

Good Eating?

(with thanks to the Lewis Institute for Health and Wellbeing)

Many people are confused about what to eat. So many different diets, so many options to choose from these days; or the other way, so few choices left to our suffering digestive systems. It's all too hard! But when we understand that optimising our nutrition affects us on a very deep level, we can try for better food choices that work for us! Here's a check list – Poor nutritional choices can affect:

- our immune system
- weight control
- blood sugar control
- fatigue and energy levels
- liver function
- digestion, absorption and elimination
- foggy brain
- stress

What stresses you?

Stress comes in many types, and different ways to different people. Combined stressors may lead to adrenal exhaustion, mental overload, unable to adjust.

- Environmental stress includes noise, intense cold/heat, toxic exposure, disrupted light cycles.
- Chemical stress includes allergens and some chemicals in biotics.
- Physical stress includes trauma and malalignment.
- Physiological stress includes starvation, infection, poor sleep, excess exercise, pain, inflammation and hypoglycemia.
- Psychosocial stress includes fear, loneliness, deprivation, isolation, rejection.
- Mental stress includes fear, anxiety, worry, depression.
- Nutritional stressors include dehydration, nutrient deficiency/toxicity, overeating.

5 Food Types that stress the body

We usually eat very well. In fact we may be over fed but under nourished. So what food choices may be giving us so much stress?

1. The number 1 stress food is SUGAR, including table sugar, brown sugar, and foods containing added sugar like refined cane sugar, fructose, maple syrup, rice syrup and other similar sweeteners. It damages our teeth, feeds bacteria, yeast, fungus and cancer cells. It compromises immune function, increases adrenalin production by up to 4 times, speeds ageing, steals calcium, chromium and other minerals. It interferes with the level of digestive acid in the stomach, leading to gastric reflux, gas, bloating, leaky gut. It interferes directly with insulin, affecting the liver, interferes with “healing fats”, and promotes blood clots. It shows up in weight issues, bowel control, and energy levels.

2. The number 2 stress food is white stuff – white flour and products containing white flour like crumpets, muffins, white bread, pasta, even white rice (except Basmati), and white table salt.

3. The number 3 stress food is alcohol. In excess, alcohol can be a poison to your liver. If you have a sick liver, drop alcohol completely until your liver recovers.

4. The number 4 stress stuff is a double whammy – excessive stimulants and highly prepared commercial food.

Stimulants include Red Bull, Pepsi Max, coffee, smoked foods, smoked salmon, etc, coffee, aspirin, paracetamol.

Highly prepared commercial food includes commercial fruit juices, take away foods like cheeseburgers, KFC, McDonalds, Pizza Hut, etc, biscuits, shop cakes, fruit cakes, candies, digestive biscuits, fish and chips, pancake mixes, instant soups, chocolate, desserts, chips, peanut butter, some salad dressings, croutons.

5. The number 5 stress food is bad fats, in deep fried foods, cooked chicken skin, cured meats like salami, bacon, ham, sausage, butter, lard, oils, spreadable fats, margarine, fat around steak. Colourless, odourless and tasteless oils.

Good fats include fish oil (white tuna, salmon, sardines, ocean trout), flaxseed oil, extra virgin cold pressed olive oil.

How to Eat

Drastically reduce your stale food, leftovers.

Don't eat burnt food (from toasted, roasted, baked, BBQ foods etc).

Don't eat at the desk, in front of TV, whilst driving, etc.

Do eat fresh or freshly cooked food, prepared with love.

Eat in a settled atmosphere, unrushed, with friendly people, soft music, sweet ambience, etc.

Foods to Increase

(See number 5 stress food for good fats). Dark green plants, all vegetables. Warm low fat milk if digestible. Wholegrain and rye breads. Basmati rice. Lentils, legumes. Soups. (Small amounts of – walnuts, almonds, nuts, sunflower seeds, pumpkin seeds, avocado, soybeans, wheat germ, grains, garlic, ginger, spices, ghee.)

Liver and insulin tips

Zinc, vitamin B6 and magnesium – help to detox the liver.

Magnesium, chromium, B6, B3, zinc – help to keep insulin levels working properly.

The Updated Healthy Diet Pyramid

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1-2 serves – low fat dairy

2-3 serves – fruit

2-3 serves – high quality protein

2-3 serves – legumes

3-5 serves – whole grains (low glycemic choices)

4-5 serves – legumes if vegetarian

4 serves – good oils (fish oils, flaxseed oil, canola, olive oil, macadamia oil, fresh nuts, seeds)

5-7 serves – vegetables

water – 8-12 glasses

daily – exercise (aerobic, strength training, yoga, breathing), 1 good quality multi vitamin/mineral supplement.

Take responsibility for your own health and your own life. Develop a strategic pathway to wellness and your own wellbeing. Even the best diet is nothing without daily physical and mental exercise. Follow the 5 golden rules for good health: i. proper exercise to stimulate circulation, ii. Proper breathing exercise to absorb more oxygen, iii. Proper relaxation of body and mind, iv. More natural foods, and v. proper thinking and awareness of the mind.