

## Dietary Recommendations

- **Eat Complex Carbohydrates.**

These are the stone ground whole grain breads, rice, and crackers. The complex carbohydrates are where you get your B-complex. These foods are going to give you superior nutritional content compared to refined sugar, white rice and white bread. They are burned more slowly resulting in more energy and less hunger for better weight management. These kinds of foods can be found in any major grocery store or coop. They are often made from organic grains as well.

- **Use foods made with cold pressed oils or expeller pressed oils**

You can find these kinds of food in the health food section at any major grocery store. You can find cookies, crackers, cereals, etc. made with these cold pressed or non-hydrogenated oils. This is going to allow you to minimize hydrogenated oils or trans fats in your diet which lead to an overabundance of free radicals. Free radicals are very damaging to human cells.

- **Drink Watered Purified by Reverse Osmosis**

Tap water and even bottled water is often contaminated. Look for a bottled water source which states on the label it has been purified by Reverse Osmosis. This guarantees the purity of the water. Bottled water can literally be “tap water in a bottle”. Better yet, consider investing in a good Reverse Osmosis Purifier for your home. It is much more economical in the long run.

- **Eat Pesticide Free or Organic Foods When Possible**

All major grocery stores and local co-ops offer organic produce. Grapes, strawberries, lettuce and cucumbers are often very high in pesticides. When possible, eat organic or pesticide free. You can also greatly reduce your exposure to chemicals by peeling your food or washing it with a good organic cleaner first.

- **Drink Organic Milk or at least milk that is free of Growth Hormones**

Certain growth hormones have been associated with an increased risk of such things as breast cancer. Avoiding foods that contain this can reduce risk.

## **Grocery Shopping Guidelines**

*Shop the perimeter of your grocery store as much as possible. This is where the fresh fruits, vegetables, etc. are located. Try to ensure that the majority of your diet consists of food that will rot fairly quickly. Just eat them before they do so! You have to wonder about the health benefits of a pre-packaged cupcake that is still fresh one or two years later!*

*Your children's eating choices directly reflect your own for the most part. It is important to instill healthy eating habits at an early age, to ensure long-term health. Make it fun when possible, but be firm. This is one of those "battles" that is worth it in the long run!*

### **Grocery Store Items Available at Your Local Grocery Stores & Co-ops.**

- **Country Choice Organic Oatmeal- available in individual packets**
- **Arrowhead Mills Organic Peanut Butter- made with non-hydrogenated oils**
- **Annie's Organic Foods- includes pasta, macaroni, and spaghetti's**
- **Annie's Organic Buttermilk Pancake Mix- delicious!**
- **Coleman's Organic Beef and Pork**
- **Imagine Organic Tomato Soup- in a convenient box. Just pour and heat!**
- **Tofutti Sour Supreme Better than Sour Cream**
- **Organic Valley Skim Milk and Organic Juices**
- **Stonyfield Organic Yogurt in individual containers and fun squeeze tubes for kids!**
- **Cascadian Farm Organic Strawberry Spread- great alternative to sugary jams and jellies**
- **Muir Glen Organic Pasta Sauces- these are awesome**
- **Westbrae Organic Mustard**
- **Annie's Organic Frozen Pizzas- excellent!**

**The list goes on and on. There are wonderful products like:**

- **Frozen Organic French Fries made with non-hydrogenated oils. These are awesome**
- **Organic PopTarts made with whole grains**
- **Organic Frozen Waffles- you pop in the toaster and serve**
- **Organic Chips and Salsas**
- **Organic Packaged Cookies made with whole grains and organic ingredients**

## Consumer Checklist for High Quality Vitamin Supplements

- **Do you have a way to tell if the supplement (vitamin) that your'e using is being absorbed & assimilated?**

The place to begin, is to see if your supplement dissolves when placed in water within 30 minutes or less. That is the same standard the pharmaceutical industry uses for tablets. Otherwise it goes in one end and out the other

That is just the very beginning. The second and most critical question is

- **are the supplements you are taking being absorbed and assimilated into the bloodstream where they are available to the cells?**

Always ask the company for peer reviewed research on their products. The key word here is peer reviewed. That means it is unbiased, legitimate research vs . advertising research where you pay someone to publish your research in what looks like a legitimate journal.

- **Is there balance in the formulation?**

Balance is critical to a well formulated supplement. Many nutrients do not work effectively unless in a certain balance. .

For eg. the B vitamin Biotin is extremely expensive. It should offer at least 100 % of the daily value. Most vitamins will show none at all or less than 100% That is a sign to you of a poorly formulated vitamin, so read your labels.

- **Is the amount on the label the amount in each tablet?**

A common problem in the food supplement industry is quality control. It is not uncommon for the amount in each individual tablet in a bottle of supplements to vary dramatically. .

- **Is the manufacturer using a "cooling" system to preserve nutrients?**

When supplements are manufactured at a low temperature, all the vitamins, minerals, enzymes, phytonutrients are not lost in the process. Without the enzymes, the body cannot utilize or absorb the nutrients effectively. It is common for companies to use too much heat and pressure in making their tablets, which destroys the enzymes.

- **Are sugars, artificial colorings or sweeteners used?**

. It is common for vitamins to have artificial coloring and sweeteners in them. Read the labels to determine their presence.

- **Are the supplements you are using safe and do you trust the company to have your best interest in mind over profit?**

It is common for supplements to be contaminated. Researchers at the University of Florida, Gainesville tested 22 calcium products on the market. **How many do you think were contaminated with lead?**

**eight of the 22, including popular national brands. Lead is a toxic metal that can lead to anemia, high blood pressure, brain and kidney damage in adults and developmental damage in children." –**

"Eight of the 21 brands tested were found to contain high levels of pesticide.

- **Is there a full money back guarantee?**

## NUTRITIONAL SUPPORT FOR WOMEN

Whether you are a mom or a career woman or both, most women face health challenges related to fluctuating hormones. In addition, our demanding schedules often require enormous amounts of energy and stamina. The following nutrients offer nutritional support for women in these areas.

- **High Quality Raw Soy Protein Supplement**

Soy reduces cholesterol levels, helps prevent osteoporosis, reduces the risk of breast and prostate cancer, helps control PMS and hot flashes (due to natural phytoestrogens), helps prevent fatigue, irritability and hunger.

**Look for a high quality, non genetically engineered soy that guarantees the level of phytochemical compounds, called isoflavones, found only in soy beans. Use a soy supplement that has been processed with water vs. alcohol**

- **Well Balanced, Complete Multivitamin**

This fills in the gaps missing in a good diet ( due to sprays and dyes, waxing and processing produce) Reduces risk of birth defects.

**Look for a multi-vitamin and mineral tablet providing a good balance of essential nutrients available in a readily absorbed formulation A good brand will always offer you the choice of with or without iron.**

- **B-Complex**

Vitamin B is critical for energy and balancing mood swings and dealing with stress. If you have any stress in your life this is a critical group of nutrients. B vitamins are needed for mental quickness and concentration. Relieve many hormonal symptoms including: fatigue, irritability, depression, sugar cravings, heart palpitations and water retention.

We need supplementation with B because stress, sugar and caffeine deplete B-vitamins and people do not get enough from their diet.

**Look for a B Vitamin that offers the whole family of B-Complex and includes at least 100% of the Daily Value for Biotin, a very expensive B vitamin, which is often skimped on. A**

**B vitamin that ensures the delivery of folic acid is important, as this particular B vitamin is very difficult for the body to absorb.**

- **Vitamin E-**

Antioxidant that protects against cell damage. Reduces breast pain by helping with cystic breast disease, normalizes production of sex hormones, aids circulation and thus helps with varicose veins, hormone balancing ( hot flashes relief). Protects lungs from air pollution.

**Look for a Vitamin E supplement that comes from a natural source and offers the whole complex of tocopherols. It should be combined with selenium and grapeseed extract for maximum effectiveness.**

- **Vitamin C plus biflavonoids-**

Increases resistance to stress and disease.. We need Vitamin C because it can help protect us from the dangerous free radicals that can cause cancer and other degenerative diseases. Our assimilation of Vitamin C decreases with age and is depleted by stress.

**Look for a sustained release system so the vitamin C is absorbed over a number of hours, as it is water soluble and otherwise the excess would just be excreted. Your vitamin C should also come with biflavonoids. This is the way we find Vitamin C in nature.**

## **ADDITIONAL BENEFICIAL NUTRIENTS FOR INDIVIDUAL NEEDS:**

- **GLA** Gamma Linolenic Acid an essential fatty acid

If you have a lot of severe PMS, perimenopause, or menopausal symptoms try adding this supplement. Our bodies are supposed to produce GLA in order to form Prostaglandins, potent hormone-like compounds that impact virtually every system in the body. Prostaglandins are important in regulating normal body processes such as blood pressure, blood clotting and inflammation. Reduces the symptoms of PMS, breast tenderness, bloating, hormonal headaches, hot flashes and other menopausal symptoms, eczema allergies, rheumatoid arthritis, diabetic neuropathy, reduces tremors associated with Parkinson's Disease. Many factors inhibit our ability to produce adequate GLA such as stress, aging, smoking, diabetes, viral infections, consumption of alcohol, processed fats, deficiency in B-Complex, zinc and genetics

**Look for a supplement that comes from the seeds of the borage plant, the most concentrated form of gamma linolenic acid available.**

- **Prebiotic- Probiotic Acidophilus/Bifidus System**

If you have intestinal disorders or are sick a lot this is a godsend. It is great for kids and adults who get sick a lot, have a history of antibiotic usage and or ear infections. When there is proper balance with friendly microflora, the immune system is released to work in other areas of the body. Friendly bacteria is most important for proper balance of hormones.

**A good system will consist of a small capsule with the acidophilus bifidus bacteria you would find in yogurt and a powder which is food for the good bacteria to multiply. Make sure you look for a product that guarantees live delivery to the colon not just live at the time of manufacture. These good bacteria are very fragile and temperature changes and stomach acid kill them before they ever get to the intestines, rendering them useless and money wasted.**

- **Calcium**

Calcium is nature's tranquilizer. This is wonderful to take before you go to bed and promote a good night's sleep. It is great to give to children who may have growing pains. It is a natural muscle relaxant and can help to relieve headaches, joint pain, and PMS symptoms. All young girls should be supplementing with calcium.

**Look for a calcium supplement in which the raw material is tested for lead contamination as this is common with calcium supplements.**

- **Fiber Supplement**

Fiber supplements that have both soluble and insoluble fiber are a great way to increase your fiber intake. Soluble fiber also is a binding agent for taking chemicals and cholesterol out of the body and thus aids weight management. It also keeps you feeling full longer and promotes regularity.

**Look for a fiber supplement that comes from a variety of food sources and offers both soluble and insoluble fiber. Different fibers perform different functions in the body, so a variety of sources is an excellent choice.**

Power Shake Recipes to Get You Going and Start the Day with  
Nutrition that will Keep you Energized!

**One Person Recipes**

**Favorite Power Shake**

8 oz. cold purified water  
4 oz. organic orange juice  
½ banana  
2 tbsp. high quality vanilla soy protein powder  
Frozen mixed berries- includes raspberries and blackberries  
Blend to desired consistency! This is our favorite

**Pineapple Drink**

½ cup crushed pineapple in natural juice  
1 tsp. honey  
2 level tbsp. high quality vanilla soy protein powder  
Blend with 8-12 oz. water or milk

**Mint Chocolate Drink**

½ tsp. mint extract  
2 tbsp. high quality cocoa soy protein powder  
1 tsp honey  
Blend with 8-12 oz nonfat milk and ice cubes

**Orange Julius**

¼ cup skim milk  
¾ cup orange juice  
2 tbsp. high quality vanilla soy protein powder  
1 tsp. honey  
Blend with 4 ice cubes

**Cranapple Flip**

½ cup cranapple juice  
2 tbsp. high quality vanilla soy protein powder  
3 ice cubes  
Blend with ½ cup nonfat milk

**Strawberry Shake**

4 large frozen strawberries, unsweetened  
1 tsp honey  
3 ice cubes  
2 level tbsp. high quality vanilla or cocoa soy protein powder  
Blend with 8 oz. nonfat milk

## Soy Quality Control Checklist

**Do not purchase soy powders and expect them to produce positive health results unless you know that the following "ESSENTIAL SEVEN" quality controls have been met by the manufacturer:**

1. \_\_\_ **The beans must be organically grown**
2. \_\_\_ **The beans must NOT be genetically engineered**
3. \_\_\_ **Each batch must be checked to confirm that it contains the 9 essential amino acids**
  
4. \_\_\_ **In the manufacturing process to produce the soy isolate, the crushed soy flakes must be water washed (not alcohol washed)**
5. \_\_\_ **The anti-thyroid/anti-growth substance MUST be removed**
6. \_\_\_ **The process must be without heat**
7. \_\_\_ **The soy isolate must have calcium added (when the oil is removed it becomes an acidic food - when calcium is added it makes it neutral again)**

**The attached explanations will help you to clear up confusion.**

a) **Were the soybeans ORGANICALLY GROWN? .....** studies have shown decreased levels of food nutrients and increased levels of nitrates in chemically fertilized crops, when compared with their organic counterparts. There is a connection between the ingestion of nitrates & **CANCER!** Therefore, it is important to know that pesticides, fungicides, and herbicides have not been used during the growing process. In particular, with soy beans, since they are such a hardy plant, a powerful and **DEADLY** weed spray called Round-up is usually used. For your safety, you must know that your soy products are organically grown.

b) **Were the soy beans GENETICALLY ENGINEERED? .....** genetically engineered soybeans are much cheaper to purchase, and most companies producing soy products look for ways to save money.

c) **Does your soybean powder contain ALL of the nine essential amino acids? .....** One of the most valuable features of the soybean is that it is a complete protein and provides ALL nine of the essential amino acids. The body requires these daily to produce hormones, digestive juices, antibodies, and enzymes. **HOWEVER**, not all soybeans are created equal .....

quality and amino acid content will vary based on soil conditions, and variable growing and harvest conditions. If one essential amino acid is missing, the immune system can be depressed 30%, and many important body functions are delayed or stopped. Therefore, it is essential that each

**batch of soybeans be checked for amino acid content if we want to depend on the soy isolate to provide a GUARANTEED supply of the nine essential amino acids.**

**d) Were the crushed soy flakes washed in alcohol or water? ..... Alcohol washing destroys isoflavone content ..... up to 88%! It is the isoflavones that reduce the risk of breast, prostate, lung and bowel cancer! As well, it is the isoflavones that are so beneficial in hormone balancing and increasing bone mass.**

**e) Was the "anti-thyroid", "anti-growth" substance in the raw soy removed? ..... Orientals, who have consumed large amounts of soy for years, have known that RAW soy contains an "anti-growth", "anti-tyrosine" substance. Tyrosine deficiency will cause low blood pressure, low body temperature, and restless leg syndrome. Therefore, Orientals always lightly cook their soy foods to deactivate the "anti-tyrosine/anti-growth" substance. Find a brand that uses an extracting process that removes this substance, yet keeps the soy in a raw form in order to maintain the HIGHEST LEVEL OF AMINO ACIDS and ISOFLAVONES which are very sensitive to heat.**

**f) Is your soybean food RAW or heated? ..... Amino acids are very sensitive to heat. In some studies, cooking protein has been shown to destroy up to 50% of some ESSENTIAL AMINO ACIDS. If an individual consistently consumes a diet that is lacking in all of the essential amino acids, inadequate brain development and hormones, or other body tissue development can be the result.**

**g) Has CALCIUM been added to your soy powder? .... Some negative reports about soy say that soy powders are VERY ACIDIC and cause bone loss because it causes calcium to be drawn from the bones!!!! The raw soy bean is a NEUTRAL food ..... neither acidic or alkaline. However, the removal of the soybean oil (which is essential so the soy powder will not go rancid very quickly), makes the powder very acidic. Therefore, adequate calcium (which is very alkaline) must be added to cause the powder to be neutral again, or it can cause the above stated problem. Many protein powder manufacturers do not add any or enough calcium.**