



healthy for life  
chiropractic bournemouth

# Eat for life II

## Nutrition to Match our Make-up

### Putting out the Fire: some tips on how to fight inflammation through diet and lifestyle.

#### Enjoy plenty of fruits and vegetables

- Aim for at least 8 portions per day, with more vegetables than fruit

#### Get plenty of animal based Omega3 Oils

- The easiest way to do this is to take a high quality fish oil supplement.
- Other good sources are wild fish and organic, grass-fed or game meats (not farmed, grain-fed, hormone & anti-biotic laden or processed meats)

#### Include lots of other healthy oils

- GLA (from hemp, borage or evening primrose oil).
- Eat plenty of avocados, walnuts, almonds, flax seeds, pumpkin seeds, olives & olive oil, coconut milk or oil – and even organic butter is OK too!

#### Minimize (AVOID) unhealthy fats

- Trans fats & hydrogenated fats (e.g. margarine & vegetable oils)
- Deep fried food (or shallow fried with vegetable oil – use butter instead)
- Grain fed meat
- Farmed fish
- Linoleic Acid (omega6 fat found in grains & vegetable oils)

#### Optimise your insulin levels

- This means minimising (AVOIDING) sugar, grains and processed foods – including desserts, sugary drinks and fruit juices – all potent promoters of inflammation.
- When you do eat grains, stick to whole, unprocessed grains and preferably consume them directly after exercise. That's when your body can make use of them to replenish its glycogen stores.
- Eat carbohydrates with a low glycaemic load. (This will mean the majority of your carbs will come from vegetables, and to a lesser extent, fruits.)
- With every meal, choose a lean protein, a vegetable, and a good source of fat (preferably omega-3s or monounsaturated fats like olive oil).
- Load up on the fresh vegetables, and include plenty of greens, as well as the other colour groups. Eat lots of lightly cooked cruciferous vegetables like cabbage, broccoli, and Brussels sprouts.
- This also means **exercising regularly** – a great way to reduce inflammation!

### **Identify and AVOID any foods to which you are intolerant**

- Food intolerance testing can be a massive help. Not all tests are reliable so please ask your chiropractor.
- 4 most common food intolerances are gluten, dairy, eggs and bananas.

### **Summary of nutritional recommendations**

- Moderate protein intake
- Greatly reduce saturated / TRANS fats & sugar (esp desserts)
- Eliminate refined, fibreless grains / grain products
- Enjoy large quantities of fruits and vegetables
- Drink plenty of water (25-35ml/kg of body weight)
- If possible drink at least 1 pint of fresh vegetable juice per day

### **Make sure you get enough sleep**

- Reducing a night's sleep by four hours leads to elevated cortisol (stress hormone) levels for much of the next day
- Most studies suggest 6-9 hours is optimal for most adults

### **Have healthy outlets for stress and other often suppressed emotions.**

- High levels of stress hormones can lead to the release of excess inflammatory chemicals
- Use tools to help deal with your current stress and resolve past emotional challenges as well.

### **Make sure your waist size is normal**

- If you're a woman with a waist measurement of over 35 inches (89cm) or a man with a waist of over 40 inches (102cm), you probably have high levels of inflammation.

### **Quit smoking**

- Smoking hardens your arteries and increases inflammation.
- Research shows you can reverse all the damaging effects to your arteries within 10 years of quitting.
- However, be sure you get your diet under control first so you don't fall into the trap of trading cigarettes for unhealthy junk foods.

### **Helpful supplements**

- Fish oil (2-4g/day of EPA+DHA)
- Multivitamin & mineral (Biocare 1-a-day)
- Magnesium (400mg/day in addition to multi-vit)
- Vitamin D (2-5000 IU)
- Probiotic
- Anti-inflammatory botanical (Ginger/Turmeric/Boswellia)

**Helpful resource: [www.deflame.com](http://www.deflame.com)**

## Healthcare for our bones

### **Consume a predominantly alkaline diet**

- Many studies have shown that skeletal salts are used to buffer acidic tissue fluids. This means that the more acidic your tissues, the more calcium etc is taken from your bones to neutralise the acid
- Acid producing foods are meat/fish/fowl, dairy – especially cheese & grains
- Most fruits and vegetables are alkaline forming
- The **seven most alkalising fruits and vegetables** are;

Spinach

Kale

Cucumber

Broccoli

Avocado

Celery

Pepper

So try and include things from this list every day! Kale and broccoli (Along with all the cruciferous vegetables) should not be eaten raw though or in juices as they have a suppressive effect on the thyroid gland which controls our metabolic rate.

### **Ensure adequate protein intake while maintaining Acid/Base balance**

- An impressive body of literature indicates that protein tends to have a positive effect on bone metabolism
- The highest quality of protein comes from meat/fish/fowl. This fact needs to be balanced with the knowledge that these foods have an acidifying effect on the body
- The best option seems to be to reduce / eliminate the acidifying grains and dairy produce and buffer the meat/fish/fowl with plenty of fruits and vegetables

### **Reduce inflammation**

- Excessive inflammation also increases bone loss and reduces new bone formation
- Follow the steps above

### **Helpful supplements**

- Multi Vitamin & Mineral (Biocare 1-a-day)
- Fish oil (2-4g/day of EPA+DHA)
- Magnesium (citrate/fumarate/malate) 500-1000mg/day
- Potassium Bicarbonate/citrate
- pHour Salts available from [www.energiseforlife.com](http://www.energiseforlife.com)
- Mega Greens also available from [www.energiseforlife.com](http://www.energiseforlife.com)

**Helpful resource: [www.energiseforlife.com](http://www.energiseforlife.com)**

# The 5-minute Acid Crusher

(Taken from Energise for life)

## Step 1

**Lemon Water!** As soon as you get out of bed make a 330 ml glass of lemon water and just enjoy this and enjoy the flavour. You can make this by squeezing the juice of 1/4 or 1/2 a lemon into lukewarm, filtered water.

## Step 2

**Breathing:** Next I want you to take the time to do 10 breathing cycles of the 1-4-2 pattern that is:

1) breathe in for a count of 1

2) hold for a count of 4

3) breathe out for a count of 2

You can do this in any multiples of the above (i.e. in for 4, hold for 16, out for 8).

## Step 3

**FLUSH!** Now it's time to flush, and it is time to make another glass roughly 330ml, a third of a litre of alkaline salt mixed in water. If you don't have the alkaline salts (such as Dr Young pHour Salts), just use filtered water, its just about flushing these with hydration.

## Step 4

**GREEN DRINK!** Now step four, this is the big one, this is the one that makes all the difference.

While you are digesting your alkaline salts - make a green vegetable juice.

This is the green drink that you heard so much about. Now this can contain any green vegetable you like. For example, if it is for one person use:

- half cucumber
- 2 celery sticks
- a couple of big handfuls of spinach leaves
- lettuce leaves
- a little bit of fresh ginger

Try this for 10 days straight and you will be amazed at how different you feel. Even just 3 times per week and you'll feel terrific.

