

GENERAL HEALING DIET

WHY IS DIET IMPORTANT IN HEALING THE BODY?

Diet is of utmost important in healing the body and restoring health. Food is the "fuel" that provides the body with the necessary building blocks to function properly. You CANNOT achieve or maintain health by eating unhealthy foods.

- Hippocrates, the Father of Medicine, said, "**Let thy food be thy medicine, and let thy medicine be thy food.**"
- An article in the *Journal of the American Dietetic Association* from 2008 said, "**Unquestionably, nutrition is one of the primary environmental exposures that determines health.** Common human chronic diseases, including type 2 diabetes, metabolic syndrome, cardiovascular and neurological disease, and many cancers are initiated and/or accelerated by nutrient/food exposures."

To heal and repair the body, you must choose to eat in a way that **MAXIMIZES NUTRIENTS** and **MINIMIZES TOXINS**.

Food can be broken down into 3 main categories:

- **MICRONUTRIENT-RICH WHOLE FOODS**
(Those that are nutrient-dense and health-promoting for most individuals, unless you have an allergy or sensitivity to them)
 - Meat, Poultry, Seafood, & Eggs
 - Vegetables
 - Fruits
 - Healthy Fats (animal fats, coconut oil, nuts & seeds, etc)
- **FOODS THAT MAY BE BEST AVOIDED ON A TEMPORARY BASIS UNTIL THE BODY HEALS OR AVOIDED DUE TO CERTAIN HEALTH CONDITIONS**
(Those that may or may not be tolerated and may be healthy for some individuals but inflammatory for others)
 - Dairy
 - Eggs
 - Legumes/Beans
 - (Gluten-Free) Grains and Grain-like seeds
 - Nightshades
- **FOODS THAT EVERYONE SHOULD ELIMINATE**
(Those that are highly inflammatory, not necessary for a healthy diet, and cause more harm than good)
 - Gluten (increases intestinal permeability in EVERYONE)
 - Genetically Modified Foods (GMO's)
 - Trans Fats & Highly Refined Vegetable Oils
 - Chemical Additives: Artificial Sweeteners, Artificial Colors & Flavors, MSG



FOUNDATIONAL FOODS THAT HELP HEAL THE BODY:

These nutrient-dense foods contain the micronutrients (vitamins, minerals, amino acids) needed to build, heal, and repair the body.

- Meat, Poultry, Seafood, & Eggs
- Vegetables
- Fruits
- Healthy Fats

FOODS THAT PREVENT HEALING AND SHOULD BE AVOIDED WHEN TRYING TO HEAL THE BODY:

- Gluten
- GMO's
- Trans Fats
- Highly Refined Vegetable Oils
- Refined Sugar
- Artificial Sweeteners
- Artificial Colors & Flavors
- Highly Processed Foods
- Alcohol
- Caffeine

GENERAL HEALING DIET TIPS

- Focus on **eating unrefined micronutrient-rich foods** and on **avoiding universally harmful foods**.
- **REMOVE** the most damaging, pro-inflammatory foods from your diet and **REPLACE** them with healthier alternatives in order to **REPAIR** your cells and **RESTORE** your body to a state of optimal health.
- The **QUALITY** of the food you eat is extremely important. Look for grass-fed/grass-finished beef, pasture-raised/organic poultry and eggs, and wild-caught seafood. Purchase organic fruits and vegetables (especially for those that are on the Environmental Working Group's "Dirty Dozen" List or those that may be GMO such as zucchini, yellow squash, sweet corn, and Hawaiian papaya). Otherwise, you will be exposing yourself to hormones, antibiotics, pesticides, neurotoxic and endocrine disrupting chemicals, synthetic drugs, genetically modified organisms (GMO's), and more.
- There is no one-size-fits all perfect diet. The optimal amounts of macronutrients (protein, fats, and carbohydrates) varies from person to person, and some individuals have allergies, sensitivities, and intolerances to certain foods. Remember the old adage, "One man's food is another man's poison."

FOODS THAT ARE BEST PERMANENTLY REMOVED FROM YOUR DIET	FOODS THAT ARE FREQUENTLY PROBLEMATIC / CONSIDER AN ELIMINATION TRIAL WHERE YOU COMPLETELY AVOID THEM FOR 30+ DAYS
<ul style="list-style-type: none"> ★ GLUTEN (Wheat, Barley, Rye, Oats) ★ GMO FOODS (Soy, Corn, Canola, etc) ★ TRANS FATS (Hydrogenated Oils) ★ REFINED WHITE SUGAR ★ HIGH FRUCTOSE CORN SYRUP ★ HIGHLY REFINED VEGETABLE OILS (soy, corn, canola, cottonseed) ★ UNFERMENTED SOY PRODUCTS (Tofu, Soy Flour, Edamame, etc) ★ ARTIFICIAL SWEETENERS (Splenda / Sucralose, NutraSweet / Aspartame, etc) ★ ARTIFICIAL COLORS (Yellow 5, Red 40, Blue 1, etc) ★ ARTIFICIAL FLAVORS & MSG 	<ul style="list-style-type: none"> ★ DAIRY (Milk, Cheese, Yogurt, Sour Cream, Ice Cream, etc) ★ GRAINS & GRAIN-LIKE SEEDS (Rice, Corn, Millet, Sorghum, Quinoa, Amaranth, etc) ★ EGGS ★ LEGUMES / BEANS (Soy, Peanuts, Black Beans, Chickpeas, etc) ★ NIGHTSHADE PLANTS (Tomatoes, Tomatillos, Potatoes, Eggplant, Sweet Peppers, Hot Peppers, Pimentos, Paprika, Cayenne Pepper, Chili Powder, Goji Berries, etc) <p>* The Autoimmune Protocol Diet (AIP) eliminates grains, dairy, legumes, eggs, nightshades, nuts, and seeds. This diet can be especially helpful for individuals with any kind of autoimmune disease (Multiple Sclerosis, Rheumatoid Arthritis) or pain (particularly joint pain).</p>

THE ENVIRONMENTAL WORKING GROUP'S "DIRTY DOZEN" AND "CLEAN FIFTEEN" LISTS

For full details, please see: <http://www.ewg.org/foodnews/summary.php>

The Environmental Working Group's "Shopper's Guide To Pesticides In Produce" helps people identify conventionally-grown fruits and vegetables with the highest and lowest concentrations of pesticide residues so they can make smarter choices about what they eat. The guide ranks 48 popular fruits and vegetables based on an analysis of 34,000 samples tested by U.S. Department of Agriculture and the federal Food and Drug Administration. In the latest report, nearly two-thirds of the samples analyzed tested positive for pesticide residues. Pesticides have been linked to cancer, hormone disruption and abnormal brain and nervous system development, among other health problems.

- **THE DIRTY DOZEN** is a list of the **most pesticide-contaminated produce**. This includes: APPLES, CELERY, CHERRY TOMATOES, CUCUMBERS, GRAPES, NECTARINES, PEACHES, POTATOES, SNAP PEAS, SPINACH, STRAWBERRIES, AND SWEET BELL PEPPERS. Additionally, KALE / COLLARD GREENS and HOT PEPPERS merited a special mention because they are frequently contaminated with insecticides that are particularly toxic to human health. **AVOID THESE FOODS UNLESS ORGANICALLY GROWN**
- **THE CLEAN FIFTEEN** is a list of the conventional produce with the **least amount of pesticide residues**. This includes: ASPARAGUS, AVOCADOS, CABBAGE, CANTALOUPE, CAULIFLOWER, EGGPLANT, GRAPEFRUIT, KIWI, MANGOES, ONIONS, PAPAYAS, PINEAPPLES, SWEET CORN, SWEET PEAS, SWEET POTATOES. **OKAY TO EAT THESE FOODS CONVENTIONALLY GROWN**