

NUTRITIONAL TIPS

by Stuart S. Shipe DAOM, R.Ph.

Eat as many leafy greens as possible.

Arugula, asparagus, bamboo shoots, bean sprouts, beet greens (tops), Bok choy, broccoli, broccoliflower, carrot tops, celery, chard, chicory, collard greens, dandelion greens, edible flowers, endive, escarole, frisee, kale, leeks, Mizuna, mustard greens, parsley, radicchio, radish tops, Romaine lettuce, green and red leaf (no iceberg), spinach, watercress. Greens can be placed into a blender for a green smoothie, layered in sandwiches or used to hold all the sandwich “stuff” instead of bread. Dice your greens into omelets, toss them into soups and of course the obvious use them to make a great salad. I like the variety of organic “spring mix” found in the vegetable section of food stores.

Snack on a diverse variety of raw fruit – especially berries. Eat 2 or 3 servings of fresh fruit every day. Try to consume fruit early in the day for breakfast or lunch, never in the evening to avoid affecting your blood sugar levels. Avoid cooking fruit that can create toxins. Cooking also destroys many of the natural enzymes and vitamins that fresh fruit offers. Avoid juicing fruits; the skin, pulp and pectin fiber found in the skin of fruit slows the carbohydrate (natural sugar) absorption into your system.

Eat lean proteins like cold, deep-water fish at least twice weekly like wild salmon, halibut, mackerel or tuna to increase omega 3 fatty acids into the diet. Other lean proteins around 16 to 20 grams include 4 ounce servings of extra lean, grass fed beef, chicken or turkey without the skin, 3 egg whites, a cup of non-fat or low-fat plain yogurt or large curd cottage cheese. You may also use a powdered serving size of protein supplement like pea, rice, whey or hemp to increase your lean protein intake. As a grain, Quinoa has the highest amount of protein per gram and can be used occasionally in the morning at ½ cup serving.

Raw nuts can supplement your omega fatty acids, protein and magnesium requirement daily. Don't eat too much though. Only 1-2 handfuls a day of raw almonds, walnuts or Brazil nuts are recommended. Avoid cooked or dry roasted nuts and salted nuts. Heat destroys the natural oils making them rancid and toxic. Place them in salads, yogurt, whole grain cereal or sprinkle crushed raw nuts over vegetables, fish or anything else. Sprinkle the nuts over your cooked food after your meal is fully prepared to avoid the heat problem.

Go for color. Eat rich, deep-colored vegetables like carrots, squash, peppers and yams. Other vegetables that are great to detoxify the liver include broccoli, cabbage, cauliflower, Brussels sprouts and asparagus.

Don't cook with good fats. Use virgin olive, grape-seed, flax, borage, coconut, or fish liver oil raw poured over your vegetables, in soups, added to smoothies, or just consumed alone. Avoid white or processed foods like white potatoes, white rice, all foods with flour, white pasta and homogenized pasteurized dairy milk. Substitutes include a ½ cup serving of wild or brown rice, lentils or brown rice pasta.

Stop the stimulants. You won't need them for energy if you're eating green foods. Reduce and attempt to eliminate coffee even decaf., soda's, energy drinks and foods that contain added sugar, corn syrup, fructose, artificial sweeteners, hydrogenated or trans-fat oils or nitrates. Sauces or dressings usually contain these hidden substances. You can use balsamic vinegar, lite seasoning of natural herbs or sprinkle powdered dried seaweed or kelp on foods for minerals.

Drink plenty of water daily. Take your weight in pounds and divide it by 2. This is the number of ounces of bottled or filtered water to consume daily. Avoid energy drinks, vitamin or protein water, sports drinks, sweetened and sugar free bottled tea, juice drinks and soda. Being an avid Green tea drinker, I recommend the use whole leaf green tea (not commercial bags) steeped in hot water after or between meals. Black tea is also beneficial but not as rich in healthful constituents as Green tea. Tea can help the ounces of water go down very pleasant and a little faster. Consuming large amounts of fluid immediately before a meal can lead to indigestion from diluting gastric juices.

Purchase Organics. Eat organic vegetables and free-range meats as much as possible. The extra money is worth the increased nutrients and absence of pesticides, hormones and fertilizers in commercially farmed produce.

Still need more help and an easy to follow diet – Ask us for information on our 21-day Purification Program to help cleanse the entire body, control weight and naturally increase your energy again.