




Spring into Vitality

Common Diet Beliefs and Some Myths

- ✓ You are what you eat
- ✓ Fresh foods are better than processed foods
- ✓ Cooked food is "poison"
- ✓ Raw foods are hard to digest
- ✓ Blending foods destroys nutrients
- ✓ Blending foods releases nutrients
- ✓ You need meat for protein
- ✓ Dairy is mucus forming
- ✓ Gluten causes inflammation

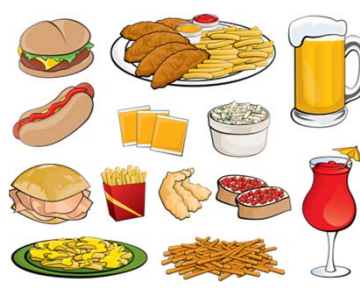


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Food Religions

- ✓ Macrobiotics
- ✓ Ayurveda
- ✓ Low Carb Diets
 - Atkins Diet
 - Zone Diet
 - South Beach Diet
- ✓ Raw Vegan
 - 80-10-10
 - Rainbow Green
- ✓ Raw Omnivorous




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Dogma vs Science vs Personal Nutrition Plan

✓ Biochemical individuality	✓ Genetics
✓ Life phases	✓ Gender
✓ Previous trauma	✓ Preferences
✓ Exposures	✓ Activity level



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Widely Accepted




- ✓ Whole processed
- ✓ Lots of vegetables
- ✓ Green is queen
- ✓ Natural not artificial

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Benefits of Raw Food

- ✓ Nutrients haven't been destroyed by cooking
- ✓ More antioxidants
- ✓ Fats haven't been oxidized
- ✓ Cleansing and detoxification
- ✓ Easier to digest
- ✓ Enzymes
- ✓ Energy
- ✓ Weight management




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Frequently Asked Questions

- ✓ Does it have to be 100%?
- ✓ What are the healthiest cooked foods to eat?
- ✓ What about dairy?
- ✓ How about meat and fish?
- ✓ If not 100%, what's the ideal percentage cooked?
- ✓ How about seasonal changes?




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Blending Raw and Cooked

- ✓ **All or Most Fats** –
raw: nuts,
seeds oil (minimal)
- ✓ **Fruits** – raw
- ✓ **Salads** – raw with
possibly some
cooked items,
i.e. steamed
vegetables mixed with raw
- ✓ **Grains and Legumes** – sprouted (certain ones)
- ✓ **Vegetables** – cooked and raw



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Fun Raw Cooked Meals

- ✓ The “Big Bowl”
- ✓ Combination salads
- ✓ Soups
- ✓ Cooked vegetables
with raw sauces and dips
- ✓ Non-gluten grains
with raw sauces and
vegetables



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DR. RITAMARIE'S MS, DC, CCN, DACBN
B4 BE GONE BLOOD SUGAR BALANCING MEALS



PHOTOS COURTESY OF B4 MEMBER, ANNETTE NOLAN
WWW.ITSALLABOUTYOU.CA



NOTES



Meal Timing Guidelines

Timing of your food is just as important as the quality of your food, especially when it comes to blood sugar balance. Use the suggestions below to improve the timing of your eating patterns.

- Start the day with a protein rich, low carbohydrate meal in order to maximize the rhythm of cortisol, leptin, and insulin. Eating green food and chia seeds with optional protein powder is a great way to begin your day. This combination will cut down on food cravings late in the day and after dinner.

You may have digestive or stress issues that are affecting how many amino acids you're absorbing. The most absorbable source of protein is blended or juiced greens. To start your day with protein, you can load up on readily available amino acids with a green drink, use a plant-based protein powder, or combine the two for a double whammy.

- Practice breathing and appreciation before your meals.
- Extend the time between your meals. The popular belief that eating small frequent meals is best for maintaining blood sugar balance and optimal weight are not supported by the research or the biochemistry. Ideally, there should be about 5 hours between your meals. If that's not comfortable for you, extend the time between your meals by 15 minutes each day.

Strive for 5 – 6 hours between meals if you can do so without symptoms like severe light-headedness, jitters, or other uncomfortable feelings. If you can't extend comfortably, eat the lowest glycemic and lowest fat meal you can to keep leptin and growth hormone from getting too far out of balance. If you feel very hungry, drink some water and refer to the **Snack Attack Strategy**.

- Quit eating 3 hours before bedtime to optimize growth hormone and promote fat burning while you sleep. Having your digestion "turned off" before bed will enhance your body's ability to heal, repair, detoxify, and refresh you for the day ahead.



NOTES



Emotional Eating Strategy

How Do You Know if You're an Emotional Eater?

- Uncontrollable urge to eat even when not hungry
- Eating foods that soothe an emotional wound without regard to actual nourishment

Toxic Emotions that May Trigger Emotional Eating Include:

- | | | |
|------------|----------------------|---------|
| • Sadness | • Hopelessness | • Anger |
| • Hate | • Self-righteousness | • Guilt |
| • Shame | • Worry | |
| • Jealousy | • Greed | |

Steps to Overcoming Emotional Eating

- Identifying the Triggers
- Establishing Patterns for Overcoming Emotional Eating
- Creating New Neural Pathways in Your Brain

Comforting Actions to Replace Comforting Food

- Run a hot bath, put some lavender oil in, and luxuriate in the bath. It's an aromatic, soothing way to comfort and distract you.
- Another idea might be to put on some meditative music or to listen to someone who's very inspirational and distract yourself that way.
- Call a friend, or write and journal to express and release your feelings.
- Engage and lose yourself in one of your favorite hobbies: artwork, playing music, knitting, bird-watching, gardening, dancing, swimming, yoga, theater, sports, etc.
- Focus on your breathing and feelings of appreciation as you visualize a time and place that brought you pleasure. Transport yourself in space and time back to that place.

The Power of 2: Consider the Result of Every Choice in...

2 minutes, 2 hours, 2 days, 2 weeks



Personal Emotional Eating Strategy Statement

Use the answers to the above questions to fill in the blanks and create your personal ***Emotional Eating Strategy Statement***. Make several copies and keep them handy. Post one on your mirror, another on your refrigerator, and one near your computer. Read this statement daily. It would be most effective to read it several times daily until you have it memorized and are consistently taking the alternative action.

When I feel (*emotions*) _____,

It drives me to eat (*foods*) _____.

I usually end up feeling (*emotions*) _____

and I have the symptoms of (*physical symptoms*) _____

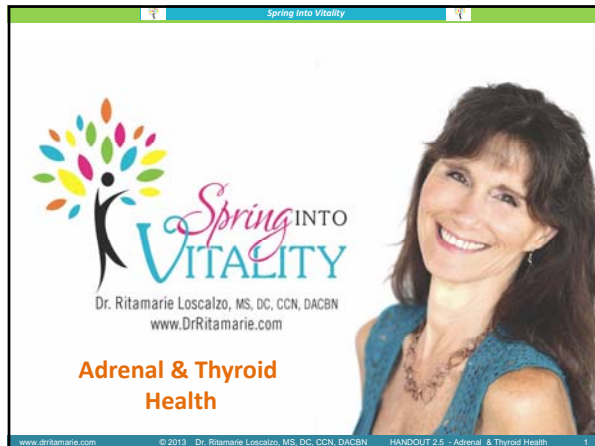
which keeps me from achieving (*goals*) _____.

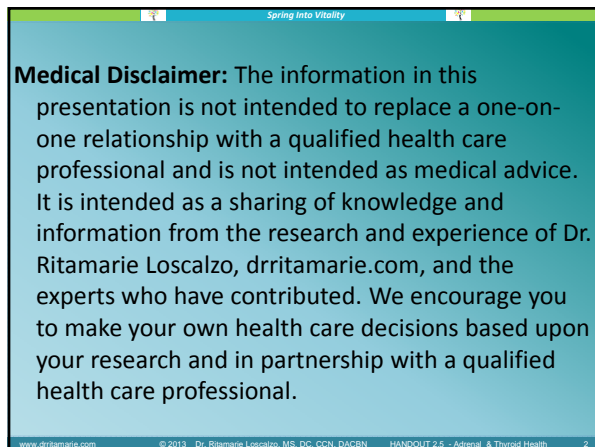
Instead of reaching for the (*foods listed above*) _____,

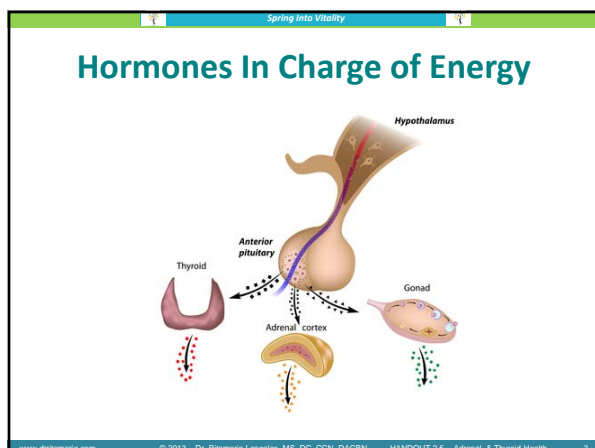
I can (*enjoyable activities*) _____,

and as a result I will feel (*emotions and physical*) _____

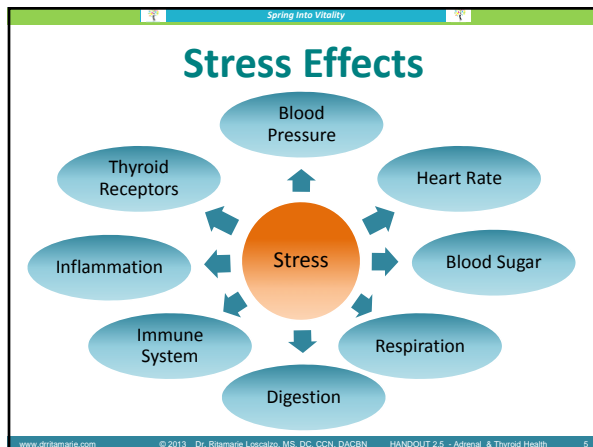
_____.












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Patterns of Thyroid Imbalance

Hypothyroid – 6 Patterns

- ✓ Primary Hypothyroid
- ✓ Pituitary
- ✓ Thyroid Under Conversion
- ✓ Thyroid Over Conversion
- ✓ Increased Thyroid Binding Globulin
- ✓ Thyroid Resistance




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Primary Hypothyroid Nutrition

- ✓ **Vitamins:** Vitamin A, Vitamin B, Vitamin D
- ✓ **Trace Minerals:** Iodine, Selenium, Zinc,
- ✓ **Antioxidants:** Glutathione, SOD
- ✓ **Amino Acids:** Tyrosine, Phenylalanine
- ✓ **Herbs:** Ashwaganda, Guggulu



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Autoimmune Hypothyroid

Causes:

- ✓ Leaky gut
- ✓ Food allergies
- ✓ Gluten and dairy
- ✓ Stress

Nutritional Approaches:

- ✓ Balance blood sugar
- ✓ Repair gut
- ✓ Support adrenals
- ✓ Support T-regulatory cells
 - Vitamin D
 - Glutathione cream, precursors or Protandim
 - Essential fatty acids
- ✓ Balance T-cells - TH1 & TH2



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Autoimmune Hypothyroid

**T Helper 1:
Cell Killers**



- ✓ Astragalus
- ✓ Echinacea
- ✓ Mushroom
- ✓ Licorice
- ✓ Lemon balm

**T Helper 2:
Antibodies**

- ✓ Caffeine
- ✓ Green tea extract
- ✓ Grape seed
- ✓ Pine bark
- ✓ White willow bark
- ✓ Lycopene
- ✓ Resveratrol
- ✓ Pycnogenol

Both:

- ✓ Probiotics
- ✓ Vitamin A
- ✓ Vitamin E
- ✓ Boswellia
- ✓ Enzymes
- ✓ Turmeric


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Pituitary Hypothyroidism

Causes:

- Stress: adrenal
- Post partum
- Shut down from over medication
- Neurotransmitter imbalances: especially dopamine and serotonin



Nutritional Support:


- Sage Leaf
- L-Arginine
- Zinc
- Magnesium
- Manganese
- Phosphatidyl Serine
- Antioxidants
- B Vitamins

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Thyroid Underconversion Nutrition

- ✓ Antioxidants
- ✓ Zinc
- ✓ Selenium
- ✓ Guggulu
- ✓ Phosphatidyl Serine 2000 mg/day



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Thyroid Over Conversion & Decreased TBG

Over Conversion from T4 to T3:

- Causes Receptor Burnout

Causes:

- Increased Testosterone
- Insulin Resistance / Diabetes
- PCOS



Nutritional Support:

- Insulin Resistance Diet
- Detoxification Program for Liver
- Selenium
- Guggulu
- Antioxidants
- Phosphatidyl Serine 2000 mg/day

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Increased Thyroid Binding Globulin

Causes:

- Oral Contraceptives
- Estrogen

Nutritional Support:

- MSM, Tri-Methyl Glycine
- Choline
- Beet
- Betaine HCl
- Vitamin c
- Taurine
- Liver Detox Support
- Phosphatidyl Choline



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Thyroid Resistance

Causes:

- ✓ Cortisol
- ✓ Homocysteine

Nutritional Support:

- ✓ Adrenal Support
- ✓ Stress Management
- ✓ B Vitamins



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Important Nutrients For Your Adrenal Glands



✓ **Vitamins:** Vitamin C, B Vitamins: B6, B5 (pantothenic acid), B2 and B3 (niacin), Vitamin E

✓ **Trace Minerals:** Manganese, Iodine, Selenium, Chromium, Zinc, and Potassium

✓ **Antioxidants:** Bioflavonoids

✓ **Amino Acids:** Tyrosine, Phosphatidyl Serine

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Adrenal Nourishing Foods



- ✓ Green leafy vegetables
- ✓ **Omega 3 Fats:** raw seeds, algae
- ✓ Low-glycemic fruits
- ✓ **Sea vegetables:** kelp, dulse, nori, more
- ✓ Garlic and onions
- ✓ **Sunflower lecithin**
- ✓ **Mushrooms:** shitake, maitake, reishi, cordyceps, chaga
- ✓ **Omega-3 rich foods:** hemp seeds, chia seeds, flax seeds, algae and deep ocean fish
- ✓ **Probiotic and prebiotic rich foods:** kefir, rejuvelac, sauerkraut, coconut yogurt, seed yogurt, Jerusalem artichoke, chicory

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Herbs for Adrenals

- ✓ Ashwaganda
- ✓ Licorice
- ✓ Eleuthero
- ✓ Panax Ginseng
- ✓ Siberian Ginseng
- ✓ Schizandra
- ✓ Astragalus
- ✓ Devil's Club
- ✓ Codonopsis
- ✓ Maca
- ✓ Rhodiola
- ✓ Pine Pollen
- ✓ Holy Basil
- ✓ Shilajit
- ✓ Ginkgo
- ✓ Rhemannia
- ✓ He Sho Wu
- ✓ Cordyceps
- ✓ Reishi
- ✓ Chaga
- ✓ Lemon Balm
- ✓ Chamomile
- ✓ Hops



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Healing Elixir Base Recipe

Ingredients:

- ✓ **Liquid base:** herbal tea, nut or seed milk, fresh juice or water – 2 cups
- ✓ **Fat source:** nut butter, avocado, *Chia Gel*, soaked nuts, seeds, coconut
- ✓ **Herbs:** several teaspoons to several tablespoons
- ✓ **Flavorings:** essential oils, extracts, carob, vanilla, raw cacao
- ✓ **Sweetener:** stevia, Lakanta, erythritol, zylitol or honey if your blood sugars tolerate
- ✓ **Salt:** sea salt or kelp powder

Directions:

- ✓ If you're using a tea base, boil water and allow herbs to steep 10 minutes or longer to get to full flavor and strength.
- ✓ Put water, fat, herbs, flavorings, sweetener and salt in blender.
- ✓ Blend until smooth, then adjust flavorings and sweeteners to taste.



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Adrenal and Immune Support Elixir

- ✓ 1 tea bag plus 16 ounces purified water
- ✓ 4 large Brazil nuts
- ✓ 1 tablespoon raw organic walnuts
- ✓ 1 tablespoon hemp seeds
- ✓ 1 tablespoon coconut butter (*Artisana*) OR
2 tablespoons dried coconut
- ✓ 1/2 teaspoon Reishi powder (*Mountain Rose Herbs*)
- ✓ 1/2 teaspoon Cordyceps Mushroom powder
- ✓ 1/4 teaspoon Astragalus powder (*Mountain Rose Herbs*)
- ✓ 1/2 teaspoon Ashwaganda powder (*Mountain Rose Herbs*)
- ✓ 2 tablespoons raw carob powder or raw cacao powder
- ✓ 1 tablespoon Maca powder (*Health Force Nutritionals*)
- ✓ 1/4 teaspoon stevia green leaf powder, or 3-4 drops your choice
flavored liquid *Sweet Leaf Stevia*, or 1 teaspoon *Zero*,
or 1 teaspoon *Lakanto*



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Adrenal Supportive Food Guidelines

- ✓ Do not restrict salt
- ✓ Avoid foods 3 hours before bedtime
- ✓ Start your day with green protein:
low carb, moderate protein and
fat breakfast with omega-3 fats
- ✓ Do not allow yourself to become overly hungry
- ✓ Gluten-free diet
- ✓ Eliminate caffeine
- ✓ Eliminate alcohol
- ✓ Eating for blood sugar balance –
say no to refined foods





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Adrenal Nourishing Breakfast

- ✓ Start your day with greens: low carb, moderate protein
and fat breakfast and an omega-3 fat source
 - Green smoothie
 - Green juice
 - Green powder
 - Protein powder
 - Chia pudding
 - Hemp milk shake
 - Dehydrated grain-free bread with flax/coconut butter
- ✓ Adrenal support herbal tea: licorice, ginseng, lemon
balm -- No caffeine



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Adrenal & Thyroid Assessments

Based upon your health profile for **the past 30 days**, please select the appropriate number, from '0 - 3' on all questions (0 as least/never/no and 3 as most/always/yes). Circle the number you feel best applies, then add the numbers to create your score.

POINT SCALE: (Please adjust your understanding as needed for health questions that are NOT symptom related.)

0 = NEVER (also: least, no, never tried/experienced)

1 = MILD (also: occasionally; symptom occurs rarely - i.e. a couple of times a month at most)

2 = MODERATE (also: some severity/intensity, and/or frequency, often; symptom occurs weekly)

3 = SEVERE/ABSOLUTE (also: frequent, intense, most, always, yes)

For all yes/no questions, 0=no and 3=yes

Adrenal Assessment

1. 0 1 2 3 Are there nights when you cannot stay asleep?
2. 0 1 2 3 Do you experience afternoon headache(s)?
3. 0 1 2 3 Do you crave salt?
4. 0 1 2 3 Are you a slow starter in the morning?
5. 0 1 2 3 Do you experience afternoon fatigue?
6. 0 1 2 3 Do you experience dizziness when standing up quickly?
7. 0 1 2 3 Do you experience headache(s) with exertion or stress?
8. 0 1 2 3 Do you tend to be a "night person"?
9. 0 1 2 3 Do you have difficulty falling asleep?
10. 0 1 2 3 Are you a slow starter in the morning?
11. 0 1 2 3 Do you tend to be keyed up, and/or have trouble calming down?
12. 0 1 2 3 Is your blood pressure above 120/80?
13. 0 1 2 3 Do you experience headache(s) after exercising?
14. 0 1 2 3 Do you feel wired or jittery after drinking coffee?
15. 0 1 2 3 Do you clench or grind your teeth?
16. 0 1 2 3 Are you calm on the outside, but troubled on the inside?
17. 0 1 2 3 Do you have chronic low back pain that worsens with fatigue?



Handout 2.6 – Adrenal & Thyroid Assessment

18. 0 1 2 3 Do you become dizzy when standing up suddenly?
19. 0 1 2 3 Do you have difficulty maintaining manipulative correction?
20. 0 1 2 3 Do you experience pain after manipulative correction?
21. 0 1 2 3 Do you have arthritic tendencies?
22. 0 1 2 3 Do you crave salty foods?
23. 0 1 2 3 Do you salt foods before tasting?
24. 0 1 2 3 Do you perspire easily?
25. 0 1 2 3 Do you have chronic fatigue and/or get drowsy often?
26. 0 1 2 3 Do you have bouts of afternoon yawning?
27. 0 1 2 3 Do you experience afternoon headache(s)?
28. 0 1 2 3 Do you have asthma, wheezing, and/or difficulty breathing?
29. 0 1 2 3 Do you experience pain on the medial or inner side of the knee?
30. 0 1 2 3 Do you have a tendency to sprain ankles or experience "shin splints"?
31. 0 1 2 3 Do you have a tendency to need sunglasses?
32. 0 1 2 3 Do you have allergies and/or hives?
33. 0 1 2 3 Do you ever suffer from weakness and/or dizziness?

TOTAL: _____/99

Low Thyroid Assessment (Hypo)

1. 0 1 2 3 Do you have difficulty losing weight?
2. 0 1 2 3 Are you mentally sluggish or notice a reduced initiative?
3. 0 1 2 3 Are you easily fatigued and/or sleepy during the day?
4. 0 1 2 3 Are you sensitive to cold and/or have cold hands and feet?
5. 0 1 2 3 Do you have chronic constipation?
6. 0 1 2 3 Have you experienced excessive hair loss and/or coarse hair?
7. 0 1 2 3 Do you have morning headaches that wear off during the day?
8. 0 1 2 3 Do you have a loss of lateral eyebrow hair (about 1/3 of the brow line)?
9. 0 1 2 3 Do you experience seasonal sadness?
10. 0 1 2 3 Are you tired, sluggish?
11. 0 1 2 3 Do you require excessive amounts of sleep to function properly?
12. 0 1 2 3 Do you struggle with increase in weight gain even with low-calorie diet?
13. 0 1 2 3 Do you ever experience depression, lack of motivation?
14. 0 1 2 3 Is there thinning or falling out of hair on your scalp, face, or genitals
15. 0 1 2 3 Do you have dryness of skin and/or scalp?
16. 0 1 2 3 Do you notice mental sluggishness?


TOTAL: _____/48





Excess Thyroid Assessment (Hyper)


1. **0 1 2 3** Are you sensitive/allergic to iodine?
2. **0 1 2 3** Do you have difficulty gaining weight, even with a large appetite?
3. **0 1 2 3** Are you nervous, emotional, can't work under pressure?
4. **0 1 2 3** Do you experience inward trembling?
5. **0 1 2 3** Do you flush easily?
6. **0 1 2 3** Do you have an intolerance to high temperatures?
7. **0 1 2 3** Do you experience heart palpitations?
8. **0 1 2 3** Do you ever experience increased pulse, even at rest?
9. **0 1 2 3** Do you suffer from insomnia?
10. **0 1 2 3** Do you experience night sweats?

TOTAL: _____/30

 0-10% - Overall good balance. Sound nutrition and healthy habits will maintain good balance.

 11-20% - In need of a tune up to restore balance before serious illness sets in. Diet and lifestyle improvements should shift to normal.

 21-35% - Things are out of balance and need attention.

 36-50% - Very compromised and likely to significantly affect your state of health, well-being and energy level.

 51-100% - Severely compromised and requires immediate attention.



NOTES



Energy Recharge Elixirs

An elixir is defined as a magical or medicinal potion.

Main Ingredients in our Energy Recharge Elixirs:

1. **Liquid base:** herbal tea, nut or seed milk, fresh juice or water – 2 cups
2. **Fat source:** nut butter, avocado, *Chia Gel*, soaked nuts, seeds, coconut
3. **Herbs:** several teaspoons to several tablespoons
4. **Flavorings:** essential oils, extracts, carob, vanilla, raw cacao
5. **Sweetener:** stevia, Lakanta, erythritol, zylitol, or honey if your blood sugars tolerate
6. **Salt or kelp powder**

Taste Balancing Tips for Delicious Elixirs:

- 1.
- 2.
- 3.
- 4.
- 5.

Directions:

1. Boil water and allow herbs to steep 10 minutes or longer to get to full flavor and strength.
2. Put water, fat, herbs, flavorings, sweetener and salt in blender.
3. Blend until smooth, then adjust flavorings and sweeteners to taste.



Organ Energizing Elixir Ingredients

The chart below contains just a sampling of the dozens of herbs that can be used to support and nourish your glands. Mix and match to delight your palate and your body.

Adrenal	Digestion	Immune System	Liver/Detox	Bones
Maca Gynostemma Mucuna Pruriens Schizandra Reishi Cordyceps Shitake Astragalus Siberian Ginseng Licorice Rhodiola Tulsi Ashwaganda Licorice ***	Pau D'arco Cinnamon Cayenne Peppermint Aloe Slippery Elm Marshmallow Licorice ***	Reishi Cordyceps Shitake Astragalus Gynostemma Turmeric Ginger	Milk Thistle Burdock Dandelion Turmeric Ginger Yellow Dock	Horsetail Nettle Yellow Dock
*** Caution with High Blood Pressure				



Adrenal and Immune Boosting Elixir

Ingredients:

- 1 tea bag of **Spring Dragon Longevity Tea**
- 16 ounces purified water
- 4 large Brazil nuts
- 1 tablespoon raw organic walnuts
- 1 tablespoon hemp seeds
- 1 teaspoon Chaga
- 1 teaspoon Maca
- 1/2 teaspoon Reishi powder
- 1/2 teaspoon Cordyceps Mushroom powder
- 1/4 teaspoon Astragalus powder
- 1/2 teaspoon Ashwaganda powder (**Mountain Rose Herbs**)
- 2 tablespoons raw carob powder or raw cacao powder (or ½ and ½)
- 1 tablespoon coconut butter (**Artisana**) or 2 tablespoons dried coconut
- 1/4 teaspoon stevia green leaf powder, or 3-4 drops your choice flavored **Sweet Leaf Stevia**, or 1 teaspoon **Lakanta**

Directions:

1. Boil water and steep tea bag for 10-15 minutes.
2. Combine all ingredients in blender and blend until smooth.



NOTES