

Choose Healthier- Get Healthier

Step - by- Step



Composed by Brooke Heather CTN, QNT, HHP, CBS
of Heather Holistics Naturopathic Clinic

Certified Traditional Naturopath
Quantum Naturopath Technician
Holistic Health Practitioner
Biofeedback Specialist

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The Picture of Health



- ❧ Cultures around the world lived healthy happy lives and died of old age without complications or diseases such as obesity, diabetes, and heart disease.....why? Because they ate traditional diets.
- ❧ Health is to have the vitality to endure life to the fullest and feeling great every step of the way!
- ❧ Learn to think in terms of “life promoting or life demoting”
- ❧ Learn ways to incorporate life promoting diet and lifestyle
- ❧ At the *Health Promoting Project* series I hope to express how valuable good health is and provide recourses to obtain your goals.
- ❧ Questions welcome!

Alarming Stats



Some schools are raising over 100,000/yr from soft drink vending machines- according to the soft drink company's records.

Over 90% of high school kids lack sufficient intake of fruits and veggies

5 million children are diagnosed with **ADHD**, 7 million with **Asthma**, 3 million with **Allergies**, 48.5% diagnosed with **Depression**.
Antidepressants are the #1 prescribed drug in America!

More Alarming Statistics

Diabetes is the fastest growing disease in children.

Obesity is being perceived as a bigger threat to health than smoking, drinking, and poverty combined.



61% of American adults are using Rx's and the number of children on medications is continuing to skyrocket!

Cancer is now the #2 cause of death in children

This is the 1st generation that the life span is getting shorter. It is predicted that in 10 years, children will not out live their parents.

CDC 2007 report

Why?



1. Mother and Fathers health. From the beginning, the child's genetics are less than ideal.
2. Busy parents = convenience foods = poor nutrition = low mood or erratic mood, poor attention span/impaired cognitive function
3. Misinformed parents
4. The correlation of food and lifestyle choices with health is not being made
5. Break down of the family unit- stress

Recipe for Disaster



1 part junk food
1 part inoculations/ meds
1 part environmental toxins
1 part stress
1 part sleep deprivation
Stir in unhealthy family unit
= A SICK CHILD!

Causes of Disease



Stress is accountable for 90% of all illnesses, according to current research. Below is a list of what causes stress. Stress may result from a large number of factors including but not limited to:

- ❧ **Chemicals** such as cleaning agents, fungicides, growth hormones, herbicides, insecticides, and all synthetic chemicals attack the immune system, impair breathing, oxygen and nutrient absorption, reduce the ability of the body to the escort toxic waste, and raise the acidity of the bodily cells, thereby causing stress.
- ❧ **Dehydration** caused by lack of water intake, excessive sweating, diarrhea or drinking too much coffee or carbonated soft drinks and eating too much junk food all impair the ability of the body to absorb nutrients and oxygen on a cellular level, thereby causing stress.
- ❧ **Emotional issues**, weather resolved, unresolved, or being resolved, have all been shown to be a major cause of stress.
 - relationship stress
 - low self-esteem
 - depression and other psychological conditions
 - emotional shock/trauma



Fungi and fungal infections, whether ingested or inhaled are harmful to all life. The byproducts of fungi are toxic to living organisms, thereby causing stress and myriad physiological and medical conditions.

Genetically altered foods are known to cause asthma, attention/concentration problems, balance, behavioral, digestive problems, libido issues, memory, metabolic, perceptual problems, sexual and cognitive disorders.

Heavy metals including arsenic, mercury and lead among others impair many functions of the body including the immune system and are known to cause brain diseases.



Irradiated of foods have shown to reduce the life force and greatly diminish the nutritional value of food. By law all food entering the USA must be irradiated “for the public good”, thereby causing stress from radiation much more powerful than radiation therapy for cancer patients!

Microwave radiation from cell phones, microwave ovens, portable radios and telephones, televisions sets and other sources are known stressors with varying effects upon people for reasons currently under investigation.

Overwork or lack of sleep

Prescription drugs and other synthetic or toxic chemicals are implicated in every physical and mental disease, disorder or condition known to science, thereby causing stress.

Nutritional deficiencies, whether caused by disease, disorders, poor nutrition or poor absorption of nutrients are known causes of stress.



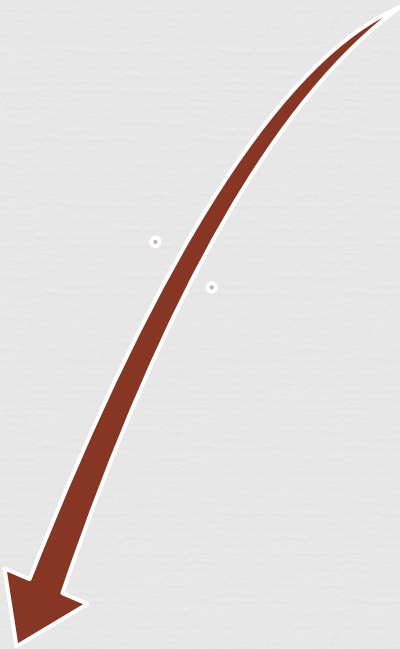
Poor diet including partially hydrogenated fats, trans fats, artificial coloring, taste enhancers, artificial appetite appeasers, artificial aromatic agents, artificial sweeteners, and preservatives are all harmful to the human organism, causing metabolic error therefore autoimmune diseases and cancer.

Pathogens such as bacteria, viruses, fungus, molds and parasites can cause stress if the body is not able to destroy and eliminate regularly. Those that had chronic bacterial infections as children are known to have a much higher risk of heart disease as adults.

Poor immune function caused by a combination of the above cause further stress to the body and eventually creates disease.

STRESS = WEAKENED CONSTITUTION = TOXIC BUILDUP + INABILITY TO DETOX

Results in a *rapid* Decline of Health Due To Poor Diet:



- Cellular insufficiency (inadequate conversion of food into energy)
- Organ insufficiency (poor digestion and Malabsorption)
- Insufficient detoxification/elimination (toxic buildup in tissues and cells)
- Further impaired cellular function
- Inability to repair and rebuild body tissue (flawed DNA/RNA)
- Organ, gland, and systemic dysfunction - sub-clinical symptoms
- Clinical symptoms (medically measurable and diagnosable disease)

Health Hazards



1. Remember the most harmful food ingredient categories:

a.) Neurotoxins/Excitotoxins; include, sodium nitrate, MSG and all its hidden names (ask for a list), and all artificial sweeteners. These neurotoxic addictive substances are found in chips, soups, and most packaged products. They increase cancer susceptibility and kill brain cells.

b.) Hydrogenated oils/partially hydrogenated oils found in bread, all commercial baked goods, and fast food. Also referred to as trans fats, they cause cellular death, cancer, and diabetes, impairs the immune system, contributes to increased appetite, and obesity, liver and gall bladder disease, infertility, ADD/ADHD, high blood pressure and heart disease.

c.) Food dyes and all other preservatives, additives etc. including carrageenan.

**"Our food should be our medicine,
and our medicine should be our food."
-Hippocrates**

It's all about choices!



1. Always choose all natural cleaning products. Chemicals are unnecessary; natural products are effective and often less costly! My favorite is a brand called BioKleen. Is a concentrate liquid that uses grapefruit pulp and seed extract for its cleaning power. It can be unscented, citrus, or Lemon-Thyme. I actually use it for hand soap, dish soap, shampoo, and body wash, as well as putting it a spray bottle (also available to purchase, then re-fill with the gallon size cleaner and mix with water) to clean all surfaces. I have many other products and recipes for cleaners, sanitizers, etc. that I would be happy to share with you.

Identify and remove the causes of illness, rather than
eliminate or suppress symptoms



Air and water quality are very important for the maintenance of a healthy body. HEPA air filters are ideal and should be as part of your vacuum as well.

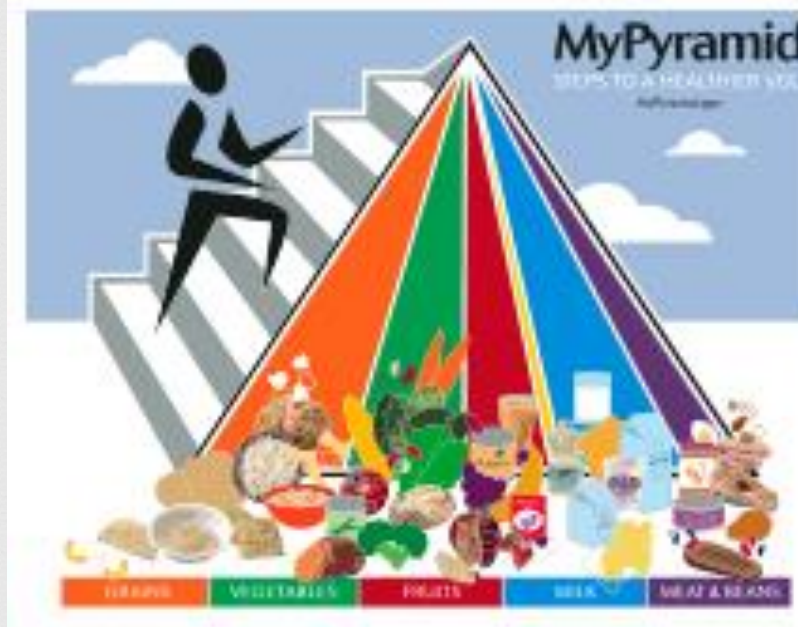
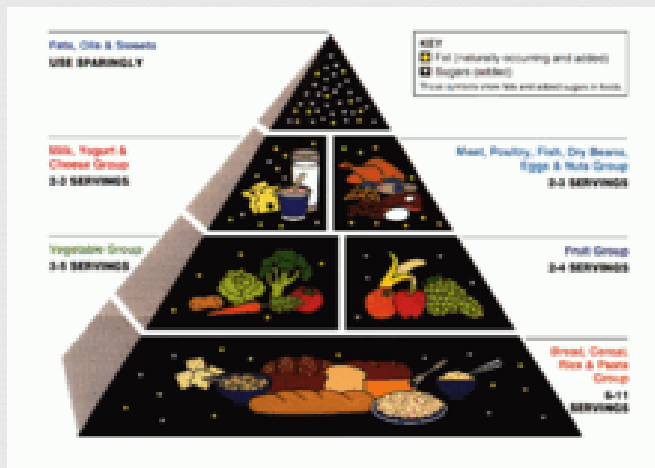


You must take out the trash before it can contain any more. The body is the same way! Symptoms are the body's cries for something it is needing (nutritional deficiencies) also toxic overload!

Promoting A Healthy Lifestyle



Considering every part of your health includes the substances you are exposed to. These include household cleaners, work environment, and everyday items you may not think about being harmful. Below are some tips to get you started on the path to awareness!



GRAINS Make half your grains whole	VEGETABLES Vary your veggies	FRUITS Focus on fruits	MILK Get your calcium-rich foods	MEAT & BEANS Go lean with protein
<p>Eat at least 3 oz. of whole-grain cereals, breads, crackers, rice, or pasta every day</p> <p>1 oz. is about 1 slice of bread, about 1 cup of breakfast cereal, or 1/2 cup of cooked rice, cereal, or pasta</p>	<p>Eat more dark-green veggies like broccoli, spinach, and other dark leafy greens</p> <p>Eat more orange vegetables like carrots and sweetpotatoes</p> <p>Eat more dry beans and peas like pinto beans, kidney beans, and lentils</p>	<p>Eat a variety of fruit</p> <p>Choose fresh, frozen, canned, or dried fruit</p> <p>Go easy on fruit juices</p>	<p>Go low-fat or fat-free when you choose milk, yogurt, and other milk products</p> <p>If you don't or can't consume milk, choose lactose-free products or other calcium sources such as fortified foods and beverages</p>	<p>Choose low-fat or lean meats and poultry</p> <p>Bake it, broil it, or grill it</p> <p>Vary your protein routine – choose more fish, beans, peas, nuts, and seeds</p>

For a 2,000-calorie diet, you need the amounts below from each food group. To find the amounts that are right for you, go to MyPyramid.gov.

Eat 6 oz. every day	Eat 2 1/2 cups every day	Eat 2 cups every day	Get 3 cups every day; for kids aged 2 to 8, it's 2	Eat 5 1/2 oz. every day
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Find your balance between food and physical activity

- Be sure to stay within your daily calorie needs.
- Be physically active for at least 30 minutes most days of the week.
- About 60 minutes a day of physical activity may be needed to prevent weight gain.
- For sustaining weight loss, at least 60 to 90 minutes a day of physical activity may be required.
- Children and teenagers should be physically active for 60 minutes every day, or most days.



Know the limits on fats, sugars, and salt (sodium)

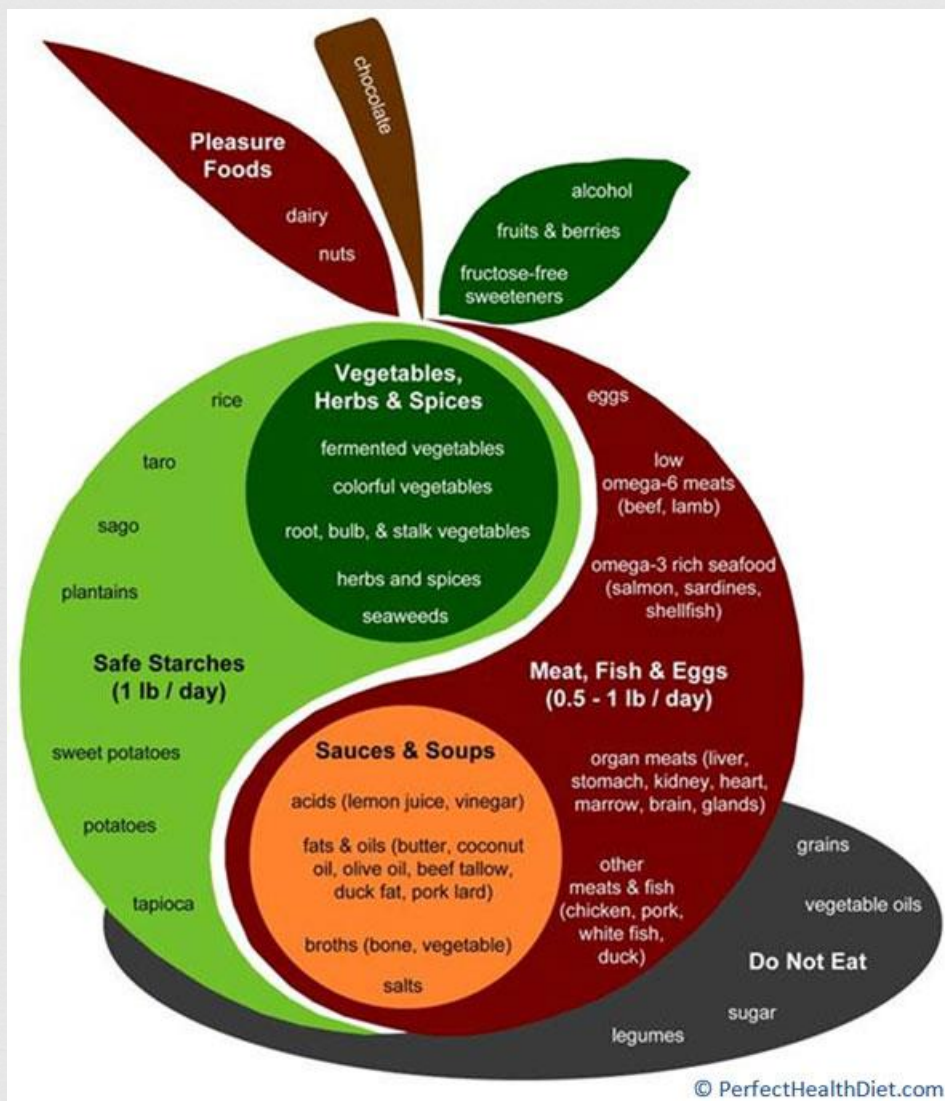
- Make most of your fat sources from fish, nuts, and vegetable oils.
- Limit solid fats like butter, stick margarine, shortening, and lard, as well as foods that contain these.
- Check the Nutrition Facts label to keep saturated fats, trans fats, and sodium low.
- Choose food and beverages low in added sugars. Added sugars contribute calories with few, if any, nutrients.



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Resources



- Vital Food Plan
- The Family's Guide to Wellness
- Westonaprice.org
- Nutrition and Assimilation