

Diet and Nutritional Information

* Inflammation is caused by congestion in the body. When our organs of digestion/elimination are not functioning optimally the stuff they don't process gets backed up/diverted and deposited in places that it should not be. Joints, blood vessels, between layers of muscle, connective tissue, in our digestive tract, etc..

*Helping these organs to function better and clear your body of stored congestion can decrease inflammation leading to improved vitality, flexibility, reduce pain and stiffness, clearer thinking and make you feel better all over.

*Too much acidity in our system causes inflammation and congestion. Many of the foods we eat, and improperly combining our foods leads to an imbalance of acidity in our bodies.

Switching to a diet full of more alkalizing foods- whole grains, raw veggies, nuts, seeds and avoiding processed, preservative filled foods will greatly improve the balance in your body

*All the plants and animals that you eat to sustain your life have a life force, energetic field and vitality, just like you do

*Eating foods that are grown and raised to support that higher vibration will also raise yours. Organic, local, free range, free of chemicals, preservatives, etc.. You can feel and tell the difference.

*Digestion starts in your mouth. The digestive process begins with taste, and digestive enzymes start working the moment you put something in your mouth.

*Taste triggers certain digestive processes. Bitter is a taste that stimulates the enzymes in your digestive tract. Many of these do not work as effectively as they could because people avoid the taste of "bitter". Increasing this flavor in your diet can help you break down food better, get more nutrition from your food and process the waste more effectively.

*Drinking liquids with meals washes away saliva and many important enzymes. Try to drink little to no liquids with your meals, 20 minutes before and after. It may take a few meals to get used to it, but your mouth will actually start making more saliva when it realizes that you are not adding the extra fluids.

*Cold freezes fats and slows the digestive process down, so enzymes can't break down the fat globs. Try to eat and drink room temperature liquids.

*Eat quality proteins in the early AM and at lunch and have light suppers.

*Try not to combine animal proteins and starches in meals.

*Enhancing your diet with exercise, meditation, supplements and herbs will also help.

*Detoxification/Cleansing – A formally structured cleansing routine can be a significant help to clearing your body of congestion and facilitating your health. There are many "cleanses" out there, but most of them are not designed to clear you in a safe, gentle and complete way.

Be very cautious of any cleanse that promotes a aggressive purge of your body in a short period of time.

I completely endorse The Four Winds Cleanse by Nicholas Schnell. It is multi layered, complete and gentle.

*A simple daily detox you can get in the habit of doing, is scraping your tongue. You can purchase a scraper where you buy your toothbrush. Or you can use a standard teaspoon, turned upside down.

At night when you sleep your body is eliminating toxins. Many of these get deposited on your tongue. In the morning before you swallow. Scrape your tongue gently from back to front. You will be amazed at how much coating comes off. Rinse well.

Recent studies have shown that scraping your tongue reduces sore throat and upper respiratory infections by 60%.

Disinfect your scraper and your toothbrush at least weekly.

*Microwaving makes food particles and compounds distorted and your body doesn't recognize them, so it cannot digest them properly. Some statistics report decreased bio- availability of 50-60%.

*Soak your nuts/seed s – nuts and seeds have naturally occurring coating on them called phytens. These are to ensure that the seeds don't sprout at the wrong time. Phytens are a protective coating for the seed, but they inhibit digestive enzymes from being able to

break down the seed fully. That is one of the reasons why people get gas from eating beans. When you soak your nuts/seeds and rinse them off really well, you remove the coating and increase the bio availability of the nutrients.

*Herbalist Paul Bergner relates the 2.4 million year evolution of man to a 24 hour time period- in that frame of reference humans have only been consuming grains for about 6 minutes, dairy/milk for about 3 minutes and soy for about 45 seconds!

Fast and healthy food fixes –

It's not about only eating certain foods from certain lists.

It's about making the healthy food choices easily accessible when you are in the "I need to eat NOW" Mode.

Setting yourself up for success and ease. The prep time that you spend on the front end will save you time, stress and bad feelings on the other end.

Here are a few suggestions.

First, make yourself lists of food *you know you like to eat* that are healthy for you, the different kinds of fruits or veggies that you can eat raw, seeds, eggs, cheese yogurt, avocados.

There are TONS of lists on line.

Alkalizing foods are great to start with and build around

Prepping your food so it is easy to grab and go, is the essential part.

This is EASY to do.

First you need to make space so your new system can be right in front of you and **easy to reach**. (A certain section of the fridge or counter, just for you)

Put your not as healthy choices behind these. This gives you a better chance to make a good choice.

Get yourself a bunch of single serving sized re-useable containers.

As soon as you get home from the grocery store- line up your containers and put the food into them before putting it away.

This may take a little extra time on shopping day, but believe me it is SO worth it.

Cut up raw veggies and mix them up, Put grapes and seeds together for a salty/sweet mix.

Trail mix and granola

Buy a big container of your favorite yogurt and portion it out into the smaller ones – this saves on recycling garbage.

Take one entire carton of eggs and boil them- hard boiled eggs are a great grab and go snack

Cut cheese into small chunks

Get some good mixed grain crackers to satisfy your salt/crunch crave and portion them out into snack size baggies. Grab a bag of crackers and container of chunks of cheese and a piece of fruit and you are soon to be satisfied!

If you like frozen things get a bottle of some really good juice (or make fruity herbal teas) and make home- made popsicles. Mix with coconut milk for a creamy boost. Be creative! And Have fun!

Dairy/Gluten free kitchen.com

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