to help answer many questions is found in these pages. If a person were to buy only one health reference book, this is the one I'd recommend. It retails for around \$16 on amazon.com. The author also has a smaller book for supplements only "**Prescription for Nutritional Healing: A-Z Guide to Supplements**" Herbs & supplements can be used to target certain health issues & these two books will help you sort thru which ones when.

Some things to look for in supplements would be whole foods based products, avoidance of extra ingredients in the "other" section such as stabilizers, preservatives, binders & fillers, natural versions of the actual vitamin rather than synthetic. Simply searching names on the Internet can provide more information. One of the best price online sources for supplements and some food & personal health care products is www.vitacost.com. Almost every brand found in the health food stores can be found at vitacost for less with no tax and a one order shipping charge of 4.99. My main across the board recommendation is that all women and most men should be taking a natural B-100 Complex supplement as our lifestyles and stress levels deplete our vitamin B supplies and this makes a major difference in many aspects of our health. Natrol B-100 is a good choice. A whole foods based multiple vitamin/mineral can also add a lot and make up where we are lacking. Nature's Way Alive is a good, inexpensive choice, but has some energy herbs that some people might choose to avoid. Doctor's Mercola & Whitaker both sell a higher end multiple. Many people also have a magnesium deficiency. Magnesium Taurinate by Cardiovascular Research is a good brand.

Sometimes it is wise to employ the assistance of a naturopathic doctor to check your personal health. They can do blood work & other tests to see if you have any allergies or vitamin deficiencies to help direct you in your healthcare decisions.

Prescription drugs should be a last resort, not a first when managing a health crisis. They build up in the liver and can have serious side effects. When faced with an issue, research all options. Surgery to remove organs is also not a good first choice, unless there is an immediate risk that could cause death or permanent damage. Most health problems can be managed naturally by a committed person and resolved.

Vaccines, although a great theory, are full of "other" ingredients that are toxic and can cause more harm than good in both adults and children. www.vaccinationnews.com & www.vaers.hhs.gov



Don't forget about good old fashioned free health resources such as exercise, fresh air & sunshine. These will do you a ton of good. A brisk walk each day can work wonders!

Avoiding other health risks

Avoid microwaving food. It destroys the nutritional enzymes and alters the actual food. When consumed this food has been shown to change a person's blood in a way that makes the person more susceptible to leukemia. Convection ovens, toaster ovens, stoves are better heating choices as they do not alter the food.

Avoid plastics when possible. Most plastics off gas carcinogenic material (cancer causing). Do not cook with non-stick coated cookware as it is also carcinogenic. Stainless steel, ceramic, iron cookware are all acceptable.

Drink pure water. Not all bottled water is safe. Most tap water is not safe as bacteria killing agents such as chlorine, which is cancer causing & has been implicated in miscarriages and other health problems, is added. Fluoride is a neurotoxin and should also be avoided. Get a shower filter or whole house filter (not softener) to protect from these substances as they are absorbed thru the skin.

Check your personal care products, such as shampoos, toothpastes, soaps, lotions, antiperspirants, cosmetics. Most have very dangerous ingredients in them that are absorbed thru your skin as well. Research some of the ingredients on the Internet to see what the possible health ramifications are. Many are proven carcinogens. Don't assume if you buy a product at a health food store that it doesn't have dangerous ingredients, read the labels!

Many toxins are in the home. Carpet has formaldehyde glue. Mattresses have fire retardant chemicals. Vinyl shower curtains have over 500 chemicals in them. Paint off gasses a chemical cocktail when fresh. Household Cleaners are very dangerous to the user and breathers of the fumes. Laundry detergents, fabric softeners, electrical outlets, cell phones, the list is endless. We cannot possibly avoid every toxin or chemical bombarding our body, but we can change some things in our control to make a difference and most of all, we can be aware that these dangers exist and research our options.

Internet Health Resources



Above all, seek God for wisdom & discernment when seeking out health information. Never trust in any medical person over God, they are people, too, and subject to error. Whenever you are making health decisions or researching various treatment options, whether conventional or holistic, ask God what He would want you to do in this situation! A discerning health conscience person who has sought God for direction can find very good sites that will direct them to other good sites. But always check everything out & cross reference it.

Here are some well known medical doctors who have "alternative" practices. They are great sources of info:

www.mercola.com www.drwhitaker.com www.drfuhrman.com www.drday.com

Other useful sites: www.drkelley.com (liver/gallbladder flush, cancer info)

www.gerson.org (health & cancer info),

www.curezone.com (people share their stories & research)

www.whale.to Excellent resource site for all sorts of health concerns, vaccines, diseases, environmental

www.ewg.org Environmental Working Group. Lists of worst sprayed produce, other issues on toxins in food & everyday products.

Healthy Diet Buying Club~ Trish Evans
Gtkdz@yahoo.com www.bondedtogether.org