

# Can You Get What You Need From Your Food?

By  
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The Answer.....

**NO!!**

# Promote Health – Prevent Disease



# How Many Really Eat Well?



- Since 1979 an ongoing study has been conducted called *Healthy People*
- This US study was to provide goals to improve the health of the population in 10 year increments
- The latest published update in 2010 reported only 3% of Americans eat at least 3 servings of vegetables daily and only 28% eat any fruit



# You Are The Way You Eat



- Foods are much more than just a collection of nutrients; they are a wealth of influences
- What Influences you?



# What Are Your Goals?



- Accelerating fat loss
- Lower risk of coronary heart disease
- Increase effectiveness of digestive function
- Eliminate toxins
- Countering the effects of environmental toxins including Rx's
- Cellular repair
- Improve workout recovery



# Top 5 Reasons Our Nutrition Isn't Working For Us



# Have a Bite



- Epidemic rates of diabetes, cancer, heart disease, depression, kidney failure, liver disorders and much more can be linked to poor nutrition
- These diseases are all caused by a combination of malnutrition and exposure to toxic chemicals (plus other factors such as emotional trauma, lack of exercise, etc.)





# Our Nutrition is Killing Us



1. Pesticides
2. Chemical Fertilizers
3. Hormones
4. Antibiotics
5. GMO feed
6. Grain Fed
7. High Heat Processing
8. Synthetic Nutrients





# INSUFFICIENT NUTRIENTS



# Crowding Out The Bad



INSPIRATION

HAVE Fun



RESTRICTION

NO Fun



*Food is the single most important influence on your health*



# The Culprits



**Additives**

**Microwave**

**Pasteurization**

**Sugar**

**Energy Drinks**





# ADDITIVES

# Ingredients to Avoid



- High Fructose Corn Syrup
- Palm Oil
- Shortening
- White – flour, rice, pasta, bread
- Aspartame, Sucralose, Saccharin
- Sodium Benzoate, Potassium Benzoate
- Butylated Hydroxyanisole (BHA)
- Sodium Nitrates and Sodium Nitrites
- Blue, Green, Red and Yellow dyes
- MSG
- Brominated Vegetable Oil (BVO)





# MICROWAVES



# Microwaves



- The invention of the microwave and its mass adoption by the population coincides with the onset of obesity in developed nations around the world.
- One study showed that microwaving vegetables destroys up to 97% of the nutritional content (vitamins and other plant-based nutrients that prevent disease, boost immune function and enhance health).



# Microwaves



- Consumers are dying today in part because they continue to eat dead foods that are killed in the microwave.
- **Humans are the only animals on the planet who destroy the nutritional value of their food before eating it.**
- All other animals consume food in its natural, unprocessed state, but humans actually go out of their way to render food nutritionally worthless before eating it.
- No wonder humans are the least healthy mammals on the planet.



# PASTEURIZATION



# Pasteurization



## Low Heat Processing

- Takes dozen of times longer than conventional
- Keeps nutrients intact and effective
- Leaves proteins in their whole, un-denatured state



## High Heat Processing

- Kills all the enzymes, nutrients, and good bacteria
- Add in synthetic nutrients that are less bioavailable
- Elevates LDL cholesterol



# Now We Get Technical



- Two varieties of proteins exist in cow's milk
  - 20% = Whey
  - 80% = Casein (Latin for “cheese”)
    - **A1**
      - Genetically mutated form of A2 (happened in European herds over 8,000 years ago)
      - The digestion of A2 beta casein has been found to produce an opioid byproduct. Strong evidence that links this casein and its opioid derivative with **heart disease, mental disorders such as autism and schizophrenia, type 1 diabetes, and a number of other autoimmune disorders.**
    - **A2**
      - Original beta casein

# Effects of Casein



***Arthritis***

***Autism***

***Autoimmune Diseases***

***Bloating***

***Cancer***

***Colic***

***Cramps***

***Diarrhea***

***Ear Infections***

***Gas***

***Heart disease***

***Infertility***

***Osteoporosis***

***Rheumatoid arthritis***

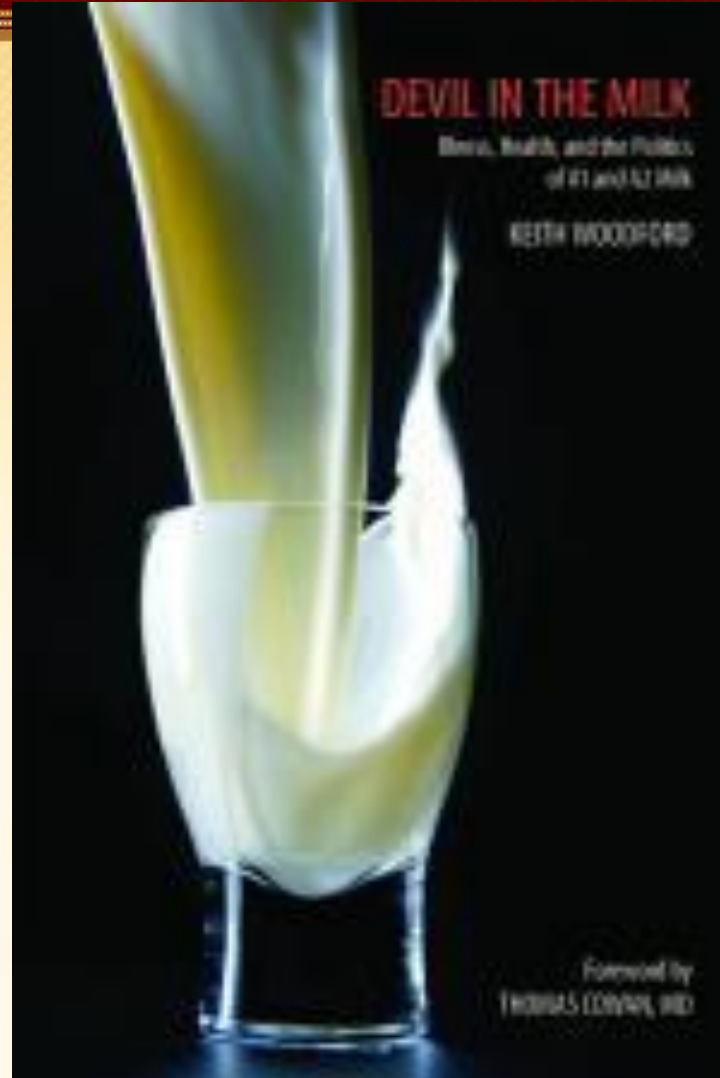
***Type I Diabetes***

# Benefit of A2 Beta-Casein



- Easy to digest proteins
- Suitable for those who are lactose intolerant
- Healthy beneficial bacteria
- Healthy unoxidized cholesterol
- Lipase enzyme, which helps to break down and absorb fats
- High omega-3 fatty acids
- Low omega-6 fatty acids
- *CLA (conjugated linoleic acid):*
  - ✓ Reduces risk for heart disease
  - ✓ Reduces risk for cancer
  - ✓ Reduces risk for osteoporosis
  - ✓ Aids in reducing body fat (stomach)
  - ✓ Aids in increasing lean muscle mass
  - ✓ Supports blood sugar regulation
  - ✓ Fights inflammation
  - ✓ Protects against immune system invaders
  - ✓ Reduces the risk of food-induced allergic reactions

# Devil in the Milk

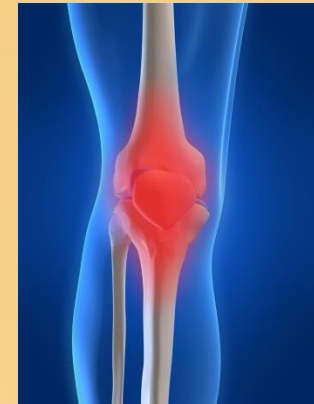




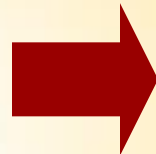
# Grain-fed Beef & Inflammation



*Grain-fed beef contributes heavily to arthritis*



**GMO corn-fed diet**



**Arachidonic acid**

**(Bad omega 6 fat)**



**Inflammation  
Arthritis**



# SUGAR



# Sugar



- Over 120 pounds of refined sweeteners per year per person are consumed
- Almost 25% of the total calories consumed are sugar.
- One-quarter of the caloric intake of most people in our society is empty calories that not only fail to provide food value, but actually rob the body of essential nutrients
- 70% can be found in manufactured foods. (there is more sugar in some breakfast cereals than in candy)

# Sugar



- **Refined sugar is the worst enemy in your fight against aging as it increases the production of cortisol, an age-inducing hormone.**
- **Reduces immune function**
- **Creates aging in the skin**
- **Dehydrates the cells**

# Where Is Sugar Hidden?



- In canned vegetables and fish
- In most baby formulas and some baby foods
- In foods labeled as corn sweeteners, dextrose, glucose, honey, or high fructose corn syrup.





# ENERGY DRINKS

# Energy Drinks



- Fastest growing segment of the beverage market
- Sodas aren't allowed to have more than 0.02 percent caffeine, but energy drinks aren't subject to this limit
- The average energy drink has 240 mg of caffeine, approximately equivalent to seven cups of coffee.
- Some are as high as 550mg

# The Problems



- Caffeine can cause heart cells to release calcium, which may affect heartbeat, leading to arrhythmia and increased blood pressure
- Excessive levels of caffeine can impair cognition.
- A 2010 study found that drinking moderate amounts of caffeine, about 40 mg, improved performance on a test of reaction time, but drinking higher amounts — greater than 120 mg — worsened performance on the reaction test.
- A 2006 study of more than 1,000 pregnant women found that those who consumed more than 200 mg of caffeine per day were about twice as likely to have a miscarriage compared with pregnant women who did not drink caffeine





# ENVIRONMENTAL TOXINS

# Our Nutrition is Killing Us



▼ Pesticides

▼ Chemical fertilizers

▼ Hormones

▼ Antibiotics

▼ GMO's

▼ High heat processing

▼ Synthetic nutrients





# SOURCES OF TOXICITY

# Food



Allergens/  
Sensitivities



Processing methods  
Refined  
Oxidized

Pesticides  
Agricultural  
Chemicals



Irradiation  
GMO's

Additives  
Preservatives  
Dyes



Cooking  
Microwave  
Transfats

# BE A STICKLER

PRODUCE CODES DEMYSTIFIED

**4 DIGIT CODE**  
STARTING WITH 3 OR 4



**CONVENTIONALLY  
GROWN**



**5 DIGIT CODE**  
STARTING WITH 9



**ORGANIC**



**5 DIGIT CODE**  
STARTING WITH 8



**GENETICALLY  
MODIFIED**



# Chemicals



Fabrics  
Carpet  
Clothing



Personal Care  
Cosmetics  
Antiperspirants

Building Materials  
Formaldehyde  
Solvents



Air  
Carbon Monoxide  
Chem Trails

Household Cleaning  
Detergents  
Bleach  
Bug sprays



Water  
Chlorine, Bromide,  
Fluoride  
Contamination



**Chronic diseases**

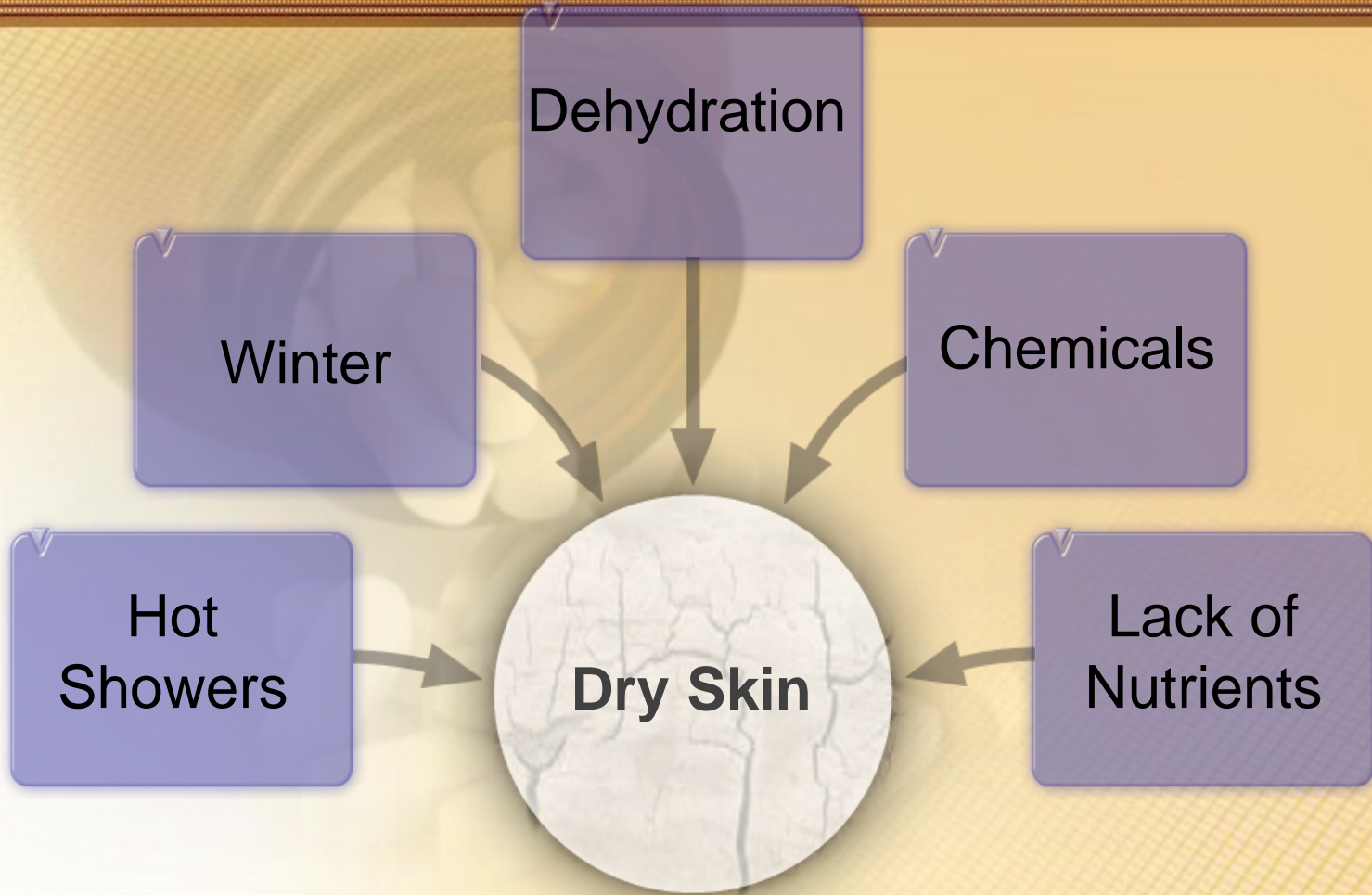
A **chronic disease** is a disease human health condition that is or long-lasting in nature. The term chronic is usually applied when the course of the disease lasts for three months. Common examples include:

**A MAJORITY OF CHRONIC  
ILLNESS INVOLVES TOXICITY**



# SKIN CARE





# Your Skin's Toxic Diet



## Sobering Facts Regarding Skin Care Industry Regulation:

- *Of the over 10,000 chemicals used in cosmetics, only 11% have been assessed for health and safety by FDA or any other government agency.*
- *According to the Environmental Working Group's skin care database research: 1/3 of all personal care products contain at least one chemical linked to cancer.*
- *The FDA does not review or regulate cosmetics products or ingredients for safety before they are sold to the public*
- *The European Union now bans more than 1,100 chemicals from personal care products because they may cause cancer, birth defects or reproductive problems.*
- *In its history, the FDA has only banned 9 chemicals from cosmetics in the United States.*



# OBESITY

# Why Diets Won't Work



- Skipping Meals
- Customized to you not someone else
- Calorie counting
- Wrong types of foods
- Cancelling out benefits of workout
- Falling off plan on weekends
- Plan for stress



# **THE TRUTH ABOUT WEIGHT MANAGEMENT**



-



=



calories eaten - calories burnt = weight gain/loss?



Weight control is in fact, a multi-faceted challenge, requiring a multi-faceted **SOLUTION.**



As with any other disease...

Balance

Weight gain/loss is often a signal that something is out of balance.

Balance



# Causes of Weight Gain



Hormonal

Adrenal

Digestive

Detoxification

Neuro  
transmitters

Inflammation





pH-Balanced  
Diet



Reduce Acid  
Load

Low Glycaemic  
Load



Prevent Insulin  
Resistance

Omega6 :  
Omega3



Regulate  
Inflammatory  
Cascade



# STRESS



# Sources of Stress



▼ Diet

▼ Lifestyle

▼ Environment

# Stress: EXTERNAL



Physical

Environmental

Career



Relationships



Children

Schedule

# Stress: INTERNAL



Nutrition

Adrenals

Thyroid



Hydration

Emotional  
Well Being

Fitness &  
Sleep

Amount Per Serving	
1 cup (121g)	
Container about 3.5	
<b>Calories</b> 25	Calories from Fat 0
<b>Total Fat</b> 0g	% Daily Value*
Saturated Fat 0g	0%
Trans Fat 0g	0%
<b>Cholesterol</b> 0mg	
<b>Sodium</b> 340mg	0%
<b>Total Carbohydrate</b>	
Dietary Fiber 1	
Sugars 3	



Unresolved  
Repressed  
Suppressed  
Negative  
Feelings  
**FEED STRESS**



# HYDRATION



# Hydration



- Get Healthy Skin
- Flush Toxins
- Reduce Your Risk Of Heart Attack
- Cushion And Lube Your Joints And Muscles
- Get Energized And Be Alert
- Stay Regular
- Reduce Your Risk Of Disease And Infection
- Regulate Your Body Temperature
- Burn More Fat And Build More Muscle
- Get Well

# Importance of Hydration



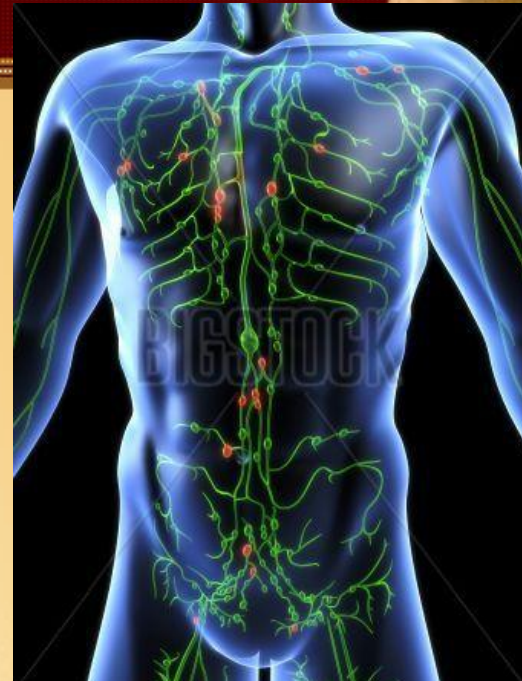
- Do NOT treat thirst with medication
- Heartburn occurs with dehydration
- Prevent Arthritis
- Memory issues
- Back Pain
- Heart health
- Migraines
- Asthma relief
- Relief of high blood pressure
- Lowers cholesterol



Clear the Colon



Support the Liver



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Circulation

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# Creating a Habit of Health



# Give a Habit



- Nothing is yours until you discover it.
- This includes your health
- We need to find our personal path to make a positive difference in our health and it will have a ripple effect with those around us.
- When it comes to health problems, will you say: "I didn't cause the problem, so why should I do anything about it?"
- Interest is what initiates the process of being healthy.
- We're all responsible in helping ourselves and others to find a path to health.
- It isn't always the easiest path but it is the right one.

# Get Rid of the Labels



- Many people go through the motions of “trying” to work on their health with fad diets, trends, etc.
- They don’t want to invest in their health.
- They want things for free – like the value menu at McDonalds
- They don’t see personal benefit that comes from applying responsibility (Lack of motivation)
- They do not want to be held accountable

# Getting What You Need From Your Food

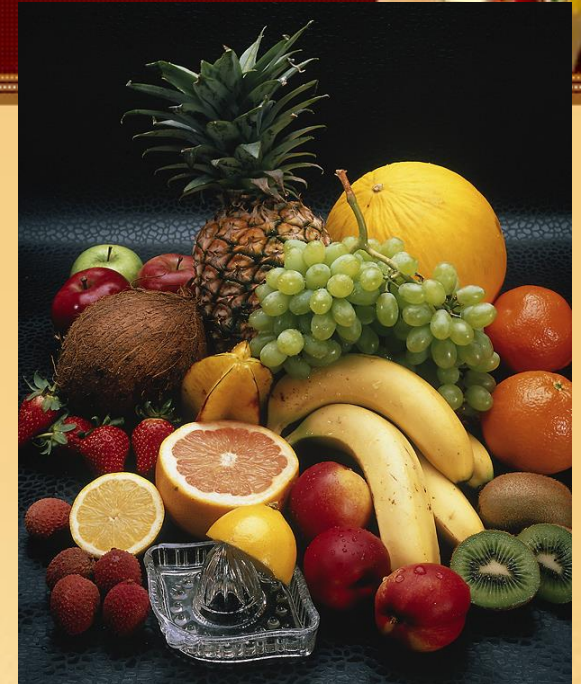
The Critical Role of Vitamins in Nutrition





# Vital Vitamins in Nutrition

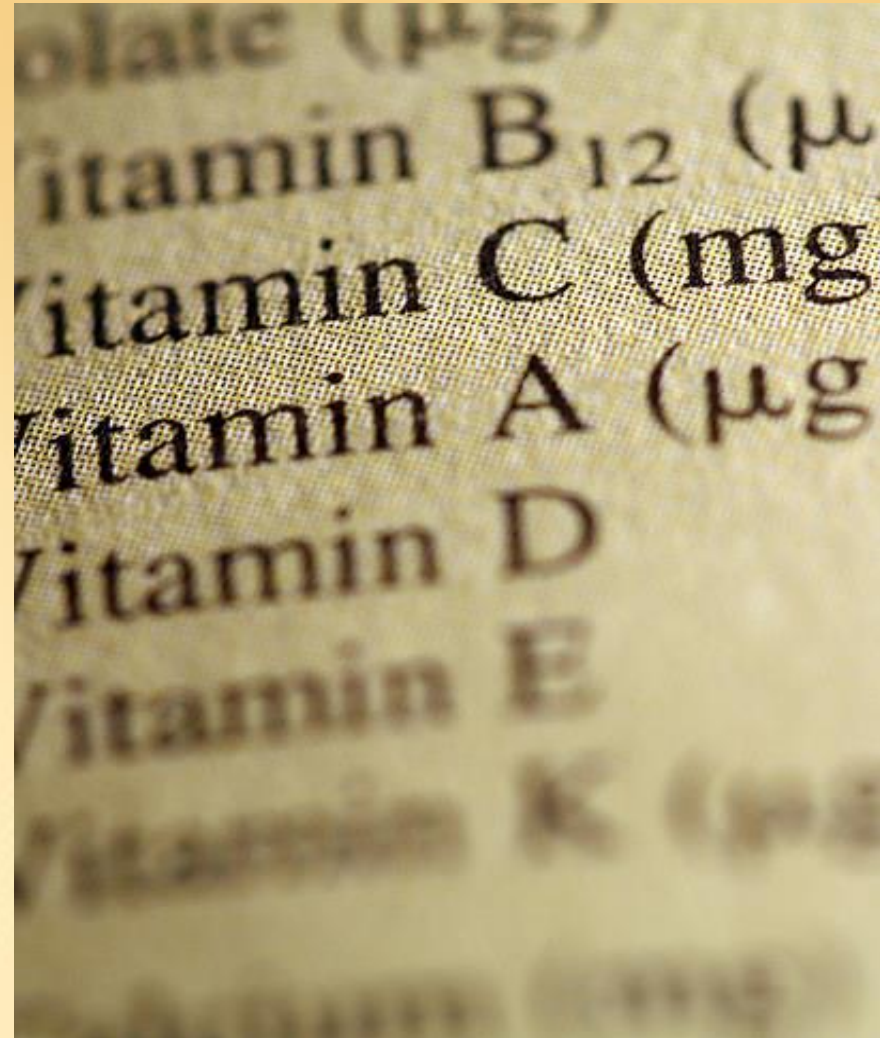
- Vitamins are organic compounds required by living organisms as vital nutrients
- Most vitamins cannot be synthesized by the body. They must be obtained either from the diet or from supplements
- Vitamins are destroyed by heat above 150°



# Meet the Vitamins



- There are 13 groups of compounds officially recognized as vitamins:
- Vitamin A (and carotenoids)
- Vitamin C (ascorbic acid)
- Vitamin D
- Vitamin E
- Vitamin K
- B-Complex
  - B1 (thiamine)
  - B2 (riboflavin)
  - B3 (niacin)
  - B5 (pantothenic acid)
  - B6 (pyridoxine)
  - B7 (biotin)
  - B12 (cobalamine)
  - Folic acid



# Nutrient Deficiency

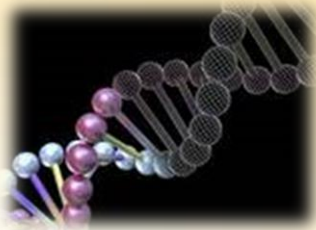


Having a sufficient amount of vitamins to prevent deficiency diseases is not the same as having what is needed for optimal health

The “RDA” =  
Really  
Dumb  
Amounts



# Factors That Increase Need



Environmental Toxins

Genetic Disorders

Specific Diseases

Refined and Processed Foods

# Vitamin A Potential Uses



- Use during cold/flu season to strengthen your immune system
- Can be helpful to counteract environmental pollution
- Helpful in liver detoxification
- May help to prevent or clear up skin conditions such as psoriasis, rashes or hives, rosacea, seborrhea
- May reduce risk of breast cancer
- Reduces cataract formation
- Helpful for malaria in children under three
- Reduces complications of measles
- Reduces complications in pregnancy and post-partum
- Vegetarians, young children, alcoholics, and those who have liver disease, cystic fibrosis, Crohn's disease, bronchitis or eye problems may benefit from supplementation

# Vitamin B Deficiencies



Mood Swings

Lack of Concentration

Insomnia

Heightened sensitivity

Sugar Cravings

Nervousness



# Foods That Are High In Vitamin B's



Protein

Seafood

Poultry

Eggs

Cheese Curd

Tempeh

Suero Viv

Green Vegetables



Carbohydrates

# B Vitamin Functions



- Aid formation of neurotransmitters
- Assist metabolism of nutrients for energy production
- Aid protein utilization
- Help in the formation of antibodies
- Help maintain mineral balance (sodium and phosphorus)
- Help in the formation of red blood cells
- Needed for the synthesis of RNA and DNA
- Aid in cell growth and division
- Reduce blood levels of homocystine



# Vitamin C (Ascorbic Acid)

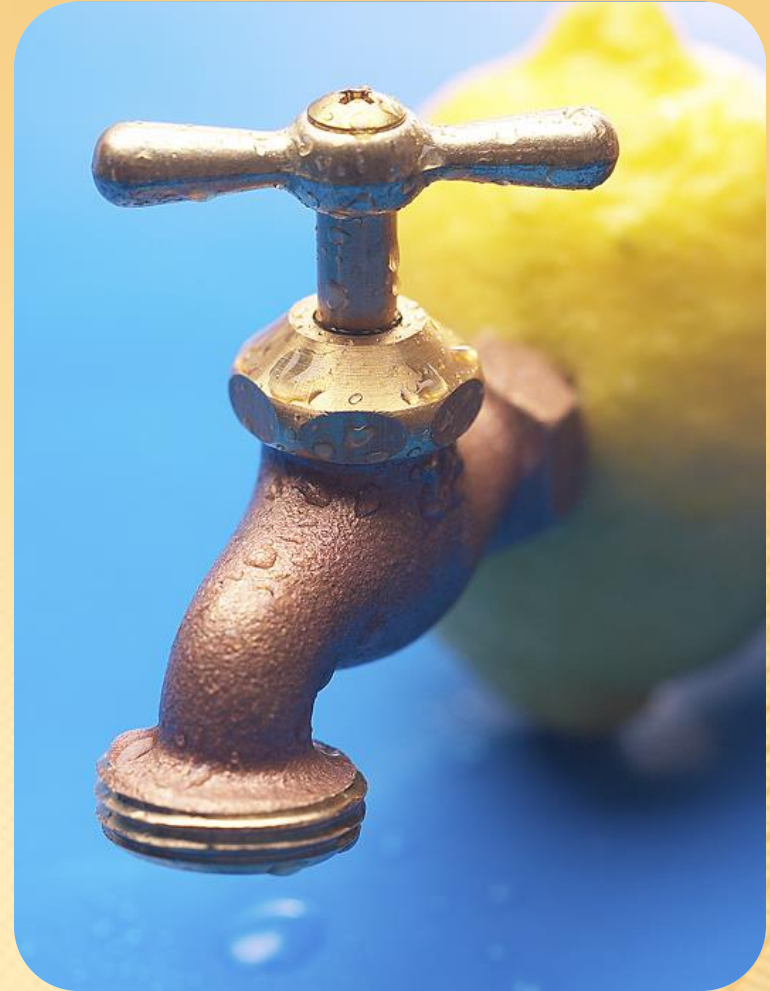
- Water soluble vitamin
- Well-known antioxidant
- Important for skin, bones and connective tissues
- Promotes healing and helps the body absorb iron



# Vitamin C (Ascorbic Acid) Properties



- Anti-allergenic
- Anti-histamine
- Anti-abortive
- Anti-scorbutic
- Antiseptic
- Hepatoprotector
- Mast cell stabilizer
- Vascular tonic



# Vitamin C Deficiencies



Fatigue

Irritability

Low Immune

Bleeding  
Gums

Bruising

Dry Hair  
and Skin



# Foods for Vitamin C



Vegetables

Chili Peppers

Guava

Bell Peppers

Dark Leafy Greens

Sweet Greens

Citrus Suero Viv

Citrus



Fruits

# Vitamin D



- Fat soluble vitamin
- Currently recognized as the number one nutritional deficiency in North America
- We get vitamin D in 3 ways:
  - Through the skin
  - From our diet
  - From supplements
  - Our bodies form vitamin D naturally after exposure to sunlight for 10 to 15 minutes.



# Vitamin D Properties



- Helps with development of bones and teeth
- Plays an important role in the immune system
- May reduce the risk of heart disease and cancer (more people die of heart attacks in winter)
- People who might need extra vitamin D3 include breast-feeding mothers, seniors, those with dark skin, patients suffering from liver disease, cystic fibrosis, hardening of the arteries, cancer, Crohn's disease, the obese and those who have had gastric bypass surgery

# Vitamin E Possible Uses



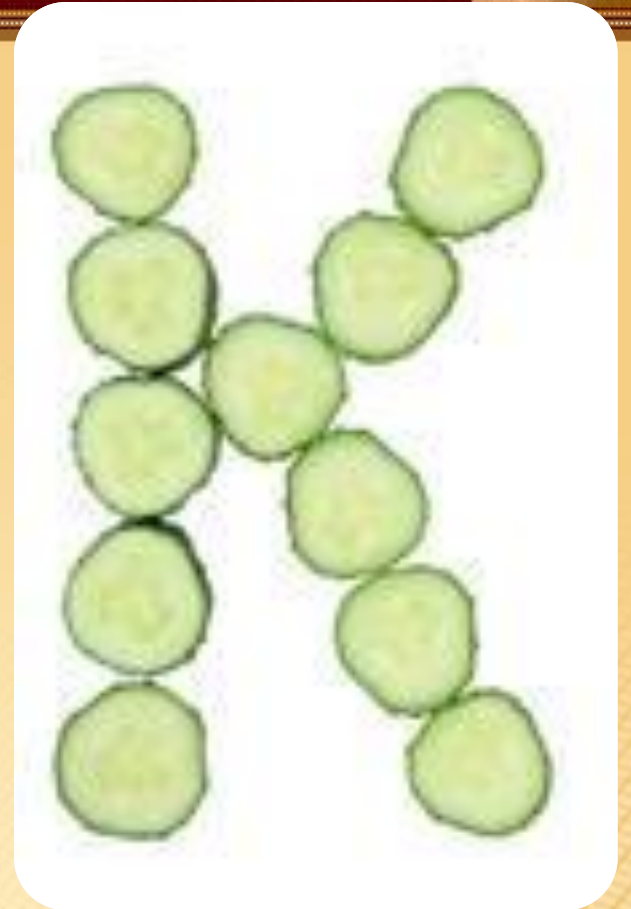
- Neurological problems (mostly prevention)
  - Alzheimer’s disease
  - Dementia
  - Parkinson’s disease
- Reproductive
  - Dysmenorrhea
  - Infertility
- Circulatory
  - Reducing the risk of stroke
  - Blood thinning
  - Varicose veins
- Age-related macular degeneration
- Anemia
- Improving tolerance to nitrates
- Rheumatoid arthritis



# Vitamin K



- Vitamin K helps your body by making proteins for healthy bones, tissues, and blood clotting.
- Vitamin K is obtained from green vegetables and dark berries.





# Vitamin K Possible Uses



- Structual
  - Forming bone cells
  - Scar Reduction
- Circulatory
  - Blood Clotting
  - Reducing Inflammation





**VITAMIN F**

# Fats are Essential to Health



- Are good fuel for sustained energy and weight loss
- Are necessary for cell membranes
- Are a major component of brain and nervous tissue
- Are needed for adrenal & reproductive hormones
- Are burned to keep the body warm
- Are needed for soft and moist skin



# Unhealthy Fats



- Modern processed fats are NOT healthy
- These include:
  - Hydrogenated or partially hydrogenated fats
    - Shortening
    - Margarine
    - Partially hydrogenated vegetable oils
  - Refined vegetable oils



# Omega-3 May Be Helpful For:



- Allergies
- Arthritis
- Autoimmune Disorders
- Blood Clots (preventing)
- Blood Pressure
- Cardiovascular Disease Prevention
- Cholesterol (balances)
- Cold Sores
- Colitis
- Dermatitis
- Diabetes (Type II)
- Dizziness
- Eczema
- Fibroids
- Immune Deficiency
- Inflammation
- Multiple Sclerosis
- Nerve Damage
- Psoriasis
- Seborrhea
- Schizophrenia
- Senility
- Skin Problems (dry or flaky)
- Strokes (prevention)

# WHAT IS YOUR NEXT STEP?

Take charge of your health





Life is a journey.  
Health is a journey.  
Some do not know the  
destination of either.

