

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  
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# 401

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## 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 genetically modified foods available. Many GMOs have to be registered as pesticides because the seeds have the pesticide engineered into them. Does this sound like a health food to you? With stuff like this ask yourself, is my body deficient in soy? If the product doesn't contain one of the core nutrients your body needs and can't get from other foods, then chances are you don't need it. If a product contains soy, it's something you can do without.



## 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.



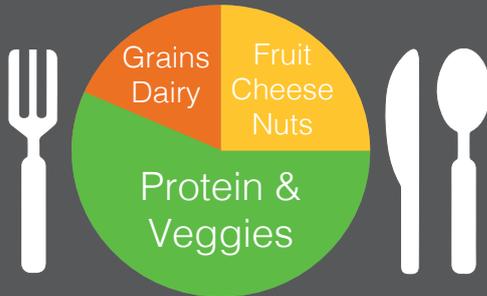
## Red meat is bad

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.

# 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



## 2 Supplement



## 3 Be active



## 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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