

Fit for Life

Every level of your health is directly impacted by what you eat. If it were all about calories, food would be fairly simple. Food is not just for energy, or calories. Food is a source of information that gives instructions to your body to either upgrade or downgrade your biological system with every bite. Food regulates not only your genes, but also hormones (like insulin, estrogens, testosterone, thyroid, and cortisol (stress)). It alters our brain chemistry making us happy or depressed, and sadly can even lead to addictive patterns. Food can either create or prevent inflammatory conditions (like joint pain, IBS, dermatitis, ADD/ADHD, and most all autoimmune disorders), as well as enhance or destroy your immune system.

The key is to personalize your diet and nutritional needs. You eat either to build bones, balance your hormones, build muscle, lose, or gain weight, fix your gut, boost your immunity, improve heart health, gain energy, or reduce fat just to name a few. When you are eating something, ask yourself if you are fine with it as part of your long-term goals. If not, don't eat it and seek out a better-quality substitute to meet your goals.

Food Groups

- **Proteins @ 40%** *Animal sources are best
- **Carbohydrates @ 20%** *Eat the rainbow
- **Fats @ 40%** *Eat with every meal

Protein- the best source for building muscle is other muscle. Animal proteins are the best choice. Plant proteins are alright, but the quality is lower and contain significantly less branch chain amino acids necessary for optimal strength and vitality.

Examples: Grass fed animals or wild meats, wild fish, organic eggs, liver, venison, beef, etc.

Carbohydrates- Non starchy veggies are the gold standard. Veggies, such as those from the cruciferous family, are best. Kale, broccoli, brussels sprouts, cauliflower, collard greens, or spinach should cover 2/3 of your plate each day. These also happen to be what is known as Estrogen 2-16 regulators, which are powerful cancer suppressors, due in part to their high methyl group donors.

A healthy lean female's body is made up of 55 percent water, 16 percent protein, 23 percent fat, 6 percent minerals, and just 1 percent carbohydrates. The problem is most of our western processed diets are composed of 50-60 percent carbohydrates (like starches and sugars). The body can literally survive and thrive without any carbohydrate consumption.

Fish- how to choose. Ultimately, wild caught fish is best. Avoid farm raised fish, they contain GMO's and are high in proinflammatory omega-6 fatty acids as opposed to wild fish which are high in anti-inflammatory omega-3 fatty acids.

Fats- *The most misunderstood food group. Try to have fats with every meal. Certain fats are essential to life. You cannot say that about carbohydrates. Polyunsaturated fats are best like fish oils, flaxseed, or grass-fed animals. They are all loaded with Omega-3s and some Omega-6s which are the building blocks of life. Monosaturated fats like olive oils, avocados,

nuts, etc. These fats also improve insulin sensitivity by balancing blood sugar. Coconut oil has really taken on excellent press as of late. It is a medium chain triglyceride, loved by the body's mitochondria which is the power workhouse of the cell. It is great for pre-workout energy and documented to improve brain function and energy.

Our bodies can't make these fats; therefore, they must be consumed. In a perfect world our diets would be one part omega-3 fatty acid to one to two parts Omega-6 fatty acid. Unfortunately, the American Western diet is one part Omega-3 fatty acid to 25 or greater part Omega-6 fatty acid, which ultimately leads us to chronic inflammation issues. Including the so-called metabolic syndrome, syndrome X, obesity, Type II diabetes, cardiovascular disease, joint pains, etc.

***Don't fear fats.** We don't live in the 70's anymore. Eat quality fats with every meal. Fats don't make you fat unless you eat them with starches or sugars. Fats do not raise insulin levels. If you don't raise insulin levels, you don't accumulate fat. That is physiology 101. The few exceptions are trans-fats, which you should avoid at all costs. Your body takes weeks to breakdown trans-fats which can lead to heart disease.

Grains and Pasta

- Beneficial: None
- Neutral: quinoa, wild rice, barley, rye flour, kasha, spelt flour
- Breads: Ezekiel, Essene, 100% Rye

Cereals

- Beneficial: None
- Neutral: Kasha, amaranth, barley, spelt, buckwheat, rice broth

Beans & Legumes

- Beneficial: Black eyed peas, pinto beans
- Neutral: Black beans, green beans, Northern, lima beans, string beans, white beans, red beans, and garbanzo beans

Dairy

- Beneficial: None
- Neutral: Butter, Feta, goat cheese, mozzarella, casein, Almond milk, goat milk

Sugars- Treat sugar like a recreational drug. The dose makes the difference. An occasional sweet treat is harmless. Flour is even worse than sugar for the body, and bread is the absolute worst. We have hundreds of genes protecting us from starvation, but few protecting us from abundance and over consumption. Lipton is a hormone that regulates when we are sated with our caloric intake per meal. This hormone loses its' ability to regulate the body's feeling of when hunger is satisfied by increased insulin dysregulation.

We live in a sea of sugar causing our biology, especially our hormones (brain chemistry and immune systems) to go haywire. Autoimmune disorders, increased cravings, fat storage, slowing our metabolism, fueling an epidemic of obesity, cardiovascular disease, diabetes, cancer,

and dementia. It all comes down to a global insulin resistance problem. 1 in 2 Americans (including 1 in 4 teenagers) are prediabetic and overweight. Why is 75 percent of our world overweight? It is sugars and starch, not fat, that is killing us all.

Once or twice a year do a sugar detox to reset the body [I.E., a 10 day reset (example: Ideal Protein diet)]. This is not a quick fix, or a deprivation diet. It is a system that works using real whole foods, and the right nutrients to reset your system to support healthy blood sugar. However, if you are overweight, have type II diabetes or are prediabetic, a longer-term reset may be needed to repair metabolism.

A healthy relationship with sugar is when you do not crave it or need it every day. A few categories of sugar that I recommend be cut out completely are as follows:

- High fructose corn syrup
- Sugar alcohols
- All fake sugars and sugar substitutes—Stevia is a good substitute, Splenda is not recommended
Avoid sweets with meals as this increases AGE's.