

HEALTHYFORLIFE



Nutrition and You





Master Your Health

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Dear Healthy for Life U participant,

All of us at Healthy for Life U would like to begin by saying, **welcome!** The first step in transitioning into the world of healthy living is choosing to invest your time in learning. Congratulations on making that choice!

The passion we have at Healthy for Life U was sparked by circumstances that many of you can relate to. We have had struggles with health problems and have endured the loss of loved ones. In most cases, these problems and losses could have been **pre-vented**. These circumstances inspired us to research and learn more about the body, and motivated us to discover the truth. It is in loving memory of those we have lost, and our compassion for those who struggle with health problems, that we created the Healthy for Life U Master Your Health. The course will empower you with knowledge about the wonderful creation of the body and the amazing intelligence with which it was designed, giving our bodies the ability to heal themselves. Created in the image of God, we have the potential to experience great health and the richness of life God desires for us.

The Healthy for Life U team has years of experience in medical, lifestyle, supplementation and whole food education. We have spent years working with patients and clients, seeing **amazing** results with health improvement and disease resolution.

We couldn't be more excited for you! Whether you are seeking to learn more about health and healing or working to resolve health issues currently affecting your body, this course **will** be of great value to you. Healthy for Life U will help you build a strong foundation of health for you and your family!

The Healthy for Life U team

Jacob C. Velie**National Integrative Health**

ABOUT THE AUTHOR

My personal passion for health started when my mother was diagnosed with acute leukemia when I was 7 years old. After four years of treatments and fighting, my mother passed away in my father's arms, on the edge of her hospital bed, as I looked on.

After her death, I became interested in the human body, health and disease. Throughout my childhood, I was also morbidly obese, weighing almost 290 pounds as a high school senior. These factors drove me to seek further information about the body and research how it really worked. Even though I participated in strength training, track and played football, my weight was out of control and I didn't feel well. I was told I would be heavy for the rest of my life because my family was heavy. I have since developed my own program based on research and lost nearly 100 lbs. in five months. I have been recognized nationally by the President's Council on Fitness, Sports and Nutrition.

Driven by my experience and success, I studied to become a personal trainer, and committed my life to helping others achieve the same physical and mental transformation. My background in physiology, personal training and self-studies in cellular biology, nutrition and dietetics, neuroscience and biophysics has served me over my 11-year career in health education, clinical health consulting and clinical administration.

I have had the pleasure of working with many physician groups, universities, companies and families around the country. Most recently, I spent five years as the founder and CEO of Preventive Health Group, an integrative medical clinic in Des Moines, Iowa, that practiced family medicine, physical medicine, rehabilitation, lifestyle education and psychotherapy. The clinic served as an internship and experiential learning location for medical and pharmacy students, as well as an educational center for graduating nurses and students.

The knowledge and experience I have gained in my personal and professional life has been built into the Healthy for Life U curriculum. This course is the culmination of years of experience, research and learning from mentors. It's exciting to see the amazing results in thousands of families and individuals around the country. I pray this experience changes your life as it has so positively changed mine.



Vital uses of Vitamin D:

- Bone structure (mineralizing, growth, and remodeling) and usage of calcium
- Acts as a cytokine, defending against microbial invaders
- Modulates neuromuscular function
- Reduces inflammation
- Influences the action of many genes that take part in proliferation (cell growth), differentiation (less specific cells become specialized, i.e., a stem cell becomes muscle or bone) and apoptosis (programmed cell death)

Vitamin D is most commonly found in:

- Created in the body from sunshine on your skin
- Cod liver oil
- Atlantic herring
- Catfish
- Oysters
- Salmon
- Trout
- Halibut

Vital uses of Vitamin E:

- Primarily as an antioxidant
- Traps free radicals (toxins)
- Preventing chain reactions that create oxidation in the cells.
- A diet high in manufactured fats (margarines, vegetable oils, trans fats) can cause Vitamin E deficiency and contribute to premature red blood cell death



Fat is needed for so many important functions:

- Thermal insulation
- Efficient energy
- Cell membrane structure
- Eye health
- Formation of cells for glands and tissues
- Membranes for barriers to infection
- Competence of microphages vital to innate immunity
- Proper use of iron to create red blood cells
- Bone structure and uses of calcium
- Defends against microbial invaders
- Reduces inflammation
- Modulates neuromuscular function
- Influences actions of genes responsible for cell health, morphology and elimination of unhealthy cells
- Transporting antioxidants
- Major part of neuromuscular function
- Reduces cellular damage and DNA damage
- Regulation of blood clotting proteins
- Transports regulators for appropriate use and placement of calcium in bones vs. soft tissue

After looking at this list, how would a low-fat diet affect your health?
_____ Adversely _____

Drugs can't carry out the functions in this list and in some cases _____ inhibit _____ the body from carrying out these functions.



In one statement, it is said that an ideally balanced diet should have about two-thirds of the energy supply coming from carbohydrates, “but unlike proteins and fats, which must provide certain essential components, **no particular dietary carbohydrates are necessary for health.**”

The two primary _____ categories _____ of carbohydrates that you want to be able to differentiate are:

1. **Processed carbs** - Chips, crackers, breads, pastas
2. **Whole food carbs** - Fruits, vegetables, natural dairy sugars (lactose), unprocessed grains

Whole food carbs are in their most _____ natural _____ state.

Processed carbs are normally broken down, bleached and altered in a manner that doesn't make them a whole food anymore. We call these _____ white _____ carbs since the processing eliminates most nutritional content.

As long as 90% of your carbohydrate intake comes from _____ whole food _____ carbs, the rest can be processed with minimal risk to your health.



Chlorine dioxide is one of the chemicals used to bleach processed carbs. This chemical combines with the residual proteins in these processed products and creates alloxan, which is used to induce diabetes in lab rats.



502 Activities

Activity 1

It has long been known that the best way to get a different result, or at least accomplish something that you want, is to first become clear and aware about your current situation and what is causing it, as well as being very intentional about the goals that you have.

In this week's activity, we would like to have you begin journaling. The purpose of journaling your foods, activities, moods and thoughts is to be able to step back and observe our current behaviors and actions. Then we will be able to move forward with a plan to change the things in our lives that hinder the accomplishment of our health and life goals.

The idea of this activity is not to alter what you are doing, more to observe the way you have been doing things before any specific lifestyle changes are made or before any specific lifestyle plan is executed.

So, take a few minutes a few times per day to simply log what you are doing, when you are doing it, and how you are feeling about it. There is no wrong way to do this other than not being truthful with yourself. Please write everything down with as much detail as you are comfortable with and we will then use this tool to develop our plans for moving forward with changes necessary to accomplish our goals.

This is not intended to be a long-term activity, just for a week or two so you can establish a good understanding of your current food choices.

A sample is provided at the end of this section. For additional copies, the food journal is available as a free download from our website.

Activity 2

Begin looking at the labels on the food you are eating. Notice all of the added ingredients.

Activity 3

Read through the *Section 1: Whole Foods* in the *Resource Guide* to help prepare for the next lesson.



Discussion Questions

1. Workbook Page 2-1: What are the major differences between “nutrition” and “food” in our culture today?
2. Workbook Page 2-1: Consider the change in what we call food today and what it was even 50 years ago. Discuss the differences that you see today and how you feel it is affecting our health.
3. Workbook Pages 2-2 through 2-3: Protein is a vital part of your nutritional intake and the function of every structure in your body. There are eight amino acids that your body must get through your diet. Discuss the foods that deliver these essential amino acids in the most bio-available form.
4. Workbook Page 2-4: There are a lot of us that believe that fat makes us fat and is bad for us. What has happened with the health of the population as the amount of fat-free, low fat and sugar-free foods being consumed has increased? What vitamins must have fat in the diet to be assimilated and used for your body’s functions?
5. Workbook Pages 2-5 through 2-7: List and discuss five functions that the body must have adequate fat consumption in the diet to carry out. Is anyone suffering from symptoms that are connected to these functions, potentially caused by lack of dietary fat intake?
6. Workbook Pages 2-8 through 2-9: Health professionals have told us for decades that our diets need to consist of a majority of carbohydrates. Read the Oxford Reference excerpt and discuss how this affects our nutritional intake.
7. Workbook Page 2-8: Now that you know that *dietary* carbohydrates are not essential to the body, how does this change your meal plan?
8. Were you surprised to learn that most processed carbohydrates contain a chemical that induces diabetes? How does this change how you look at processed foods and how you will choose your food in the future?

Date: _____

Breakfast	Recom. Serving Size	Actual Serving Consumed	Food Choices
Protein			
Starch Carb			
Fruit Carb			
Healthy Fat			
Notes			

AM Snack	Recom. Serving Size	Actual Serving Consumed	Food Choices
Protein			
Fruit Carb			
Healthy Fat			
Notes			

Lunch	Recom. Serving Size	Actual Serving Consumed	Food Choices
Protein			
Starch Carb			
Fruit Carb			
Healthy Fat			
Notes			

PM Snack	Recom. Serving Size	Actual Serving Consumed	Food Choices
Protein			
Fruit Carb			
Healthy Fat			
Notes			

Dinner	Recom. Serving Size	Actual Serving Consumed	Food Choices
Protein			
Starch Carb			
Fruit Carb			
Healthy Fat			
Notes			

Water Intake	
Other Drinks	
Misc Foods	

Exercise:

Breakfast	Recom. Serving Size	Actual Serving Consumed	Food Choices
Protein			
Starch Carb			
Fruit Carb			
Healthy Fat			
Notes			

AM Snack	Recom. Serving Size	Actual Serving Consumed	Food Choices
Protein			
Fruit Carb			
Healthy Fat			
Notes			

Lunch	Recom. Serving Size	Actual Serving Consumed	Food Choices
Protein			
Starch Carb			
Fruit Carb			
Healthy Fat			
Notes			

PM Snack	Recom. Serving Size	Actual Serving Consumed	Food Choices
Protein			
Fruit Carb			
Healthy Fat			
Notes			

Dinner	Recom. Serving Size	Actual Serving Consumed	Food Choices
Protein			
Starch Carb			
Fruit Carb			
Healthy Fat			
Notes			

Water Intake	
Other Drinks	
Misc Foods	

Exercise:

Life-long health
begins now!



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