

HEALTHYFORLIFE U

# Welcome

## Thanks for checking us out!

There are so many products, programs and diet plans out there, it's hard to know which to choose. Walk into your local nutrition store and you'll find thousands of products and books on the shelves. How can anyone possibly choose from that selection!

Good news! Healthy for Life U is all about simplicity and convenience! This booklet will simplify making healthy choices and give you simple, common sense questions to ask to empower you to determine what's good and what's not.

**You won't have to feel like you're guessing about your health any more.**

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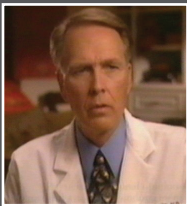
# About Us

Since its founding in 1998, Healthy for Life U has helped thousands of people like you turn their health around.

The Healthy for Life philosophy is that nutrition should come from the food we eat - the way it was intended. Over the years, our society has favored convenience and mass production, leaving our food supply lacking in a few essential nutrients. Our program is simple: eat whole food and supplement the few essential nutrients often missing from our foods.

This booklet will help you define what good whole foods are and identify nutrients that you may not be getting from your diet. It will also help you avoid products and programs that are unnecessary or even harmful to you. **This booklet is a brief overview of the subjects covered.** Additional information is available on our website [www.healthyforlifeu.com](http://www.healthyforlifeu.com).

## Recommended by doctors



Dr. David Sim, MD  
Cardiologist



Dr. Carlos Reynes, MD  
Internal Medicine  
and Family Practice  
Physician



Dr. Robert Rowen, MD  
  
Watch a live seminar  
with Dr. Rowen on our  
website

# 101

## Health is Everything

When we are in good health, we have the energy, desire, positive attitude and, most importantly, the ability to do the things that are most important to us. Not only can we do them, we can do them well. When we are run down, we lose focus and desire and end up not reaching our goals. Whether it's in the workplace, at home, at church, or doing a hobby, being in good health helps you be your best.



### Enjoy life

Enjoy life and get the most out of it. Having your health allows you to be able to do the things you enjoy.



### Teach children

Children learn by example. If we develop unhealthy habits, our children are likely to inherit those same bad habits. Many times genes are blamed for disease that seems to run in families, but in reality, the members of a family simply have the same bad habits that lead to the disease.



### Be your best

The only way to be your best and have the energy and ability to fulfill your personal goals is to fuel your body with nutrition that will allow it to heal and provide a shield from disease.



### Career success

If you're constantly sick and tired, you aren't going to be performing at your best. In order to achieve your career goals, you need to fuel your brain and your immune system, allowing you to think clearly, stay focused, and do what needs to be done.

# Health World-view

Part of learning to be healthy and being able to distinguish between fact and fiction when you hear about the latest health fad, is to define your own health world-view. It makes a difference in how you look at health and your approach to what you put into your body and how you nourish it.



We believe that food was designed to nourish the body. We were designed to be healthy and to be able to heal ourselves. When eating food as it was created, your body will respond differently than it will to food that has been altered or processed. Eating food that was made for your body (sometimes referred to as **whole food**) will provide the nutrients and building blocks your body needs to heal and fight disease. When looking at it from this perspective, we can clearly see the body is capable of healing itself and building a shield to prevent disease. The next step is simply learning how to determine which foods are still in their original form and which foods have been changed in some way. This sounds easy, but food can be altered in many different ways, and sometimes that fact is hidden. We will unpack this in lessons 2 and 3.

We have been taught that being healthy is out of our control and that things like genes, poor parenting or bad luck have caused our problems. We have also been taught we can only manage our symptoms. It is important to understand that you have the ability to take control of your own health. There is a cause for symptoms you may have and you can find the cause and resolve it, rather than manage it. You can rewrite your story if you believe in yourself and take the time to learn how to heal. Reading this booklet is a great start!

## So why is your world-view important?

Our health world-view is important because it makes a difference on what we choose to put in our bodies and what we believe about food. For example, it may make a difference in how quickly you decide to go see a doctor for a cold. If you believe your body can heal itself, you may decide to give it a chance before asking your doctor for a prescription. It makes a difference on how you view pharmaceuticals. Many of them can be very toxic to your body. Do you use it as a first choice or last resort? Do you believe that eating clean whole foods instead of processed or enriched foods will help your body fight and prevent disease?

You use your health world-view to answer these questions. If you believe your body can heal itself given the proper fuel, you will make different choices than if you believe that synthetic foods and pharmaceuticals work well with your body.

“Let food be thy medicine and medicine be thy food.” – Hippocrates

You say, “Food was made for the stomach, and the stomach for food.”  
– 1 Corinthians 6:13a

# Can food really be the problem and the solution?

Yes, food is our problem and our solution! What we eat and where it comes from are the cause of virtually all of the major diseases such as obesity, diabetes, heart disease and cancer. The simple explanation is that we are simply not feeding our bodies good food - the types of food we need to fight disease and have strong immune systems. In the next lessons we will explain how this is possible. **The good news is that since food is often the problem, it is also often the solution!** Simply learn how to determine good food from bad and your body will do the rest. We will make it easy for you to know how to make great food choices, allowing your body to heal and build a strong immune system.

Cellular biologist **Dr. Bruce Lipton believes that 98% of disease is preventable and reversible** and less than 2% is genetic. Much of the focus in our medical system is on treating symptoms and making people comfortable. Just because a symptom goes away, that doesn't mean your problem has gone away. We need to shift our mindset to ask what is the root cause of our problems and look for long term solutions. That's when real healing begins! This course is all about long term success. Very few things we teach will give you over night success; it's all about the big picture and long term results.



# Common sense approach to health

We use a very common sense approach to health. Start with basic facts we know about our bodies and the food that was created for them, and then use that as a filter for everything we put into our bodies. We will go into more detail in the coming lessons, but some questions to ask yourself are:

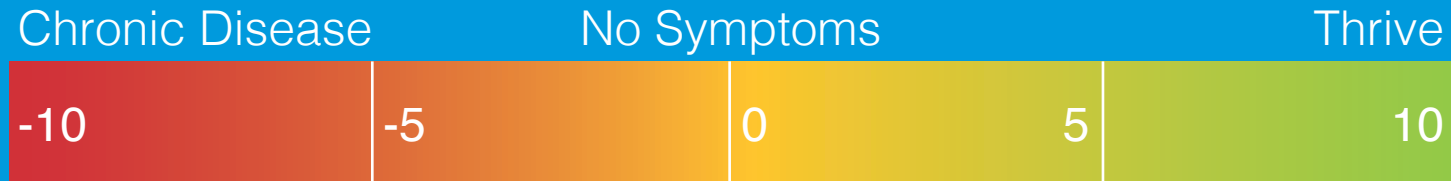
- What processing has a food gone through?
- What ingredients are in a food and can I even pronounce them?
- Is the food still largely in its original state?
- Are there any chemicals, hormone residues or genetically modified organisms (GMO's) in my food?
- What's been added, removed or modified?





# What's your health number?

Your health number is a visual representation of where you are in terms of health. Many people live in the no symptom zone and believe themselves to be healthy because they simply don't have any symptoms. We want to show you how to get to the thrive zone so you can truly experience how great you can feel! Where do you rate yourself on this scale? Make a note in the blanks below of what you feel your health number is. Then, over time you can rate yourself again and see the improvement you've made.



Now:

My Health Number

Date

6 months later:

My Health Number

Date

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## Food. It's Not What it Used to Be

Much has changed over the years. We've gone from horses to cars, typewriters to computers. Many people don't realize that food has changed as well. Unlike typewriters and computers, which look different, our foods look very much the same as they did decades and centuries ago. Even though food looks the same, its composition can be very different. For example, grass-fed beef has a different nutrient profile than corn-fed beef. How food is raised makes a difference in its nutritional value and changes the benefit to your body when you eat it.

## Food Quality Matters

# Is all food created equal?



## How is it raised or grown?

How a food is raised or grown makes a difference in the nutrition available for your body to use. Many animals are given feed not natural for the animal, reducing its nutritional value. Similarly, fruits and vegetables are often treated with synthetic fertilizers and are harvested early and allowed to ripen in a truck. This can effect the nutrition available to your body.



## What's added to it?

Some foods have additives, synthetic ingredients, hormone residues, preservatives, fillers and more. What's added to your food makes a difference on your health.



## How is it processed?

Food processing can have a dramatic impact on your health. Important nutrients are removed from foods, and worse than that, some foods are altered, creating harmful substances like trans-fat.



## What is it made from?

We've all seen food allergies sky rocket over the past few decades. What food is made of can have a dramatic effect on how your body responds to the food. In many cases, a food allergy is your body responding to byproducts of how the food was raised or grown and not actually the food itself.

# We've changed food

Over the past few decades we've changed food from its original state. There are many ways that food has been changed. There are three main categories of change:



## We've changed how food is raised or grown

We have changed what livestock eat and inject them with growth hormones and antibiotics. When animals eat foods that are not natural to them, it changes the nutritional makeup of their tissues. For example, grass-fed beef has far more omega fatty acids than does corn-fed beef. In addition, when animals are given growth hormones, there are residues that are present in the end product you are eating, whether it's meat or milk. Then to make it worse, the animals get sick very easily when not eating a natural diet. They are injected with antibiotics so that they survive until they are ready for slaughter. Does this sound like a healthy animal you'd like to eat? Animals that are fed properly don't need antibiotics and will have great nutritional value as they were meant to have.

Fruits and vegetables are not immune to being altered from their original state. Synthetic fertilizers don't provide the healthy mineral content to the plants. Pesticides and herbicides that are used are dangerous. Often times, produce is harvested extremely early in order to get to the grocery stores before it goes bad. This effects the food's nutrition. Considering organic produce is a good idea to avoid exposure to these chemicals and potentially dangerous handling practices.



## We change food after it's grown through processing

We also change food after it's grown through various methods of food processing. Some food processing removes nutrients in order to increase shelf life. Typically, fatty acids are removed because they become rancid quickly when exposed to air. This type of processing is typically done to grains which naturally contain omega fatty acids in the germ. Not only is nutrition removed, food is also bleached and deodorized. Does this sound like a healthy food you'd like to be eating?



## We've changed the genetic makeup

Not only have we removed nutrition and changed food after it's been grown and harvested, scientists have long been genetically modifying food (GMO) before it's planted and grown. In the case of genetic modification, the changes are often for convenience in growing. For example, making crops immune to certain herbicides or pesticides so they won't die when the chemical is applied. Some seeds are actually registered and classified as a pesticide with the FDA because they contain insect repellent chemicals within the seed itself. Do you really want to eat a food registered as a pesticide!

## We've changed food, so what?

We've seen how food has been changed, now let's look at how that affects our bodies. When nutrition isn't present because of how an animal or plant is raised, or if nutrients have been processed out of the food, this limits the nutrition you are getting. Nutritional deficiency is the prime reason our bodies aren't preventing and healing disease as they were meant to.

For example, one of the main nutrients we are not getting in the quantity we need is omega fatty acids. This nutrient is lacking in meat because of how it's raised and it's being processed out of grain based foods. When we don't get the omega 6 and 3 fatty acids we need, our health can suffer in many ways. Omega fats are responsible for healthy cellular structure, brain health and vascular health. **This one important nutrient missing from foods has changed the health of our country immensely.** Consider the minerals and other nutrients we are missing and it's no wonder we are in such poor health. The important thing to remember is that our food quality is not what it used to be, and we need to take a couple of steps to ensure we are properly nourishing our bodies.

More and more foods are being pasteurized to kill bacteria. Foods contain bacteria for a reason - our stomachs need it. We eat lots of dead food today because processing kills the live cultures we need to have a healthy digestive system.

Food quality is extremely important. Virtually all major diseases can be prevented, improved or eliminated if we put clean, whole foods into our bodies. Eating food as it was designed works with your body, not against it. Unfortunately, our food system is so broken it's very difficult, inconvenient and expensive to eat a completely clean diet. This is why Healthy for Life U exists. We offer simple and convenient strategies for you to get the nutrition you need!

# Benefits of whole food

Eating whole foods will make a huge difference in your health and how you feel. When your body begins to get the full spectrum of nutrients it needs, you will experience more energy, a stronger immune system (less sickness), stronger nails, softer hair and you will just plain feel better!

## Is clean eating possible in the real world?

The short answer is yes. It is entirely possible to eat clean foods. When we talk about clean foods, we are talking about foods that have been raised without chemicals, growth hormones, antibiotics, pesticides and other chemicals. We also understand in reality, many people won't keep up with it long term. People value convenience and won't commit to the additional effort and expense needed to obtain good quality foods and prepare them. We recommend eating as clean as possible. This will be different for everyone for a variety of reasons which may include time, commitment or finances. If you can't buy completely organic or locally sourced foods, buy organic for products that contain higher amounts of fat and conventional for products that contain low or no fat. The reason for this is that typically hormone residues or other toxins are stored in the fat cells of animals. Using organic or locally sourced products for foods that are higher in fat will assure you that the food doesn't contain the toxins you want to avoid. Examples of foods to buy organic or locally sourced are: milk, cheese, butter and non-lean meats.

# How to determine good quality food

Now that we've established shortcomings in commonly available food and the benefits of whole food, let's look at how to find good quality food.

In general, you want to find foods that have not been changed by people (often called whole foods). These would be fresh fruits and vegetables, pasture raised meats, pasture raised dairy, free range eggs, nuts and unprocessed freshly-ground grains.

When it comes to animal protein, you want to find meats, poultry and fish that came from an environment that allowed them to eat what is natural to their diet and where they didn't receive hormones or antibiotics. You've probably heard of terms like free range, grass-fed or organic. These are the terms used to describe such an environment. Grass-fed usually refers to beef. Free range or cage-free refers to poultry. These terms are sometimes used loosely, so use caution and read labels or ask the producer for more information. If a meat is certified organic that means it wasn't raised with antibiotics or hormones, but it doesn't mean it was grass-fed. This means it doesn't have the bad stuff in it, but it isn't going to be as nutritious as grass-fed meats are.

The majority of fruits and vegetables are grown with pesticide sprays, and many are also grown using herbicides as well. The easiest way to avoid this is to buy organic produce or buy from a local farmer who can tell you how the food is grown.

When you are determining what foods to eat, simply ask what has been added, removed or modified. If the answer is nothing, the food should be good; the more that's been changed, the worse the food.



# Can you believe this?

The average American household used to spend an average of 15-17% of their household income on food and only 3-5% on healthcare. Currently the average American spends only 5-8% of their household income on food and 15-20% on healthcare. Creating processed “cheap” food has actually proved to be more costly when you consider the healthcare cost, not to mention the lower quality of life.

1975

Food 15-17%

Healthcare 3-5%

Today

Food 5-8%

Healthcare 15-20%

## But wait, there's more!

The quality of food is very important, but it's also very important to know what types of food to make the foundation of your diet. In the next lesson, we will talk about types of foods and which are the most important to focus on in your daily routine.

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## Proper Fuel for Your Body

There are so many diet plans and “experts”, it has created real confusion and a sense of distrust and skepticism for diets, books and studies. So how do you know who to believe, or what to believe? Do you want to load up on protein or carbs? Red meat or fish? Whole grains or gluten free? Eggs or no eggs? **We will show you a simple way to decide if food is good for you or not.** You won't have to rely on a diet or meal plan to know how to eat. It's really simple and makes so much sense! Then, when you understand how the body really works and how food was designed to nourish it, so that your body can heal itself. You will have a good laugh when the next diet comes out and so blatantly makes no sense. You'll have confidence that you know your stuff and potentially save money by not buying it!

## What you eat matters

# Categories of nutrition



## Protein

Protein is a life-supporting nutrient required by our bodies. **We cannot live without protein.** The body uses protein for cellular structure, blood, hormones and biochemical reactions.



## Fat

Fats are used first for energy and are the **preferred** energy source of many of our organs, including the liver, heart and kidneys. They are vital fuel for many parts of our bodies. We use fat to produce hormones that control body functions. Fat is also vital to our immune system, hormone balance and well-being.



## Carbohydrate

Carbohydrates are in foods such as grain, pasta, rice, beans, bread, cereal, sugar, vegetables, juice and fruit. Basically, anything that is not meat, eggs or cheese will contain carbohydrates.



## Vitamins / Minerals

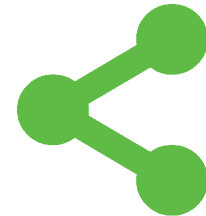
Vitamins and minerals are co-enzymes that work together in many vital functions throughout your body, including your brain.

# Protein

Protein is a life-supporting nutrient required by our bodies. We cannot live without protein. The body uses protein for cellular structure, blood, hormones and biochemical reactions. Protein generates amino acids and enzymes that build and repair muscles and body tissue. The body burns a tremendous amount of calories while digesting protein. Despite many myths regarding protein, it's very difficult to eat too much. This is **one of the most important nutrients** your body needs, so make protein the basis of your meals. Protein from animals contains all nine essential amino acids that the body requires. If you are a vegetarian or vegan, pay special attention to your protein sources to make sure you are getting all of the essential amino acids, since most vegetable sources of protein don't contain all nine essential amino acids.

## Our bodies use protein to:

- Produce collagen for healthy skin and bones
- Generate hemoglobin in the blood
- Generate antibodies in the blood
- Help keep blood pH-balanced
- Build cellular structure
- Produce hormones
- Produce enzymes
- Build muscle



# Fat

Over the past few decades fat has been labeled as bad. Decades ago, adulterated fats were discovered to be harmful and, unfortunately, when this information was published there was no distinction between harmful fat and healthy fat; it was all labeled as bad. This misconception about fat has probably caused more damage to people's health than we will ever know. The reality is that **unadulterated fat is a very important** nutrient and is good for you.

Fats are used first for energy and are the *preferred* energy source of many of our organs, including the liver, heart and kidneys.<sup>1</sup> They are vital fuel for many parts of our bodies. We use fat to produce hormones that control body functions. Fat is also vital to our immune system, hormone balance and well-being. Did you know that 60% of your brain is fat? The coverings of our nerves are also made from fat. The retinas of our eyes require fat. In fact, half of every cell membrane is fat. Fat is used in many biochemical processes in the body. Natural anti-inflammatories are made from fat in the body, and some fats are natural oxygenators.

Did you know **dietary fat cannot be stored as body fat**? Therefore, eating fat cannot make you fat. Body fat is only stored when we eat too many carbs.<sup>2</sup>

As you can see, with so many important functions depending on fat, it's no wonder our “low fat” society is overweight and unhealthy!



1 & 2. Dawn B. Marks, Ph.D., Allan D. Marks, MD, and Colleen M. Smith, Ph.D., Basic Medical Biochemistry A Clinical Approach (Philadelphia: Lippincott Williams & Wilkins, 1996).

2. Arthur C. Guyton, M.D., and John G. Hall Ph.D., Textbook of Medical Physiology (New York: W B Saunders Company, Ninth Edition, 1996).

## Good fat vs. bad fat

Natural fats from plants and animals are good fats. Natural fats are any fats that are not processed or altered. Natural fats include animal fat and plant-based fats like those found in nuts and seeds. These fats can be mono-unsaturated, poly-unsaturated or saturated fats. **Yes, that's right, saturated fat is perfectly fine; no evidence has ever been found that it's bad for you.** Saturated fats are actually the safest oils to cook in, since they can take higher heats and won't break down.

Bad fats are often referred to as trans-fats and are found in processed vegetable and grain oils. These processed oils are used in many foods. You may have noticed the term hydrogenated or partially hydrogenated oil on food labels. This is the bad oil that should be avoided.

## Trans-fat

Trans-fats have been linked to skin cancer, heart disease, nerve problems, poor cellular structure, inhibited hormone production, reduced oxygen in cells and fatigue. The medical journal **Lancet predicted in 1956 that hydrogenation—the process that turns good oils into trans-fats—in modern food processing would cause massive heart disease.**

Beware of products that claim to be “low-fat.” They usually undergo even more processing and contain the trans-fats you want to avoid. The low-fat craze has compounded our health problems. We have been told to avoid fat and choose “low-fat” products that are loaded with processed trans-fats. You're missing out on vital nutrition from natural fat and replacing it with dangerous trans-fat.





## **Healthy Fats**

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- Fats in pasture raised meat and cheese
- Cold-pressed oils
- Olive, peanut, and coconut oils
- Seeds and nuts
- Butter
- Any fat not processed or altered



## **Bad Fats**

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- Margarine
- Hydrogenated oils
- Shortening
- Oils in most “low-fat” products
- Fractionated Oils
- Any oil that has been altered



# Essential Fats

There is another type of fat called an essential fatty acid, or EFA. These fats are what they say they are: essential. **EFAs cannot be produced by the body and must come from food.** By limiting fats, we are also limiting life-supporting EFAs. Deficiencies in EFAs have been associated with cholesterol imbalance, weaker immune systems, fatigue, heart problems, decreased eyesight, brain degeneration, depression and poor hormone balance. EFAs are very important nutrients that help us:

- Stay energetic and lean for life
- Eliminate food cravings
- Strengthen our immune systems
- Keep our hearts healthy
- Lower blood pressure
- Improve our cholesterol
- Balance our hormones
- Bring oxygen to cells
- Keep our eyes healthy
- Enjoy healthier skin, hair & fingernails

Unfortunately, these oils are often removed from foods to prolong shelf life. They are also lacking in meats due to improper animal nutrition. This is a good nutrient to consider supplementing because it's so important to make sure you are getting these fats.



# Carbohydrate

Carbohydrates are in foods such as grain, pasta, rice, beans, bread, cereal, sugar, vegetables, juice and fruit. Basically, anything that is not meat, eggs or cheese will contain carbohydrates.

There are two types of carbohydrates: simple and complex. The main difference between the two is that complex carbs convert into glucose at a slightly slower rate. It is important to understand that it doesn't matter if a carb is simple or complex, all carbohydrates are converted into glucose. Whether you eat a piece of fruit or a candy bar, the carbs they contain will be converted to glucose (sugar).

We have been taught that carbohydrates are essential nutrients for energy and maintaining good health. This is mind blowing! **The very nutrient that is NOT essential to humans<sup>1</sup> has been the basis of the low fat diet recommended to us for decades.**

## Carbohydrate = Sugar

1. Richard MacKarness, Eat Fat and Grow Slim (London: Harvill Press, 1958).

Jonny Bowden, Living the Low Carb Life (Philadelphia: Sterling Publishing, 2004).

Arthur C. Guyton, M.D., and John G. Hall Ph.D., Textbook of Medical Physiology (New York: W B Saunders Company, Ninth Edition, 1996).

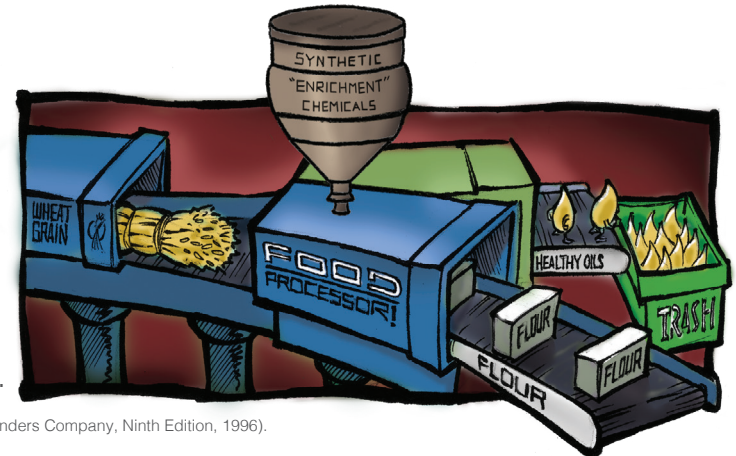
Dawn B. Marks, Ph.D., Allan D. Marks, MD, and Colleen M. Smith, Ph.D., Basic Medical Biochemistry: A Clinical Approach (Philadelphia: Lippincott Williams & Wilkins, 1996).

# Do you need carbs for energy?

We can get energy from carbohydrates, but it is not the best or most efficient source. The energy we do get is quickly used and then replaced by a low, or tired feeling. Here is why: carbs are converted into glucose (sugar) very quickly, giving us a quick energy boost, but they also raise blood sugar. Insulin is a hormone often referred to as the “fat storage hormone”<sup>2</sup> and the body uses it to regulate blood sugar levels. When our blood sugar levels increase, we produce insulin, which converts the sugar into less harmful substances, which ultimately get stored as fat.<sup>3</sup> This rapid reduction of sugar in the blood creates a low, or fatigued feeling. Since carbs are digested very quickly, they do not satisfy your hunger for very long. Then, when you eat more carbs this all happens again and the cycle repeats. This causes the eat crave cycle. **Energy from protein and natural fats doesn't cause the insulin response and provides a consistent energy source without highs and lows.**

## Processed Carbohydrates

Many carbohydrate-based foods available today are processed. The processing removes healthy oils for a longer shelf life. Healthy oils are what satisfy the appetite. Processed carbs are not only lacking these essential nutrients, they don't fulfill your appetite either, causing you to keep eating. Overloading on processed carbs can damage our bodies from the high insulin levels that are produced after eating them.



# Food Labeling

When reading a food label, there are a few things to watch out for. The most important thing to look at on a food label is found in the ingredient list. Check to see if the product contains hydrogenated or partially hydrogenated oil. Even if the product is labeled “no trans-fat” check the ingredient list for hydrogenated oils. If it does have hydrogenated oils, set it back on the shelf, step back, and walk away. That food is not your friend!

Another thing to look for on the nutrition panel are total carbohydrates, specifically sugar. Look for foods with little or no sugar. Also watch out for high fructose corn syrup and artificial sweeteners. Artificial sweeteners include sucralose, saccharin and aspartame (these are the generic names; you can search online for the brand names, which we can't mention here). Notice that sugar in the US has no recommended daily allowance. The World Health Organization recommends 24g per day as a maximum for sugar intake, which is equivalent to 6 teaspoons of sugar.

In short, look for products with fewer ingredients. Products that have lots of names you can't pronounce in the ingredient list are generally best to avoid.

<b>Nutrition Facts</b>		
Serving Size: 3/4 Cup (30g)		
Servings Per Package: TBD		
Amount Per Serving	Cereal	Cereal With 1/2 Cup Skim Milk
<b>Calories</b>	120	160
Calories from Fat	15	15
% Daily Value**		
<b>Total Fat</b> 1.5g	<b>2%</b>	<b>2%</b>
Saturated Fat 0.5g	<b>3%</b>	<b>3%</b>
Trans Fat 0g		
Polyunsaturated Fat 0g		
Monounsaturated Fat 0g		
<b>Cholesterol</b> 0mg	<b>0%</b>	<b>1%</b>
<b>Sodium</b> 240mg	<b>10%</b>	<b>13%</b>
<b>Potassium</b> 35mg	<b>1%</b>	<b>6%</b>
<b>Total Carbohydrate</b> 26g	<b>9%</b>	<b>11%</b>
Dietary Fiber 1g	<b>4%</b>	<b>4%</b>
<b>Sugars</b> 13g		
<b>Protein</b> 1g		
<b>Ingredients:</b> Corn Flour, Sugar, Brown Sugar Syrup, Whole Grain Oat Flour (includes the oat bran), <del>Coconut Oil</del> and/or Canola Oil and/or <del>Partially Hydrogenated</del> Soybean Oil, Salt, Yellow 5 & 6, Soy Lecithin.		

## Diets high in processed carbohydrates have been known to:

- Increase body fat and cause weight gain
- Increase blood sugar and insulin levels
- Stimulate production of cholesterol
- Cause Inflammation
- Elevate blood pressure
- Raise triglycerides
- Affect hormone balance
- Lead to insulin resistance, which can increase risk for diabetes
- Cause heartburn / acid reflux
- Cause headaches
- Many of these factors increase risk of heart disease

By cutting down on carbs, you will put less stress on your pancreas, which will produce less insulin and reduce the risk of diabetes and heart disease.<sup>1</sup>

1. American Association of Clinical Endocrinologists, "Findings and Recommendations on the Insulin Resistance Syndrome" (American Association of Clinical Endocrinologists, Washington, D.C., 25-26 August 2002).

## Stop counting already!

One of the most common ways people "watch" their diet is by counting calories. A calorie is simply a measure of energy in food, similar to an inch for length or degrees for temperature. The problem with counting calories is that our bodies don't always burn everything that's put into them. Some food is not used and passes through. Also, the content of what you are eating is far more important. If you are eating 100 calories from a candy bar versus 100 calories from a steak, the effect on your body is completely different. One causes damage, the other builds and repairs your body. Counting calories is simply irrelevant given how the body works. If you choose good whole foods, there is no need to count calories, fat or carbs. Your body will be getting just what it needs!

# The Healthy for Life plan

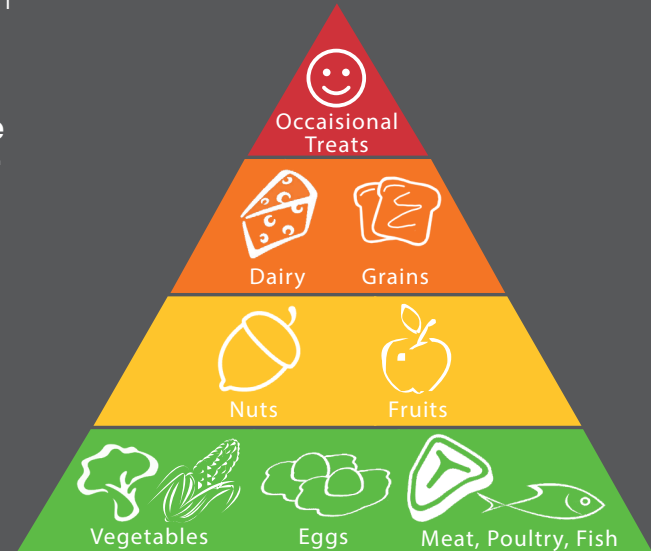
We have learned how foods are grown and raised, as well as which foods give our body the most nutrition. So let's put this together and make it easy to choose foods that will improve our health and support our body's natural ability to heal and be well.

Whole foods such as pasture raised meats, vegetables and eggs should comprise the main portion of each meal. Side dishes or secondary ingredients include fruits, nuts and some dairy. Foods to consume sparingly or not at all would be processed grain based foods such as bread, pasta, chips and cereal.

The food pyramid has long been used to provide guidance on what foods to eat, but it's upside down! **The Healthy for Life Food Pyramid shows what the proper balance of foods in our diets should be.** How does it differ from your current diet?

In addition to eating good whole foods, we also recommend supplementing nutrients that are commonly missing from foods. This would include omega 6 and 3 oils and a few minerals. More on this in lesson 301.

We have a few sample meal plans online to help get you started. [www.healthyforlifeu.com](http://www.healthyforlifeu.com)



# 203

## The Food Disease

Over the past few decades, America has been consuming a record amount of processed, refined and modified foods. When you take a step back and see what's happened to health during that same time period, it's easy to see how food could, indeed, be the cause of the most common health problems we have. Obesity, heart disease, depression, diabetes and high blood pressure could all be classified as "The Food Disease." Fortunately, the solution can be just as simple... good old fashioned whole food.

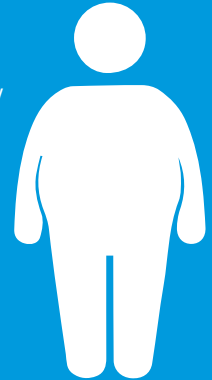
Food can damage. Food can heal.

# Obesity

In 1900, only 5% of Americans were considered obese. In 2012, the percentage skyrocketed to 35%, and a whopping 60% were considered overweight. Consumption of bread, pasta, cereals, pizza and junk foods has drastically risen since the early 1900's. In addition to being high in processed carbs, these foods also lack protein, healthy fats and essential oils (EFAs), which are the important nutrients our bodies need. People are eating less fat and more highly processed carbs than ever before and obesity is only getting worse.

Our current standard for nutrition is the “low fat” food pyramid. We have been told to eat lots of carbohydrates and very little protein and natural fats. As we have learned in this guide, this is exactly opposite of what your body needs. The lack of nutrients in our bodies due to food processing and eating less protein and fat leaves us craving food. Vital nutrients that we need must come from food. When your body is not getting the nutrition it needs, the only thing it can do is signal hunger to try to get the nutrients it's missing. Eating more nutrient deficient “low fat” foods causes the cycle to repeat. If you are one who eats and craves all day long, now you know why! This cycle leads to obesity and malnutrition.

**Obesity can be eliminated by simply eating the fat, EFAs, protein and other nutrients our body's life systems desperately need, while reducing or eliminating the refined carbs. It's that simple!**



# Want to lose a few pounds?

Losing weight is something many people want or need to do. So if you find yourself in this category, you're not alone! If the types of foods we recommend are very different from what you've been eating, it may take some time for your body to adjust. This is normal. Take it slow, you don't have to change your diet overnight.

There really isn't a special diet for weight loss. If you eat the types of foods we discussed in the previous lessons, your body will trend towards its normal weight. For those of you that want to speed up your weight loss, or if you aren't experiencing the weight loss you were hoping for, here are a few tips.



## Weight Loss Tips

- Some people have a problem eating out of habit or for comfort. Eating whole foods high in protein and healthy fat will satisfy your appetite much longer. Omega supplements can also help to reduce cravings. Avoid high carb snack foods and eat protein-based snacks instead such as nuts or seeds.
- Focus on fat and inch loss in the beginning. You will likely gain muscle from eating more protein. You might not see actual weight loss right away, but you will be losing fat. Just pay attention to how your clothes are fitting and how you look. Weight loss will come - don't worry!
- Focus on eating protein and fats first. This will help to drastically reduce insulin production and sensitivity (which is responsible for fat storage).



## Weight Loss Tips

- Eliminate all added sugars and white carbohydrates. This includes all flour-based and grain-based foods such as breads, pastas, potatoes, rice, crackers and chips. Eliminate gluten.
- Stick to lower sugar fruit such as berries.
- For carbohydrates focus on non-starchy vegetables.
- Try to have at least 13 hours between your last meal of the day and your first meal the next day.
- Eating more slowly can help you feel full before you've eaten too much.

After you have achieved the weight loss desired, then you can switch to a maintenance plan that includes some of the things you eliminated for weight loss, such as higher sugar fruits and some starchy vegetables. On your maintenance plan you can also feel free to have an occasional treat.

After you have established your maintenance routine, should you begin to gain weight, simply re-evaluate your plan and reduce some of the foods you added in until you get to a point where you are maintaining your weight. Adjustments would be modifying your maintenance plan to be somewhere between where it is and the weight loss plan outlined here.

Over time, you will zero in on your perfect plan and it will be completely customized to your preferences. It's that simple, now you know how to master your weight!

# Diabetes

What is diabetes? Type 2 Diabetes is a terrible disease that leads to thousands of deaths every year. Type 2 Diabetes begins with insulin resistance when the body's cells become unable to use the insulin the pancreas is producing. The pancreas is the organ in our bodies responsible for insulin production. At this stage the pancreas is working overtime and if changes aren't made it will eventually wear out and stop working. Your body can only tolerate so much sugar in your blood at any given time. Insulin converts the sugar into less harmful substances, like body fat, and gets it out of the blood. Insulin resistance causes many different problems in your body and leads to Type 1 Diabetes. Fortunately, changing your diet and increasing physical activity can improve your cell's ability to use insulin. You can reverse the insulin resistance, which is very important, because once your pancreas wears out and can't produce insulin, it's irreversible! The more our society has promoted eating refined grains and less fat, the more diabetic we have become.

You can manage this disease by eating a diet higher in proteins and low carb vegetables. Once again we see eating good whole foods can support your body in healing.

People are eating more carbs than ever before.



Insulin is produced by the pancreas when we eat carbs.



Type 2 Diabetes (insulin resistance) continues to increase.

# High blood pressure and heart disease

High blood pressure is a common problem in America today. Our vascular system is the life support superhighway of our body. Blood transports nutrients to our organs, muscles and tissues through a network of blood vessels. The cells that make up the lining of blood vessels need essential fatty acids (EFAs) to keep them healthy and resistant to damage. If we are eating a diet lacking in EFAs - which usually means consuming trans fats - the walls of our blood vessels can become rigid and damage more easily.<sup>1</sup> High insulin levels from eating too many carbs can also damage artery walls.<sup>2</sup> Cholesterol then accumulates to try and heal the arteries, acting as a “scab.” This is known as plaque. It is very important to make sure you are getting the proper balance of EFAs to keep your vascular system running smoothly and your arteries healthy.

When the arteries become rigid, they can't flex like they need to. The force required to move the blood will rise, thus increasing the pressure. When our arteries receive the EFAs we need, the flexibility is restored, allowing the arteries to expand and blood to flow smoothly, which helps to restore normal blood pressure.

Many sources confirm that EFAs play an important role in reducing the risk of heart disease. The New England Journal of Medicine found that eight ounces of fish each week reduced the risk of fatal heart attacks.<sup>3</sup> Residents of other countries who consume high levels of EFAs have been shown to have less problems with diabetes and heart disease.<sup>4</sup>

1. H.F. Sinzinger, Prostaglandins in the cardiovascular system (Basel, Switzerland: Birkhauser Verlag, 1992). Arteriosclerosis, Thrombosis and Vascular Biology, Vol. 17, No. 6, 1997.

2. Jonny Bowden, Living the Low Carb Life (Philadelphia: Sterling Publishing, 2004).

3. Daviglus, et al., “Fish consumption and the 30-year risk of fatal myocardial infarction,” New England Journal of Medicine 336 (1997): 1046-53

4. “The Effects of an Exclusive Long-Term Continued Meat Diet,” The Journal of the American Medical Association, July 3, 1926.



# Cholesterol

Cholesterol is the problem that is really not a problem. Cholesterol is required by our bodies but has been blamed for issues that it is not really responsible for. Approximately 50% of people with heart problems have low cholesterol and the other 50% have high cholesterol, so why is so much emphasis put on cholesterol?

The truth is, cholesterol is a required substance in the body and is used for many important functions. Cholesterol is vital for the formation of cellular structure. **It is produced in the body as needed and generally does not come from foods.** That's right, eating foods like eggs that contain animal cholesterol, doesn't mean that it remains as cholesterol in your body. Our bodies break down almost everything we eat into basic building blocks that our bodies then use to create what they need. Cholesterol is also a precursor for hormone production, and it repairs tearing and damage inside of the arteries. One function of the so-called "bad cholesterol" (LDL) is to protect and carry life supporting healthy essential oils (EFAs) to every cell in your body, including the brain. Does this sound like a substance you want to artificially lower in your body? No. Once again, we are finding ourselves artificially limiting something our bodies need.

## Interesting Fact

The body has amazing systems to monitor blood pH, insulin, temperature and other key functions that need very tight control to keep us alive. There is no strict control mechanism for cholesterol, further indicating that the amount required in your body has a wide range.

# Don't blame the messenger

There is a misconception about cholesterol. One function of cholesterol is to act as a healing agent in the arteries. “Cuts” can form in the arteries due to nutritional deficiency in fatty acids as well as other factors such as high insulin levels or consuming trans-fats. This causes cholesterol to form a protective layer, like a scab, on the inside of the artery in order to heal it. **Using drugs to artificially reduce cholesterol levels isn't really addressing the problem** and it doesn't do anything to help arteries heal, which is why the plaque doesn't go away.

This goes back to our health world-view discussion. Are we having problems with heart attacks because of a statin drug deficiency or because of a nutritional deficiency? **We believe that the body can heal itself and it was designed with tools like cholesterol to help it heal.** If we understand that the body is malnourished and simply needs to be given the proper fuel for healing we will look to those solutions first. In the case of heart disease, the reason many people have repeat heart attacks is that the problem was never addressed, and a band aid was simply put on the symptom. The combination of consuming EFAs and reducing insulin levels by eating fewer processed carbs will help keep your vascular system more elastic, flexible and running smoothly.

When eating a whole food diet, cholesterol is produced properly and you will no longer need to worry about cholesterol levels. Your cholesterol structure will be correct, your arteries will be healthy and flexible, and your body will produce cholesterol as necessary for normal functions. Cholesterol levels will typically fall into the ranges commonly considered healthy.

# Stress

While stress and sleep aren't actual foods they are part of a sort of food system that keeps us going. Feeding healthy relationships, spirituality, meaningful work, movement and a healthy view of who you are go a long way to managing stress, which keeps you healthy. What you place on your plate is not the only thing that effects your health. Chronic, unrelenting stress is associated with weight gain and abnormal metabolism. Stress is part of life so the key is not to eliminate stress, which is impossible, but change how you respond to stress in your life. When you perceive stress as something constructive and positive (a challenge for example) your life will improve. Your mindset shapes your response to stress. There are many ways to manage and reduce stress, we encourage you to find a method that works for you.

# Sleep

Sleep also plays an important role in health. Your body needs rest to have time to repair itself, and to perform many routine regenerative tasks. Try to get 7-9 hours of sleep per day and have a regular routine for your body to count on. Sleeping regularly will make a big difference on your health and can also help reduce stress and improve other areas of your life like relationships, work productivity and self confidence.



# Should you hide from the sun?



At first thought, it makes sense that the sun may be the cause of skin cancer because the sun interacts with our skin. But when you think back to past centuries, people were in the sun far more than we are today, and skin cancer back then was pretty rare. We were designed to interact with the sun and produce vitamin D from that interaction. So why would something we need cause us harm as well?

Could this be another example of our “food disease”? Omega fats are used in the process that makes vitamin D when our skin is in the sun. When you don’t have enough or, even worse, have processed fats in your body, that reaction doesn’t work properly. People are also rubbing all kinds of chemicals on their skin in order to “protect” themselves from the sun. Some of these chemicals have been shown to actually cause skin problems, not protect you from them!

## Does food cause disease?

After taking a look at each of these diseases and why they occur, we can see a recurring theme. Eating foods that have been altered from their original state causes problems. Our bodies don’t know how to use processed foods and they can’t heal when they don’t have the nutrients they need. At first, it seems hard to believe that the cause of most of our health problems is from eating the wrong foods, yet when you think about it, it has to be. For these problems to develop in such a widespread way so quickly, it can’t be genetic. It has to be something that can affect the body more quickly, food. **Fortunately, the body is very resilient. You can change your diet and begin seeing your health improve in no time!**

# 301

## Smart Supplementation

If you go to your local nutrition store, you will see thousands of supplements on the shelves, which is overwhelming at the very least. What should you take? Should you take any supplements at all? The short answer is that most supplements are not necessary if you are eating the good foods we learned about in lessons 201 and 202! The quick breakdown of supplements: the vast majority of them are unnecessary, a few of them could be useful for some people, and a small handful of them are really vital for your body. Dive into this lesson and get the scoop on which supplements to focus on and which ones to avoid.

Do you really need supplements? Yes.



# Supplement spotlight

1

## Omega 3 and 6

As we have pointed out throughout these lessons, omega fatty acids are one of the most important nutrients we need and are often not getting from food. This is the single most important nutrient you could supplement. Start [here](#).

3

## Cleanser

Our bodies are bombarded with toxins from our surroundings. Whether it's chemicals in our water, pollution in the air or additives in foods, we get toxins in our body. It's a really good idea to use a cleanser to help your body release them.

2

## Minerals

Much focus is put on vitamins in our diet but, in reality, vitamins are still created in foods. Minerals come from soils and are not created during growth. Due to over farming the same lands and synthetic fertilizers, our foods are lacking in a few vital minerals. This would be the second supplement to consider taking.

4

## Vitamin D3

Many people are finding themselves low in vitamin D. Normally, we get vitamin D from the sun's interaction with our skin. If you are deficient in omegas, this reaction isn't as efficient. For many people Vitamin D3 is a good supplement to consider.

# Categories of Supplements

Based on the health world-view we talked about previously, all the nutrition we need should be available in the foods we eat. After all, food was designed to keep our bodies well. In our modern society, we have really favored convenience. Many of the foods we have access to simply don't have minerals or fatty acids in them anymore. If you are really careful about the source of your food and how it's grown, it is possible to get all the nutrition you need directly from food. This can be difficult and expensive, so we focus on foods that the vast majority of people have access to and what they are lacking. We've defined a few categories of supplements to simplify things.

## Essential Supplements

We compared the nutrients the body needs to the nutrients commonly found in foods. The missing nutrients are the supplements we recommend as essential. Everyone should be taking these.

## Very Beneficial Supplements

This category of supplements can be very beneficial to many people, but we wouldn't quite classify them as essential for everyone.

## Lifestyle Support Supplements

Some supplements are simply supportive of your lifestyle and can be beneficial if you are super busy and choose to not take time to eat well or need a quick meal on the go.

## Waste of Money Supplements

This category is sort of self explanatory! These are products that are very unlikely to help you.

# Essential Supplements

These are the nutrients that are really essential to supplement. For review, here are the reasons we need to supplement these essential nutrients.

## 1 The nutritional value of food has changed.

- Many minerals have been depleted from soil.
- Nutrients are replaced with additives, fillers and preservatives.
- Seeds are genetically modified, which may reduce nutritional value.
- Produce is often picked early and allowed to ripen during transportation instead of when it's attached to the plant. This is believed to reduce the nutritional value of foods.
- Animals are fed foods that do not provide proper nutrition.
- We don't eat as many raw or cultured foods anymore.

## 2 Lifestyles have changed.

- We now eat more fast food.
- Most of our foods are processed.
- Our stress levels have increased.

## 3 The environment has changed.

- There are increased levels of toxins in the air, water and foods.
- Chemicals are used in growing, raising and processing foods.

# Essential Supplements - Omega 3 and 6

We've already talked about EFAs in previous lessons and how important they are. There are two EFAs our bodies require: Omega 6 (LA) and Omega 3 (ALA). The parent form, or source form, of Omega oils is the most basic form. The human body cannot manufacture the parent form of these EFAs. Our bodies can make derivatives from parent Omega oils as needed. The highly promoted DHA and EPA are examples of parent Omega 3 derivatives.

## Choose organic seed oils over fish oil

Many people overlook the important difference between parent and derivative forms of Omega oils. Fish oils are made up of Omega 3 derivatives. Your body can make any of the dozens of derivatives it needs from the parent oils, but cannot make the parents from derivatives. Fish oil does not provide you with the parent Omega oils your body needs, it doesn't contain any Omega 6 or any Parent Omega 3. While fish oil has many advocates, research shows that people have significant improvements when changing their daily EFA supplementation from fish oil to a more complete formulation of Parent Omega 3 and 6. In 2009, the American Heart Association recognized the importance of Omega 6 for its powerful anti-inflammatory properties and the correlation between a lack of Omega 6 and the increased risk for heart disease.<sup>1</sup> Fish oil supplements can also contain pollutants. Chemicals and heat are used to extract the oils from fish tissue, which can contaminate them. Top-quality fish goes to markets and restaurants; the rest goes to be processed into fish oil supplements and other secondary products. We highly recommend organic seed oils for Omega 3 and 6 supplementation. Seed oils are higher in quality and contain the parent omegas. More information is available on our website about fish oil compared to seed oils.

# Essential Supplements - Omega 3 and 6

Just a few of the benefits of Omega 3 and 6 fatty acids.

- Be lean for life and energetic
- Eliminates food cravings
- Strengthens your immune system
- Keeps your heart healthy
- Vascular health
- Improves brain function
- Helps lower blood pressure
- Improves your cholesterol
- Balances your hormones
- Brings oxygen to your cells
- Keeps your eyes healthy
- Healthier skin, hair & nails
- Natural Anti-inflammatories
- Needed to absorb vitamins A, D, E & K

So, how much EFAs do we need? Our bodies need at least four times more Omega 6 than Omega 3. There is some confusion as to how much of each to supplement. We are often told Omega 6 is available in food or that Omega 6 is bad for us. It is true we get Omega 6 from food, but most of what we get is processed, becoming the unusable trans fats we spoke of earlier. Omega 6 starts out healthy but is ruined by processing. Given this, we need to supplement healthy Parent Omega 6.

We recommend between 1.5:1 and 2.5:1 parent Omega 6 to parent Omega 3. More information is available on our website about how this was calculated. Good sources of parent omega oils are raw organic evening primrose oil, pumpkin seed oil, sunflower seed oil, flax seed oil and more.

**If you are new to supplements, Omega 3 and 6 should be the first place to start. Everyone should be taking an Omega 3 and 6 supplement.**

# Essential Supplements - Minerals

The next most important supplement is a mineral. Minerals are simply not in the soils like they used to be, and we need them. There are several minerals our bodies need, but eight of them are commonly lacking in foods. We recommend focusing on these eight minerals. It's also important to know that **your body absorbs minerals through protein**. Protein is attracted into the cell because of its opposite charge. Opposites attract! Minerals by themselves don't have a charge and need the protein to bring them to the cell. The reason this is important is that there are many types of mineral supplements out there, but **only one type is bonded to a protein**. Chelated minerals are the ones you want. The chelation process bonds the mineral to a protein for maximum absorption. Others such as colloidal, elemental and ionic are not going to be used by your body.

Chelated minerals are the most bio-available



## Essential Supplements - Cleanser

Our bodies are bombarded with toxins from our surroundings. Whether it's chemicals in our water, pollution in the air or additives in foods we get toxins in our body. It's a really good idea to use a cleanser to help your body release them so that we are not making ourselves more prone to health problems.

The Ojibwa Indians in Canada have used a unique herbal blend for hundreds of years, and it is the most powerful and non-irritating cleanser we know of. Rene Caisse, a nurse, promoted the amazing formulation over 100 years ago and called it Essiac™ (Caisse spelled backwards).

There are two excellent books about the Essiac™ formulation: *The Essiac™ Report: The True Story of the Canadian Herbal Cancer Remedy and of the Thousands of Lives It Continues to Save* by Richard Thomas and *Calling of an Angel* by Dr. Gary Glum.





# Very Beneficial Supplements

This category of supplements can be very beneficial to many people, but we wouldn't quite classify them as essential for everyone.

## Pro-Biotics

It's really important to maintain a healthy digestive system. Lack of healthy, good bacteria balance is becoming more and more of a problem. Some of this could be due to the over use of antibiotics in animals as well as hand sanitizers. You may not have thought about it, but when you use an anti-bacterial soap or sanitizer, that chemical is on your hands and can rub off on your food and kill bacteria in your stomach, reducing your body's ability to digest food properly. This can lead to various disorders. Bacteria are necessary and, once again, we can see how when we mess with nature we can cause harm to ourselves. Using a pro-biotic can be beneficial to restoring good bacteria to your digestive system if you think you might be out of balance.

## Vitamin D<sub>3</sub>

Many people are deficient in Vitamin D and benefit from supplementing it into their diet. Normally your body makes it from the contact between your skin and the sun's rays. For some people who are not getting enough sunshine, or who use high-power sunblock when outside, supplementing Vitamin D is a good idea. It is also a good idea to supplement Vitamin D in the winter when we don't get as much sun. We recommend the D<sub>3</sub> source since it absorbs better than other varieties.

# Lifestyle Support Supplements

## Protein

Protein shakes are really popular and can be a good choice for a quick meal on the go. However, you do want to be careful when selecting a protein shake. There are tons of them to choose from. Always check the list of ingredients on the label, and avoid protein shakes that use artificial sweeteners or additives and preservatives. Stevia is a good natural alternative sweetener. Animal sources are better absorbed than plant sources. Many protein supplements use whey that is no longer biologically active. Whey that is denatured is not going to be used by your body, be sure to choose one that is biologically active and not denatured.

## Vitamins

Vitamins are commonly the go-to supplement; the first supplement people go for. In reality, vitamins are still in foods. People can be deficient in vitamins, but the cause is usually not deficiency in food. Vitamins are co-enzymes with minerals, meaning they work together. Minerals essentially activate vitamins. When taking a mineral supplement, it will actually activate the vitamins already in your food, and help vitamin deficiency also. There are occasions when people need to supplement vitamins. In these instances, vitamin supplements are viable and will be used by your body.

## Greens

Most people typically don't need a green supplement, but if you are one who doesn't like veggies, it's not a bad idea to add this to your routine.

# Waste of Money Supplements

This category of supplements is rarely beneficial. You are essentially wasting your money!

## Lean body and weight loss supplements

There are many products on the market claiming to cause weight loss or keep your body lean. Yes, there may be a supplement that will cause weight loss, but it's likely not good for you. Let's apply our health world-view and what we've learned. Foods are made for the body to heal, and some foods cause weight gain and others don't. Any pill you take isn't going to change those facts. **It's going to alter your natural systems to achieve the effect.** This is rarely good for you, and it doesn't teach you to eat well or become healthy. It enables you to continue to eat poorly. Eating poorly will lead to disease and poor health. These types of products are a bad idea.

## Fiber

Fiber is in most foods, and getting too much can irritate your digestive tract. Eat whole foods higher in fiber before using a fiber supplement.

## Rare plants and foods

Some products claim to be from a rare plant that most people don't have access to. It's a sure sign of a gimmick. Remember that our body can get the nutrients it needs from a variety of sources; there isn't one specific rare food that everyone has to have.

## Calcium

Calcium is often recommended for bone health and osteoporosis. We get plenty of calcium in many foods, and rarely is a supplement necessary. The Textbook of Medical Physiology specifically states osteoporosis is a protein deficiency, not a calcium problem! Use caution when taking calcium, as it can build up in places you don't want it. It's not a bad idea to get tested before taking calcium.

## A final word on supplements

Supplements can be wonderful tools to provide you a convenient way to get nutrients missing from foods. If it's too good to be true, it probably is. Ask yourself if your body is deficient in the product and why you are not getting it from food. If a product contains processed or chemical ingredients, that's a huge red flag. The company or person that created it didn't start with a sound foundation of healthy principles. If you stick to the essential, beneficial and lifestyle products, you'll be sure to have a good product and avoid wasting money on the next fad or gimmick.



# 302

## Move It or Lose It!

The most popular “solution” to health and weight loss is exercise. While keeping your body active is important, it is not the primary way to keep healthy. Plenty of young elite athletes have had failed health. We always stress the fact that being fit doesn’t equal healthy. What exercise does do is keep your body active and your cells oxygenated, which is a very good thing. Remaining active your entire life will be extremely beneficial to your health and will help you to have a good quality of life well into your later years.

Stay active now, be active later

# Types of activity



## Aerobic

This is activity the gets your heart pumping. Running, jogging, swimming, rowing, walking and cycling are all examples of aerobic activity.



## Stretching

Flexibility is helpful in maintaining health and mobility as you get older. Stretching not only helps reduce injury when done before and after workouts, it also helps build flexibility.



## Core Strength

This activity includes lifting weights or body weight, weighted movements and resistance bands to work muscle and gain strength.



## Recreational

This is the fun stuff and includes hiking, bike riding, golfing, gardening or any activity that helps reduce stress in your body.

## Don't let it go to your head

Some people make the mistake of using exercise to allow them to eat whatever they want, thinking if they aren't gaining weight it must be OK. Just because you aren't gaining weight doesn't mean eating bad foods is healthy.

## Don't slow down

It's important to remember as you age you can't stop moving and being active. It's even more important to maintain your mobility! Joints can regenerate and heal; you don't have to worry about overusing them. Not using them is more damaging.

## Health conditions associated with lack of movement

According to the World Health Organization, physical inactivity is the fourth leading cause of mortality worldwide.

- Osteopenia / porosis (loss of bone tissue)
- Neurological dysfunction
- Joint disorders
- Chronic pain conditions
- Fatigue
- Hormone imbalance
- Cardiovascular disease
- Increase of injuries
- Longer healing times
- Metabolic disease
- Obesity
- Back and neck pain



# How much should I exercise?

With exercise, more isn't always better. You should find something you enjoy doing and try to do it several times per week. You don't have to make exercise your part-time job, but it should be more than a once a week activity. Functional movement is a great option. There are plenty of fun classes you can take that will give you a great workout, and you may just make a new friend in the process. Check out your local YMCA or other gyms. You'll find plenty of options to get you moving!



# 401

## Fact or Fiction?

There have been so many studies and reports that have come out over the years that have been completely wrong, yet many of them have stuck and are still considered fact. There are a few reasons that this happens. The unfortunate result is that many people are misled, which can ultimately have a negative effect on your health. This lesson will put an end to these misconceptions. We also give you tips on how to know what to believe and how to avoid future health bandwagons.

## Health myths you should know about



# Common health myths



## Calories in, calories out

Many people count calories, thinking that less calories is better and will keep you from gaining weight. The truth is the **content of the calories is far more important** than the measure of calories. A calorie is simply a measure of energy created from utilizing the food. Our bodies don't utilize everything we eat, and foods can pass through our digestive system without being fully used. That means not all calories we take in have to be burned or stored, as commonly believed.



## You need carbs for energy

Your body prefers to use fat and protein for energy. Your body has no requirement for carbs at all.



## Eat several small meals

Eating several small meals can work, however, more often than not people end up eating more than they really need. **Eating two or three times a day is perfectly fine** and is a good option for most people. In past centuries eating many meals a day would have been very difficult if not impossible for most people. Looking back at history to check feasibility is always good.



## Eat lots of fiber

We have often been told to eat lots of fiber. Some fiber is necessary, but getting too much can irritate your digestive tract.



# Common health myths



## A calorie is a calorie

Many people believe a calorie is a calorie. The content of the calorie is very important. For example, eating 150 calories of cake versus 150 calories of veggies or meat. The cake will cause you to gain weight and will raise your blood sugar and cause an insulin response. The veggies or protein will deliver nutrition to your body and will not cause you to gain weight.



## Salt is bad for you

Salt is a mineral our body needs. Adding salt to your food for taste doesn't raise your blood pressure; this has been dis-proven over and over. Salt used to be used as a preservative for meat before refrigeration.



## Eggs are bad

This one comes and goes. The reason this myth got started is because eggs have cholesterol in them. It was believed eating cholesterol would raise your cholesterol. That is another myth. Eating cholesterol doesn't raise your cholesterol. Our bodies make our own cholesterol, and very little comes directly from food. Cholesterol in food is broken down during digestion (like everything else) and then used by your body to make other things. Eggs are a great source of protein and fat. **They are good for you!**



## Margarine is better

Butter is a natural whole food that is good for you. Margarine is a processed fat. **Choose butter!**



# Common health myths



## Fat is bad

As we've already seen in earlier lessons, fat is vital for so many important functions in your body. **Natural fat in whole foods is good for you.** Trans-fat found in processed foods is bad for you.



## Hand sanitizers

We put these on our hands constantly nowadays. They are often used for kids before snack time. Then when they eat their snack, antibacterial chemicals can be transferred to their food and then into their stomach, where it continues to kill good bacteria needed for digestive health. Our bodies were designed to interact with bacteria. It's time to stop being afraid of it. At the very least, wash these chemicals off your hands before eating anything!



## Eat low fat foods

Many people still think eating a low fat diet is good for you. There are two dangers of eating a low fat diet. The first is that you are limiting a nutrient your body requires and was designed to be in the foods you are eating. The second danger is that eating foods labeled as low fat are often processed and contain harmful ingredients for your body. Many low fat products use hydrogenated oils in place of natural fats. Low fat diets have led to products like skim milk, which are highly processed and use homogenization to break the fat up. This process can make the fat particles so small that they actually skip digestion and head right for your blood stream, yikes!

# Common health myths



## Soy is a health food

There is a ton of soy-based health products out there and it is a common belief that they are really good for you. Soy has been shown to leach minerals from your body and is one of the most processed and genetically modified foods available. Does this sound like a health food to you?



## Red meat is bad

The misconception that saturated fat is bad led to red meat being labeled as bad. Red meat is a good protein and is rich in minerals like iron.



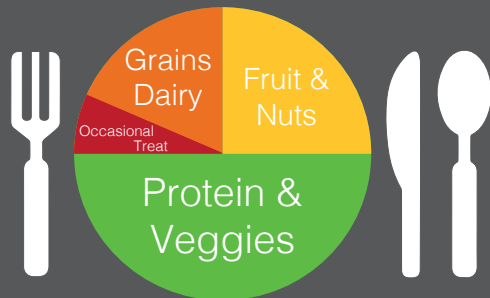
## Eat a balanced diet

One common myth is that you have to eat a balanced diet every day. While there are a variety of nutrients your body needs, you can get them from a variety of foods. You don't have to have all categories of food all of the time. Think of centuries past. They didn't have the variety we have today, and during certain times of year many foods simply weren't available. Also, depending on where people lived they would only have access to the foods in their area. It's only more recently that people have access to such a variety.

# The Healthy for Life U plan

This booklet is very concise and is intended to help get you started quickly with a good understanding of how to support your body's health. Be sure to check our website to for additional resources to continue learning and understanding your health!

## 1 Eat whole foods



## 3 Be active



## 2 Supplement



Omega 6 & 3



Minerals



Cleanse

## 4 Common sense health

The best way to help determine if that next great thing is really all it's cracked up to be is to apply two quick common sense checks.

1. Has anything been added, modified or taken out of your food?
2. For products, ask if your body is deficient in the product and if so, why you aren't getting it from food. Watch out for any product or program that doesn't follow the foundational principles in this course.


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