

A HEALTHY DIET AND PLENTY OF EXERCISE **NO MATTER WHAT YOUR AGE**

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We are in fact the sum of everything we put into our bodies and that includes exercise. The risk of illness, debilitating disease and early death is always present. As long as we work to promote good health habits that lend to a strong foundation and a healthier body, then that risk will remain very low. If we are to build a strong healthy body that is able to fight off disease and give us a long active life, then we must start with the basics.

DIET --- YOU TRULY ARE WHAT YOU EAT

The American people have the largest available amounts of food stuffs in the world, yet we are starving, why? The answer is multifold and easy to understand. The majority of farm produced foods we eat today have only 17 % of the nutritional value (vitamins and minerals) than they had fifty years ago. Hence we must eat more (6 to 10 vegetables a day) to get what our parents got in one serving. Most commercial farms use 3 to 5 times the amount of herbicides and pesticides than they used twenty years ago. So now our fruit and vegetables have more toxins in them than they have vitamins and minerals. We should stop worrying about the thickness of the eagle's egg and start worrying about the viability of our own species. When it comes to protein we do no better. Dairy farms use feed and grain laden with herbicides and pesticides and inject their cows with hormones, antibiotics, and steroids, and pasteurize their milk. The same goes for meat, eggs and poultry. So now our milk contains not only toxins but steroids, high quantities of mucous, and it also contains no beneficial bacteria that our bodies so desperately needs to maintain our own digestive tracts. Meat and poultry fair no better with steroids and antibiotics thrown into the mix, we end up with fatty, toxin laden meats. Ditto when it comes to fish. Our fish are grown on farms with polluted waters, again large doses of antibiotics and hormones, chemicals and color enhancers are used to produce fatty, toxic laden fish.

Let's take this one step further and you will see just why we are literally starving our bodies. Today in this era of modern science we depend of chemicals to make our lives "easier". We have introduced over 75000 new chemicals into use in this country since 1970. The food industry has taken great advantage of this and uses multiple additives in the form of chemicals to enhance flavors, preservatives for a longer shelf life, and color enhancers for eye appeal, thickeners to provide food-like consistency, sweeteners and even chemical stimulants for the appetite. Hence the saying "bet you can't eat just one". Put all this together and walk down the aisle in your local grocery store, you might find one or maybe even two products that can

actually be called food, but I doubt it. So now we pack our bodies with food-like products that cannot, in all consciousness, be called food. No nutrition, no vitamins, no minerals, and poor protein. And our bodies respond with hunger, leading us to eat more and more without satisfaction, the end result is illness and disease. In the past thirty years the rates of disease in this country have sky rocketed, why? Simply because; we have neglected the very best protection in the world; our own body, and its marvelous immune system.

Now you ask is there a way to change all this? Yes Dorothy, but it will take each individual to make the concerted effort and bring about that change, and that is big part of proactive health. Unfortunately it will take a long time to convince the large conglomerates in the food industry to either change or die. And the way we make that statement is to simply stop eating those foods that are turning the human body into a poorly functioning toxic waste dump. Our diets must change. A well fed body will lead to a happier healthier body, well structured, at a proper weight, with no disease. There are multiple theories as to the proper diet and how to maintain good eating habits, and each has its own merits. If you like Atkins, Body Typing, Weight Watchers, South Beach or any other diet plan, you're on the right track. But remember, these are diets designed for quick weight loss, and over the long haul they do not work. A good diet plan is not necessarily used for the purpose of losing weight but to maintain a healthy life style. Keep in mind that any significant changes in your diet should be a commitment made for life. If you need assistance in weight loss of more than 5 to 10 pounds, then I highly suggest you use Awareness Life products. This is a well formulated program that gives the body exactly what it needs while decreasing body weight. This includes needed vitamins and minerals, digestive enzymes for improved digestive function, fiber and vegetable blend for detox, and even includes a simple and fun way to overcome cravings.

The ideal diet involves several factors. The removal of chemicals and toxins from the foods you eat, and the elimination of those toxins that have accumulated in your system over the years. Along with an increase in the vitamins and minerals found in food. This means the fruit and vegetables you eat should be organic (free of herbicides and pesticides), the milk you drink should be raw and organic (especially for children), and protein products should be range free (grass fed). I recommend you stick as close to organic as possible. There are markets and farms that sell produce with no steroids or antibiotics which is one step closer to what your body needs. As for a diet plan, I recommend, low animal fat, 4 to 6 ounces (lean meats), no trans fats (this also means no partially hydrogenated oils, this includes vegetable oils and all artificial butters), moderate saturated fats as in animal fats (small amounts of organic or whole butter, milk and cheese), one serving of whole grains (gluten free for those with allergies or Celiac Disease) preferably sprouted whole grains (lower in gluten), one serving of fruit and 7 to 10 servings of vegetables daily. For those who have trouble getting in the required number of vegetables I highly recommend juicing. This is by far the best way to rapidly improve overall

health in short period of time and at the same time give your body the full complement of vitamins and minerals that can be quickly consumed and utilized by your body. You will find a product called Daily Complete in the merchandise catalog that I highly recommend. It contains 243 nutrients including a full complement of whole vitamins, all in liquid form that can be rapidly absorbed and fully utilized by the body. If daily juicing is a problem, then this would be the best alternative.

At this point I must advise the use of the word **NO**. No sugar of any kind (this includes artificial sugars which includes all soft drinks), no fried foods, no 'fast foods', no processed foods (this includes anything that comes in a box, or premixed in a bag, including breads, pastas, white flour, and cereals (this includes all breakfast cereals)). The most important part of any diet is the removal of all sugar, including all artificial sugars, and processed grains. This means you must read your labels. Best rule of thumb, if the label contains MSG (monosodium glutamate an appetite stimulant), sugar of any kind, words you cannot pronounce, or any chemical additives (which includes some synthetic vitamins) then put it back on the shelf. If you must have sugar, then small amounts of cane sugar can be used or Stevia (100% pure) which has been shown to have no adverse effects on the body. At the very least, **DO NOT CONSUME** high fructose corn syrup, found in a high number of processed foods and now being marketed as corn sugar. Next month I will give you an easy to understand outline of what sugar actually does to your body in relation to obesity and diabetes. In the meantime just keep in mind that **sugar and processed grains are your worst enemy**. They are the number one cause of obesity, diabetes and neurological diseases. Remember the advertisement that states that "Corn Sugar (otherwise known as high fructose corn syrup), is the same as sugar, your body doesn't know the difference". This is not true, the insulin produced by your pancreas will process all carbohydrates (simple and complex) including all sugars, into glycogen; you're ready – to – use energy for muscle and tissue cells. High fructose corn syrup (only converted in the liver) is composed of multiple complex carbohydrate chains that are more difficult to break down and slower to convert into glycogen and all excess glycogen produced by the liver, becomes energy storage in fat cells located in and around the liver, hence your 'spare tire' and fatty liver disease. Once stored, the body will utilize these stores as needed for physical energy, body growth and function depending on the level of activity, unfortunately 'as needed' never comes. The measurement of the glycogen produced has now been given a value thanks to the glycemic index, quite simply put the higher the index, the more the storage, the lower the index, the quicker it is consumed (ready –to – use) and not stored. If we look at the glycemic index for sugars they are all high, with sucrose at 97, glucose at 121 and corn sugar as 127. Since the consumption of fruit and vegetable carbohydrates does not generally result in weight gain we can assume that the body recognizes these natural foods and converts them (within a 3 hour window) for rapid energy use, these foods are indicated by a low glycemic index (generally below 50). The body will convert and store the less recognizable man made carbohydrates that

are in excess of the bodies needs at that time, in fat cells. This process is repeated on a meal to meal basis, if low glycemic foods are consistently consumed then there is no weight gain, hence no glycogen storage. But if high glycemic foods are consistently consumed then fat cells become larger with more storage, hence the 'spare tire' and the development of fatty liver disease. Yes, your body does know the difference and if you consume high glycemic index carbohydrates found in high fructose corn syrup, corn syrup and corn sugar, then you will develop fat that is very difficult to break down and burn, even with extreme exercise. Contrary to popular opinion eating fat does not make you fat. **Fat comes from consuming excessive high glycemic index carbohydrates, especially sugars, particularly high fructose corn syrup or corn sugar and processed grains.**

When shopping for food, choose carefully, read all labels, look for the 100% USDA Certified Organic label on the packaging and eliminate as much processed food and hidden forms of high fructose corn syrup (corn sugar) from your diet as possible. For those of you who are nursing mothers, PLEASE breast feed your babies (a minimum of 6 months) I can NOT recommend any of the baby formulas on the market today. Just too many chemicals and toxins found in all of these products, many of which are hidden and not even on the label. I recommend the consumption of simple, fresh whole foods. The use of a shopping guide to assist you in choosing products that have **no GMO's** (genetically modified organisms) is recommended, and is available over the internet @ www.healthiereating.org. Again I will discuss GMO's and their dangers in the months to come. We do not have a mandatory GMO labeling law yet, so I do recommend liberal use of the shopping guide. I highly recommend the use of the Glycemic index for food choices especially for those people with a pre-diabetes and diabetes diagnosis.

For those who want to learn more about the glycemic index. I suggest a popular book; The New Glucose Revolution For Diabetes, by Brand-Miller, Jennie Thomas, M.S. Wolever, Kaye- Foster Powell, and Stephen Colagiuri, available at local book stores. For those who prefer computers I recommend The International Table of GI and GL Values, published 2002 by the American Journal of Clinical Nutrition @ <http://www.ajen.org/cgi/content/full/76/1/5> available in PDF format and download is free. Computer software is also available that serves as an excellent meal planner for Glycemic needs, containing automatic meal calculators, links to other favorite web sites and it will even plan your shopping list for you. Can be purchased via pay pall for \$17.50 @ <http://www.gimealplanner.com> Please note: if you use the Glycemic Index as a guide for your diet, keep your foods below the 50 point range which is the recommendation for all pre diabetic and diabetic diagnosis.

For years, the recommendation for those who want to lose weight has been the counting of calories. But if your diet consists of mainly meat (four to six ounces) and vegetables (ten

servings), and you routinely exercise, you will not have to count anything except the loss of pounds and the improvement in overall health.

So now you ask; how do I start? First and foremost eliminate all sugars and carbohydrates from your diet, with this action alone the cravings for carbohydrates and sugars will diminish and disappear. During this time (sugar detoxing), simply gradually replace all of those processed and packaged foods in your cupboard with fresh and fresh frozen organic vegetables. Eat increasing numbers of vegetables (get a juicer) and your body will quickly become more and more satisfied. One third of all your vegetables should be eaten raw, this means get creative with your salads. No iceberg lettuce, which is mostly water and has now nutritional value. For most people, you will have to empty that cupboard before you begin to feel better. This means, replace your artificial butters and spreads (full of herbicides, pesticides, chemicals and toxins) with organic butter and organic cheeses. Eat raw nuts as a snack instead of those chips and 'energy bars' (full of preservatives and sugars). Use organic coconut oil and olive oil for cooking and salad dressings and throw away those vegetable oils and partially hydrogenated oils (full of GMO's and toxins). Use whole crystal, natural sea salt and whole herbs for cooking, grind your salt as you use it, that way you get all of the natural minerals your body needs to function properly. What I'm saying is basically take one giant step backwards and return to the natural whole foods that made the generations before us so healthy.

Contrary to popular belief, it does not cost more to buy organic, if you are eliminating the huge expense of all those food-like substances in your cupboard with just meat and vegetables, it may in the long run cost you less especially if you buy those fresh frozen vegetables in bulk. If you live with others, then what's good for the goose is also good for [every member](#) of your family. Avoid the allergy producers, those foods you know cause intestinal upset (listen to your body), avoid all pasteurized milk products if you suspect allergies. Use only raw milk products which typically do not cause allergic reactions. Buy organic or at least no steroid and antibiotic meats, and keep nitrates out of your processed meats. Better yet, cook and slice it yourself. Now you know it's safe. Buy 'wild caught' fish rather than farmed fish, and make sure the label reads 'wild caught' or you may be fooled into buying farmed fish. Eat at least two servings of fish per week, this provides you with a minimum of the healthy fatty acids your body needs. No cereal for breakfast, instead eat two eggs every day, for those who exercise regularly, the intake of protein should be increased, this is where the use of Awareness Life Products (found in the merchandise catalog) can be of great benefit. The Pure Trim Mediterranean Wellness shakes contain 21 grams of protein, this protein is in form vegetarian sources (pea and brown rice protein) so all allergens and toxins are kept out of your diet (no Soy, Whey, Dairy, Gluten, Aspartame, or Sucrose). For those who exercise heavily, to raise the protein content of your morning shake just add a raw organic egg. It also contains the needed ingredients for a full meal that can aid the diet. We need protein to start our day, quite simply put; it's the key to your engine.

If you want fiber, use beans; mother-nature's pre packaged protein fiber. If you need to increase fiber just to improve intestinal regularity (2 to 3 soft bowel movements daily), I recommend the use of Experience (found in the merchandise catalog) which is a fiber, herb and vegetable blend with no toxins or chemicals that improve the health and function of the colon. Remember beans are carbohydrates, so stick to those that have a low glycemic index, like red and black beans.

If you like fruit, limit it to one a day. Fruit is mother-nature's desert, lots of natural sugars and fructose. I do not recommend fruit juice, if you must then only 100% juice and only one ounce daily. Have a slice of apple pie made with stevia and whole wheat flour, as your treat for the day. As for fluids; no soft drinks, no power drinks containing sugars and caffeine. Drink coffee in moderation, preferably without caffeine or sugar, tea, again in moderation and without caffeine or sugar. Protein drinks and meal replacement drinks are allowed; again I highly recommend the Pure Trim Mediterranean wellness shakes that contain all the essential nutrients needed in a meal. Please be careful, read your labels, watch for chemicals, especially synthetic vitamin additives and hidden sugars that can be found in other products. And plenty of water, without additives or sugars, [just plain water \(preferably filtered by reverse osmosis, which takes out fluoride and chlorines\)](#). Again, if you need sugar, use stevia.

Now we have the proper vitamin and mineral content going into our bodies. It's time to take out toxins that have accumulated over the years. This is called detoxing, and it can be accomplished in several ways. Remember this is an important step on the road to better health. As we lose weight we rupture fat cells, which release not only excess glycogen but also all of the stored toxins that your body could not dispose of while gaining weight. In future months I will discuss the marvelous way your body handles toxic materials. But for now you will find a great source of detox-foods in your chlorophyll rich vegetables, this is where juicing can be of great benefit. Also you can use gelatinous plant food fibers such as chia- seeds, flax seeds and alovera, which bind to toxins. Parsley and cilantro are fabulous vegetables that actually bind to mercury and pull it out of your system. With juicing you can add spirulina and/ or chlorella, or for those who do not juice, use the tablet forms from a health food store. These are great forms of heavy metal detoxing. And if you like to look further I recommend two new products called Experience and Harmony, these are organic vegetable blends with multiple herbs that reduce toxins, while increasing tone and regularity to the intestinal tract, creating a better balance for digestion and immune function. These products incorporate all of the values of juicing and riding your body of toxins without juicing. You can find them in My Favorites in the Merchandise Catalog. There are even more aggressive ways to detoxify, but those will be discussed at a later date.

Now you have started the diet that will change your life. You will feel better, stronger, and more vibrant. You will sleep better and those pesky cravings will slowly disappear. And if

cravings are a problem, try using Chocolate Truffles, also found in the merchandise catalog. They are a great appetite suppressant that helps regulate your insulin levels that cause your hunger. If you are looking for a new you, with less weight, then you are definitely on your way, now all you need to do is add exercise. In future months we will discuss the details of the healthy diet and the use of specific foods, supplements, vitamins and minerals.

EXERCISE

Remember even if you are at a healthy body weight you still need to exercise no matter what your age. An inactive body functions very poorly. In fact most disease processes diminish with the advent of exercise. A simple example of this is the combination of weight training exercise and the increased consumption of vitamin D, resulting in increased bone density. It has been clearly shown that a proper diet and daily exercise can prevent and even reverse type - 2 diabetes. It has also been found that even those diagnosed with diseases such as cancer profit from an exercise program.

In short, exercise is a precise tool for preventing as well as strengthening the body to fight off many devastating illnesses including obesity, diabetes, heart disease, arthritis and even cancer. If you already have an exercise program, keep moving, if not, I recommend that you start now. Always start with mild exercise and slowly progress to more aggressive forms of physical activity eventually using all methods to involve total body response. **This includes strength training or core building (weight training or resistance exercise), aerobics, and cardio with peak training two days a week.** Peak training involves an increase in the cardiac rate to maximum threshold (rapid vigorous movement or short bursts of exertion) lasting 30 seconds with a 90 second rest or recovery period. I highly recommend exercise thirty minutes before breakfast. This gives your body a fasting period (during sleep), effectively boosting your metabolism. If you want to boost that metabolism even more, try drinking 10 ounces of ice water 30 minutes prior to exercise. And of course follow that exercise with a high protein breakfast to maintain healthy muscle tissue, while it 'starts your engine'. Start with walking, bike riding, swimming and so forth, if your goal is to lose weight, change your diet first. Use your physical tolerance as a way to monitor your progress; you want to create better health, not injury. The end result will be the improvement of total body muscle fiber response. This response throughout your entire body will result in the increased production of human growth hormone, thyroid stimulation along with the release of endorphins into the brain (the feel good hormone). This cascade results in stronger muscle tissue with decreased fat stores, improved

metabolic rate with increased energy, and increased mental function including memory and cognitive abilities with an equal decrease in depression. This is true for all ages, including the very young and the elderly.

Unfortunately results will not start showing (weight loss) until you start sweating. Yes, your sweat is the proper indicator of effective exercise, which is created by short bursts of increased cardiac rate.

So if you just want to stay fit, improve your body function, fight off disease, improve your brain function or rid yourself of depression, or you just want to lose weight, you can't do it sitting in that chair. [Get up and start moving!](#)

WATER

There is one final aspect of good dietary health that is frequently overlooked. Seventy two percent of the body's weight is water, and most people don't drink enough. A large percentage of our population spends their entire day in a state of mild dehydration and is never aware of its presence, symptoms are minimal, usually just an elevated heart rate. But continuous dehydration can aggravate and even accelerate any disease process. The consumption of coffee or alcohol, as well as exercise, will increase dehydration. **As a general rule, you should drink one half of your body weight in ounces of water daily.** For example if you weigh 150 pounds you would need to drink 75 ounces of water daily. And at the very minimum, to keep the body hydrated an individual must drink one eight ounce glass of water 8 times a day, along with an added glass of water for every cup of coffee, glass of alcohol, or hour of exercise. I highly recommend filtered water (preferably by reverse osmosis) which removes toxins and heavy metals.

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