

## SESSION ONE

*“The doctor of the future will no longer treat the human frame with drugs, but rather will cure and prevent disease with nutrition.”*



THOMAS EDISON



# Welcome

## Congratulations!

You have just made an exceptional commitment to yourself and your future. I truly look forward to working with you during the coming months to help guide you toward exceptional health. You will experience major positive changes in your body and in your life, and I am honored to contribute to this process.

Since most of this program occurs outside our sessions while you are living and eating in your daily life, ultimately the results depend on you. **What you put into the program, you will get out.** Please read and sign the following:

Dear Body,

After careful thought and consideration, I promise to:

honor you as the temple of my soul  
offer you healthy foods and drinks  
realize that you deserve to be healthy  
overcome addictions that hurt you  
love and appreciate you for all you do  
accept that I have the power to heal you  
realize that laughter, play, and rest are necessary and help you feel good  
exercise regularly and appropriately for my body type  
accept you and be grateful for you, just the way you are  
listen to messages you are sending me when you are hurt or sick  
understand that my unexpressed emotions and thoughts affect you

(additional promises)

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please sign here

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# Goals

To help clarify which issues you want to address and what you think is possible for your health and your life in the upcoming months, please take a few moments to fill in the following. Write three goals for each time period.

## One Month

1. \_\_\_\_\_  
\_\_\_\_\_
2. \_\_\_\_\_  
\_\_\_\_\_
3. \_\_\_\_\_  
\_\_\_\_\_

## Three Months

1. \_\_\_\_\_  
\_\_\_\_\_
2. \_\_\_\_\_  
\_\_\_\_\_
3. \_\_\_\_\_  
\_\_\_\_\_

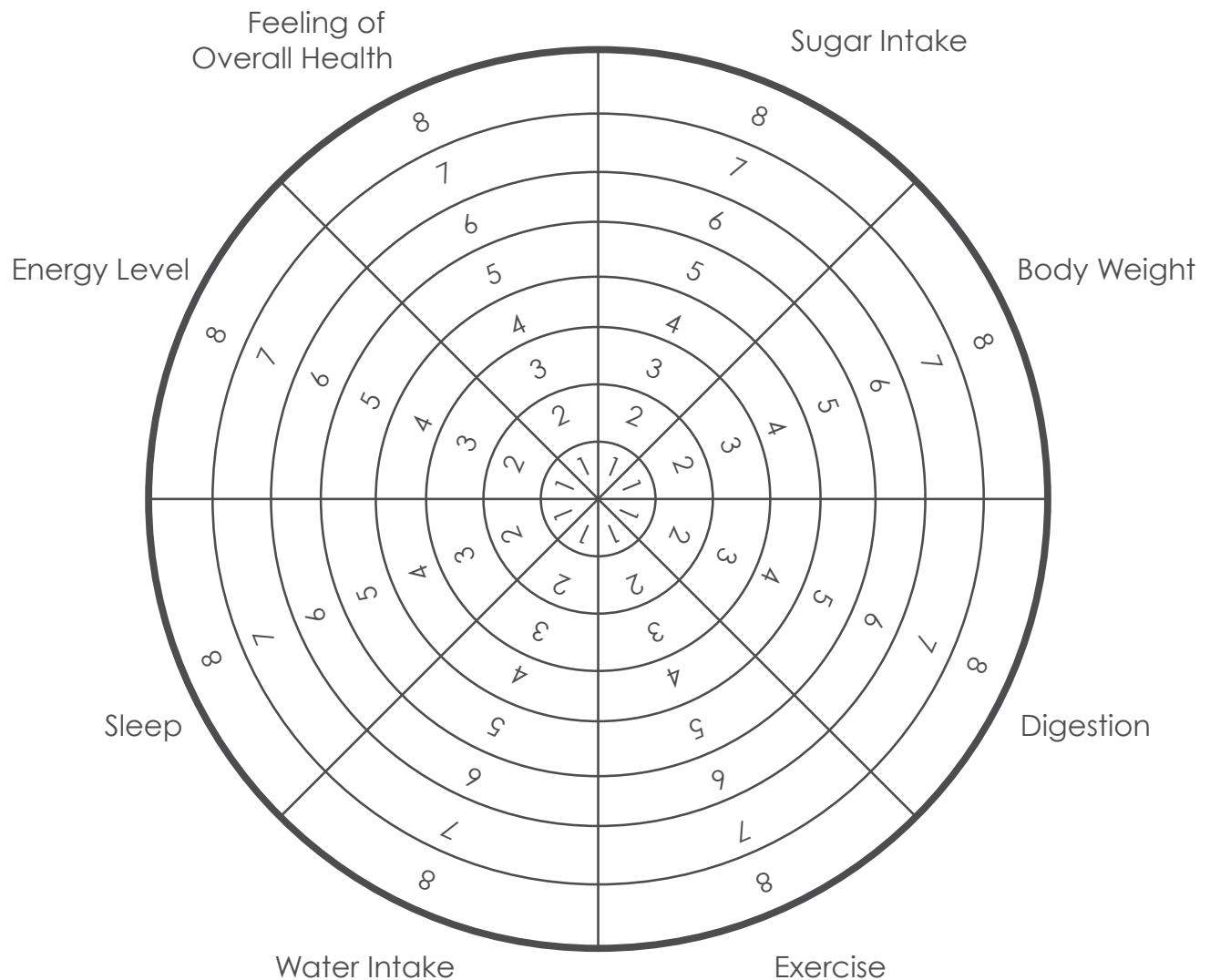
## Six Months

1. \_\_\_\_\_  
\_\_\_\_\_
2. \_\_\_\_\_  
\_\_\_\_\_
3. \_\_\_\_\_  
\_\_\_\_\_

## Physical Wheel of Life

This exercise will help you discover how you feel about various aspects of your physical health. It has eight sections. Look at each section and place a dot on the line to designate how satisfied you are with the corresponding area of your health. A dot placed closer to the center (1, 2, 3) indicates dissatisfaction, while a dot placed on the periphery (6, 7, 8) indicates close-to-optimal wellness in that area. Connect the dots to see your physical wheel of life. This will give you a clear visual of imbalances so that you can determine where you may wish to spend more time and energy to create balance within your body. Make sure to date this and possibly even make copies of this form since you will want to compare your progress as you go along.

Date \_\_\_\_\_



# Acid and Alkaline Balance

Health is all about balance. When you improve the acid/alkaline balance of the body, you simultaneously improve every other system in the body. In order to function properly, the blood and other body fluids must maintain a very narrow acid/alkaline balance which is measured by the pH factor (potential hydrogen).

## pH ranges from 0-14 (very acidic to very alkaline)

A pH below 7.0 is acidic and above 7.0 is alkaline. (Note: there is a tenfold difference between each number. For example, a pH of 5.0 is 10 times more acidic than a pH of 6.0.)

Blood pH does not shift easily. The pH of our blood is between 7.25-7.45, and if the blood's pH falls below or above that range, the body cannot function. A tremendous amount of energy is then expended to maintain blood pH levels, and the body is forced to pull from its alkaline mineral reserves, therefore causing deficiencies and health disorders.

When we maintain proper pH levels, injuries heal faster and health challenges improve more quickly. This is due to the fact that the body is oxygenated and, therefore, can detoxify and heal itself. If cells are energized in this way, we develop strong immunity to disease and a significantly lower propensity for cancer.

## Symptoms of an acidic body

- weight gain
- decreased energy
- inflammation
- increased toxins
- mental fog
- osteopenia/osteoporosis
- heartburn
- digestive issues
- acid reflux/GERD
- cancer
- gingivitis

## How to stay alkaline/balanced

- Breathe!
- Drink tea instead of coffee.
- Increase greens/green juice in your diet.
- Use more apple cider vinegar, lemons, and limes.
- Incorporate sea vegetables, pumpkin seeds, and ginger.
- Eat more vegetables.
- Drink alkaline water.
- Drink 4 ounces of warm water mixed with 1/4 tsp Himalayan pink salt before bed.

Please watch our "[Quick, Easy Cancer Prevention Tips](#)" video and read our blog, "[Acid Alkaline Balance](#)" for more in-depth information.

## pH Testing

Balancing your pH is a simple way to improve the health of your entire body. It will assist in cancer prevention, weight loss, reduction of inflammation, improved heart and bone health, and better energy levels. We are looking to see how acidic or alkaline your body chemistry is. The blood pH never changes, which is why we are looking at urine and saliva pH to see how hard your body may or may not be working to maintain the blood pH. Keep this sheet, along with a pen, in the bathroom for six days to note your pH balance.

Name: \_\_\_\_\_

Test Start Date: \_\_\_\_\_

Upon waking, test your **saliva** with the pHDrion paper. Wet the end of a pHDrion test strip with your saliva before brushing your teeth, drinking, or eating. Note the color change, and write down the corresponding pH number on the appropriate blank below. **The pH should fall between 6.8 and 7.2.** The lower the number (yellow), the more acidic you are. The higher the number (green), the more alkaline you are.

### 1<sup>st</sup> Saliva:

Day 1 \_\_\_\_\_ Day 2 \_\_\_\_\_ Day 3 \_\_\_\_\_ Day 4 \_\_\_\_\_ Day 5 \_\_\_\_\_ Day 6 \_\_\_\_\_

After testing your saliva, test your **first urine** of the morning **between 5-8 a.m.**, even if you go back to bed. This is urine that has been stored in your bladder during the night and is ready to be eliminated when you get up. Urinate on a clean strip of the pHDrion paper, note the color change, and write down the corresponding pH number. If your body has efficiently eliminated excess acid during the first four hours of sleep, this reading should be more acidic than your second reading. This number, compared with the second urine reading, will let you know if your body is doing efficient, clean-up work during sleep to remove acid from the joints.

### 1<sup>st</sup> Urine:

Day 1 \_\_\_\_\_ Day 2 \_\_\_\_\_ Day 3 \_\_\_\_\_ Day 4 \_\_\_\_\_ Day 5 \_\_\_\_\_ Day 6 \_\_\_\_\_

Next, test your **second morning urine** (before eating if at all possible). This number should be the pH of your second urine after you have eliminated the acid load from the day before (first urine). The acids should be gone the second time you go to the bathroom, so your urine pH should ideally read from around 6.8 to 7.2. This second reading is very important because it indicates what your body chemistry is like during the day.

### 2<sup>nd</sup> Urine:

Day 1 \_\_\_\_\_ Day 2 \_\_\_\_\_ Day 3 \_\_\_\_\_ Day 4 \_\_\_\_\_ Day 5 \_\_\_\_\_ Day 6 \_\_\_\_\_

You can purchase [pH strips](#) here.

## FOOD EFFECTS ON ACID-ALKALINE BODY CHEMISTRY

Most Alkaline	More Alkaline	Low Alkaline	Lowest Alkaline	Food Category	Lowest Acid	Low Acid	More Acid	Most Acid
lime nectarine persimmon raspberry watermelon tangerine	grapefruit cantaloupe honeydew mango dewberry loganberry	lemon pear apple avocado blackberry cherry peach papaya	orange apricot banana blueberry pineapple raisin/currant grape strawberry	fruit	guava dried fruit fig date	plum prune tomato	cranberry pomegranate	
lentil yam onion daikon taro root sea vegetables burdock	kohlrabi parsnip garlic kale parsley endive mustard greens ginger root broccoli sweet potato	potato bell pepper mushroom cauliflower eggplant pumpkin collard greens	brussel sprouts beet chive okra turnip greens squash lettuce	vegetables beans legumes	spinach fava beans kidney beans string beans chutney rhubarb	tofu pinto beans white beans navy beans aduki beans lima beans chard	green pea peanut snow pea carrot chickpea	soybean carob
pumpkin seeds	poppy seeds	primrose oil sesame oil cod liver almonds sprouts	avocado oil seeds (most) coconut oil olive oil flax oil	nuts seeds sprouts oils	pumpkin seed oil grapeseed oil sunflower oil pine nuts	almond oil safflower oil	pistachio pecan canola oil	hazelnut walnut brazil nut
			quinoa wild rice	grains cereals	millet kasha bastille amaranth brown rice	buckwheat wheat spelt semolina	corn rye oat bran	barley
				fowl	wild duck	goose turkey	chicken	pheasant
				meat fish shellfish	venison fish	lamb elk shellfish	pork veal mussels/squid	beef lobster
		quail eggs		eggs	chicken eggs			
		raw goat milk	raw milk	dairy	cream yogurt	pasteurized cow and goat milk aged cheese soy cheese	casein fresh cheese	processed and pasteurized cheese ice cream
		green tea	ginger tea	beverages	espresso	black tea	coffee	alcohol
	molasses	rice syrup raw honey stevia liquid coconut sugar	sucanat	sweeteners	maple syrup	stevia powder	saccharin	sugar cocoa
		apple cider		vinegar	rice vinegar	balsamic vin- egar		white vinegar
baking soda	spices	herbs (most)		other	curry	vanilla	nutmeg	jam/jelly

Choose more foods from the alkaline side of the chart.

70% ←

→ 30%

# Water and Hydration

Not only does water improve the way we function, but it also improves the way we feel and look. Some of the natural perks water has to offer include:

- hydration of internal organs thus enabling them to function properly
- hydration of skin and keeping it looking fresh and healthy
- weight control (Water is your single, most effective weight management tool.)
- increased energy
- alleviation/prevention of a variety of ailments by keeping the immune system healthy
- regulation of body temperature
- the flushing out of waste and toxins

## Hydration Tips

Drink 1 liter (about 34 ounces) of water for every 50 pounds of body weight (example: 150 pounds=3 liters or about 100 ounces of water per day). Start your day with 12-16 ounces of water. Drink room temperature water between meals so as not to dilute your precious digestive enzymes that help deliver nutrients from your food.

**Water with minerals is very important.** If you drink tap water, always purify it first. When drinking reverse osmosis or purified water, add concentrated **essential trace minerals** (found in the supplement section of the health food store) to your water to add back the minerals taken out by the purification process. This will actually hydrate your cells. Add 10-15 drops of minerals per liter of water. Another option is to take 1 capsule of **trace minerals** 2-3 times per day.

- Drink water every 15-30 minutes while exercising.
- Drink BEFORE you get thirsty; thirst is a sign of dehydration.
- Limit your consumption of caffeine which acts as a diuretic and can dehydrate you.
- Coconut water is the best re-hydrant because it matches the exact electrolyte profile of our blood plasma. It is nature's Gatorade!
- Carry a non-plastic, reusable water bottle with you at all times.
- Eat more fruits and vegetables since they contain a high percentage of water.

Learn the signs of dehydration: headache, fatigue, constipation, cramps, increased heart rate and body temperature, and decreased perspiration and urination. Many everyday ailments can be cured by increasing water consumption.

**Note:** If you don't drink enough water because it seems boring to you, then please visit the recipe section of our website and make the **fruit water**. Or, you can just experiment with different herb and fruit combinations, such as three slices each of lemon, lime, and orange per one liter of water; or a few raspberries and two slices of lime; 1 cup cubed watermelon and a sprig of rosemary and sage; or 1 cup cubed fresh pineapple and a few mint leaves.

Please watch our **Water** video and drink up!!



## Getting in Your Greens

The food missing most in modern diets is green vegetables. Learning to cook and eat greens is essential to creating health and better energy. When you nourish yourself with greens, they naturally crowd out the foods that make you sick. Green is associated with spring: the time of renewal, refreshment, and vital energy. In Asian medicine, green is related to the liver, our organ for emotional stability and creativity. Physiologically, greens help to detoxify the liver.

### Nutritionally, greens are very high in:

- calcium
- magnesium
- iron
- potassium
- phosphorous
- zinc
- vitamins A, C, E, and K
- folic acid
- chlorophyll

### Benefits from eating dark leafy greens are:

- blood purification
- cancer prevention
- improved circulation
- strengthened immune and respiratory system
- promotion of healthy intestinal flora
- subtle, light, and flexible energy
- lifted spirit and elimination of depression
- improved liver, gall bladder, and kidney function
- clearing of congestion by reducing mucus

There are so many greens to choose from. When you get bored of your favorites, be adventurous and try greens that you have never heard of before. Try adding some of these into your diet:

bok choy	broccoli	endive
nappa cabbage	mustard greens	red leaf or butter lettuce
kale	broccoli rabe	romaine lettuce
collards	dandelion	mesclun
watercress	arugula	mixed field or wild greens

Green cabbage can be included as a green or as sauerkraut which provides the body with live enzymes.

**Spinach, swiss chard, and beet greens are best eaten in moderation because they are high in oxalic acid** which depletes calcium from your bones and teeth and can lead to osteoporosis. Cook these vegetables with something rich, like seeds, nuts, beans, butter, animal products, or coconut oil. This will balance the effect of the oxalic acid.

### Preparing Greens

Try a variety of methods like steaming, boiling, sautéing in coconut oil or pastured butter, water sautéing, salads, and waterless cooking. Boiling makes greens plump and relaxed. We recommend boiling for under a minute so that the nutrients in the greens do not get lost in the water. Steaming makes greens more fibrous and tight, which is great for people who are trying to lose weight. Raw salad is also a wonderful food since it is refreshing and cooling and provides live enzymes. Get into the habit of adding leafy green vegetables to your diet as much as possible. By incorporating just two servings per day (1 serving = 1 cup cooked or 2 cups raw), you will experience a dramatic, positive shift in your health.

Pick up the cookbook [Greens Glorious Greens](#) by Albi and Walther for more recipe ideas.

# Whole Journey Green Juicing Recipes

Juicing provides an abundance of nutrients in a way that is easily absorbed and used by the body.  
Be sure to use organic vegetables and fruit to receive optimal benefits.

## Emerald Bliss (our favorite)

- 3 kale leaves, destemmed
- 3 stalks celery
- 1 handful parsley
- 1 handful romaine lettuce
- 1 one-inch piece ginger, peeled
- 2 organic green apples
- 1 cucumber (optional)

## Sweet Green Juice

- 1 cucumber
- 2 organic green apples
- 1/4 cup parsley
- 2 stalks celery
- 1/2 inch piece ginger, peeled
- 1/2 lemon, peeled

## The Blue Green

- 2 cups young coconut meat
- 2 teaspoons coconut oil
- 4 teaspoons blue green algae
- 1/8 cup coconut nectar
- 12 fresh mint leaves
- 3 cups coconut water
- 1 teaspoon vanilla
- 1 pinch sea salt

## Antioxidant Smoothie

- 1/2 frozen organic banana
- 1 packet (100g) frozen, unsweetened acai
- 1 cup frozen berries of your choice
- 1 1/2 or more cups coconut water
- 1 teaspoon vanilla
- 1 pinch sea salt
- 1 scoop protein powder
- 1 teaspoon coconut oil
- 1 teaspoon **Vitamineral Green** (optional)

## Spinach Mixer

- 1 cup spinach
- 1 cucumber
- 2 stalks celery including leaves
- 3 carrots
- 1 green apple

## Super Alkalizer

- 1 organic green apple
- 1-2 carrots
- 3 stalks celery
- 1/2 head romaine lettuce
- 2 large kale leaves, destemmed
- 1/4 cup or more ripe Hawaiian papaya
- 1 handful cilantro or parsley
- 1 cucumber
- 1 handful fennel (stalk can be used, too)
- 1 teaspoon Vitamineral Green (optional)

## Sweet Minty Green Juice

- 1 cucumber
- 1 carrot
- 1 organic green apple
- 1/4 cup parsley
- 1/4 cup mint
- 1 stalk celery
- 1/2 lemon (deseeded and peeled)

## Mean Green Juice

- 1/2 pear
- 1/2 green apple
- 1 handful spinach
- 1 handful parsley
- 2 celery stalks
- 1/2 cucumber
- 1 small piece ginger, peeled
- 1 slice papaya

## Inflammation Zapper

- 1 three-inch strip ginger, peeled
- 1 three-inch strip turmeric, peeled
- 3 carrots
- 1 beet, peeled and cut
- 7 kale leaves, destemmed
- 4 celery stalks
- 1 cucumber

We love using the **Vitamix** for blending and for food processing. We also prefer the **Omega Juicer** since its slow juicing process retains all the nutrients of the ingredients.

# What's Wrong with Pasteurized Dairy Products?

Many Americans, including some vegetarians, consume large amounts of *pasteurized* dairy products. The U.S., Sweden, Finland, and the UK consume the most pasteurized dairy and also have the highest rate of osteoporosis. Here are eight great reasons to eliminate **pasteurized** dairy products (not raw dairy) from your diet.

- 1. Milk does not reduce fractures or prevent osteoporosis.** Contrary to popular belief, eating dairy products has never been shown to reduce fracture risk. The Harvard Nurses' Health Study, which followed more than 75,000 women for 12 years, showed no protective effect of increased milk consumption on fracture risk. In fact, increased intake of calcium from dairy products was associated with a higher fracture risk. An Australian study showed the same results. Additionally, other studies have also found no protective effect of dairy calcium on bone. You can decrease your risk of osteoporosis by reducing sodium and animal protein in the diet, increasing intake of fruits and vegetables, exercising, and ensuring adequate calcium intake from plant foods, such as leafy green vegetables and beans, as well as calcium-fortified products like breakfast cereals and juices.
- 2. Cancer**  
Several cancers, such as ovarian cancer, have been linked to the consumption of dairy products. The milk sugar lactose is broken down in the body into another sugar, galactose. In turn, galactose is broken down further by enzymes. According to a study by Daniel Cramer, MD and his colleagues at Harvard, when dairy product consumption exceeds the enzymes' capacity to break down galactose, it can build up in the blood and may affect a woman's ovaries. Some women have particularly low levels of these enzymes, and when they consume dairy products on a regular basis, their risk of ovarian cancer can be triple that of other women.
- 3. Diabetes**  
Insulin-dependent diabetes (Type I or childhood-onset) is linked to the consumption of dairy products. Epidemiological studies of various countries show a strong correlation between the use of dairy products and the incidence of insulin-dependent diabetes. Researchers in 1992 found that a specific dairy protein sparks an auto-immune reaction, which is believed to be what destroys the insulin-producing cells of the pancreas.
- 4. Lactose Intolerance**  
Lactose intolerance is common among many populations, affecting approximately 95 percent of Asian Americans, 74 percent of Native Americans, 70 percent of African Americans, 53 percent of Mexican Americans, and 15 percent of Caucasians. Symptoms, which include gastrointestinal distress, diarrhea, and flatulence, occur because these individuals do not have the enzymes that digest the milk sugar, lactose. Additionally, along with unwanted symptoms, milk drinkers are also putting themselves at risk for development of other chronic diseases and ailments.
- 5. Contaminants**  
Synthetic hormones such as recombinant bovine growth hormone are commonly used in dairy cows to increase the production of milk. Because the cows are producing quantities of milk that nature never intended them to produce, the end result is mastitis (inflammation of the mammary glands). The treatment requires the use of antibiotics, and traces of these and hormones have been found in samples of milk and other dairy products. Pesticides and other drugs are also frequent contaminants of dairy products.
- 6. Health Concerns of Infants and Children**  
Processed dairy products may pose health risks for children and lead to the development of chronic diseases such as obesity, diabetes, and formation of atherosclerotic plaques that can lead to heart disease. The American Academy of Pediatrics recommends that infants below one year of age not be given whole cow's milk as iron deficiency is more likely on a dairy-rich diet. Cow's milk products are very low in iron. If cow's milk products become a major part of one's diet, iron deficiency is more

likely. Colic is an additional concern with milk consumption. One out of five babies suffer from colic. Pediatricians learned long ago that cow's milk was often the reason. We now know that breast feeding mothers can have colicky babies if the mothers are consuming cow's milk. The cow's antibodies can pass through the mother's bloodstream into her breast milk and to the baby. Additionally, food allergies appear to be a common result of milk consumption, particularly in children. A recent study also linked cow's milk consumption to chronic constipation in children. Researchers suggest that milk consumption resulted in perianal sores and severe pain on defecation leading to constipation.

7. **Dairy cows produce waste,** lots of waste. In fact, your average dairy cow produces 120 pounds of waste every day, equal to that of more than two dozen people, but without toilets, sewers, or treatment plants. California produces one-fifth of the country's total milk supply. According to Milksucks.com in the Central Valley of California, the cows produce as much excrement as a city of 21 million people, and even a smallish farm of 200 cows will produce as much nitrogen as in the sewage from a community of 5,000 to 10,000 people, according to a U.S. Senate report on animal waste.

Excerpted from What's Wrong with Dairy Products? by Physicians Committee for Responsible Medicine, [www.pcrm.org](http://www.pcrm.org)

# Bacteria and Raw Milk – a Very Healing Food

## What is raw milk?

This is a VERY different food than the pasteurized milk you just read about. Natural, organic, raw milk contains living and beneficial bacteria, enzymes, lactase-forming bacteria, and many enzyme-based, pathogen-killing systems. It can significantly boost immunity (especially in children who get sick frequently), help heal asthma, improve digestive function and ability, improve the bioavailability of vitamins and minerals, and deliver essential fats for cell protection. If you are lactose intolerant when drinking pasteurized milk, **it's likely you will not be lactose intolerant when you drink raw milk**. This is because lactase enzymes are being formed when you digest raw milk.

## How is raw milk different from pasteurized milk?

Raw milk is a whole food the way nature intended it to be. By pasteurizing milk, many anti-microbial and immune-enhancing components are greatly reduced in effectiveness and completely destroyed by ultra-pasteurization. (Scientific American, December 1995.)

Pasteurized milk is heated to 160 degrees or higher within 15 seconds, and all bacteria, enzymes, proteins, and immune-boosting properties are killed. By consistently killing good bacteria in our food supply through the pasteurization process, we have caused catastrophic damage to our immune system's ability to fight pathogens and its response to antigens in the body.

## What are the benefits of raw milk?

1. Raw milk helps to prevent pathogen absorption across the intestinal wall.
2. It strengthens the immune system (lymphocytes, immunoglobulins, antibodies, hormones, and growth factors). *Scientific American*, December 1995
3. In early studies involving humans, raw milk was shown to be superior to pasteurized milk in protecting against infection, diarrhea, rickets, tooth decay, and tuberculosis.
4. In early animal studies, animals that were fed raw milk had better growth, denser bones, greater integrity of internal organs, less anemia, fewer signs of anxiety and stress, and fewer signs of nutrient deficiency than animals fed pasteurized milk.

## Additional Information

In the early 1900s, the Mayo Clinic administered the Milk Cure, which consisted of drinking 4-5 quarts of raw milk per day, obtaining favorable results for a range of illnesses including cancer, weight loss, kidney disease, allergies, skin problems, urinary tract problems, prostate problems, and chronic fatigue. These results are not obtained using pasteurized milk.

For normal digestive tracts, raw milk is wonderful and very effective at rebuilding your immune system and overall digestive ability over time. Modern Americans are subjected to harsh antibiotics, sterilized foods, preservatives, GMOs, chemicals in our air, water, food, kitchens, work environments, cars, soils, and much more. Our natural immunity has been compromised, and it may take patience to rebuild it. A strong immune system means that your body has earned its own ability to do battle and protect itself.

**Note:** Make sure you know and trust the origin of your raw milk. It should come from pasture-raised, grass-fed cows, and the farm should test the microbial count of the milk twice weekly. Organic Pastures is our favorite brand.

# Calcium Cheat Sheet

It is recommended that the average adult should consume about 1200 mg of calcium per day. For women under 35 with higher risk factors for osteoporosis and for women over 50, 1600 mg of calcium per day is recommended. We always prefer that one receives their daily allowance of calcium from food rather than from supplements and dairy sources.

## The Absorption Connection

Ingesting calcium without ensuring its absorption is pointless and potentially harmful. It is essential to also take in other vitamins and minerals that are needed to properly absorb calcium. **Vitamins A, C, D, and K and the minerals magnesium and phosphorus are keys to calcium absorption.**

**Vitamin D:** Over 70% of our clientele are low in vitamin D. It is very important to get your levels checked twice each year because it is such a crucial nutrient. To absorb vitamin D from the sun, spend at least 30 minutes in the sun, without sunblock, four times/week. Vitamin D transports calcium into the bone, helps rebuild the epithelial cells (skin cells) in the intestinal tract, and is crucial for decreasing depression. Test your vitamin D levels at [Grassroots Health](#).

## Magnesium:

It was once thought that the proper ratio of calcium to magnesium was 2 to 1. More recently, and because there is much less magnesium in our soil these days, supplement manufacturers are using research to advocate an even 1-to-1 ratio, while others even feel the ratio should be reversed to 1 to 2. Magnesium stimulates a hormone that increases calcium in the bones and keeps it from being absorbed in the soft tissue. This is what happens in several types of arthritis. A magnesium-rich diet in conjunction with calcium intake might be enough to cure several forms of arthritis and help keep bones dense. Magnesium also relaxes the nervous system and relieves restless leg syndrome and foot cramping. When supplementation is an option, magnesium glycinate is our favorite supplement form.

## Magnesium-Rich Foods

dried seaweeds  
black mung and lima beans  
buckwheat  
barley

rye  
brown rice  
millet

most nuts and seeds  
green plants  
cacao nibs  
wheat berries

## Calcium-Rich Foods

### Green Leafy Vegetables

beet greens  
bok choy  
broccoli  
collard greens  
dandelion  
kale  
mustard greens  
parsley  
spinach (cooked)  
turnip greens (cooked)  
watercress  
wheat grass

### Nuts and Seeds

almonds  
brazil nuts  
hazelnuts  
sunflower seeds  
sesame seeds

### Fish

sardines  
salmon  
oysters

### Sea Vegetables

kombu  
hijiki  
wakame  
agar agar (use like gelatin)

### Legumes

tempeh (fermented soy)  
garbanzo beans  
black beans  
navy and white beans  
pintos

# Healthy Breakfast Options

## Berry Green Delicious Smoothie

- 1 cup almond milk, coconut milk or coconut water
- 1/2 cup frozen organic berries
- 1 frozen organic banana
- 1 large handful of kale or spinach, washed and destemmed
- 1 teaspoon coconut oil
- 1 scoop protein powder\*
- 1 tablespoon ground flax or hemp seeds

## Energy-Boosting Breakfast Wrap

- 2 scrambled eggs (organic)
- 1/2 small avocado
- 1 handful greens (mixed field, spinach, or sprouts)
- Himalayan pink salt, to taste

Wrap in brown rice tortilla  
Top with salsa or pesto.  
(Option to substitute eggs with tempeh, brown rice and/or black beans)

## Hot Cereal

- 1 cup cooked gluten-free hot cereal
- 1 tablespoon almond flour, hemp seeds, or ground flax seeds
- 1/2 scoop protein powder\*
- 3/4 cup unsweetened coconut milk or almond milk
- 1 tablespoon coconut oil or ghee

Mix all ingredients together. To sweeten, add stevia to taste or 1 teaspoon raw honey, coconut sugar, or grade B maple syrup  
Sprinkle with cinnamon.

## Plant Protein Smoothie

- 1 cup unsweetened almond milk or coconut milk
- 1/2 avocado
- 2 tablespoons hemp seeds
- 1 scoop plant-based protein powder\*
- 1 large handful kale (destemmed) or spinach
- 4-6 ice cubes
- 1/8 teaspoon Himalayan pink salt
- 1/2 lemon, juiced (optional)

## Brown Rice Pancakes

- 1/2 cup cooked brown rice
- 1 tablespoon hemp protein powder
- 1 tablespoon ground flax or chia seeds
- 1 egg white
- 1/2 cup gluten free flour
- 15 drops dark liquid stevia
- 1 pinch cinnamon

Combine in blender until smooth. Heat skillet with coconut oil. Pour mixture onto hot skillet into desired pancake size. Cook until golden; flip over and cook until golden. Top cooked pancakes with 1 teaspoon almond butter or cashew butter and 1 teaspoon of grade B maple syrup.

## Muesli

- 1 cup rolled oats (gluten-free)
- 2 cups unsweetened almond or hemp milk
- 1/2 cup raw sunflower seeds
- 1 handful shredded, unsweetened coconut

Soak all ingredients overnight, and it will be done in the morning without cooking. Eat as is.

## Healthy Cereal Options

Oatmeal (sugar-free/gluten-free)

Top with unsweetened almond, coconut or hemp milk. Add 1/2 scoop protein powder\* and 1 small handful of raw nuts or seeds of your choice.

## Quick Toast Options

Gluten free bread toasted and topped with: avocado, tomato, and pink salt or almond butter cinnamon, and raw honey or pesto with turkey and sea salt or simply with 1 teaspoon coconut oil and pink salt.

\*Our favorite protein powders are [Jay Robb](#) (Egg White or Whey), [Fit 365](#), MRM ([Egg White](#) or [Whey](#)), [Tera's Whey Goat Protein](#), [Warrior Food Vegan](#),\*\* and [Vega One](#).\*\*

\*\* Do not combine plant protein with fruit.

# Food Combining for Optimal Digestion

The gut is our second skin. It is a single layer of cells supported by a network of related systems which permits the passage of nutrients into our bodies and maintains a barrier against harmful substances and organisms. Complex or elaborate food combining can lead to digestive problems such as decreased nutrient assimilation, intestinal gas, abdominal pain, swelling, constipation, contaminated blood, and mental fog.

- There are many rules regarding food combining, but our cardinal rule at The Whole Journey is to **never combine fruit with carbohydrates (starches)**. By avoiding this combination, fermentation, bloating, and gas will be minimized. This is your one anti-cancer rule of food combining for life! Fruit and grain (or carbohydrates) have a similar digestion rate, so they, in turn, compete with one another. The grain/carb wins the competition, and the fruit putrifies and ferments while it waits its turn to be digested. Examples of carbohydrates include potatoes, grain, bread, and legumes.
- **Melon – Eat it alone, or leave it alone.** Due to its quick fermentation process, melon will create bloating and gas if eaten with any other foods.
- For those with well-functioning digestion, you can enjoy fruit with nuts. Since nuts take so long to digest, the fruit will get to digest first and, therefore, not create gas.
- A good rule of thumb to follow is to eat fruit at least 30 minutes before a meal or 1 hour after.

**What if it's too late?** When you overeat or eat improperly combined foods resulting in intestinal discomfort, instead of an over-the-counter remedy, try one of the following:

- **raw apple cider vinegar** in water (1 tablespoon in 4 ounces water)
- **digestive enzymes** (1-2 capsules 20 minutes before a meal or 2 capsules after a meal that has caused bloating)
- **ginger tea** before or after a meal
- one pinch of baking soda in 4-6 ounces warm water to neutralize acid



# Digestive Wellness

Millions of Americans suffer with gastrointestinal symptoms like heartburn, bloating, gas, constipation (less than 1-2 bowel movements per day), GERD (gastroesophageal reflux disease), diarrhea, pain, and ulcers. The key to good health stems from a balanced diet appropriate for your unique constitution, effective digestion, nutrient absorption, and good elimination. It seems so simple, yet so many people suffer from poor health as a result of poor digestion.

Digestion is literally the cornerstone of our health. If we are consistently having any discomfort or problems, something is wrong. We must look deeper to heal the root cause, not just the symptom, or we will have to deal with a laundry list of subsequent health issues down the road.

Poor digestive health weakens the immune system, causes nutritional deficiencies and hormonal/endocrine imbalances, and weakens all organ function. It also creates an additional toxic load for the body to deal with and dramatically lowers how effectively the body can convert food into a usable form of energy.

Irritable Bowel Syndrome or IBS is one of the most commonly diagnosed diseases related to digestion in our country. In my opinion, the IBS diagnosis is the doctor's way of saying, something is severely wrong with your digestive system. I have no idea what it is, and I have no plans to figure it out. IBS is NOT a diagnosis, but rather a copout, and if not handled appropriately, will lead to exponentially worse dysfunction in the body.

When someone comes to us with IBS, we test them for food sensitivities, not food allergies, but food sensitivities. A food sensitivity might not produce an overt outward reaction like breaking out in hives, but it does lower the immune system and irritate the intestinal lining making it susceptible to microbial invasion. Over time, consistent consumption of these foods will wear the body down.

We also look for intestinal permeability (leaky gut syndrome), pathogens/parasites, bad bacteria, SIBO (small intestinal bacterial overgrowth), yeast (*Candida Albicans*), and fungus/mold. Nine times out of ten, it is one or more of these issues that must be addressed and resolved for total recovery and optimal health. For more information, read our blog on [SIBO is the New Candida](#).

We should all take stock to improve digestion on a daily basis as a barometer to our total health. This is our one life to live. Why not live it the best that we can?

Here are our top 10 recommendations to improve your digestive health immediately:

1. Avoid the overuse of NSAIDS (non-steroidal, anti-inflammatory drugs) such as ibuprofen. Instead, use natural remedies like boswellia and turmeric or the homeopathic remedy, arnica montana. InflammabLOX is one of our favorite anti-inflammatory supplements.
2. Limit alcohol intake to 3-5 drinks per week, preferably less. Alcohol irritates and damages the stomach lining. Beer is always the worst choice because of the yeast and gluten.
3. Avoid chronic stress when possible. High cortisol levels thin the intestinal lining. Evaluate where most of your stress comes from and take steps to minimize it in your day-to-day life.
4. Avoid unnecessary medications and stomach aids. Instead, take one tablespoon of [Bragg's Raw Apple Cider Vinegar](#) for heartburn or acid reflux. It will stimulate increased hydrochloric acid production as well as shift your pH to a more alkaline position. Or, try a pinch of baking soda in 4 ounces of water before bed to neutralize acid.
5. Take a good probiotic such as Probiotic 50B or Probiotic GI. Take 2 pills on an empty stomach for regular maintenance for 3 weeks (at a time) several times per year (more if you have digestive issues or take antibiotics).
6. Try the [Paleo Fiber](#) for gentle, natural, and effective relief of constipation.

7. DO NOT combine fruit and grain together (e.g., oatmeal and blueberries). Fruit should be eaten alone because it digests more quickly. When we add grain to fruit, the fruit is forced to "wait" in the intestines which makes the fruit ferment and cause gas. Regular gas leads to yeast overgrowth and an imbalanced pH, both of which are linked to cancer. (We love the research of Nobel Prize winner, Dr. Otto Warburg. Look him up if you want to learn more.)
8. Take a good superfoods [green supplement](#) for daily cellular detoxification and consider taking herbs like marshmallow root, slippery elm, or glutamine to fortify the gut lining and to soothe inflammation. We like Ortho Molecular's [Mucosagen](#) or [L-Glutamine](#) Powder by Pure Encapsulations.
9. Get an IgG blood test for food sensitivities and allergies.
10. And last, but certainly not least, avoid poor dietary choices. Don't restrict yourself completely, but instead, follow my 80/20 rule and put your health and well-being first!

Check out our link to [Gut Thrive in 5](#). This comprehensive program addresses a wide variety of digestive issues, including Candida, SIBO, Leaky Gut, parasites and more!

Watch our ["Digestive Wellness"](#) video segment

# Fermented Foods

Most Asian cultures consume fermented foods with their meals. The average American diet does not include sufficient amounts of fermented foods needed for good digestive health. Fermented foods aid the digestive process and help the formation of good bacteria in our gut, and the gut is the foundation of our health.

Certain foods are difficult for our bodies to break down which therefore may lead to digestive issues and nutrient malabsorption. The reason is due to the various compounds in certain foods, known as anti-nutrients (which interfere with our body's ability to readily absorb nutrients). These types of compounds are found in foods such as soybeans, some grains, pasteurized dairy products, and even certain vegetables.

It is not what we eat but what we absorb that makes up our health. The process of fermenting food (like dairy, grains, soy, and vegetables) involves using different types of beneficial yeasts and bacteria which help in the chemical breakdown of the hard-to-digest substances mentioned above. Fermentation basically pre-digests these foods making the vitamins and minerals they contain easier for the body to absorb and use. For example:

## SOY

Non-fermented soy (tofu, soy milk) inhibits the uptake of iodine which is necessary for thyroid hormone production. It also has phytic acid which decreases absorption of nutrients. Acceptable fermented soy products are tamari, tempeh, and miso. Fermented soy can promote good bacteria in our intestines which, in turn, aids in digestion, nutrient absorption, and immune function.

## GRAINS

Many grains contain a substance called phytates. As with soy, phytates bind to minerals and decrease the absorption of certain minerals. When we eat fermented foods, our bodies can better tolerate phytate-rich foods. This is because the mineral-binding phytates are broken down more effectively by good bacteria, and therefore, we get more of the nutrients that whole grains have to offer. Soaking grains for 1-3 hours (and then draining them) before cooking is another way to decrease their phytate content.

## DAIRY

If you can tolerate dairy, choose lacto-fermented dairy products such as yogurt and raw kefir. The process of fermentation breaks down the lactose (milk sugar) into a simpler sugar that is easier to digest. Be sure to buy organic and 100% grass-fed dairy products. If you do not tolerate dairy well, give coconut kefir or coconut yogurt a try.

## VEGETABLES

An easy way (and our favorite way) to incorporate more fermented foods into your daily diet is with raw sauerkraut or kimchi. The fermented cabbage of sauerkraut is loaded with probiotics (good bacteria). It helps to have raw sauerkraut before meals to improve digestion and the assimilation of nutrients. Look for raw sauerkraut in the cold section of your local health food store. It is important to buy raw sauerkraut because processed sauerkraut does not have the live beneficial bacteria. Kimchi comes from Korea and is a combination of different fermented vegetables which are also just as beneficial as sauerkraut. It comes down to a matter of taste preference.

# The Five Most Common Food Sensitivities

A food sensitivity is an immune-system response to a food that the body believes is harmful, and every time we eat that food, our immune system is compromised. Food allergies and/or food intolerance affect everyone to varying degrees, yet most of us have no idea what it is and that it is adversely affecting our lives. There are five foods that account for 75% of all food sensitivity (not allergy) reactions.

Wheat and Gluten

Corn

Soy

Dairy/Milk (pasteurized)

Eggs (depending upon what the chicken was fed)

A very common symptom of food sensitivities is dark circles underneath the eyes which indicates a negative liver response to a food (especially in children). Another common symptom is feeling tired or mentally foggy immediately after eating. Have you heard of the term food coma"? Somehow it has become a commonly accepted term and a side effect from eating. If you are eating food that nourishes and supports you, you should feel clear and energized after eating it. Other common indications of food sensitivities include:

- bloating or irregular digestion
- skin rashes of any kind
- runny nose or excess mucus
- muscle and/or joint aches and pains
- depression and mood swings

The best way to know for sure what foods you are sensitive to is to get an IgG blood test with a health care practitioner.

**WHEAT** – found in bread, flours, candy, cookies, crackers, soups, salad dressings, soy sauce, and seasonings. Look for terms like hydrolyzed plant or vegetable protein and food starch to indicate that a product may contain wheat. Fortunately, almost all health food stores now provide lots of wheat-free and gluten-free options for pasta, cookies, and crackers that are made from other grains like brown rice and quinoa.

**CORN** – This is a BIG one because corn is everywhere and added to so many products that one would never think of, such as alcohol, salad dressings, toothpaste, tomato paste, peanut butter, etc. We get a lot of corn mostly from high fructose corn syrup which accounts for 52% of our sugar intake. High fructose corn syrup turns to sugar faster than table sugar and is a major player in the diabetes game. Corn is acidic and can alter the acid-alkaline balance of the body as well. Beware of maltodextrin, used as an additive, and widely made from corn. When purchasing corn make sure that it is organic corn to ensure that it is not a GMO (genetically modified organism).

**SOY** – Soybeans have become a major part of processed food products in the United States and are making their way into many products like baked goods, canned tuna, infant formula, crackers, and soups. Keep in mind that all soy that is not organic is genetically modified. Taking in processed soy over a long term can cause damage to the thyroid and lead to other hormonal imbalances. The only kinds of soy recommended are fermented because they have a different interaction in the body. If tofu is a part of your diet, try tempeh, a fermented version of soy and grains that tastes a lot like a veggie burger. Tamari is a wheat-free soy sauce that is fermented, and miso is fermented soybean paste that has healing properties and is used in soup and spreads. If you are a soy milk drinker, consider switching to unsweetened almond or coconut milk.

**DAIRY** – Perhaps the winner for the highest food sensitivity is cow dairy. The most common symptoms for cow dairy intolerance are bloating and indigestion as well as excess mucus. We began pasteurizing milk over 50 years ago as well as adding antibiotics and hormones to our cows, which is why more than 25% of America can no longer process cow milk. Upon ingesting it, we must pull from our own reserves of enzymes to digest it since the enzymes in the milk have been destroyed by heat. Raw milk has a different interaction in the body and can usually be tolerated by those with lactose intolerance. Studies show that organic, raw milk can supercharge the immune system because of the high colostrum content. It has also been known to reverse osteoporosis within six months and to alleviate asthma symptoms. Fortunately, milk is one of the easiest substances to substitute in recipes, when baking, or even in your morning cereal. Unsweetened almond milk, coconut milk, rice milk, or hemp milk are great substitutes.

**EGGS** – Egg sensitivities are typically because the chicken ate corn or soy instead of bugs, worms, flies, and grass, their natural diet. Some hidden sources of egg, besides baked goods, are foam toppings on desserts, specialty coffees, and bar drinks. Many commercial brands of egg substitutes and pastas contain egg whites. When baking, you can substitute of a banana, cup of applesauce, or 2 tablespoons of flaxseed mixed with a little water in place of one egg. You may also use organic potato starch, mashed potatoes, or prunes, as well. Remember to take a **digestive enzyme**, however, if you are combining fruit with carbohydrates.

Other high-sensitivity foods include bananas, peanuts, kidney beans, and Brewer's and baker's yeast. If you are allergic to one or more of these foods, it will be a bit of an adjustment. However, it is absolutely possible to eliminate one or more of these from your diet without ever missing them.

We are all entitled to vibrant health: mentally, physically, and emotionally. With a little detective work and experimentation, you can easily find out which foods are not supportive to you and eliminate them to start improving your health immediately. Eventually you will be able to be intuitive with your nutrition because you will learn the subtleties of how foods affect you.

# Constipation

Believe it or not, constipation is considered having less than two bowel movements daily. With the onset of processed and broken foods and our stressful lifestyle, constipation is a major, chronic problem in the US. Bowel movements are your body's main way to detoxify and eliminate what does not belong. Therefore, regularity is essential to good health. If you are not eliminating normally and productively at least once daily, then your liver, kidneys, and lymphatic system must work harder to keep you healthy.

You always want to find the root cause of constipation while doing something to keep the pipes flowing. Potential root causes can be an underactive thyroid, too much sugar, pasteurized dairy, or processed foods which kill the good, healthy bacteria in the colon. It is also believed that genetically modified organisms (GMOs) are causing leaky gut or intestinal permeability and therefore creating a hospitable environment for pathogens (parasites/yeast/mold) to live and breed.

## The following may contribute to constipation:

- too much calcium or iron
- low thyroid hormone
- lack of exercise
- side effects from anti-depressants, painkillers, or other medications
- depression
- lack of hydration

Many lab tests can drill down to find the root cause of constipation. However, it is very important to incorporate some of our constipation tips below to get and/or keep the pipes flowing, so you can enjoy good health in the meantime.

## Dietary Considerations

### Avoid or limit:

- all pasteurized dairy
- certain commercially-produced protein and energy bars. (Check with us for approved varieties.)
- the over-consumption of meats and animal protein.
- sugar and most processed foods, including cakes, cookies, candy, all refined sugar, pre-packaged foods, white flour products (breads, pasta, etc.), soda, fried food, refined cereals (corn flakes, rice krispies, etc.)

### Focus on changing by:

- trying to consume mostly cooked vegetables and warm, moist food for a few weeks.
- increasing intake of vegetables and juices, especially dark, leafy greens.
- including fiber-rich foods like whole grains, veggies, low-glycemic fruit, beans, and legumes.
- having cooked brown rice for breakfast, chewing very slowly.
- eating your largest meals earlier in the day. Eat a light meal at night and allow two hours before bed with no food.
- including 2-3 prunes in the morning upon waking. Chew well. You may also stew the prunes in water and then drink the whole mixture with a little lemon. Or, drink 4-6 ounces prune juice mixed with 4-6 ounces of water or eat 3-5 stewed prunes or figs. Be sure to chew very well.
- drinking water and herbal teas regularly or drink water with 3 tablespoons chia seeds mixed in/once daily.
- supplementing with a gentle, safe, natural stool softener like [Triphala](#) or aloe before bedtime.
- taking a greens supplement daily like [Vitamineral Green by Health Force](#).
- drinking 12 ounces of hot, lemon water upon waking.

## Lifestyle/Stress Reduction Suggestions

- If you don't have a bowel movement in the morning, it is less likely you will have one during the day. Create a morning ritual that allows a slow, easy pace and allot plenty of time to go if the urge comes.
- Sitting and breathing can induce the urge to go. Release anxiety and tension immediately through deep breathing. Do not resist an urge to go! Honor your body to go immediately.
- Try squatting to allow the urge to strengthen. When sitting on the toilet, place a box or stool under your feet to raise your knees to mimic the squatting position. Or, research and invest in the [Squatty Potty](#).
- Exercise regularly. Even moderate walking 3-4 times a week can help greatly.
- Try [Smooth Move Tea](#) by Traditional Medicinals (only intended for occasional use).

# Fats and Oils Fact Sheet

## What are Essential Fatty Acids (EFAs)?

Omega-3, 6, and 9 fatty acids constitute EFAs and are essential because they are needed for many functions. EFAs cannot be manufactured by our bodies, so they must be obtained from food on a daily basis. EFAs are necessary for proper prostaglandin function which regulates pain and swelling, maintains blood pressure, regulates cholesterol, and assists with nerve transmission. Sufficient omega-3 fatty acids are thought to play a role in maintaining brain health and good cardiovascular function. They are also essential for the prevention of miscarriage and to promote optimal fetus development. Omega-3 fatty acids have also been linked with helping arthritis, depression, and intestinal inflammation.

## Signs of EFA Deficiency

- fatigue
- heart problems
- dry skin, eczema, or hair loss
- immune weakness
- mood swings and/or depression
- poor circulation
- poor memory
- reproductive problems (men and women)
- inflammation

## Foods Containing EFAs

### Omega-3:

- salmon
- sardines
- mackerel
- anchovies
- cod liver
- chia seeds
- flaxseed
- walnuts
- pasture-raised, grass-fed beef

Note: plant-based omega-3 sources are not complete, so the body needs to convert them in order to use them. This is the reason why we recommend animal-based omega-3s over plant-based omega-3s.

### Omega-6: (\*healthiest options)

- sunflower
- nuts\*
- seeds\*
- beans\*
- evening primrose\*
- borage oil \*
- black currant oil\*

Most Americans have a very high ratio of omega-6 to omega-3, such as 20:1, which is pro-inflammatory. The recommended ratio is closer to 2:1, which means that one should limit the amount of omega-6 vegetable oils when cooking. Note that you get an abundance of the bad genetically modified oils like soybean, corn, and canola oil when you eat out, so try to eliminate these oils at home. Aim to use avocado oil and olive oil in salad dressings and coconut oil, ghee, or pastured butter or when cooking. Omega-3 fatty acids are precursors to anti-inflammatory compounds in the body. Omega-3 and Omega-6 fatty acids actually compete for the enzymes that convert them into more biologically-active compounds. So, when one has an abundance of omega-6, it proportionately uses more of those enzymes, and you are left with a pro-inflammatory environment and a bad mood.

If you are not eating wild, fatty fish three times/week, it is a good idea to supplement with a high-quality fish oil. Our favorites are [Green Pasture Blue Ice Cod Liver Oil](#) (online), [New Chapter Wholemega](#) (health food stores), and [Pure Encapsulations Cod Liver Oil](#) (online). Take two/day with breakfast for maintenance. Take four/day if you have elevated blood pressure or cholesterol or have depression or gastro-intestinal issues for the first month. A good source for quality fish and seafood is [Vital Choice Seafood](#).

**Omega-6** fatty acids are precursors to **pro-inflammatory compounds** in the body which means they create inflammation in the body when taken in excess amounts. This is why the ration of 3:1 of omega-3 to omega-6 is so important. High levels of omega-6 (relative to omega-3) create a pro-inflammatory environment and have been linked to cardiovascular disease, diabetes, certain cancers, and mental health problems.

## Saturated Fats

These come mainly from animal sources. When eaten appropriately and of the highest quality, these foods can be very healing and strengthening and can raise your good cholesterol (HDL). Check out [US Wellness Meats](#) to order nationwide.

grass-fed beef	lamb	raw milk
pasture-raised pork	free range, organic chicken	raw cheese
coconut oil	organ meats	raw butter

## Trans-Fats or Hydrogenated Oils

Trans-fats, also known as hydrogenated or fractionated oils, are made during food processing through the partial hydrogenation of unsaturated fats. While this process creates fats that are easier to cook with and less likely to spoil than naturally occurring oils, the synthetic trans-fat increases unhealthy LDL cholesterol and lowers healthy high-density lipoprotein (HDL) cholesterol (good cholesterol). **Trans-fats should be eliminated from the diet completely, such as:**

margarine  
shortening  
fried foods  
partially hydrogenated oils in packaged foods

## Monounsaturated Fats/Oils (generally more stable)

This is a type of fat found in a variety of foods and oils. Studies show that eating foods rich in monounsaturated fats improves blood cholesterol levels which can then decrease your risk of heart disease.

olive (use with low or no heat)  
sesame (part mono, part poly)  
avocado  
peanut  
hazelnut/almond

## Polyunsaturated Fats/Oils

This is a type of fat found mostly in plant-based foods and oils.

safflower  
sunflower  
peanuts  
grapeseed

Note: Foods that are comprised mostly of monounsaturated and polyunsaturated fats are liquid at room temperature.

## Understanding Oils for Cooking and Baking

**Refined oil** has been processed to make it more stable and suitable for high-temperature cooking. The refining process also removes most of the flavor, color, and nutrients. They are good for baking and other uses



when a bland flavor is desirable, and their stability and high smoke point make them essential for high-heat applications like stir-fry.

**Unrefined oil** is simply pressed and bottled, retaining its original nutrient content, flavor, and color. Depending on the oil, filters are sometimes used to remove impurities. The compounds that give unrefined oils their unique flavor and character also shorten their shelf life and limit their cooking applications. Unrefined oils add full-bodied flavor to dishes and are best used for low-heat cooking or for sauces, dressings, marinades, and dipping.

**Expeller/cold pressing** is a chemical-free mechanical process in which the oil in a seed or nut is forced out under pressure. This pressure, particularly when used on hard seeds or nuts, can generate heat due to friction. Therefore, some delicate oils are cold pressed, which simply means the expeller pressing is done under controlled temperatures, typically below 120 degrees F. Expeller-pressed oils are among the most health-promoting oils available. Expeller-pressed oils ensure maximum purity, flavor, and nutrition. Choosing organic oils may minimize your exposure to pesticides, many of which are fat soluble.

## Storing and Utilizing Oils

Oils, unlike wine, do not improve with age. If improperly stored (exposed to excessive heat, light, or air) or kept too long, oils eventually become rancid with a characteristic bad taste and smell. Discard rancid oils immediately. Most oils, particularly polyunsaturated oils, should be kept in the refrigerator. Never store cooking oils by the stove. Highly saturated oils, which include most tropical oils like coconut, are quite stable and may be kept at room temperature, though refrigeration certainly won't harm them and will extend their useful life. Some oils, olive oil among them, become cloudy and may solidify when refrigerated, but this does not affect quality. Usually refrigerated oils will return to their liquid state when placed at room temperature for a few minutes.

**Heating oils beyond their smoke point is also undesirable.** The smoke point is the temperature at which the oil begins to smoke, generating toxic fumes and harmful free radicals. Always discard oil that has reached its smoke point along with any food that may have come in contact with it. Read the label of a particular oil to determine its smoke point and never heat the oil higher than this temperature. In general, refined oils will have a higher smoke point than unrefined oils. Also, never heat the same oil twice.

## Best oils for cooking:

pastured butter, coconut oil and ghee

## Best oils to remain unheated (salad dressings, etc.):

- unrefined walnut
- almond
- unrefined sunflower
- unrefined safflower
- extra virgin olive
- unrefined sesame
- toasted sesame
- flax oil
- avocado oil

**Note:** Avoid canola oil at all costs!! It is genetically modified and contains erucic acid, a very toxic substance.

# A New Approach to Cholesterol

## A Very Healthy Molecule

Cholesterol is a very misunderstood molecule. Many people might not be aware of it, but for a long time, there has been a vocal minority of doctors, researchers, and health professionals who believe that cholesterol and fat have been wrongly convicted as the primary promoters of heart disease. Along with many of our fellow health professionals, we believe that this emphasis on cholesterol has caused us to take our attention off what we believe to be the true promoters of heart disease – inflammation, oxidative damage, stress, and sugar. Therefore, blaming cholesterol for heart disease is like blaming the fireman for the fire."

According to cardiologist Dr. Stephen Sinatra and Dr. Jonny Bowden, ND (naturopathic doctor), the evidence against cholesterol as a causal factor in heart disease is much weaker than was previously believed. They make their case in their book, *The Great Cholesterol Myth*, complete with hundreds of medical references from peer-reviewed journals. They also believe that the statin drugs given to lower cholesterol are being over-prescribed and are not without significant side effects.

Cholesterol is needed for life. Cholesterol is the parent molecule for all the major sex hormones, including estrogen, progesterone, and testosterone. It is needed for the immune system, and it is needed for the brain. In fact, one of the most serious side effects of cholesterol-lowering medication is memory loss. Cholesterol also makes vitamin D in the skin (which many people are low in), helps with neurotransmitter function, lubricates the skin, and protects us from infectious disease of the GI tract and of the lungs. Cholesterol is vital. According to some studies in Europe, the higher your cholesterol, the longer you are going to live.

Cholesterol is the wrong target for heart disease. Trying to prevent heart disease by lowering cholesterol is like trying to reduce calories by taking the lettuce off your [hamburger], says Jonny Bowden. It's not that the lettuce doesn't have any calories – it's that it's the wrong target. And cholesterol is the wrong target if you are trying to prevent heart disease. Neither cholesterol nor fat is the major villain in the American diet – sugar is! We also believe that the case against cholesterol, which was made nearly 30 years ago, was based on faulty evidence. The case needs to be reopened, and the evidence needs to be re-examined.

Thus, everything we have heard about cholesterol is wrong. Many people with normal and low cholesterol have heart attacks, and fifty percent of people with elevated cholesterol have normal, healthy hearts. At *The Whole Journey* we see high bad cholesterol as the body's response to inflammation. Therefore, rather than seek to control cholesterol, we seek to find and eliminate the root cause of the inflammation, so your body can find its own balance of healthy cholesterol.

## Reading and Interpreting Your Labs

It is helpful to learn how to read and interpret your own scores. Total cholesterol is an almost meaningless number. To get valuable information from cholesterol numbers means you have to look at them more closely: at HDL, LDL (including particle size, so ask for the particle size test when you meet with your doctor), and triglycerides.

The traditional message to avoid fat and cholesterol must change because, while it might lower your cholesterol somewhat, it will turn what you have into MORE harmful cholesterol. Eating a lower-carb, higher-fat diet might raise your total cholesterol a tiny amount (on average), but it also raises your HDL cholesterol (the good one), lowers your triglycerides, and increases the size of your LDL particles (very good for your health!). The smaller the particle size, the worse the LDL is for your health. So relax, and let the fear of cholesterol melt away.

## Guidelines to Achieve Healthy Cholesterol and a Healthy Heart

Avoid or reduce:

- all trans-fats and hydrogenated oils (fractionated oils). Eliminate any product that has hydrogenated in its food label from your pantry and refrigerator. This includes margarines, shortening, and most commercially-produced cakes, cookies, and crackers. Watch out for non-dairy creamers.
- all GMOs – soy, corn, cottonseed, canola oil, and sugar from sugar beets
- fried foods
- pasteurized dairy products and gluten/wheat
- the use of iodized salt. Replace with Himalayan pink salt or Celtic sea salt.
- coffee intake
- high-sugar foods such as cakes, candies, cookies, and processed desserts
- smoking

Add to your diet:

- legumes and beans: mung, aduki, black, garbanzo, lentils, tempeh
- gluten-free grains: quinoa, millet, amaranth, brown rice, buckwheat
- vegetables (especially fat-busting veggies such as onion, leek, daikon, red radish, scallions, shallots, and chives)
- dark, leafy greens
- fruit: organic berries, apple, grapefruit, and other citrus fruits
- spices: cinnamon and turmeric (1 teaspoon of each per day)
- fish: wild coldwater fish like salmon, tuna, herring, mackerel, and sardines
- pasture-raised animal meats
- good fats: avocado, raw nuts and seeds, ghee, grass-fed butter, duck fat (yes, duck fat), and coconut oil

Suggested Supplementation:

(always check with your doctor or healthcare practitioner)

- **fish oil capsules** (2-3 with breakfast)
- **greens complex capsules** (2 with breakfast and 2 with lunch)
- **turmeric capsules** (2 with breakfast and 2 with lunch)
- **CoQ10** (1 upon waking and 1 mid-morning)

For more information, read [The Great Cholesterol Myth](#) by Dr. Jonny Bowden and Dr. Stephen Sinatra.

## Nutritional and Herbal Supplements 101

We often get asked if supplements are necessary, or if we can get everything we need to support our bodies through food. The answer is both yes and no. While it is possible to get nearly everything you need from food, it would take an inordinate amount of diligence, time, expense, and dedication to eat "perfectly clean" in order to fill in nutritional deficiencies and to give the body foodbased cleansing that it needs daily to deal with the burdens of modern day life.

Due to a myriad of factors like processed foods, environmental toxins, mentalemotional stressors, long-standing digestive disorders, genetic propensities for weaker organ/glandular systems, pharmaceuticals, hormones in the meat supply, genetically modified organisms (GMOs), and severely depleted soil, we find that nutritional supplements are very important to advance one's health in the most effective manner. In other words, they help you feel better a lot faster by speeding up the pace of filling in nutritional deficiencies while also helping the body to pull out the excess chemicals and toxins that impede wellness.

As a clinical nutritionist, I am well aware that all supplements are not created equal. I'm obsessed with only using top quality supplementation. Vitamin and supplement companies do not undergo the same scrutiny as pharmaceutical products. This can result in ineffective and even dangerous products with poor processing practices and added chemicals.

Your health care practitioner has to be the watchdog for you. I have spent years researching and testing various supplement brands for quality, efficacy, and purity. I like to know if the supplement was foodbased and if so, how it was grown, if the soil was remineralized, which oil(s) they use to lubricate their machinery and how high that oil was heated, how they ship, as well as what all the other ingredients mean and how they interact with the body. All of these are crucial factors that go into the quality of a product. I strongly feel if you are going to take supplements, they should be top quality and you should FEEL the difference.

On the next page you'll find some of our favorites for a basic bare bones supplement plan. If you'd like to know what I recommend for a host of other health issues, you can visit our online supplement store, [here](#)

Note: Please be sure to inquire about all nutritional supplements with your physician to make certain there are no contraindications with medications. This supplement list is just a guide and is not acting in the capacity of a doctor, psychologist, or other licensed or registered professional. It is not providing health care or medical services and will not diagnose, treat, or cure in any manner whatsoever, any disease, condition, or other physical or mental ailment of the human body. The information received should not be seen as medical or nursing advice and is certainly not meant to take the place of seeing licensed health professionals. Many of these supplements should not be taken when pregnant or breast feeding. Please check with your doctor.

# Nutritional and Herbal Supplements 101

Multivitamins, fish oil, probiotics, and greens are the four most basic supplements. (Check with your doctor or healthcare practitioner before starting a supplement plan.)

## 1. Multivitamins

If you are not being individually guided by a health care practitioner, then a food-based, high-quality multivitamin is highly recommended. This will ensure that all of your bases are being covered. Even when the body is short of only one nutrient, it will not function optimally, and other systems will be compromised.

[Nutrient 950 w/o Copper and Iron](#) is a great multivitamin.

## 2. Fish Oil

The body cannot produce its own omega-3 fatty acids, therefore, we must consume them via diet. If you are not eating wild fatty fish three times a week, then we recommend supplementing. Omega-3s are needed for maintaining blood pressure (they thin the blood), regulating cholesterol, assisting with nerve transmission and weight loss, and for proper prostaglandin function (which regulates inflammation, pain and swelling). Sufficient omega-3 fatty acids are also thought to play a role in maintaining good cardiovascular health and are essential for healthy egg implantation, prevention of miscarriage, and for fetus development. Omega-3 fatty acids have also been linked with mitigating arthritis, depression, and intestinal inflammation.

Our health food store favorites are [New Chapter Wholemega](#), [Pure Encapsulations Cod Liver Oil](#), and [Nordic Naturals ProOmega-D](#). In our private practice, our all-time favorite is [Green Pasture Fermented Cod Liver Oil](#).

## 3. Probiotics

Probiotics are essential to maintain good digestive health. We recommend taking them only a few times a year for three weeks at a time, or consistently if you have major gastrointestinal issues. They restore order and balance of good bacteria in the gut and crowd out the bad bacteria. They are an essential part of healthy immune function. There is a little known fact that probiotics have the power to improve our moods. This is because we produce more serotonin (the neurotransmitter responsible for our sense of well-being and satisfaction) in our guts than we do in our brains. This is the reason why many people who have digestive problems are also depressed. Taking a multi-strain probiotic, and not just acidophilus, is important.

We love Pure Encapsulations, [Probiotic 50B](#) and [Probiotic GI](#).

## 4. Greens

Greens are your supplement for cellular cleansing and clean up. Greens supplements provide the type of greens you wouldn't normally eat, like spirulina, chlorella, barley grass, and wheat grass. They also contain a high dose of food-based antioxidants to clean up environmental damage and toxins (free radicals). Greens will work synergistically with the rest of your plan and will help shift your biochemistry faster so you start actually CRAVING the good stuff.

Our favorites for quality are [Vitamineral Green](#) or Garden of Life [Perfect Food](#) (found in health food stores or online) and Premier Research Lab's [Greens Caps](#) (online).

## Additional Supplement Recommendations (Bonus/Customizations)

Do your best not to take anymore than five different kinds of supplements at any given time. The more you heal through diet and lifestyle, the less supplements you will need.

### Digestion

Digestive Enzymes (1-2 with each meal)

Enzymes help us digest our food faster and easier, giving us more nutrients from our food and more energy. They are helpful for poor absorption and to decrease gas, bloating, and constipation. However, consider them a band aid to use for the short-term while you are figuring out and/or healing the root cause of the digestive upset (yeast, mold, parasites, leaky gut, or food sensitivities). You ultimately want your body to be able to produce these enzymes on its own. Our favorites are [Digestive Enzymes Ultra](#), [Gluten/Dairy Digest](#) and [Digestzymes](#) (full spectrum enzyme with ox bile and betaine HCL).

### Constipation (3-4 before bed)

Triphala is a combination of three different Indian fruits which work to moisten and nourish the lining of the intestines while gently detoxifying old matter. This product is safe enough to keep taking for two to three months for slow cleansing. We suggest [Triphala](#) by Vadik Herbs (online). For relief of occasional constipation, use [Smooth Move](#) tea by Traditional Medicinals. [Paleo Fiber](#) by Designs for Health is a great product that helps promote larger, softer stools and healthy bowel movement frequency. For relief of occasional constipation, use Smooth Move tea by Traditional Medicinals.

### Leaky Gut/Intestinal Permeability

Slippery Elm or Marshmallow root (health food store) or Orthomolecular's [Mucosagen](#) or [DGL](#)

### Pain and Inflammation

[Inflammablox](#) by Orthomolecular or [Curcumin](#) by Pure Encapsulations and [Magnesium Glycinate](#).

### Insomnia/Restless Sleep

[Best-Rest Formula](#) containing the calming amino acids GABA and L-theanine along with Valerian root. This one is perfect for those with racing thoughts and anxiety. It works great when used in combination with [PS 100](#) (phosphatidylserine) which protects brain cells and memory but also binds to high cortisol (stress) and helps to pull it down in the evening.

### Stress, Anxiety, or Energy Balance Issues

[Rhodiola Rosea](#) and [Ashwagandha](#) are quite possibly the world's most powerful adaptogenic herbs to help balance and improve energy levels assisting both the adrenal and thyroid glands. Pure Tranquility Liquid will assist with alpha-waving and relaxation, and an activated liquid B complex will bypass the digestive system and provide the body with the nutrients it needs to make more energy. We love Pure Encapsulations [B-Complex Liquid](#).

**Vitamin D Deficiency** (only if lab work shows you are low)

[Orthomolecular Vitamin D](#) or [Premier Research Lab D3 Serum](#) can be found online. Take with food since it is a fat-soluble vitamin.

### Blood Sugar/Sugar Cravings

[Glucose Support Formula](#) by Pure Encapsulations will help to nutritionally support the insulin producing cells of the pancreas.

### Immune Health

[Immune Support Liquid](#) is a good one to take if others in the house are sick or you are feeling like you might be getting sick.

[Colostrum](#) is a highly concentrated source of powerful immune and growth factors - nearly essential for autoimmune issues.

Check out "[The ABCs of Vitamins](#)" for more information.

## Session One Action Items

1. Fill out "The Physical Wheel of Life" handout and date it.
2. Test the pH of your urine and saliva for six days. You can buy **pH strips** in your local health food store or online. Print out the "Food Effects on Acid Alkaline Body Chemistry" handout and keep it on your fridge, so you can familiarize yourself with the properties of the foods you eat. Incorporate 3-5 foods from the alkaline side of the chart that you are not already consuming.
3. Drink 16 ounces room temperature water with the juice of half a lemon upon waking. If you have acid reflux (GERD), use 1 tablespoon of Bragg's raw apple cider vinegar instead of lemon.
4. Eat two servings of leafy green vegetables every single day. One serving is one cup cooked or two cups raw. Experiment with new greens or drink a green drink daily. If you have thyroid problems, read our handout "The Thyroid Uncovered," so you know which greens you should eat only cooked.
5. Eliminate pasteurized (not pastured) dairy products. Use avocados in place of cheese and either raw milk, unsweetened coconut milk, almond milk or hemp milk in place of pasteurized milk or creamers.
6. Eat breakfast with protein and a healthy fat within one hour of waking daily. See your "Breakfast Ideas" handout or go to your cookbook and look under "Breakfasts" for many ideas.
7. In regard to food combining, separate fruit from carbohydrate (grains, beans, bread, potatoes) at all costs for better digestive health.
8. In regard to healthy fats and oils, use coconut oil, ghee, grass-fed butter, olive oil or avocado oil every single day without fail. All of those oils, with the exception of olive oil, can be used when cooking with high heat. Only use olive oil with low or no heat. Also, eliminate your intake of soybean, corn, canola, or cottonseed oil; read labels.
9. For a coffee upgrade, drink lemon or apple cider vinegar water before having coffee, and always have coffee with food. Brewing coffee with alkaline water can also help reduce acidity.  
Note: an Americano (espresso) is healthier than regular coffee because it is guaranteed to have just been brewed. Regular coffee gets more acidic the longer it sits.
10. Begin a supplement program by choosing 2-5 supplements from "Nutritional Supplements 101" that would address your imbalances. Be sure to check with your doctor if you are on medication and, of course, stop anything if you have an adverse reaction to it.

*Be sure to read all of the Session One handouts and watch all of the corresponding videos if you have not already done so. Have a great week and keep this somewhere visible, like your refrigerator, to make sure you accomplish your action items.*