

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 course 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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1 This course is presented as Christian literature. The information is presented from a Christian world-view and is based on biblical principles as well as accurate scientific data, years of experience working with real people and common sense.

The statements in this brochure have not been evaluated by the Food and Drug Administration. This brochure is not intended to diagnose, treat, cure or prevent any disease.

# 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

# 201

Too many words? Watch the video online!  
[www.healthyforlifeu.com](http://www.healthyforlifeu.com)

## 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 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 designed to have.

Fruits and vegetables are not immune to being altered from how they were created for your body. 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. As if God didn't design our food correctly in the first place, we think we can do it better. 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. **Just 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.

Have you noticed how many people have developed food allergies just in the last two decades? In the 1970s and 1980s food allergies were few and far between. How could this change so quickly? Allergies are simply inflammation from your body rejecting a substance within. Would it make sense that your body would reject foreign proteins introduced from GMO foods or hormone and pesticide residues? Oftentimes, people with allergies can switch to organic foods not containing these substances and they are not allergic to the organic counterpart.

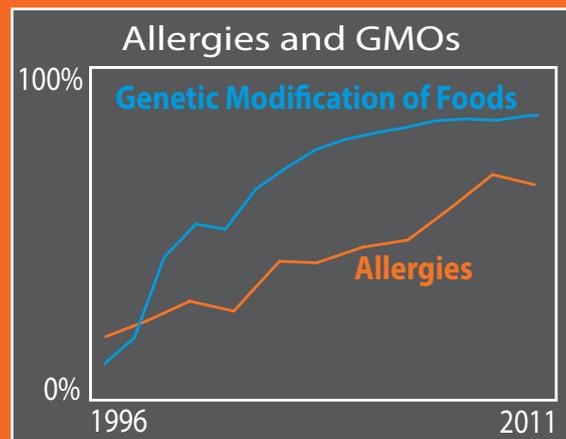


# Dangers of food modification

Gluten allergies are a good example of what happens when we mess with food's design. Wheat today has been modified to the point that it produces far more gluten than ever before. Many people can't tolerate the gluten levels and have to avoid it all together. GMOs also introduce foreign proteins that many people are allergic to. Peanuts, corn and soy are examples.

Digestive diseases are another example of the danger of modifying food. More and more foods are being pasteurized to kill bacteria. Foods were created with 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. Milk is a great example of this. The healthy bacteria in raw milk is killed through pasteurization, and we are left with a beverage that is much less nutritious.

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. Many people simply can't afford it and, sadly, the ones who can often don't want the inconvenience of finding and preparing good food. This is why Healthy for Life U exists. We offer simple and convenient strategies for you to get the nutrition you need!



# How to determine good quality food

Now that we've established shortcomings in commonly available 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 fruits, vegetables, meats, most dairy, 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.

# 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 and provide your body with the nutrients it needs. In reality, most people won't keep up with it long term. People are all about convenience and the additional effort and expense needed to obtain good quality foods and prepare them is often more than most people will keep up with long-term. **What we recommend is a hybrid solution that is easy to do long-term.** The hybrid solution is to 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 products for foods that are higher in fat will assure you that the fat is clean and doesn't contain the toxins you want to avoid. Examples of foods to buy organically are: milk, cheese, butter and non-lean meat such as rib-eye, bacon or 60-80% lean ground beef. Some of the conventional products you buy will be lacking in nutritional value, but much less expensive and easier to find. In order to make up for the missing nutrients, we also recommend supplementing the missing minerals and omega oils missing from foods. We will expand on this later.

# 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.

# Preview the next lesson

In this lesson, we discussed the importance of food quality for our health. The next lesson is 202 – Proper Fuel for Your Body. That lesson will dive into the details of knowing which foods will provide your body the nutrition it needs to not only heal itself, but to thrive!

**Some interesting questions we will answer in the next lesson are:**

- Can we stop counting calories, fat and carbs already?
- Can I really eat fat and improve my health?

## Additional Resources



### Watch the video online

Not a reader? Watch each lesson online! Videos are only a few minutes each, so you'll be up to speed in no time. [www.healthyforlifeu.com](http://www.healthyforlifeu.com)



### Take it further

Want to learn more? View additional resources with more in-depth information for each lesson. [www.healthyforlifeu.com](http://www.healthyforlifeu.com)

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