

Beginner Nutrition Plan:
Part 1



Weight Loss:

Nutritional Concepts to Live By

A 3 Part Series



WellnessOne of Redding
Presented by:
Dr. Bryan Meredith, D.C.

Welcome to a better nutritional program.



- I feel it's best for most people to start at the beginner level of this nutrition program. There are two reasons why I recommend most people start at the basic level:
- There are several basic requirements in this beginning plan that will take time and patience to integrate into your daily life, and these requirements are essential to move on to my intermediate and advanced nutrition plans.
- You need to allow your body to adjust to lowered insulin levels.
- There is, however, a general principle that is useful for everyone: **Listen to your body! This is one of the most important principles in this series of recommendations. If any food or supplement makes you sick in any way, stop it immediately!**

Step 1: Eliminate ALL Gluten and Allergic Foods From Your Diet



- Gluten is the primary protein found in wheat. In my experience, there is an epidemic of hidden intolerance to wheat products. There are frequently no obvious symptoms.
- Rice, corn, buckwheat and millet have gluteins, but the gluteins in these foods do not contain the gliadin molecule that can provoke the inflammatory reaction. Therefore, they are usually safe. Other safe grains include quinoa and amaranth.
- Gliadins are molecules that frequently cause toxic reactions that trigger your immune response. When gliadin in gluten becomes water soluble, it is free to bind to cells in your body. If you are sensitive, your body will make antibodies to gliadin and attack the cells gliadin has attached itself to, treating those cells as an infection. This immune response damages surrounding tissue and has the potential to set off, or exacerbate, MANY other health problems throughout your body, which is why gluten can have such a devastating effect on your overall health.

Step 1: Eliminate ALL Gluten and Allergic Foods From Your Diet



- Reading labels can be very misleading; don't trust them. Some companies list their products as gluten free, without understanding the scientific basis of the problem with gliadin.
- Unfortunately, most people don't feel better immediately after eliminating gluten from their diets as it may take **30 to 60 days** for the inflammation to subside, and up to 9 to 12 months for the lining of your small intestine to heal. High doses of fish oil may help speed this process up.
- On rare occasions an individual may experience significant improvement within weeks of eliminating gluten from their diet. But in other cases people may feel considerably worse upon initially starting a gluten free diet. This is usually due to other unidentified food allergies and food sensitivities -- a problem that plagues about 75 percent of the population. In fact, food cravings can often serve as a gauge of food sensitivity. Craving dairy products or breads, for example, can be an indication that you are sensitive to that food, especially if you crave it but then feel worse after eating it.

Step 1: Eliminate ALL Gluten and Allergic Foods From Your Diet



- For most people with gluten intolerance, by around 6 to 9 months of being gluten free, noticeable physical and mental/emotional changes will have taken place.
- When you eat a food that you're sensitive to, it causes a series of negative biochemical reactions that decreases your serotonin levels, which can have a marked negative impact on your mood, and can cause you to turn to simple sugars and carbohydrates for relief. Usually, when you remove allergenic foods (such as gluten) from your diet, your cravings for sweets will diminish, your mood will improve, your weight will drop, and your overall health will soar. It's good for your relationships too ;)

Step 1: Eliminate ALL Gluten and Allergic Foods From Your Diet

■ Therefore, your first step is to avoid the following foods. They are all highly allergenic and will frequently keep your immune system in overdrive by continually triggering the inflammatory response:

- Wheat
- White flour products (baked goods, cookies, pastries)
- Barley
- Rye
- Kamut
- Teff
- Spelt
- Couscous
- Soy
- Pasteurized cow's milk products



Step 2: Minimum of 1/3 of Your Food Should Be Uncooked



- Valuable and sensitive micronutrients are damaged when you heat foods. Cooking and processing food can destroy these micronutrients by altering their shape and chemical composition. In fact, malnutrition -- nutrient deficiencies -- from consuming a highly processed diet is one reason why many people cannot lose weight, because it leads to overeating. If you're consistently feeling hungry, you're likely not getting sufficient amounts of the nutrients your body needs to thrive.
- On a more holistic note, you also need the live "sun energy" available only in raw, uncooked foods for optimal health. One of our ultimate biological nutrients is in fact sunlight, which you can absorb not only through your skin, but also through your food, where it is stored in the form of 'biophotons.'

Step 2: Minimum of 1/3 of Your Food Should Be Uncooked



- Biophotons contain important bio-information, which controls complex vital processes in your body. The biophotons have the power to order and regulate, and, in doing so, to elevate your physical body to a higher oscillation, or order.
- This is manifested as a feeling of vibrant vitality and well-being. You will recognize this feeling when it has been raining outside for a long time and the sun comes out...giving you an uplifting positive state of mind.
- Every living organism emits biophotons, and it is thought that the higher the level of light energy a cell emits, the greater its vitality and the potential for the transfer of that energy to the individual who consumes it. The more light a food is able to store, such as organically-grown fresh vegetables, the more nutritious it is.
- Regular vegetable juicing will easily help you reach the goal of 1/3 raw food consumption.

Step 3: Eat more Vegetables



- I know I know you've heard that before. But this really is KEY to your success!
- Nearly everyone would benefit from eating as many vegetables as possible within the allowances of their unique biochemical individuality. Please remember that you are unique; your body knows best, and will tell you what is an optimal type and amount for you.
- For example, an Eskimo simply can't eat as many vegetables as a Peruvian Indian can. Not only would they feel poorly, but they'd likely develop a ravenous appetite matched only by their sweet cravings, as well as who-knows-what degenerative process and emotional imbalances.
- So, while we all need vegetables to stay healthy, the type and amount should be determined by what nutritional type you are, which is based on your individual biochemistry.

Step 3: Eat more Vegetables



- For example, carbohydrate types need far more vegetables in their diet than protein types. One of the easiest ways to fulfill your vegetable intake is through regularly consuming fresh vegetable juice.

Step 4: Keep Your Veggies Fresh



- If you are unable to obtain organic vegetables, you can rinse non-organic vegetables in a sink full of water with 4-8 ounces of distilled vinegar for 30 minutes, or use the solution I'll describe shortly.
- When storing fresh produce, be sure and squeeze as much air as you can out of the bag that holds the vegetables and then seal it. The bag should look like it is vacuum-packed.
- Fruits and vegetables release ethylene gas while ripening after harvesting or picking. This ethylene gas accelerates ripening, aging and rotting. Removing as much air as possible out of the bag can help decelerate this process. I do this by holding the bag against my chest and running my arm over the bottom of the bag to the top, which bleeds the air out of the bag.
- This will double or triple the normal storage life of your vegetables!

Step 5: Limiting Sugar is Crucial



- Eating refined sugar weakens your immune function and promotes yeast growth...both of which contribute to CANCER. A weak immune system guarantees you impair your healing ability and promotes virtually every disease known to man!
- Your adrenal glands -- those tiny almond-sized nodules that sit on top of your kidneys -- are a major part of your stress defense team. One of their duties is to release adrenaline after you eat a lot of sugar or high-carbohydrate foods. While insulin removes sugar from your blood stream, the adrenaline counteracts too much sugar being taken out by releasing stored glucose from your muscles and liver. This is your body at work, trying to maintain perfect balance, for optimal health.
- This release of adrenaline is the reason why eating sweets can make you feel jittery, upset, or nervous. Please remember, your adrenals have to perform this emergency procedure EVERY TIME you eat a lot of sugar, which places enormous stress on your entire body.

Step 5: Limiting Sugar is Crucial



- All non-diet soda have 8 teaspoons in each can and most packaged cereals have sugar as a major ingredient.
- Avoid most natural sweeteners (including corn syrup, HFCS, fructose, honey, sucrose, maltodextrin, dextrose, molasses, rice milk, almond milk, white grape juice, fruit juice sweetened, brown rice syrup, maple syrup, date sugar, cane sugar, corn sugar, beet sugar, sucralose and lactose).
- When in doubt about the sugar content of a food, look at the list of ingredients and see how many grams of carbohydrates are listed. Unless the carbohydrates are from above-ground vegetables you should be concerned that they represent sugars that could alter your insulin levels.

Step 6: Avoid Artificial Sweeteners



- While all these sugars are best avoided, NONE of them are as bad or toxic as artificial sweeteners.
- Many people ask about Splenda, Equal or Nutrasweet (Aspartame). These artificial sweeteners need to be eliminated. There are more adverse reactions to Nutrasweet reported to the FDA than all other foods and additives combined. In certain individuals, it can have devastating consequences. You should also avoid artificial chemicals like MSG.
- Natural Stevia is also a safe, natural alternative. It is hundreds of times sweeter than sugar and has virtually no calories. Some don't like its taste, but other than that it is nearly the ideal sweetener.

Step 7: Avoid Hypoglycemia



- Most of us eat far too many grains and sugars, which cause us to have large amounts of insulin circulating in our blood. When you stop eating grains your body will take several days to lower your insulin levels. In the meantime, the high insulin levels will cause you to experience many symptoms such as dizziness, confusion, headaches, and generally feeling miserable.
- If you eat every two hours for the first few days of your transition you will be able to avoid this temporary side effect. You will need to eat some protein, such as an egg, piece of chicken, turkey, fish, or some seeds, along with a vegetable such as a piece of celery, cucumber, or red pepper. This will help to prevent hypoglycemia and stabilize your blood sugar.

Step 7: Avoid Hypoglycemia



- **Make a Menu -- If you fail to plan, you are planning to fail**
- Most people have great difficulty implementing these suggestions unless they sit down once a week (at a time when you are well rested, fresh and relaxed) and plan every meal for the week ahead.
- If you are working, a good rule is to prepare your meals ahead of time. For example, make your lunch for the next day before you go to bed. Also determine what you will be eating for dinner before you leave the house in the morning. This will allow you to go to the store if necessary, or take the appropriate items out of the freezer. This is strongly advised. Those who don't do this will more easily slip back into their old, more comfortable, and less healthy eating habits.
- All you need to do is find at least 10 recipes that you like. You may not believe this but that is all that most families use. You might have to try ten recipes to find one that you and your family enjoy, but that's ok as it is all part of the process. It is vitally important to have variety. Do NOT rotate between just two or three meals or you will burn out and end the program.

Step 8: Learn to Distinguish Physical Food Cravings from Emotional Ones



- If you are seeking sweets or grains because of an emotional challenge, you will want to consider using the simple and effective psychological acupuncture to rapidly help food cravings.
- Many people don't understand that emotional well-being is essential to their physical health. In fact, in terms of dieting for weight loss, not addressing emotional issues -- whether small or serious traumas from the past -- is the primary reason that most people who lose weight often fail at keeping the weight off.
- If you maintain negative thoughts and feelings about yourself while trying to take physical steps to improve your body, you will not succeed. It will be like repeatedly washing your car in an effort to keep it clean during a dust storm. Fine-tuning your brain to "positive" mode is absolutely imperative to achieve optimal physical health.
- Many people shun this notion, not because it doesn't make sense, but because the medical establishment has conned them into believing that it means they'll be shelling out many thousands of dollars over the coming months or years to traditional psychological care.
- Well, some of the traditional psychological approaches may sometimes work, but there is a better solution. Psychological acupuncture is an inexpensive, simple and proven way to eliminate the negative emotions barring you from a full and healthy life. **And we have an acupuncturist on staff!**

Beginner Plan: Protein



- Proteins are nutrients that are essential to the building, maintenance and repair of your body tissues such as your skin, internal organs and muscles. They are also the major components of your immune system and hormones.
- Proteins are made up of substances called amino acids -- 22 of which are considered vital for your health. Your body can make 14 of these amino acids, but the other eight, known as essential amino acids, must be obtained from what you eat.
- Proteins are found in all types of food, but only meat, eggs, cheese and other foods from animal sources contain complete proteins, meaning they provide the eight essential amino acids.
- In my experience, most people don't eat enough protein. A person's required protein intake varies and depends on your sex, height, weight and exercise levels. Normal protein intake ranges from 20 to 50 grams at each meal. REMEMBER: Listen to your body!

Protein Lesson 1: Look at the Package



- If you are eating packaged foods, the number of grams of protein per serving is listed on the package. For whole foods, 3 ounces of most meats will provide about 20 to 25 grams of protein.
- A 4-ounce hamburger, which is processed, has about 20 grams of protein while typical lunchmeats have about 5 grams per slice.
- One egg has about six grams of protein and a cup of milk (not typically recommended) has 8 grams.

Protein Lesson 2: Eggs are a GREAT Source of Protein



- Eat organic! Omega-3 eggs contain a 1:1 omega 6 to 3 ratio, while commercial eggs contain a 19:1 omega 6 to 3 ratio.
- Don't be afraid to eat eggs. You can easily eat one dozen eggs per week, as they will not cause your cholesterol to increase. Scientists have shown that infants who eat the adult equivalent of 40 eggs per week won't have problems.
- Avoid eating eggs daily. If you are cooking your eggs, it's important to avoid eating them daily because you may develop an allergy to them. You should not eat eggs more than five days a week if you prepare them conventionally. This will change as you advance in the program; you can tolerate eggs on a much more frequent basis if you consume them in the RAW. I will go into detail on this in later classes.
- You can use egg substitutes. You can increase your protein intake by using pasteurized egg whites or egg substitute products in this phase. However, while they are acceptable in this phase, these products are eliminated in the next nutrition class.

Protein Lesson 3: Restrict Intake of Dairy Products



- Pasteurized yogurt and cheese are allowed in this phase but are drastically reduced in the intermediate phase. If you have allergies, consider avoiding all dairy, or at the very least pasteurized milk.
- When eating yogurt, please pay special attention to the carbohydrate content as many contain added sweeteners, often in the form of either sugar or high fructose corn syrup (HFCS), which dramatically increases the carbohydrate content. Also, low-fat dairy products are densely packed with carbohydrates and should be avoided.

Protein Lesson 4: Eat Meats



- All meats, including lunchmeats, can be consumed in this phase. It would be wise to purchase lunchmeats that are preservative-free (nitrate free). You will move toward higher-quality protein sources in the next nutrition class.

Protein Lesson 5: Become Aware of Soy Intake



- All soy products are allowed in this phase, though soy is not a healthful food, despite popular belief. Among many other issues, it can weaken your immune system and impair thyroid function (input the term "soy" in our search engine to find dozens of articles on soy's health drawbacks). Soy products will be excluded in subsequent phases, with the exception of fermented soy products like tempeh, miso and natto.

Protein Lesson 6: Think About Fish and Seafood Intake



- All fish and seafood products are allowed in this phase but are progressively eliminated in subsequent phases due to fish and seafood contamination with mercury and other toxins; sadly, seafood and fish, whether from the ocean, lakes and streams, or farm-raised, are all showing signs of such contamination.
- Even the questionable ethics of the FDA call for no more than 2 cans of tuna consumed per week. Therefore even otherwise healthy fish are now advised against and will be phased out in subsequent phases.

Protein Lesson 7: Watch your Bean and Legume Intake



- If you do not have a problem with insulin, these foods are acceptable in this level. If you have high insulin levels, you will want to avoid beans until your levels have normalized. Because although they are complex carbohydrates, they can still contribute to raising your insulin. If you have achieved your ideal weight, you can introduce beans.
- Symptoms of high insulin levels include: Excess weight, Obesity, High cholesterol, High blood pressure.
- Beans are sources of good, but not complete, proteins. So you'll want to add some additional proteins to your dish if beans are your primary protein source at any meal.

Beginner Plan: Carbohydrates



- Carbohydrates provide fuel for your body in the form of glucose or sugar. There are two types of carbohydrates -- simple and complex. Simple carbohydrates are sugars, such as the ones found in candy, fruits and baked goods. Complex carbohydrates are starches found in beans, nuts, vegetables and whole grains.
- 2/3 of Americans are either obese or overweight. It's EPIDEMIC from eating too many processed foods and believing the low fat diet myth.

Beginner Plan: Carbohydrates



- What most people don't know is that you don't actually need carbohydrates -- they are not essential for survival. If you ate no carbohydrates, like many traditional Eskimos do, you would be fine as long as you had enough high-quality protein, fat, water and minerals.
- While both grains and vegetables are carbohydrates, most grains should be avoided and most vegetables are acceptable. I don't advocate a zero carbohydrate diet, as I believe we all need vegetables to achieve optimal health.
- Your body prefers the carbohydrates in vegetables rather than grains because it slows the conversion to simple sugars like glucose, and decreases your insulin level. Grain carbohydrates, on the other hand, will increase your insulin levels and interfere with your ability to burn fat.

Carbs Lesson 1: Find out Your Insulin Level



- Your Fasting Blood Insulin Test To find out your insulin levels, you need to get tested by us or your doctor. The test you need to ask for is a fasting blood insulin test and is done by just about every commercial laboratory and is relatively inexpensive.
- This test is profoundly useful. It's one of the least expensive tests in traditional medicine, yet it is one of the most powerful. A normal fasting blood insulin level is below 5, but ideally you'll want to be below 3. You can safely ignore the reference ranges from the lab as they are based on "normals" of a population that has highly-disturbed insulin levels.
- This is a great test to do BEFORE you start your program as you can use it to assess how well you are progressing in the program. If your level is above 5 you will want to consider significantly reducing most sugars and grains, even whole wheat grains, until you lower your level. Once you've normalized your insulin level you can reintroduce grains into your diet at a lower level to optimize your health. Exercise is of enormous benefit in improving the sensitivity of your insulin receptors, and help normalize your insulin level far more quickly.

Carbs Lesson 2: Scale Back or Eliminate All Grains, Beans, Legumes



- As mentioned previously, you should already have eliminated all gluten grains. If that did not provide the improvement you are seeking and you still suffer from signs of insulin overload such as: Excess weight, Obesity, High cholesterol, and High blood pressure.
- Then you will also want to consider eliminating the following additional grains: Spelt, Barley, Amaranth, Millet, Oats, Rice, Rye, Quinoa, Teff, Potatoes (This is actually a vegetable, but it digests more like a grain.), and Corn (This is considered a vegetable, but it is technically a grain.)

Carbs Lesson 2: Scale Back or Eliminate All Grains, Beans, Legumes



- Highly processed grain-based products are not recommended, regardless of insulin level. These include:
 - Breads
 - Pasta
 - Cereal
 - Bagels
 - French fries
 - Chips
 - Pretzels
 - Waffles/Pancakes
 - Baked goods

Carbs Lesson 2: Scale Back or Eliminate All Grains, Beans, Legumes



- **Avoiding grains frequently causes weight loss. One of the main reasons for this weight loss effect is due to the stabilizing of Leptin--** a hormone that sends signals to your body to reduce hunger, increase fat burning and reduce fat storage. When your cells are communicating properly they can "hear" this message.
- If you eat a diet that is high in sugar and grains, however, the sugar gets metabolized to fat (and is stored in your fat cells), which in turn releases surges in leptin. Over time, if your body is exposed to too much leptin, it will become resistant to it (just as your body can become resistant to insulin).
- And when you become leptin-resistant, your body can no longer hear the messages telling it to stop eating and burn fat -- so it remains hungry and stores more fat. Leptin-resistance also causes an increase in visceral fat, sending you on a vicious cycle of hunger, fat storage and an increased risk of heart disease, diabetes, metabolic syndrome and more.
- When you reduce your intake of grains, your body will become progressively better able to hear the leptin signals again, telling it to burn more fat and reduce your fat stores.

Carbs Lesson 3: Eat the BEST Veggies



- Remember this important principle: vegetables are generally good, but not all vegetables are created equal. For example, increasing your vegetable intake with salads is a good start, but I would advise avoiding iceberg lettuce. Why? Because it has minimal nutritional value. Red and green leaf lettuce, along with romaine lettuce and spinach, are much more nutritious options.
- Additionally, finding organic vegetables is important. Your absolute best bet is to try to locate organic vegetables that have been grown locally, rather than having been shipped from overseas. However, if you can't obtain organics, any vegetable is better than no vegetable! Just take extra care with non-organic vegetables by washing them thoroughly and removing peels and cores when possible to minimize your exposure to pesticides.
- Finally, at least 1/3 of your diet should be raw foods, and vegetables are an easy and obvious choice to help achieve this particularly when juicing!

Beginner Plan: Fats



- Did you know that your brain is about 60 percent fat? The fats you eat strongly influence your level of brain function. Some nutritional anthropologists believe the human brain would not have developed as it did without access to high levels of DHA (a type of fat) found in fish and wild game. Just two generations of high omega-6 and low omega-3 fats can lead to profound changes in brain size and function!

Fats Lesson 1: It is the TYPE of Fat that Matters, Not the AMOUNT



- Learning about fats can be confusing. When you go to the grocery store, you're confronted with advertisements telling you that a product is low in fat, or a product is made with partially hydrogenated oil. To make sense of all the labels, I've compiled the following list of definitions for you:
- **Saturated fats** are found in animal products such as butter, cheese, whole milk, ice cream, cream and fatty meats. They are also found in some tropical plants and vegetable oils such as coconut, palm and palm kernel. These fats are not dangerous and in fact coconut oil is quite healthy!
- A misguided fallacy that persists to this day is the belief that saturated fat will increase your risk of heart attacks. Folks, this is simply another myth that has been harming your health for the last 30 or 40 years. The truth is, saturated fats from animal and vegetable sources provide a concentrated source of energy in your diet, and they provide the building blocks for cell membranes and a variety of hormones and hormone like substances.

Fats Lesson 1: It is the TYPE of Fat that Matters, Not the AMOUNT



- When you eat saturated fats as part of your meal, they slow down absorption so that you can go longer without feeling hungry. In addition, they act as carriers for important fat-soluble vitamins A, D, E and K. Dietary fats are also needed for the conversion of carotene to vitamin A, for mineral absorption, and for a host of other biological processes.

Studies on low saturated fat diets also support nutritional typing, which predicts that one-third of people will do very well on low saturated fat diets (which supports the studies showing that they work), whereas another one-third of people need high saturated fat diets to stay healthy.

Fats Lesson 1: It is the TYPE of Fat that Matters, Not the AMOUNT



- **Trans fats:** These fats form when vegetable oil hardens, a process called hydrogenation, and can raise LDL (bad cholesterol) levels, and lower HDL (good cholesterol) levels, which of course is the complete opposite of what you need in order to maintain good heart health. In fact, trans fats –as opposed to saturated fats – have been linked to heart disease, clog your arteries, promote type 2 diabetes and other serious health issues.
- **Monounsaturated fats:** The best oil here is olive oil. Canola can be used but olive is preferred.

Fats Lesson 2: Learn about the Important Omega 3 and Omega 6 Fats



- Omega-3 fats improve your cell's response to insulin, neurotransmitters and other messengers. They also help the repair process when your cells are damaged.
- On the other hand, omega-6 fats are pro-inflammatory and contribute to insulin and membrane resistance, altering your mood, and impairing learning and cell repair.
- To avoid high levels of omega-6, it is important to avoid all vegetable seed oils
- .Please understand that it's not only necessary to consciously consume omega-3 fats, but it is just as important to lower your omega-6 fat intake. If you don't lower your omega-6 fats to acceptable levels, your omega 6:3 ratio will not be low enough, and you will not receive many of the wonderful benefits of omega-3 fats such as reduced risk of heart disease, cancer, stroke, Alzheimer's, arthritis and many other degenerative illnesses.

Fats Lesson 3: Take a High Quality Omega 3 Supplement



- Americans consume a dangerously insufficient amount of omega-3, a fat essential to good health but only found in fish oil and a few other foods. Meanwhile, our intake of omega-6, another fat found in corn, soy, sunflower and other oils, is far too high. The ideal ratio of omega-6 to omega-3 should be 1:1, but the typical American's ratio ranges from 15:1 to 50:1!
- I am convinced that this lack of omega-3 in our diets is a primary reason behind many of the diseases Americans face, and our shorter lifespan in relation to many other "first world" countries such as Japan or Greece.
- While a helpful form of omega-3 can be found in flaxseed, walnuts and a few other foods, the most beneficial form of omega-3 -- containing two fatty acids, DHA and EPA, which are essential to fighting and preventing both physical and mental disease -- can only be found in fish. Unfortunately, nearly all fish, from most all sources, are now severely contaminated with toxic mercury, which is why I have amended my previous recommendations to consume fish on a routine basis. It's simply not advisable for most people any longer. **A great starter dose is 2,750mg/day.** We carry a great tasting fish oil from Metagenics which is affordable, tastes great, and is the BEST on the market.

Fats Lesson 4: How to Know if You are Taking Too Much Omega 3 Fats



- Omega-3 deficiencies have been tied to the following problems: Mental sharpness on awakening, Depression/well-being, Weight gain, Brittle fingernails, Allergies, Arthritis, Quality of sleep, Memory problems, Dry hair, Dry skin, Concentration, and Fatigue.
- If you start fish oil and notice that one or more of the above symptoms improve that is a very good sign.
- If after a time on the fish oil your symptoms return for no apparent reason, that is a good clue that you are taking too much fish oil and should stop for a short while to help your body eliminate the oil and then resume at a lower dose.
- Unlike vitamins and minerals whose intake is usually relatively constant, the amounts of essential fatty intake is quite variable so following the above will help fine-tune your dose so you can fully benefit from the truly miraculous health benefits that fish oil provides.



Beginner Plan: Beverages

- Let's start with the most important element of your diet: Water! Water makes up more than 70 percent of your body's tissues and plays a role in nearly every body function, from regulating temperature and cushioning joints to bringing oxygen to your cells and removing waste from your body. Therefore, it's vital to pay attention to what you drink.

Beverages Lesson 1: Drink Enough Water to Turn your Urine Light Yellow



- Drinking enough water is one of the most simple, basic, and important health steps you can take. However I am no longer convinced that we all need 8 glasses of water per day.
- After awhile I began to question this one-size-fits-all logic, and further refined my recommendations to use the color of your urine as a guide to how much water you should be drinking. As long as you are not taking riboflavin (vitamin B2), which fluoresces and turns your urine bright yellow (it is also in most multi-vitamins), then your urine should be a very light-colored yellow. If it is a deep yellow then you are likely not drinking enough water.
- If you drink the required amount of water to maintain a light yellow coloring, you can easily avoid dehydration, which can have profound effects on your health.
- Dehydration can cause: Fatigue, Dry skin, Headaches, and Constipation

Beverages Lesson 2: Drink Water at the Right Rate



- It's better to sip water all day long than to guzzle a large amount all at once. Depending on your size, your body can only process a bit more than a glass of water per hour. If you drink much more than this at one sitting, the extra water will not be used, but merely flushed down the toilet bowl. So keep your water bottle with you all day long, and let your thirst be your guide for when to drink.

Beverages Lesson 3: Drink Pure Water



- Healthy water? I bet you thought all water was healthy! Don't be tricked! Healthy water is water that has been properly treated to avoid contamination.
- Stay away from municipal water sources as they have been treated often times with chlorine and fluoride.
- Avoid bottled water in soft type bottles and never let a bottled water be exposed to heat. That plastic taste in your water from the bottle left in the car is **CANCER CAUSING!**
- Pur and Brita filtration systems are high quality leading brands that are acceptable.

Beverages Lesson 4: Use Lemon to Add a Bit of Flavor



- You can add lemon juice to your water occasionally, to help flavor it and normalize your body's pH if you're too acidic. However, be careful not to use the lemon juice continuously or you run the risk of developing an allergy to it.

Beverages Lesson 5: Monitor all Other Fluids



- You can add lemon juice to your water occasionally, to help flavor it and normalize your body's pH if you're too acidic. However, be careful not to use the lemon juice continuously or you run the risk of developing an allergy to it.
- Coffee and tea are okay unless you suffer from insomnia. Should be avoided if you are pregnant.
- Avoid all soft drinks! I don't ever advocate drinking any soft drink for any reason as they have no redeeming value whatsoever. Both regular and diet sodas are potent contributors to a number of health challenges.

Beginner Plan: Supplements



- It is my goal to limit supplements. I believe you can obtain most of the nutrition you need from wholesome food. There are some exceptions, but it is quite rare that someone would really benefit from a shopping bag full of supplements, especially the synthetic varieties. However, if you're looking for an all-inclusive insurance policy, Metagenics produces the very best high quality multivitamins on the market!

Supplements Lesson 1: Vitamin D3



- Vitamin D is not “just a vitamin” that’s necessary for strong bones. Rather, vitamin D is the only known substrate for a potent, pleiotropic (meaning it produces multiple effects), repair and maintenance seco-steroid hormone that serves multiple gene-regulatory functions in your body.
- Each cell in your body has its own DNA library that contains information needed to deal with virtually every kind of stimulus it may encounter, and the master key to enter this library is *activated vitamin D*.
- *This is why vitamin D functions in so many different tissues, and affects such a large number of different diseases and health conditions. So far, scientists have found about 3,000 genes that are upregulated by vitamin D.*

Supplements Lesson 1: Vitamin D3



Recommendations:

- | Age | Dosage |
|----------------|----------------------------|
| Below 5 | 35 units per pound per day |
| Age 5 - 10 | 2500 units |
| Age 18 - 30 | 5000 units |
| Pregnant Women | 5000 units |
- **WARNING:** There is no way to know if the above recommendations are correct. The **ONLY** way to know is to test your blood. You might need 4-5 times the amount recommended above. Ideally your blood level of 25 OH D should be 60ng/ml.
 - Realize that vitamin D requirements are highly individual, as your vitamin D status is dependent on numerous factors, such as the color of your skin, your location, and how much sunshine you're exposed to on a regular basis.

Supplements Lesson 2: Be Careful with Tylenol

- If you consume Tylenol regularly you should be on N-acetyl cysteine to prevent organ damage.



Beginner Plan: Lifestyle Changes



- Along with all the dietary changes you are making, there are some basic changes to your lifestyle that will help you along the path to optimal wellness.
- Practice stress reducing techniques and look into acupuncture.
- Control eating habits. Again acupuncture has been shown in clinical trials to help with cravings significantly! Also for the first few days eat every 2 hours.
- Get more sleep
- Start exercising. At a bare minimum, everyone should exercise for 30 minutes per day. If you need to lose weight, it is important to exercise at least 60 minutes every day. Also note that, if you are diabetic, you will not be able to control your diabetes without exercise as part of your regime. If you are just beginning exercise, work up to 60 minutes slowly; you can combine several shorter exercise periods to reach your daily 60 minutes. There is a synergy with proper diet and exercise that is incredible. You will not be able to control diabetes without exercise.

Beginner Plan: Lifestyle Changes



- If you still smoke, DON'T quit now!
- Reducing sugar is far more important and if you try to do both at the same time you will likely fail. I do recommend that everyone should stop smoking, but taking on the task of quitting should only be done once you have an optimal diet in place and you are already feeling good.

For more information visit us on the web at
WellnessOneofRedding.com
Under the “Nutrition @ Noon” Section