

ACTIVITY – Exercising, Resting, Eating, Breathing, Positive Thinking

- Just 1 minute of active movement (e.g. jumping, leg lifts) 2-3 times a day turns on fat-burning hormone.
- Sleep in full cycles (1.5 hours per cycle) Avoid setting an alarm to wake up in the middle of a cycle.
- Breathe deeply in and out - 10 breaths - outside where it is fresh two to three times daily.
- Every morning say three things you are grateful for. Think positively during the day. Be forgiving.

AMOUNT – Avoid deficiencies, avoid excesses, have appropriate portions

- Our organs become overstressed when too much food is eaten. Excess consumption of carbohydrates affects the pancreas and can result in diabetes and high triglycerides, too much fat stresses the liver, bad fats can increase cholesterol and too much protein can damage the kidneys over time.
- Avoid deficiencies. Even with eating adequate food, it is possible to have deficiencies when the wrong kinds of food are eaten. Important foods to eat to avoid deficiencies: unrefined grains, raw fruits and vegetables, healthy fats (daily: omega 3: 1 tsp/100 lbs body weight, omega 6: 2 tsp/100 lbs body weight) 1 tsp = 4.5 gms.), moderate amounts of protein that digest easily.
- Eat smaller amount of food more often during the day. Lower calories = longer life.
- Consume adequate amounts of fiber (30 gms. minimum per day). It is essential for good bowel health.
- Avoid cravings by having a low calorie healthy snack between meals. Mixture of half cinnamon and half honey is excellent (just $\frac{1}{2}$ tsp=10 calories, reduces cravings, energizes and helps stabilize blood sugar)

ABSORPTION – Rate of absorption, enzymes, probiotics, chemical balance

- The rate of absorption for carbohydrates is rated on a glycemic index. Low glycemic index foods reduce hyperglycemia and provide energy to your body for longer amounts of time. Combining fat, protein, vinegar, lemon or fiber with carbohydrates reduces the absorption rate of carbohydrates.
- Cinnamon facilitates the uptake of insulin in the cells helping to normalize blood sugar levels.
- Protein food molecules that are absorbed whole instead of being broken down into amino acids can become allergens in the body causing inflammation and sometime digestive disorder. Try a gluten free diet for a while to see if you are intolerant to the gluten protein in wheat. Or try enzymes that will break down the foods and allow for adequate absorption. Eat protein during the day, not night.
- Probiotics are essential to help digest foods properly. Yogurt or probiotic supplements are helpful in maintaining the normal flora in the body. Antibiotics can kill the flora in our system.
- Chemical balance is primarily maintained by the hormones in our body. Hormones regulate various human functions, including metabolism, growth and development, tissue function, sleep, and mood. Some common ones are insulin, serotonin, thyroxine (Thyroid). When the thyroid hormone is too low, it can reduce burning calories by up to 40%. Regular check ups should include a test of the thyroid.

Some additional information:

- Avoid artificial sweeteners (e.g. Aspartame, Splenda). If you want to use non-calorie sweeteners, use herbal ones like Stevia or Monk Fruit (also known as LoHan). Xylitol is also a good sweetener.
- Avoid GMO altered fruits and vegetables;
- Avoid anything that says hydrogenated or partially hydrogenated
- Avoid anything that says MSG, hydrolyzed protein, autolyzed yeast, or caseinate.
- Avoid trans fats. Remember you make your own trans fats when you heat a liquid oil on high heat.
- Take 800 mcg of L-methylfolate every day to reduce homocysteine which makes cholesterol sticky.
- ***There are only two ways to lose body fat: Burn it up or excrete it.*** Include co-factors in your diet that facilitate access to the fats in the cells (e.g. Acetyl L-Carnitine). Fiber is essential to remove the excess fat in our body through the bowel. Be sure your thyroid function is normal.
- Reduce inflammation in the body. Inflammation is the common link between such debilitating conditions as Alzheimers, heart disease, cancer, and arthritis. Causes of inflammation are low grade infections (bacterial, viral and fungal), imbalance of normal flora in the intestine, stress (emotional or physical), too much fat, sugar, and/or protein in your diet, constant dehydration, consumption of too many sodas or caffeine, inactivity, and lack of sleep can all increase inflammation in your body. A blood test for "C-reactive protein" (CRP) can identify the level of inflammation in your system.

Foods that take away from your well being: Fried foods, high fructose corn syrup, hydrogenated fats, processed foods, hydrolyzed proteins (e.g. MSG), artificial additives, and high-calorie/low-food-value items.

Wash all your fruits and vegetables and cuts of meat or fish before eating or preparing them.

Anti-Inflammatory Foods - reduce inflammation and help your body heal faster.

1. Dark, leafy greens - Dark, leafy greens like spinach and kale are packed with flavonoids, which may reduce inflammation in the brain. Good sources include spinach, kale, soybeans, berries, and tea.
2. Pineapple - This tropical fruit contains the enzyme bromelain, which can help treat muscle injuries like sprains and strains. Add pineapple to a smoothie or salad.
3. Flaxseed - Flaxseed is packed with omega-3 fatty acids, which can help reduce inflammation. Grind flaxseed to release the oils, and then add a tablespoonful of it to your salad, oatmeal, or yogurt.
4. Carrots - Orange carrots are rich in carotenoids, a group of phytochemicals that help protect cells from free radicals, boost immunity, and help regulate inflammation. Other carotenoid-rich foods include apricots, tomatoes, sweet potatoes, squash, and pumpkin.
5. Cinnamon - Research has shown that cinnamon not only reduces inflammation but also fights bacteria, assists with blood sugar control, and enhances brain function. Sprinkle cinnamon into foods. Make the $\frac{1}{2}$ cinnamon and $\frac{1}{2}$ honey mixture and take a teaspoon of it as a low calorie, high energy snack.
6. Ginger - Ginger contains several anti-inflammatory compounds called gingerols, which may relieve joint pain, prevent free radical damage, and increase immunity. Steep a small slice of ginger to make a hot tea. Blenderize a ginger root and strain the pulp from water. Freeze both in plastic bags flat and thin – break off pieces to use in cooking or as a snack.
7. Onions - Try using onions as a base for soups, sauces, and stir-fries. Similar foods with anti-inflammatory benefits include garlic, leeks, and chives.
8. Tart Cherries - One of the richest known sources of antioxidants, tart cherries are an anti-inflammatory powerhouse. Research suggests that tart cherries offer pain relief from gout and arthritis, reduce exercise-induced joint and muscle pain, and improve inflammatory markers. Drink a glass of tart cherry juice or combine dried tart cherries with nuts for a snack.
9. Walnuts - Walnuts are loaded with anti-inflammatory omega-3 fatty acids. Top a salad with a handful of walnuts or eat raw walnuts as a snack.
10. Turmeric - A mustard-yellow spice from Asia, turmeric gets its coloring from a compound called curcumin. Research shows that curcumin can improve chronic pain by suppressing inflammatory chemicals in the body. Use turmeric in your cooking. Research shows it is as effective as non-steroid anti-inflammatory pills.

A good life style for health:

- Regular physical activity
- Eat a heart-healthy diet that is low in saturated fats, low intake of cholesterol foods and avoid trans fats
- Eat whole unprocessed foods, fruits, and vegetables. Reduce inflammation
- Monitor and manage high blood pressure, preferably with proper diet
- Avoid excessive amounts of alcohol and caffeine
- Don't smoke
- Maintain a healthy weight
- Have a regular annual physical

A few good websites for additional health information:

http://www.heart.org/HEARTORG/Conditions/More/ToolsForYourHeartHealth/Answers-by-Heart-Fact-Sheets-Lifestyle-and-Risk-Reduction_UCM_300611_Article.jsp

For disease and health: <http://www.webmd.com/>

For diabetics and eating right: <http://www.eatright.org/Public/>

<http://www.mayoclinic.org/healthy-living/recipes/diabetes-meal-plan-recipes/rcs-20077150>