

What am I Supposed to Eat to be Healthy?

People often ask me how they should be eating for their health. That is a very complicated issue. Everyone not only has different individual needs, but even those needs change over time.

Complicating things are all the reports that come out; coffee is good for you, then it isn't, chocolate is healthy, then not, high protein, no carbs is great, until people start losing their gall bladders because of the high fat people eat in their protein. A balanced diet is great, but not if you don't take into account food allergies and what has happened to some of the "good" food we eat.

I have done a lot of research, and talked to doctors and other experts. I cannot give you pinpoint suggestions for you, especially when we get into medical conditions, but there are some great general principles that can guide you. But, really, these principles are the foundations of your health. Have a good foundation, and the rest of the structure will be stronger.

If you ate poison yesterday, would you expect to feel good today? No. Yet people eat foods that are bad for them or don't work for their systems (in effect, poisonous to their systems) and expect to function well the next day. When they don't feel good, they go for the caffeine or sugar snack to boost their energy, which spikes their energy and depletes their body, so they don't feel well and repeat the cycle, day in and day out.

Think of your body as a finely tuned race car.



It is high performance, and needs high performance materials put into it. You can put lower quality materials into it and it will run, but performance will suffer accordingly.

The following suggestions are basic things to do to be healthier, and work for everybody, from healthy people to people with severe health challenges.

Each suggestion could be a whole article in of itself, going into the chemistry of the body, how the enzymes in your body work and how they interact with the enzymes in your food, how blood chemistry effects what we take in, down to how these things effect us on a cellular level, and it would take too long. But here are the main points of all the best information I have found.

Of course, this information is given with the caveat that you always check with your healthcare provider before making any changes.

1. Unless your doctor recommends otherwise, drink half your weight in oz. a day of water. If it's not pure water, your body will not process it like water. The best water for those of us that live in the city is good reverse osmosis water, in glass or stainless steel containers, not plastic of any kind, even the so-called "nongassing plastics", or in aluminum. Take your water and shake it vigorously to make the water molecules smaller and more easily absorbed, and **replenish the minerals with LiquiMins mineral concentrate**, found at health food stores. Tea, coffee, pop and alcohol actually dry out your system. If you hate the taste of water, it's OK to add a squirt of lemon, lime, or orange.

2. We have heard this information all of our lives: **eat more raw, fresh fruits and veges and freshly prepared foods (not fast food), and less sugar and processed foods.** Basic, yes, do people do it, no.

3. Eat fewer acidic foods and drinks. You can go online to get acid/alkaline food lists. Meat is acidic, so is pop, so are processed foods. In fact, an alkaline food which is better for you becomes more acidic and worse for you if it's processed, therefore, **refer to rule #2.**

4. Stay away from it if you can't pronounce it or it doesn't sound like a food ingredient.

A few examples of things to avoid:

Hydrolized wheat protein- They put it in processed and fast foods. It is an excitotoxin: it heightens the taste of the food, and makes your body crave more of that kind of food.

Propylene glycol- Used in a lot of foods, it's a component of antifreeze.

A good way to avoid these things is to **refer to rule #2.**

Healthy? Con't

5. **Stay away from simple carbs and high glycemic foods.** Simple carbs are carbs that have no nutritional value to get in the way of turning immediately into sugar in your body and spiking your blood sugar. You need a slow, steady release of sugar for your body. Great glycemic index lists' can be found online. The lower the glycemic number the better it is for you. Many of the simple carb foods are sugars and "white" foods -white rice, white flour, white bread. One to really stay away from is corn syrup. It is very hard on the body. So to help avoid high glycemic foods, **refer to rule #2.**

6. **Stay away from all wheat.** Two reasons- 1st- Americans as a group have eaten so much wheat that most of us have developed an allergy to it, and 2nd- it has been so genetically modified that our body can't break it down very well, if at all. It is amazing how many health challenges have improved by staying away from wheat, even when there was no seeming connection between the wheat and the illness.



7. **Eat nutrient-dense, easily absorbable foods, like green foods and chlorella.** If you get pills of green foods, make sure they come from whole foods sources. How to eat your veges? **Refer to rule #2.**

8. **EAT LESS!** Unless you are at the correct weight or underweight, eat less. The size of today's average plate has twice the area of plates from the 1950's, and we often fill them to the brim. One researcher said we eat 6 x as much food as the ancient Israelites, and they walked everywhere and did everything by hand. The RDA is based on 2000 calories for women, 2500 for men, yet the average American eats **4000 calories** a day!!!

Other things you can do-

Stay away from aluminum! Pop cans, cookware, antiperspirant, etc. It has been linked with Alzheimer's and other health issues.

Stay away from nonstick cookware. Some pet shops have a nonstick cookware clause in their contracts when you buy parrots. The fumes can kill the birds. What is it doing to you?

Use more natural body and house products.

For your house, look online for how to make your own cleaning solutions with vinegar, ammonia, and alcohol. They are cheap and they work well.

Take care of emotional issues; they age your body fast!

No smoking!

Regular exercise- it does a lot for our hormones, stress indicators, brain chemistry, nervous system, skeletal system, and on, and on...

The basic principles are pretty simple. However, in today's society and with our busy lifestyles, they can be a challenge. But it's well worth the effort. Just remember, we are a finely tuned race car. How well we run and how fast we break down depends on how well we take care of ourselves, and the fuel we use to replenish and repair our bodies

