

Simple Steps to Better Health

Step 1

FIRST DO NO HARM

Whole Foods

Whole foods are foods that occur in nature, designed by God to nourish the body. Whole foods provide vitamins, minerals, enzymes, antioxidants and other nutrients that are necessary for essential bodily functions. These foods also provide powerful components that aid in maintaining a healthy immune system. Consuming whole foods can decrease the probability of diseases such as cancer, heart disease, Alzheimer's disease, diabetes, etc.



Processed Foods

- Have been chemically altered and made from refined ingredients and artificial substances.
- Include artificial flavors, colors, sweeteners and other additives.
- Include preservatives and chemicals used to enhance flavor and give them an unusually long shelf life.

On average roughly 60% of the calories consumed in the U.S. come from processed foods



Whole Foods V. Processed Foods

In addition to calories, whole foods contain the required nutrients to properly metabolize and absorb the carbohydrates, fats, and proteins they contain. Processed foods still contain calories but lack the necessary nutrients needed to properly metabolize those calories. This can lead to deficiencies and impaired bodily functions. In addition, processed foods contain non-food substances that may contribute to an array of health problems.

→ **Think of your car: if you were to put water in the gas tank, would it still operate correctly? Then why are we fueling our bodies with processed foods when we were created to run on whole foods.** ←

Harmful Ingredients and Their Link to Disease

Preservatives

Used to increase the shelf life of foods, preservatives are linked to many health problems including adverse effects on the neurological system and brain. Preservatives are also linked to cancer, allergic reactions, hyperactivity and more. They are found in packaged products, gas station foods, fast food, bread, and most all processed foods.

Artificial Colors

There are currently nine approved food dyes. Artificial food colorings are linked to hyperactivity, tumors (including brain tumors) and cancer. These dyes are used in cereals, sodas, energy drinks, sports drinks, candies, sauces, etc.

Artificial Sweeteners

Components of artificial sweeteners attack your body's cells (including brain cells) creating a toxic overstimulation. They also destroy gut flora and have been linked to triggering irritable bowel syndrome. They are used in fruit juices, regular and diet sodas, yogurt, gum, candies, desserts, condiments and meal replacements. Artificial sweeteners include aspartame, sucralose, Sweet 'N Low, acesulfame, xylitol, Equal, NutraSweet, Splenda, etc.

High Fructose Corn Syrup

HFCS is a highly processed sweetener composed mainly of fructose. Fructose is primarily metabolized by the liver. A diet high in fructose can lead to liver damage in the same way as alcohol. Fructose is also metabolized directly into fat which can lead to obesity and obesity-related diseases including diabetes and cancer. High fructose corn syrup can be found in sodas, candy, packaged baked goods etc.

Hydrogenated Oils

The hydrogenation process occurs when hydrogen is added to liquid oils to turn them into a solid form. Hydrogenated oils contain trans fats, the most unhealthy fat. They are linked to cancer, diabetes, heart disease and decreased immune function. These oils are found in margarine, packaged snacks, pre-made baked goods, fried foods, coffee creamers, etc.

3 Easy Steps to Clean Up Your Diet

1. Shop the perimeter

Fresh produce, meats, and dairy are nearly always around the store perimeter, while processed foods get stacked on the shelves in the middle of the store.

2. Read Labels

If there's something on the ingredients list of a packaged food that you couldn't buy to use in your own kitchen – or whose name you can't even pronounce – it's probably highly processed.

3. Stick to the Originals

In order to avoid harmful ingredients, always buy food products that contain ingredients closest to their original state.

Pringles: Salt & Vinegar



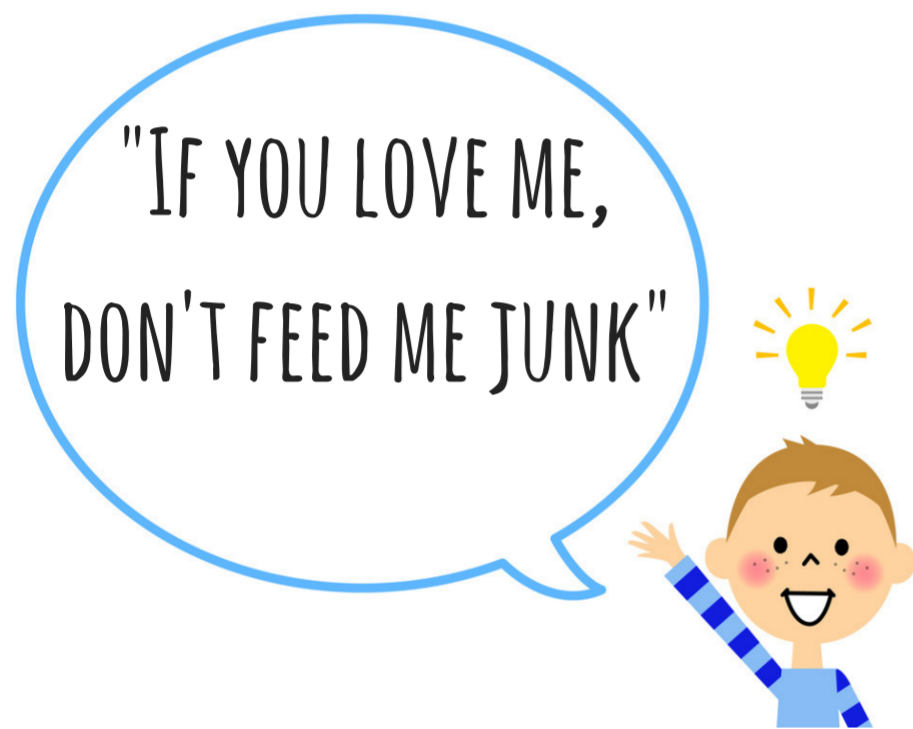
SAY GOODBYE TO SUGAR AND HELLO TO HEALTH

Why is sugar bad for you?

"A large body of research now shows that consuming lots of added sugars negatively impacts just about every organ system in the body- increasing your risk for most of the common chronic disease, including cardiovascular disease, diabetes, and even cancer."

- Dr. Josh Axe, DNM, DC, CNS

The average American consumes 150-170 pounds of sugar annually.



Sugar Associated Effects on the Body

Accelerates Aging	Suppresses the Immune System
Cardiovascular Disease	Leaky Gut
Fatty Liver Disease	Type 2 Diabetes
Yeast Overgrowth	Encourages Cancer Cell Growth
Weight Gain	Mood Swings

How to Spot Hidden Sugar in the Ingredients List

(look for the "ose", meaning sugar)

Corn Syrup or High-Fructose Corn Syrup
Dextrose or Crystal Dextrose
Fructose
Maltose
Lactose
Sucrose

Glucose
Evaporated Cane Juice or Fruit Juice
Caramel
Carob Syrup
Brown Sugar
Raw Sugar

Dextrin and Maltodextrin
Rice Syrup
Molasses
Evaporated Corn Sweetener
Confectioner's Powdered Sugar
Agave Nectar/ Fruit Nectars

11 Places Sugar Hides

- Cereals including hot cereals like flavored oatmeal
- Packaged breads including "whole grain"
- Snack bars and granola bars
- "Lower calorie" drinks, including coffees, energy drinks, blended juices, and teas.
- Protein bars and meal replacements
- Sweetened yogurts and other dairy products like flavored kefir, frozen yogurt, etc
- Frozen waffles or pancakes
- Bottled sauces, dressings, condiments and marinades - tomato sauce, ketchup, relish, teriyaki etc.
- Dried Fruit
- Restaurant foods, where sugar is used in sauces, various desserts and dressings.
- Non-Fat/Low-fat products