

D'Arcy Wellness

DIET-DETOX

Two weeks to transform your life!



RENEWAL AND TRANSFORMATION

Making the connection between our **food** and our **health**

- Experiencing the amazing intelligence of the body
- RE-calibrating our habit patterns for health
- RE-Connecting to the Life Force of foods
- RE-Connecting to our Source Energy

FOOD is energy!



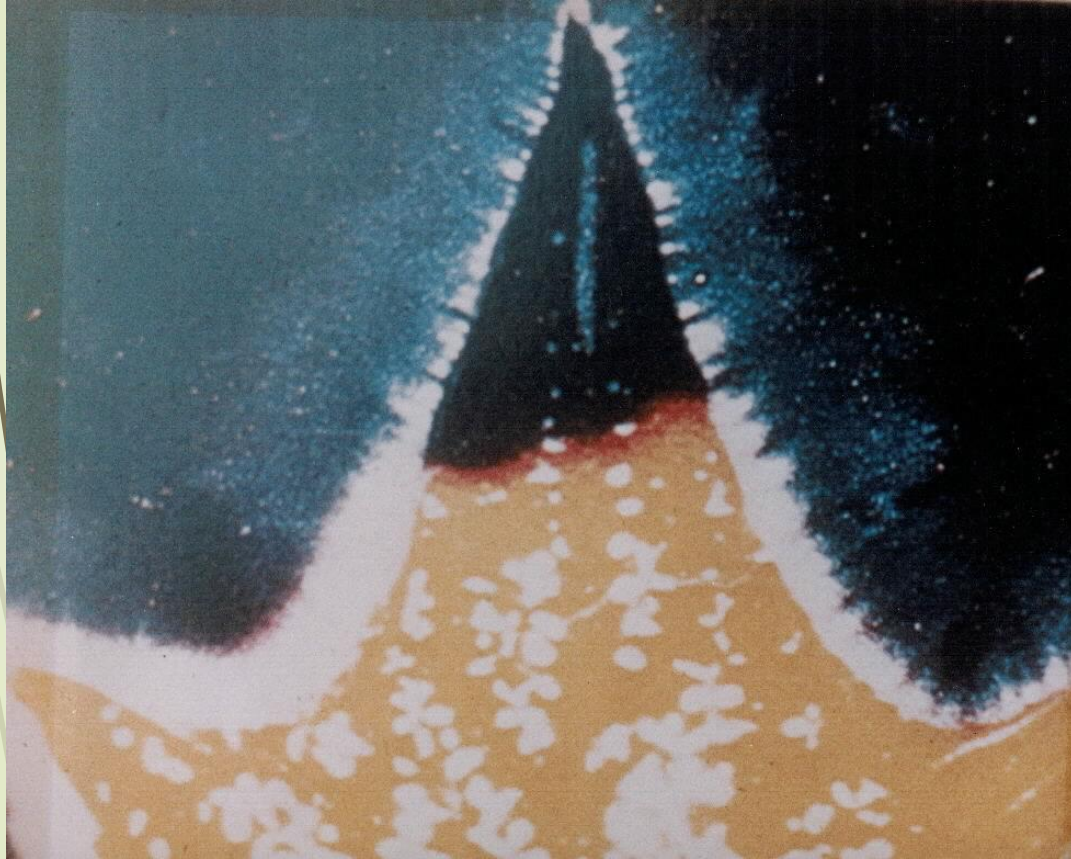
We want to choose foods that are full of life force and nourish us the way nature intended.

For the next two weeks, we will be experimenting on our own bodies how it feels to feed ourselves with food that has life force

When we choose our fruits and vegetables, think about the energy in this gift from nature....

Choosing organic is a way to get more life force!

FOOD AS LIFE FORCE ... an energy perspective



A Kirlian photograph on the wall of my office pictures a leaf with the top part cut off and thrown away.

The photograph captures the “corona discharge” that represents millions of electrons streaming from the leaf. The upper portion of the leaf is cut off yet one can clearly see the “phantom leaf” or “energy body” that remains.

What happens when we start eating foods with life force?

- ▶ The body is always striving to make a better body. When we put high quality ingredients in our bodies, anything of lesser quality will naturally be sloughed off – in other words, we detox.
- ▶ Our liver, our “Sacred Filter”, will raise up its functioning and be able to detoxify the body more efficiently.
- ▶ Every organ in the body will improve in functioning.
- ▶ Clear skin, clear eyes, healthy hair and nails
- ▶ We get energized, uplifted and calm, and aches and pains go away.
- ▶ Removal of toxins slows down premature aging.

Our bodies know what to do!!!

- Our detoxification pathways are very sophisticated
- They get sluggish when we overload them with junk
- When we take in higher quality nutrients, the body will use them to make a better body
- Anything of lesser quality will be sloughed off
- All we have to do is put in the good stuff!





RENEWAL – it happens every day

Most of the cells that make YOU today,
were not there six weeks ago

- ▶ **One Year:** 98 percent of the atoms in your body are replaced
- ▶ **Three months:** your body produces an entirely new skeleton.
- ▶ **Six weeks:** all the cells have been replaced in your liver.
- ▶ **Four weeks:** Your skin is sloughing off dead cells and producing a new skin monthly.
- ▶ **Five days:** You have a new stomach lining every five days.
- ▶ **Continually replacing** old blood cells with new ones.

The program – is this a diet or a detox?

- This is a **cleansing diet** designed to detoxify the body.
- It is very helpful to do a cleansing diet once or twice a year...as we now come in contact with more chemicals daily than any time in history! Our external environment has become polluted from overuse of toxic chemicals, in our air, water, and food supply.
- This program offers us a chance to rev up our internal environment so that our natural detoxification pathways can do the job of restoring the health of our vital organs.

The program – a cleansing diet.

- Eating a clean diet of organic fruits and vegetables, and lots of healthy beverages, will raise up the health of our liver and renew ourselves physically, mentally, emotionally and spiritually.
- By taking these two weeks to saturate our bodies with phytonutrients from fruits and vegetables, we will learn how healthy foods can shape our lives for the better.



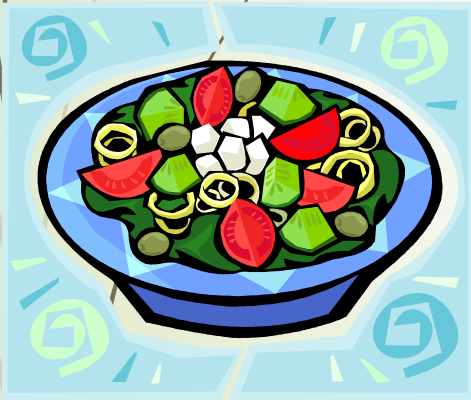


Exceptions

:

- This program is not recommended if you are currently experiencing:
- Pregnancy
- Breastfeeding
- You are severely underweight
- Insulin dependent diabetics
- Advanced kidney or heart disease
- A modified approach is an option

We are
what we
eat!



- Food is our first line of defense when it comes to our health.
- What we put in our body is meant to nourish, rejuvenate and rebuild our bodies every day
- Our bodies are constantly wanting to make a better body.
- Higher quality nutrients give our bodies the best ingredients to work with to accomplish this.
- In only one week you will notice the benefits of good quality foods – brighter skin, hair, stronger nails, more energy, less inflammation to name a few!



Detoxification....

- the process of
 - clearing toxins from the body
 - or neutralizing and transforming them,
 - clearing excess mucus and congestion.
- involves **dietary** and **lifestyle changes** that reduce the intake of toxins and improves the liver's function of elimination.
- happens naturally when we ingest higher quality nutrients.

Let's get started!



2-Week Program Overview

There are 3 Phases to the Diet-Detox Program.

- Phase 1: 6 days
- Phase 2: 5 days
- Phase 3: 3 days

Note: The phases are flexible and the length of any phase can be modified to fit your own condition or situation.



The Three Phases:

- **Phase One** – the initial detox phase. During this phase you will be eating and drinking foods that will create the most cleansing response in the body.
- **Phase Two** – you will add in small amounts of grains and nuts and seeds.
- **Phase Three** – you will add in foods that will provide some more protein, variety, and balance to the initial two phases.

Your Personal Starting point

- ▶ Everyone starts at their own place:
- ▶ If you have never done a cleanse before, take 1-3 days to ease into it
- ▶ This means for up to 3 days, just cut the amount of fat in your normal diet by 50%. This will prep the liver, and give it a chance to lighten its load before you start.
- ▶ During these preparation days, increase your intake of healthy fluids by at least double.
- ▶ Increase your intake of fresh fruits and vegetables. Clear out the cupboards.
- ▶ Consider:
 - ▶ What is your current toxic burden? If it is heavy, you might want to start with Phase 3 and work backwards to Phase 1
 - ▶ Do you want to lose or gain weight?
 - ▶ Do you eat organically now?
 - ▶ Are you often cold or warm?
 - ▶ Your daily schedule and support...are you cooking for others?

Phase One : the Meal Plan



Eat all kinds of vegetables.....

- Eat as much as you need or want of all kinds of vegetables
- Use Sweet Potatoes and Yams sparingly
- Limit Avocados to $\frac{1}{4}$ to $\frac{1}{2}$ per day if desired
- Alternate raw with cooked veggies
- Take your time....and chew your food well!
- For a dressing, use only a small amount of oil, with either vinegar or lemon juice if desired. Use herbs and spices often.
- Try new vegetables!

More Phase One

Eat all kinds of fruits...

- All fresh fruits that are available, organic is best.
- People tolerate fruit differently. Listen to your body. The amounts and kinds of fruits will vary from person to person.
- It is usually a good idea to eat fruits on their own.
- Fruits are typically cooling in their effect on the body, so in cooler weather you may want to steam or bake them with warming spices. If you store them in the refrigerator, let them sit at room temperature before eating.
- Even in cooler weather, raw fruits such as apples and pears are very cleansing. Warm them up with ginger and cinnamon.
- Limit bananas to one per day if desired.



Hydration is key!!



- **Beverages**
- **Hydrate, hydrate, hydrate! At least ½ your body weight in ounces daily.**
- Drink as much spring water as you would like
- Vegetable juices are unlimited when prepared with your own juicer
- Bottled organic vegetable juices okay in moderation
- Dilute bottled organic juices by at least 50%

- Herbal teas of all kinds, green or black tea in moderation, without milk or sugar
- We recommend avoiding coffee during the cleansing program. If you have been drinking coffee, taper off slowly by half each day. Swiss water process organic decaf is okay

A typical day on the Phase One



Start the day with lemon water – 16 ounces at least. Soon work up to 32 ounces.

Wait ½ hour, then have a drink. (Detox Tea, Master Cleanser, Fresh juice, Water, Green Tea.)

For Breakfast: Steamed apples or pears with ginger. Berries and hot herbal tea.

For Lunch: Hot Soup, Salad, Beverage.

For Dinner: Roasted or Steamed Vegetables, Salad, Soup, Beverage of choice.

Common Symptoms for Phase One

- **As the body is healing itself, there can be some uncomfortable symptoms for the first 2-3 days:**

Slight headache

Bad breath

Coated tongue

Constipation/diarrhea

Fatigue

Irritability

Nausea

Body odor

Difficulty sleeping (too much or too little)

Feeling hot or cold

These are common symptoms that result from the body's natural tendency to heal itself. The body is moving towards balance...these symptoms will subside quickly.

Self care is the focus of Phase One!

- ▶ Take time for naps.
- ▶ Move your body.
- ▶ Take time to sit quietly or read.
- ▶ Avoid the news.
- ▶ Cut down on screen time.
- ▶ Get outside at least 20 minutes a day.
- ▶ Write one page in a journal.
- ▶ Get an acupuncture treatment.
- ▶ Get a massage.
- ▶ Get a facial.
- ▶ Bring a flower into your kitchen.
- ▶ Bless your food!



SELF CARE



To help minimize symptoms:

- Drink at least 8-12 glasses of water/liquids per day. Water should be filtered.
- Allow more time for sleep, and/or take a nap.
- Exercise daily to move energy and blood and to help fight off sluggishness, and promote sweating
- If you are irritable, or having trouble sleeping, a combination of calcium citrate (500 mg) and magnesium citrate (250 mg) , also Sleep-Ease can help
- For digestive issues, drink ginger or peppermint tea

SELF CARE

To Help Minimize Symptoms



- ▶ Take hot baths if you are feeling cold and dry off completely. Use olive oil to keep in the heat and soothe dry skin.
- ▶ Treat yourself to a massage, to help move and circulate stuck energy
- ▶ Give yourself a little extra time.... For everything...slow down and turn down the sounds around you if possible.
- ▶ Nourish yourself in new ways, buy flowers, read a good book, clean out a closet, watch a funny movie....

Preparation is the secret to success!

- Make sure you have plenty of abundant healthy supplies available.
- Clear out old food stuffs, processed foods, sweets, cookies, crackers, etc.
- If you are working outside the home, you will want to have containers to carry hot food and beverages.
- A small cooler is also helpful
- Plan your meals and snacks in advance as much as possible, and spoil yourself with high quality foods.
- Use only stainless steel or enameled cookware....no aluminum.

Preparation Day

- There is a shopping list in the booklet, on pages 32-33
- On the day or two before you start, cut down on caffeine if you drink coffee or black tea
- Have a regular day of eating but cut your intake of fat by 50%.
- Avoid refined flour and sugar products
- Add fresh fruits and vegetables
- Drink more water, healthy beverages.
- After 4 pm, have a very light supper, perhaps soup only.
- Go to bed early.

Diet-Detox...Phase Two



During Phase 2 you can add:

- ▶ **One cup of cooked whole grain every day** (brown rice, millet, quinoa, barley, etc.).
- ▶ **Up to five rice cakes per day.** The rice cakes should be plain (no added flavors) and unsalted. A bowl of air-popped popcorn can be substituted for the rice cakes if you prefer.
- ▶ **1/2 cup of unsalted almonds or seeds per day.** Almond butter, 1 Tbsp. is an alternative.
- ▶ **One teaspoon of miso** (a Japanese fermented soybean paste available in natural food stores) can be used as a condiment for soups, salad dressings, etc.
- ▶ **Explore, experiment, and have fun!**

A typical day on Phase Two

Start the day with the hot or cold lemon water, as in Phase One.

For Breakfast: Warm fruit or porridge with a few nuts, Beverage.

For Lunch: Hot Soup, Salad, Rice Cakes, Beverage.

For Dinner: Roasted Vegetables with grain, Salad, Soup, Beverage of choice.



Self care is the focus of Phase Two!

- ▶ Take time for naps.
- ▶ Move your body.
- ▶ Take time to sit quietly or read.
- ▶ Avoid the news.
- ▶ Cut down on screen time.
- ▶ Get outside at least 20 minutes a day.
- ▶ Write at least one page in a journal.
- ▶ Get an acupuncture treatment.
- ▶ Get a massage.
- ▶ Get a facial.
- ▶ Bring a flower into your kitchen.
- ▶ Bless your food!



Diet-Detox.....Phase Three

This phase you are providing a smooth transition into your future diet!

Any addition is **optional**. You can add:

- ❖ **Legumes** (such as lentils and beans)
- ❖ **Soybean products** (such as tofu or tempeh.)
- ❖ **Two small or one large potato**, instead of grains, twice a week.
- ❖ Vegan cheese in moderation.



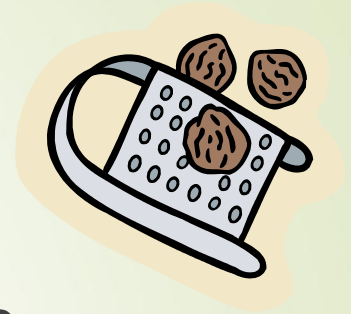
A typical day on Phase Three

Start the day with the hot or cold lemon water.

For Breakfast: Warm fruit or Porridge, Juice.

For Lunch: Hot Soup, Salad, Rice Cakes, Beverage.

For Dinner: A small amount of plant-based protein, roasted vegetables, Salad, Soup, Beverage of choice.



Self care is the focus of Phase Three!

- ▶ Take time for naps.
- ▶ Move your body.
- ▶ Take time to sit quietly or read.
- ▶ Avoid the news.
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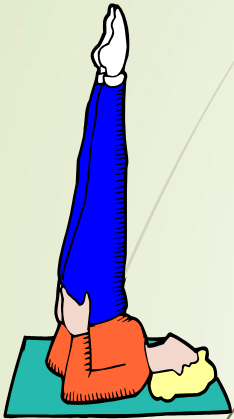


Helpful Tips & Suggestions:

- ❖ **Exercise** regularly, at least 20 minutes per day. If you already have an exercise routine, you can maintain it, but you may want to back off somewhat. Walking, swimming, jogging, yoga and stretching are all very beneficial during these two weeks as you want to keep things moving.
- ❖ **Sweating** helps to release toxins, a hot bath, or steam bath 3 -4 times a week is very helpful in addition to your moderate exercise.
- ❖ **Increase your sleep** allowing for more sleep on the cleanse diet will help all the systems of your body and mind.



More Helpful Tips & Suggestions:



It is important to keep the intestines moving regularly and to sweep their walls with high fiber and living foods of fruits and vegetables. If you do not move your bowels, you must consider a supplement. It is unacceptable to not move your bowels every day.

For those have a tendency to feeling cold:

- Eat warm foods, baked, steamed, roasted, and use oil. You can have some raw, but always have it with the cooked.




Relaxation:

■ It is a good idea to use a guided relaxation exercise. Listen to this for 10 – 20 minutes every day as a stress management aid.

Quiet time: Take time to read uplifting and motivational books or keep a personal diary. This can provide mental and emotional support.

Supplement suggestions:

- ***Green Power Drink***
- ***Broccoli Sprout Capsules***
- ***Green Tea Trim***
- ***Easy Move Formula (for constipation)***



Body, Mind, Spirit

When we cleanse our body, other aspects of ourselves will be called forward.

It is helpful to know this in advance and prepare:

Mentally – if doubts creep in, uplift and motivate yourself with documentaries, reading, and like-minded people.

Emotionally – Our emotions play a large role in our food habit patterns. When you change it up, even for a short time, emotional material might appear. Expect this and take this time to observe your patterns. Journaling can be helpful.

Physical surroundings – you may find yourself wanting to organize your surroundings...this is a great time to clean out closets and get rid of stuff you don't need.

Spiritually – During a cleanse, our nervous systems gradually quiet down. This makes it easier to read uplifting books, meditate, keep track of our dreams, create affirmations or vision boards, take quiet time.

The Master Cleanser

- ▶ This is a drink you can drink all day, hot or cold.
- ▶ The lemons are cleansing and astringent, the maple syrup provides some calories, and the cayenne pepper promotes sweating. It tastes good too.
- ▶ Juice of 1 or 2 lemons, or use bottled lemon juice, 2-3 tablespoons
- ▶ Pinch of cayenne pepper
- ▶ Up to 1 tablespoon of pure maple syrup
- ▶ ½ to 1 cup of hot water; or use warm water.
- ▶ Sip slowly if hot
- ▶ 4-8 glasses a day while fasting.
- ▶ A good remedy for sore throats and colds.

Why Organic?



Studies show that vegetables grown in organic soil have many more vitamins and trace elements than conventionally-grown food and, of course, are not treated with any noxious chemicals. The health benefits we need.

- Many fruits and veggies especially during the winter are grown out of the U.S. where many of the herbicides and pesticides are not considered safe by our FDA and are even banned for use in the U.S. Yet they can be used in Costa Rica or Chile and then shipped to the U.S.

25 Most Important Foods to Buy Organically



Fruits

- ▶ Strawberries
- ▶ Bananas
- ▶ Peaches, Cherries, Nectarines, Apricots
- ▶ Apples
- ▶ Grapes
- ▶ Melons
- ▶ Red Raspberries
- ▶ Imported Produce

Vegetables

- ▶ Bell Peppers
- ▶ Leafy Greens – Lettuces
- ▶ Spinach
- ▶ Green Beans
- ▶ Tomatoes
- ▶ Cucumbers

Grains

- ▶ Rice
- ▶ Corn
- ▶ Oats
- ▶ Whole Wheat

Protein Foods

- ▶ Eggs
- ▶ Seafood, Meats

Beverages

- ▶ Coffee
- ▶ Wine

Other

- ▶ Baby Foods
- ▶ Milk and Butter

The Acid/Alkaline Paradigm



- ▶ The optimal ph balance for our bodies is 7.4.
- ▶ The typical American diet is too high in acid producing foods – and can create health problems over time.
- ▶ Viruses and bacteria thrive in an acidic environment; infections, inflammations, and other degenerative illnesses can arise out of overly acidic condition.

Problems of Acidity



- Common ailments include: headaches, arthritis, allergies, depression, hot flashes, digestive problems, skin problems, rashes, lack of energy, lowered immune response
- The body will leach calcium from bones to alkalize itself
- It will also deplete its potassium reserves
- If you lose these minerals, the body cannot absorb the proper nutrients from food, nor can supplements be absorbed

Which foods are acidic?



- Extreme acid: Meat, Fish, Eggs, Soft drinks, White Sugar
- Mild Acid: Grains, Nuts, Seeds, Legumes
- Neutral: Milk, Oils, Yogurt (plain)
- Mild Alkaline: Fruits, Vegetables, Berries, Dairy
- Strongly Alkaline: Calcium, Magnesium, Potassium

ALKALIZE with a healthy diet

- The diet-detox program will alkalize you
- It will provide more nutrients and oxygen to the body.
- Fruits and vegetables will alkalize.
- Relaxed eating, moderate exercise, rest and calming activities will alkalize.



Phase One Liver Enzymes --- pick up the trash



Phase Two Liver Enzymes – Make it safe to eliminate



Phase Two Enzymes – Carry it away



Phase 1 enzymes neutralize toxins by various routes, some of these convert toxins into substances that are immediately eliminated

Other Phase 1 enzymes convert certain toxins into intermediate products which require further treatment before they are excreted

Phase 2 enzymes do this vital job.

They deactivate these carcinogenic metabolites and eliminate them once and for all.

It is vitally important to keep our livers functioning well to accomplish these powerful mechanisms.

Phase 1
and Phase 2
Liver
Enzymes

Our Amazing Liver



- The primary focus of the detox program is the liver.
- The following is an indicator of imbalance in liver potential and that the body is compromised in how it processes fats:
- High cholesterol and triglyceride levels
- Blocked arteries, high blood pressure, heart attack and stroke
- There can be a build up of fat in other organs, or lumps of fat under the skin
- Weight gain and difficulty losing weight even while dieting
- Sluggish metabolism, cellulite, and a roll of fat around the upper abdomen are all indicators that fats are not metabolizing well.

Symptoms of a sluggish liver

- Brain fog
- Fatigue
- Weight gain
- Seasonal affective disorder
- Irritability
- High blood pressure
- High cholesterol
- Anxiousness
- Acne
- Bloating
- Constipation
- Diabetes
- Depression
- Heart palpitations
- Gout
- Eczema
- Psoriasis
- Jaundice
- Hepatitis
- Cirrhosis
- Anger
- Etc.

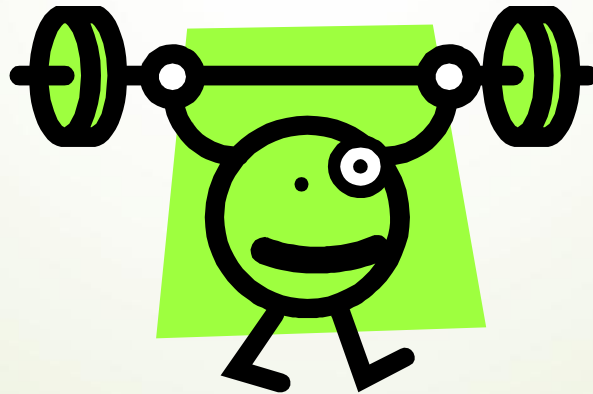
Let's talk about our AMAZING LIVER!!!



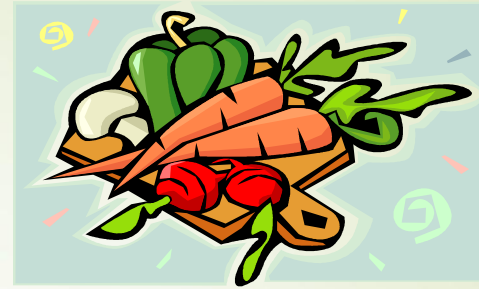
- **The liver is the body's toxin filter.** Filtering over one-liter-of-blood-a-minute
- The liver filters medications, pesticides, fungicides, cleaning products, solvents, plastics, chronic dehydration, viral and bacterial waste matter, excess fat from unproductive foods... and more....
- **It metabolizes *internal and external toxins*** harmful bacteria, fungi, viruses and parasites, while breaking down our hormones such as testosterone and estrogen, preventing build ups, that could lead to PMS or mood swings, and other hormonal imbalances.

Our liver is remarkable!

It is designed to convert fat-soluble chemicals into water-soluble chemicals so that they may then be easily excreted from the body via watery fluids such as bile and urine. Even modern synthetic chemicals, never seen before in the millions of years of evolution can be broken down!



Protection with Vegetables and Fruits



- @ **It is vitally important to keep Phase 2 enzymes operating well.** This is where sulforaphane plays its cancer preventive role. Sulforaphane is a powerful inducer of Phase 2 enzymes.
- @ **Broccoli Sprouts** have been shown to be the most available source of this valuable compound.
- @ Broccoli and other vegetables do keep us healthy and can be a powerful weapon against toxins.
- @ Protective phytochemicals come from thousands of naturally occurring chemicals in vegetables.



More
indicators of
Liver
Imbalance

- **Blood sugar problems**
 - Craving for sugar
 - Hypoglycemia and unstable blood sugar levels
 - Mature onset of diabetes (Type II is common in those with a fatty liver)
- **Nervous system problems**
 - Depression
 - Mood changes, anger, irritability
 - Poor concentration
 - Overheating in the body, especially face and torso
 - Recurrent headaches (including migraines) associated with nausea

What else do we know about the liver?

- ▶ A healthy liver is the ultimate de-stressor, the ultimate anti-aging, and the ultimate safeguard against a toxic world.
- ▶ It is key to emotional, mental, physical and spiritual well being.
 - ▶ It's the smoother outer.





The Average American Annually Consumes:

- ▶ 46 slices of pizza
- ▶ 200 pounds of meat
- ▶ 607 pounds of milk and dairy products
- ▶ 57 gallons of pop
- ▶ 8,000 teaspoons of added sugar
- ▶ 79 pounds of fat

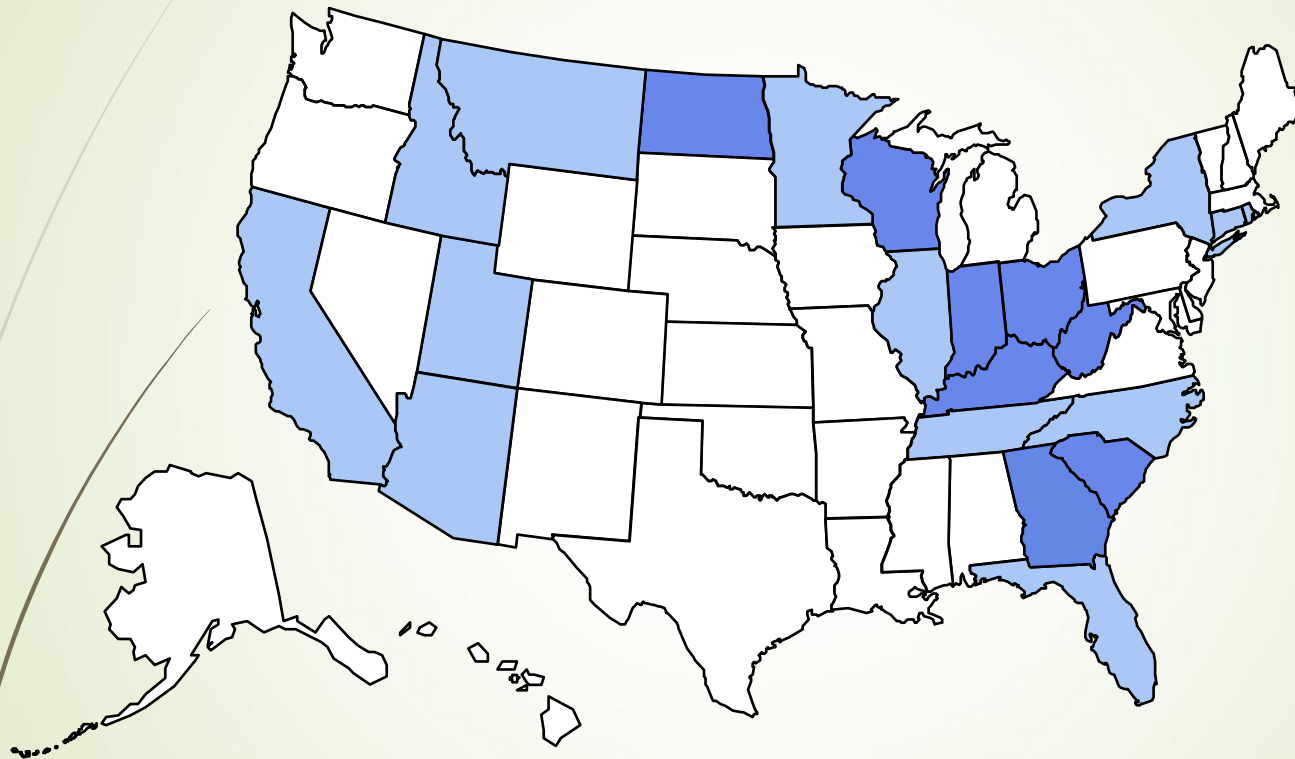
As a nation we eat:

*4.5 billion pounds of hamburger and 2
billion pounds of chips*

Obesity Trends* Among U.S. Adults

BRFSS, 1985

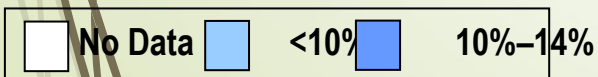
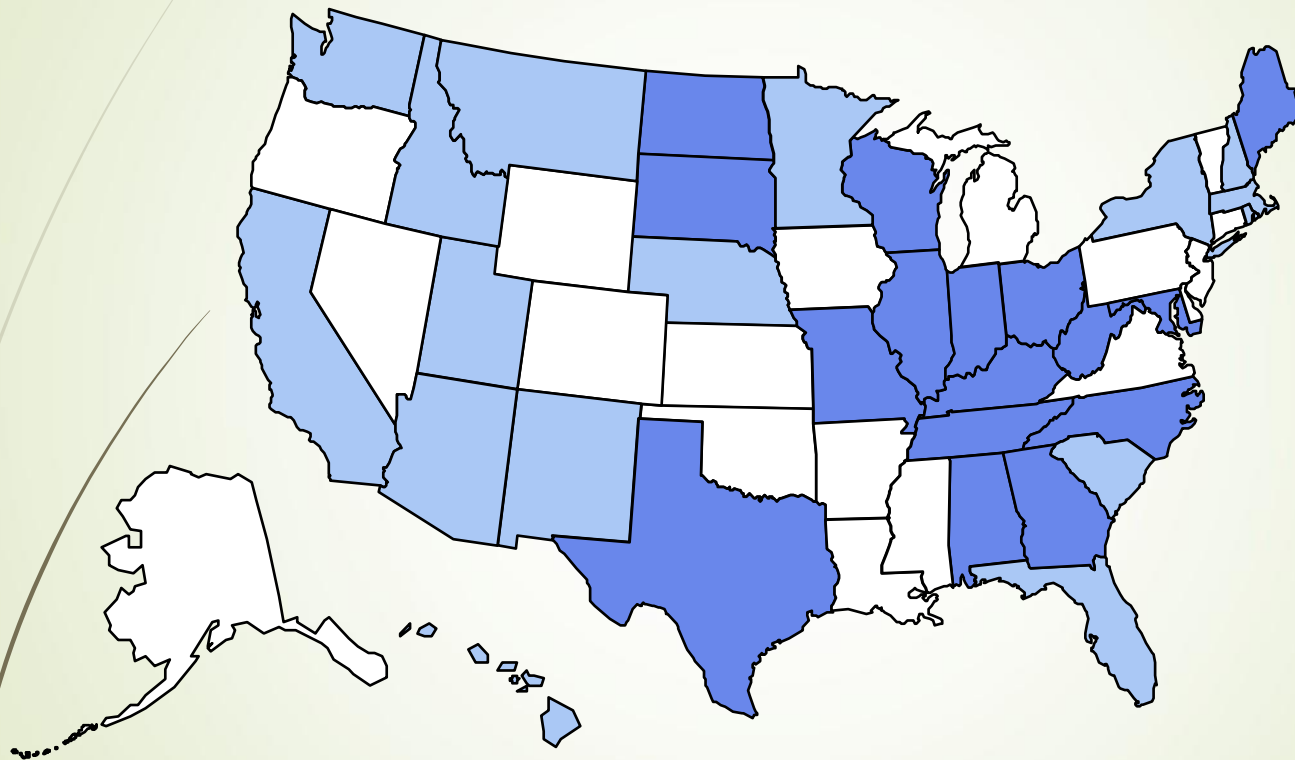
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Obesity Trends* Among U.S. Adults

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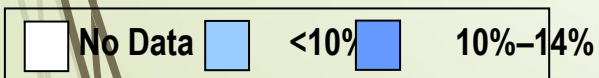
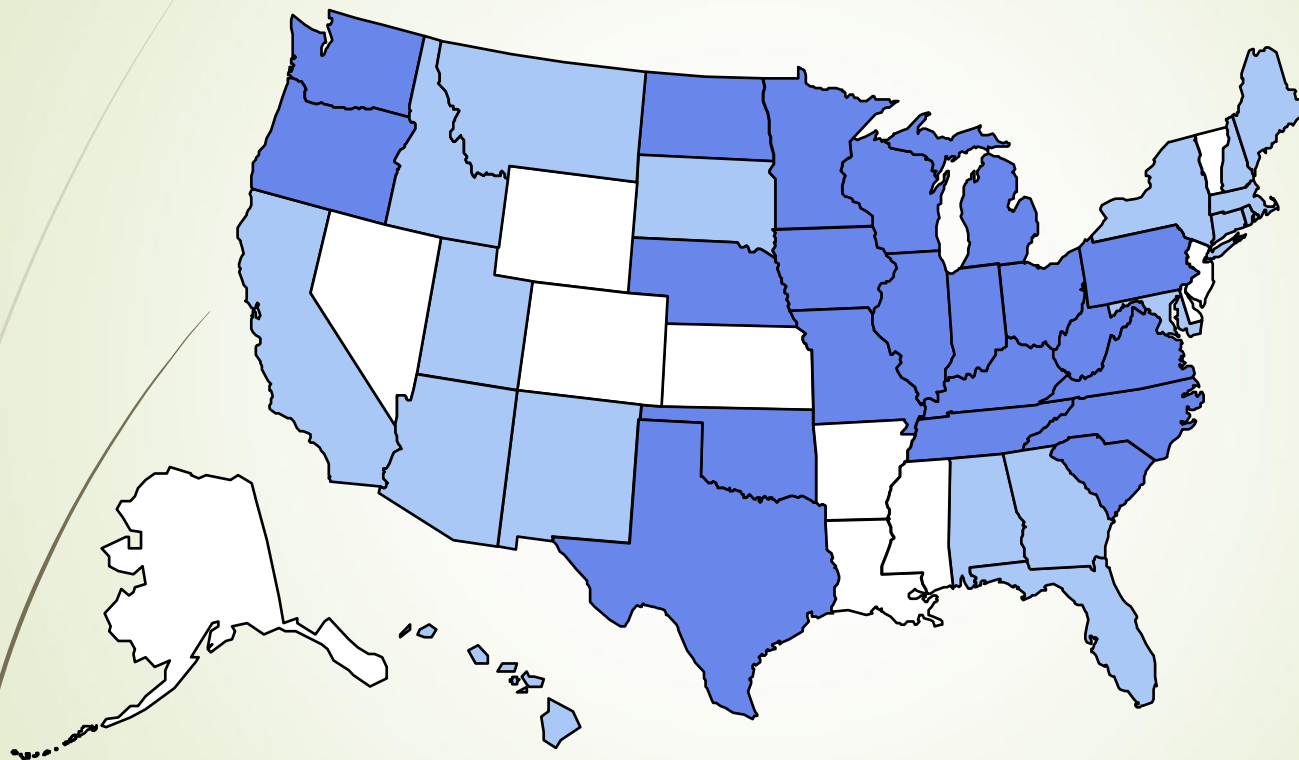
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Obesity Trends* Among U.S. Adults

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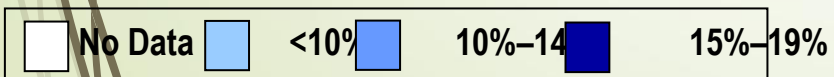
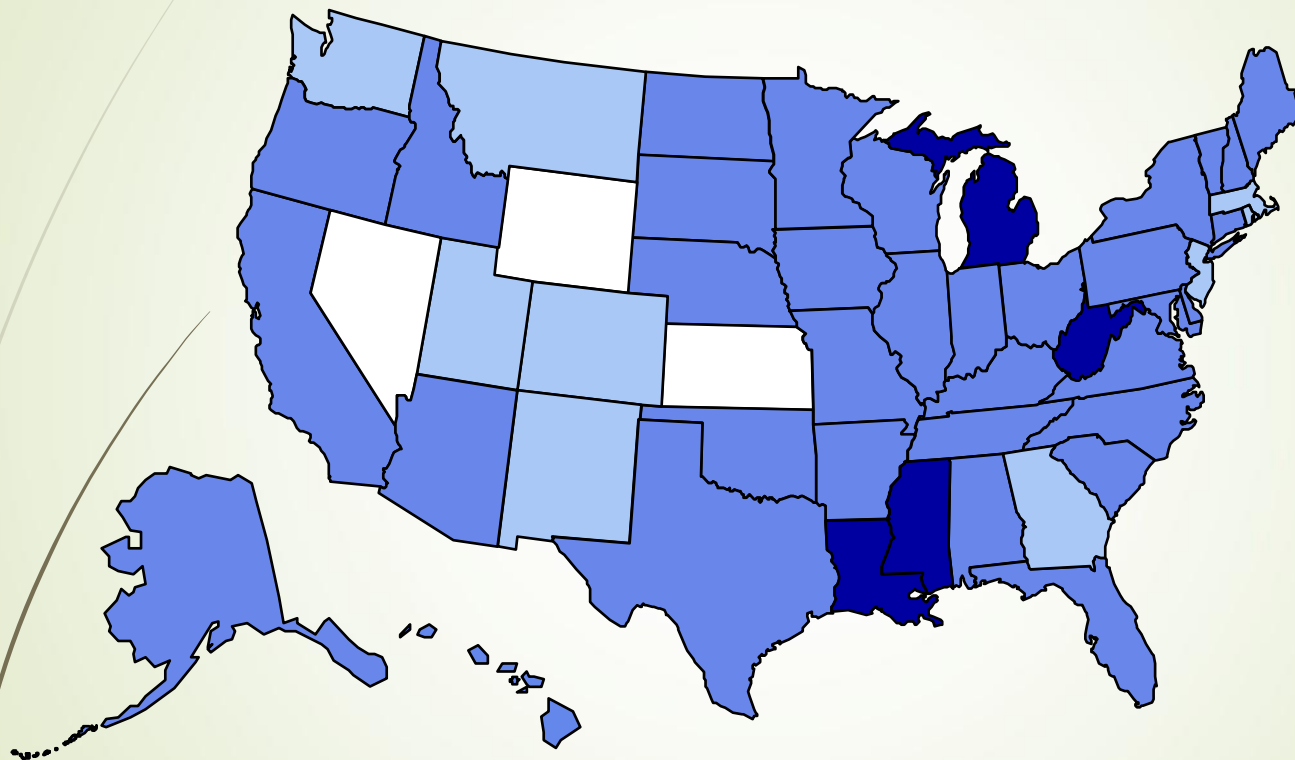
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Obesity Trends* Among U.S. Adults

BRFSS, 1991

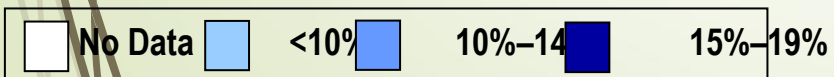
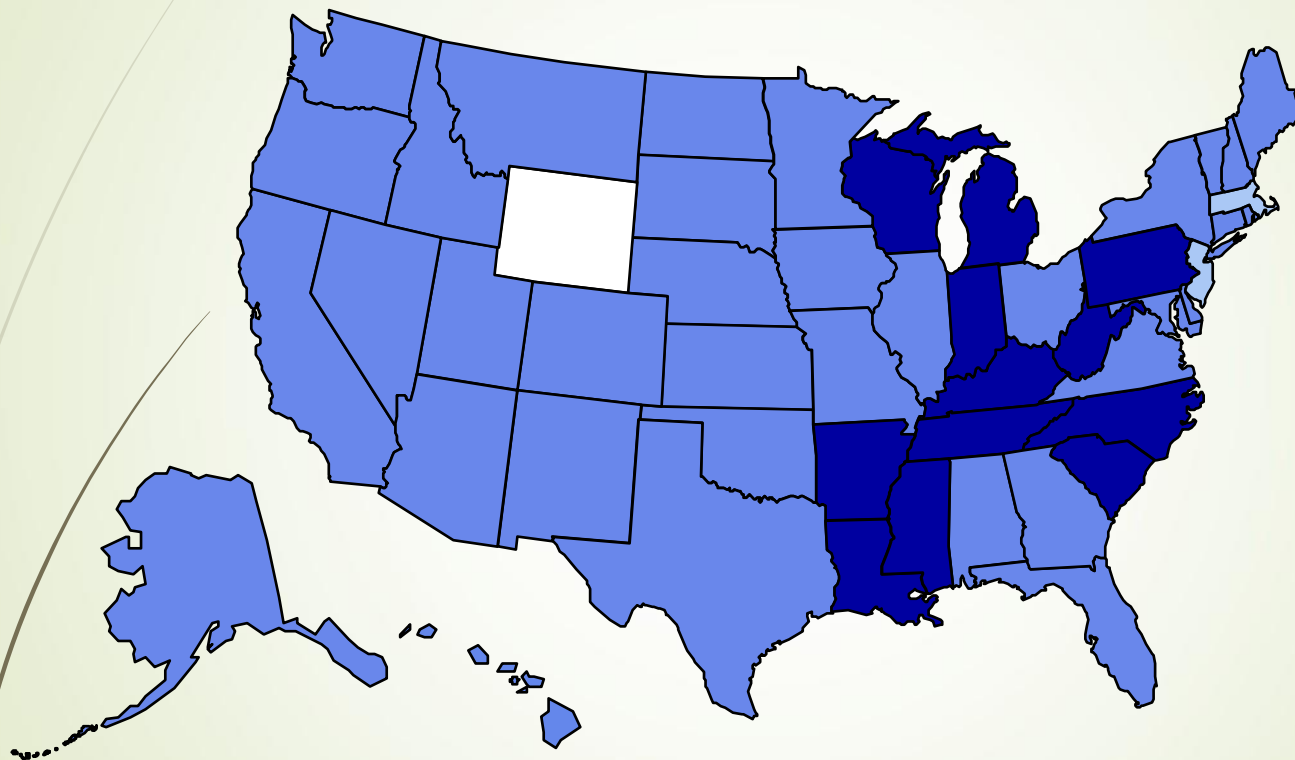
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Obesity Trends* Among U.S. Adults

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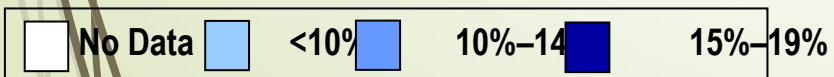
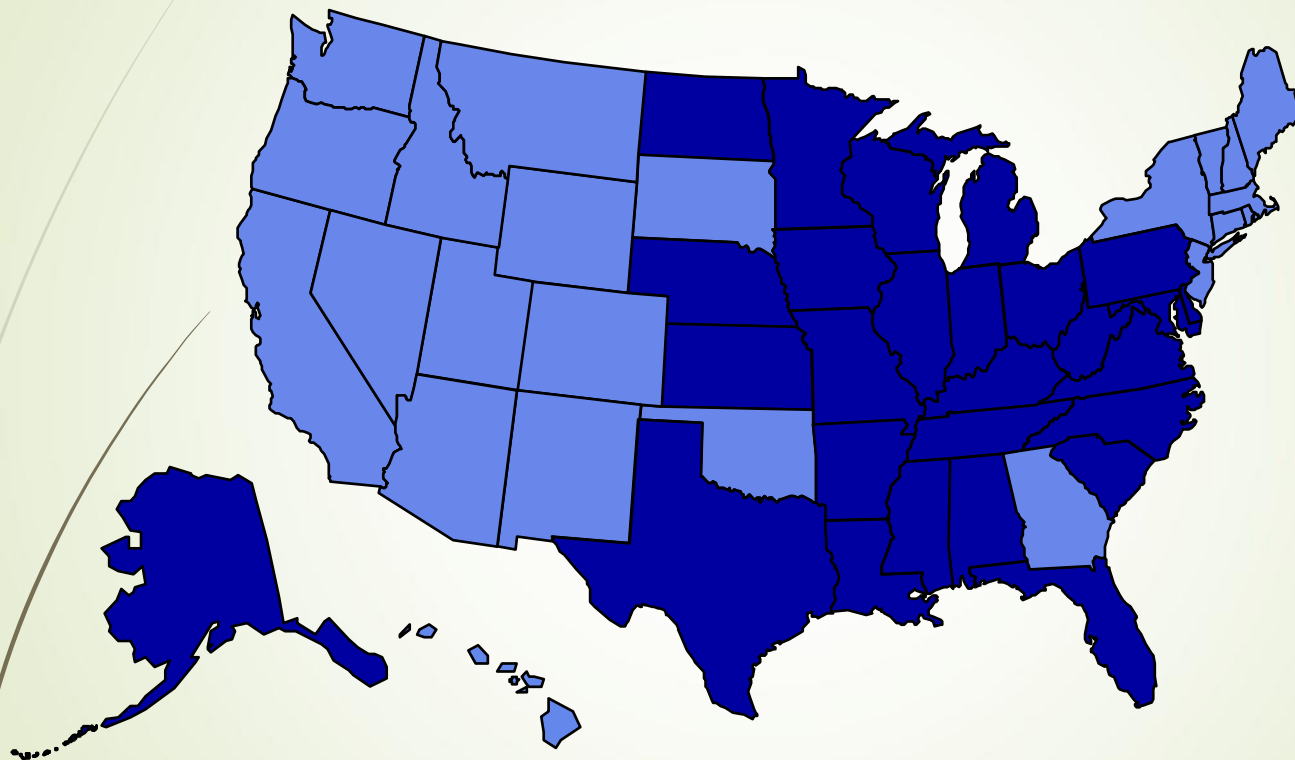
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Obesity Trends* Among U.S. Adults

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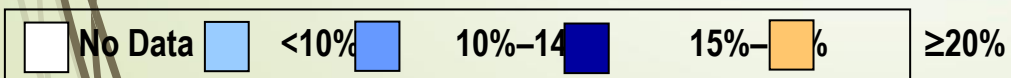
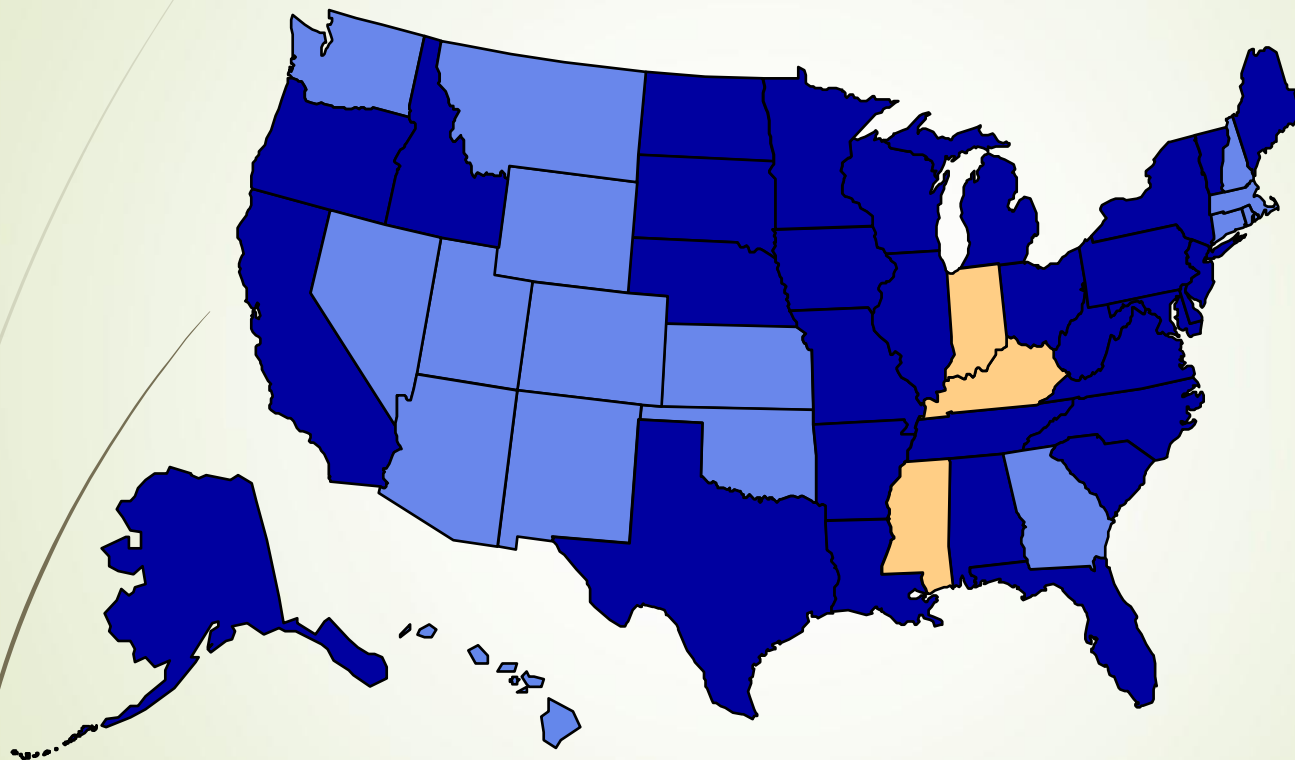
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Obesity Trends* Among U.S. Adults

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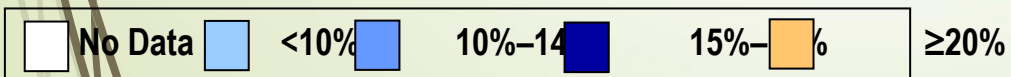
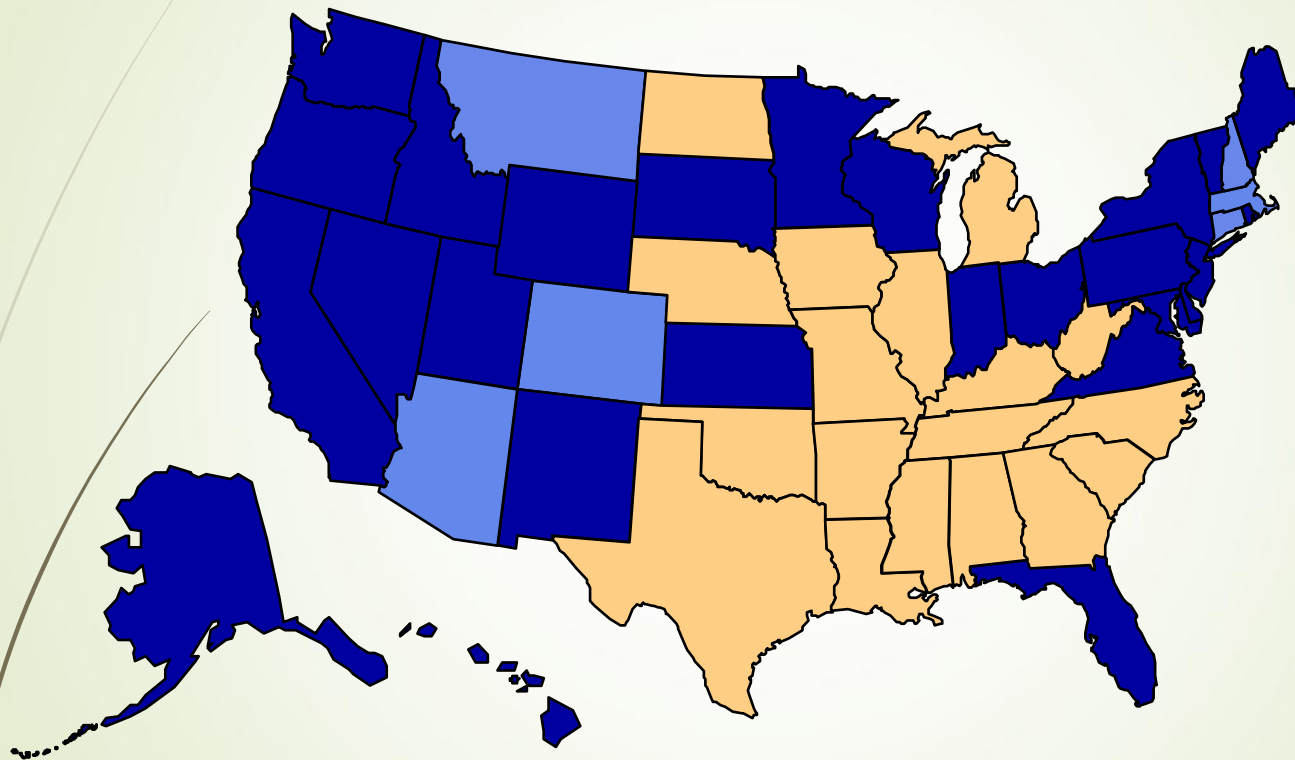
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Obesity Trends* Among U.S. Adults

BRFSS, 1999

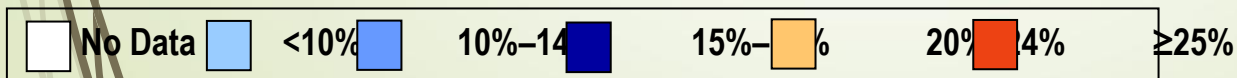
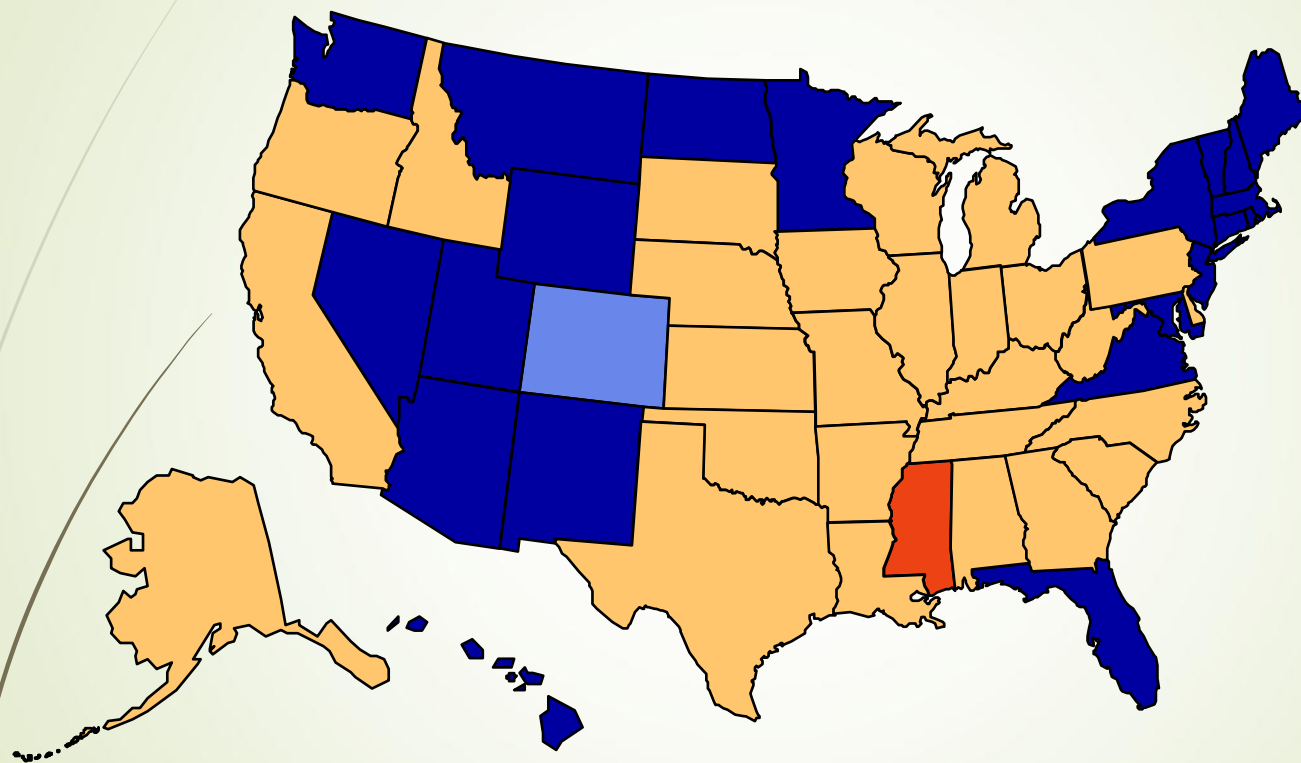
(*BMI ≥ 30 , or ~ 30 lbs. overweight for 5' 4" person)



Obesity Trends* Among U.S. Adults

BRFSS, 2001

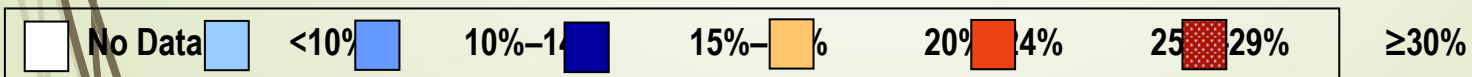
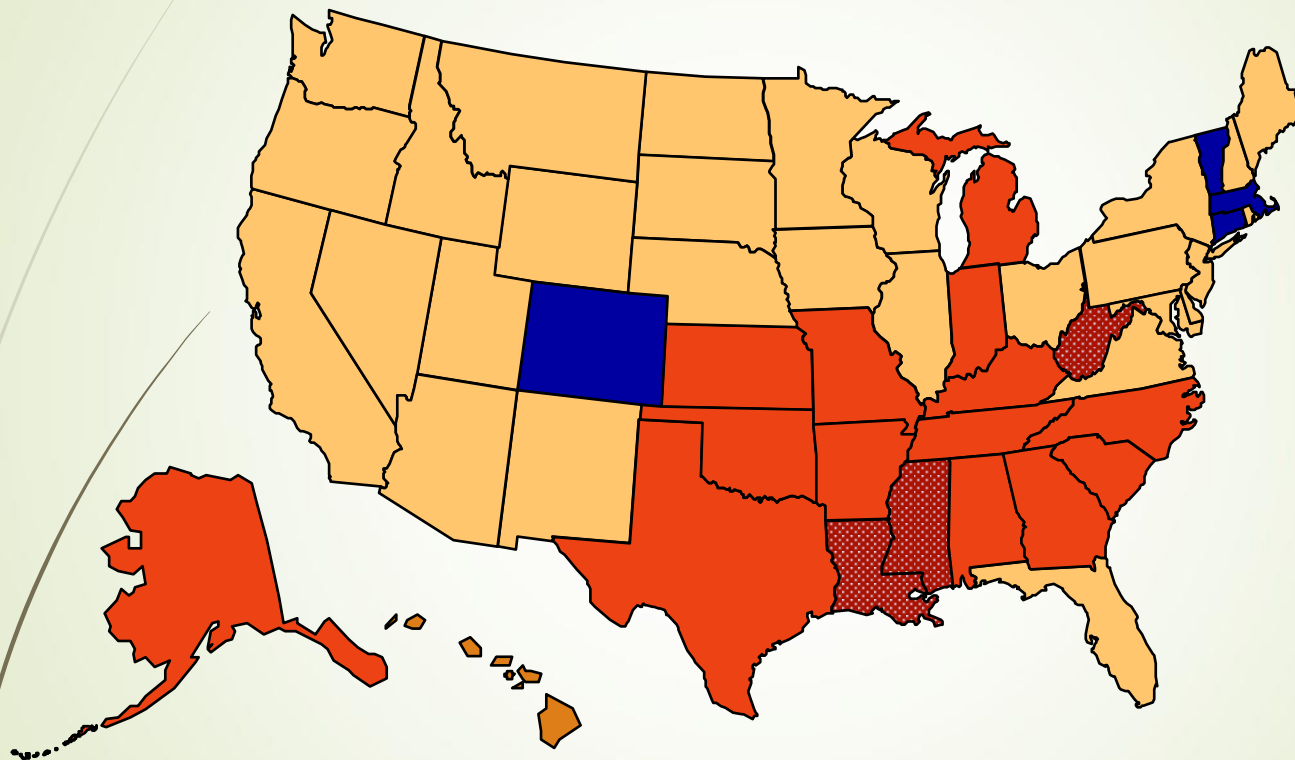
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Obesity Trends* Among U.S. Adults

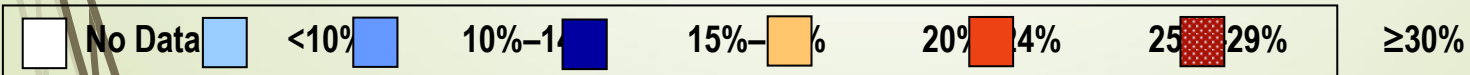
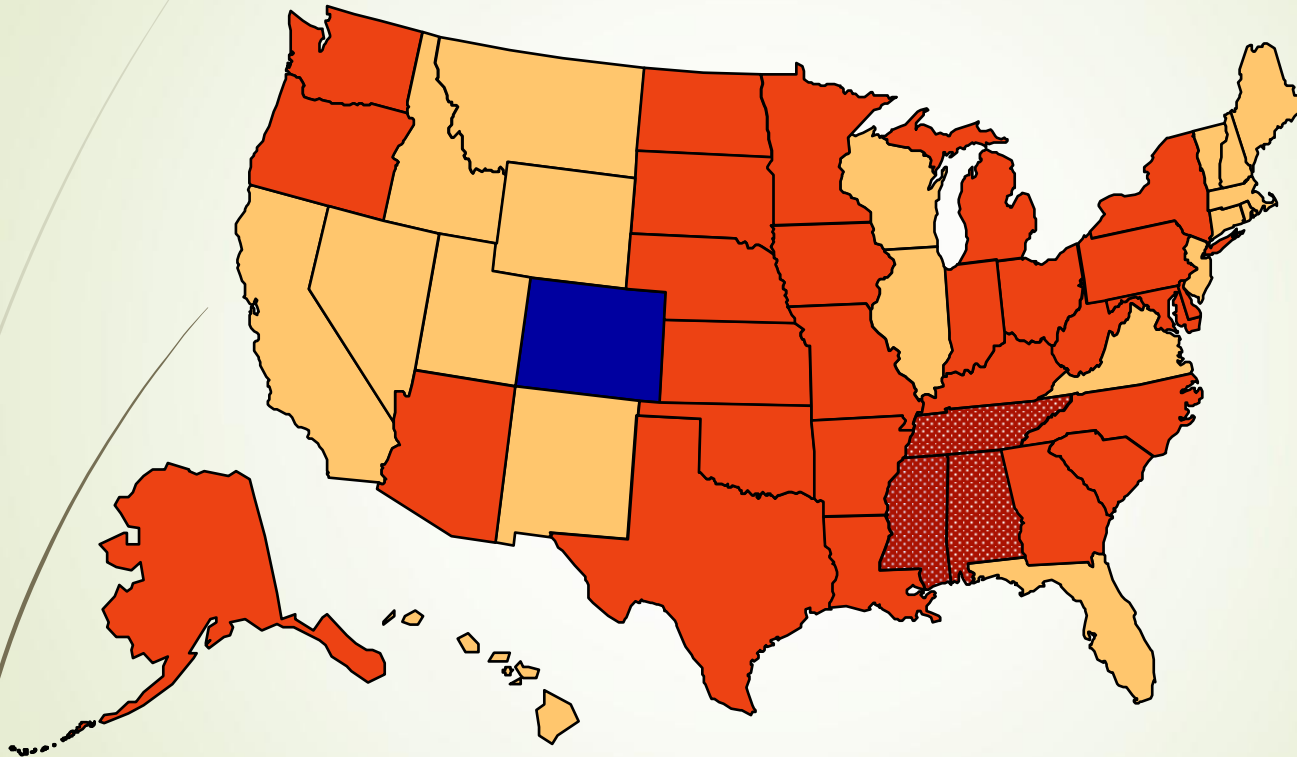
BRFSS, 2005

(*BMI ≥ 30 , or ~ 30 lbs. overweight for 5' 4" person)



Obesity Trends* Among U.S. Adults BRFSS, 2007

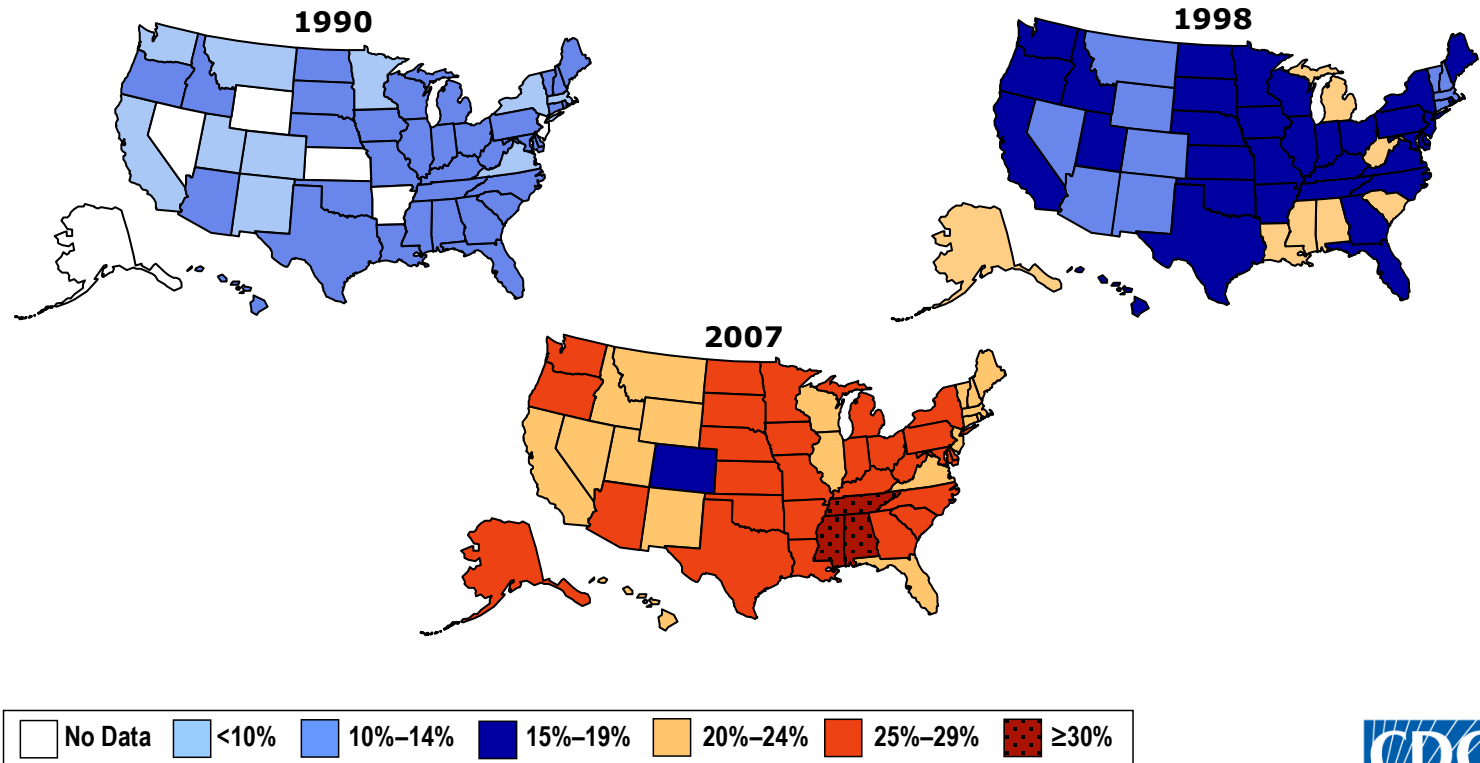
(*BMI ≥ 30 , or ~ 30 lbs. overweight for 5' 4" person)



Obesity Trends* Among U.S. Adults

BRFSS, 1990, 1998, 2007

(*BMI ≥ 30 , or about 30 lbs. overweight for 5'4" person)

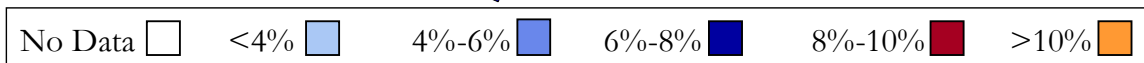
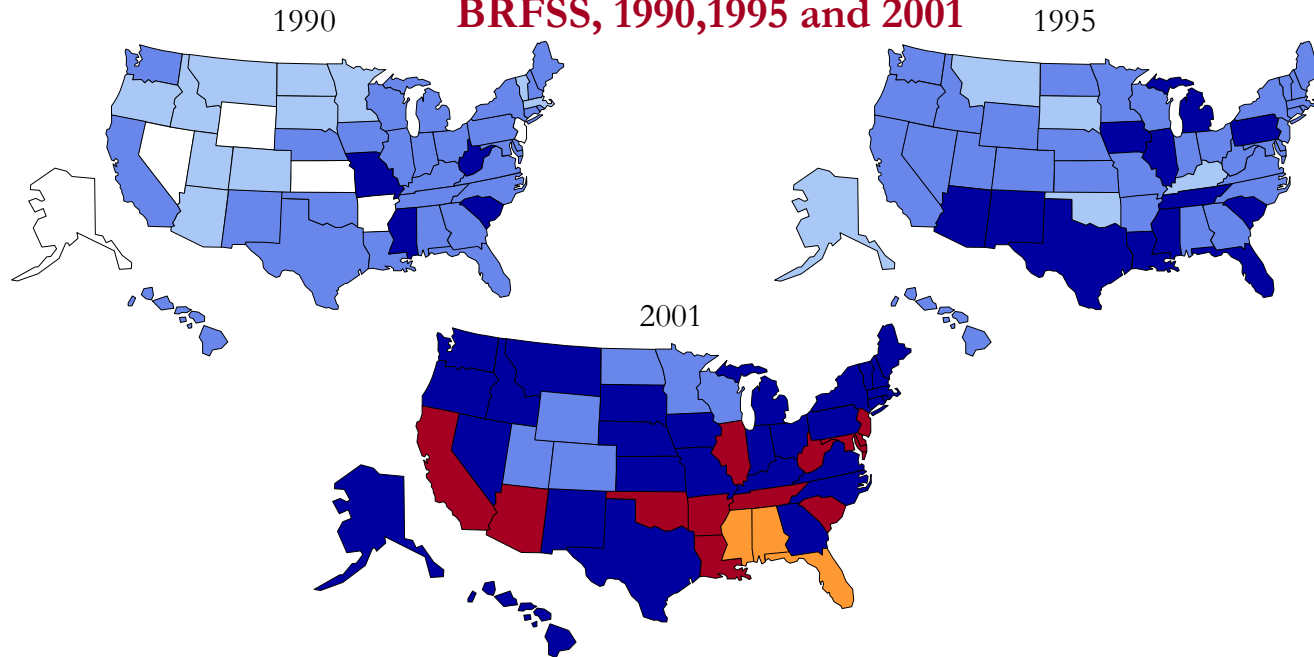


Source: CDC Behavioral Risk Factor Surveillance System.



Diabetes Trends* Among Adults in the U.S., (Includes Gestational Diabetes)

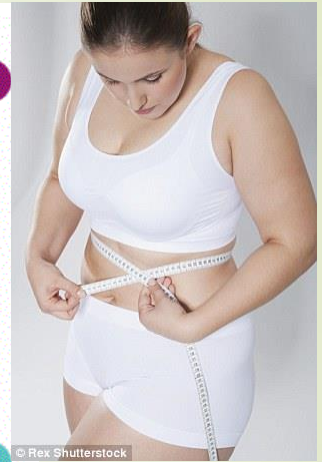
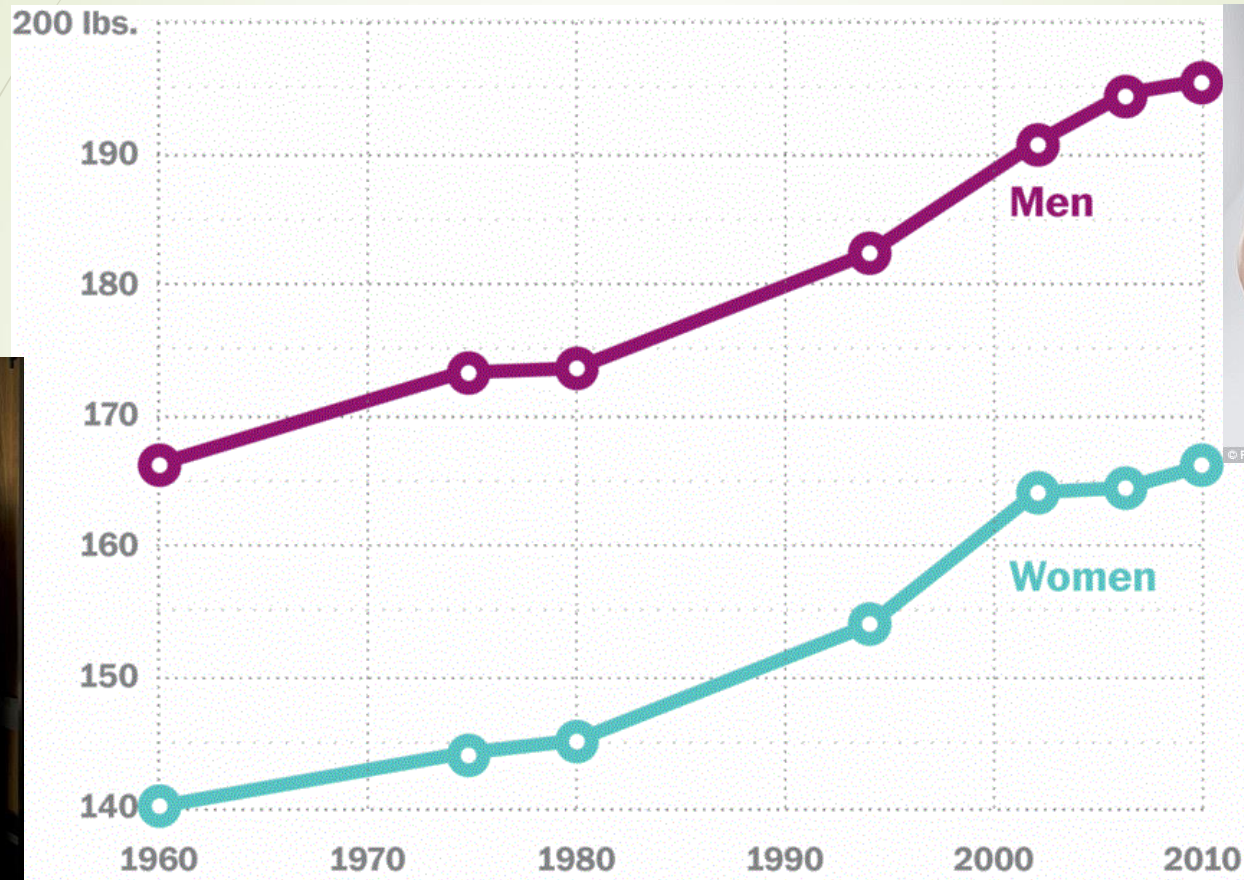
BRFSS, 1990, 1995 and 2001



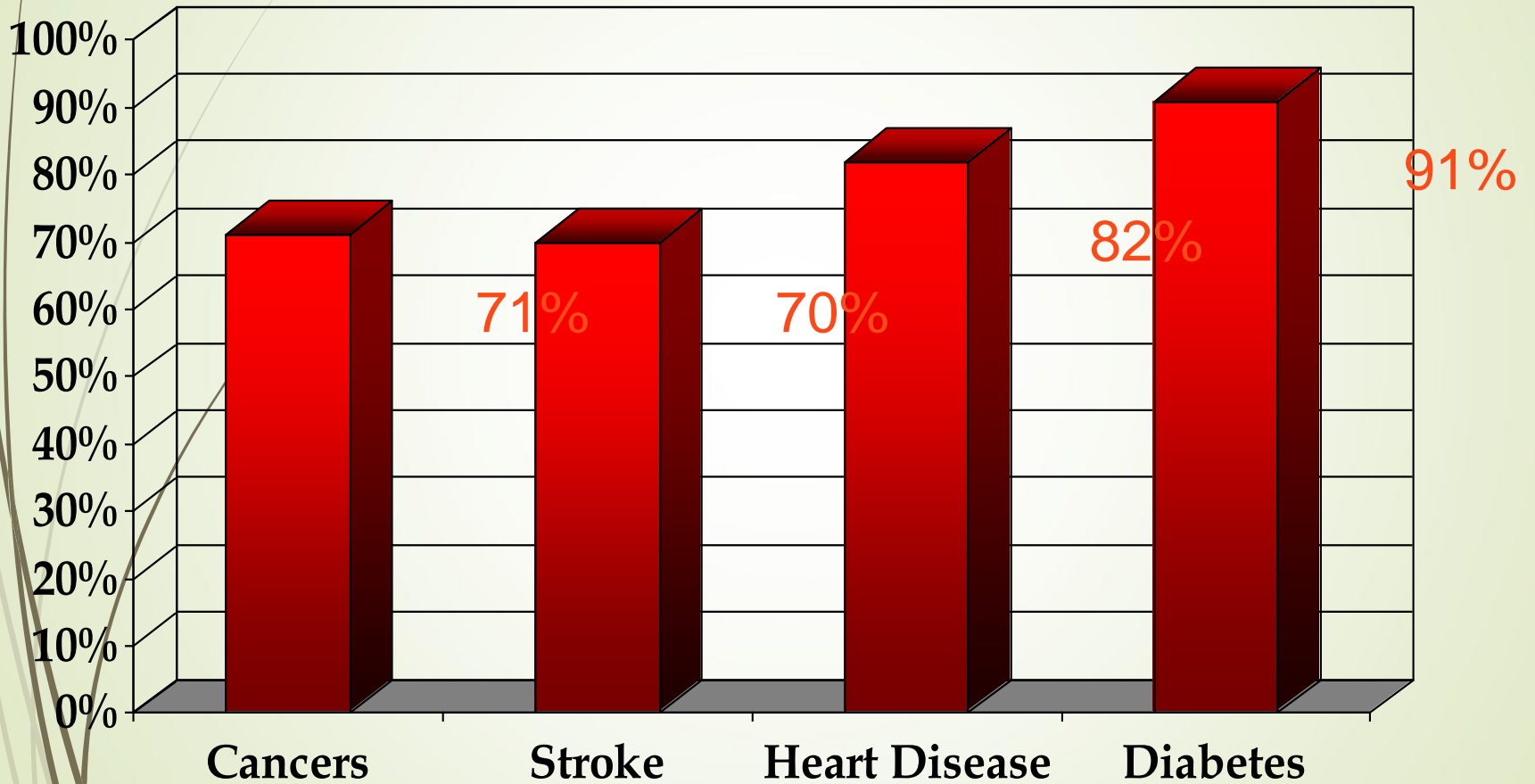
Source: Mokdad et al., *Diabetes Care* 2000;23:1278-83; *J Am Med Assoc* 2001;286:10.



The average American woman today, weighs as much as the average American man in the 1960s



Percent of Chronic Diseases That Are Caused by an Unhealthy Lifestyle

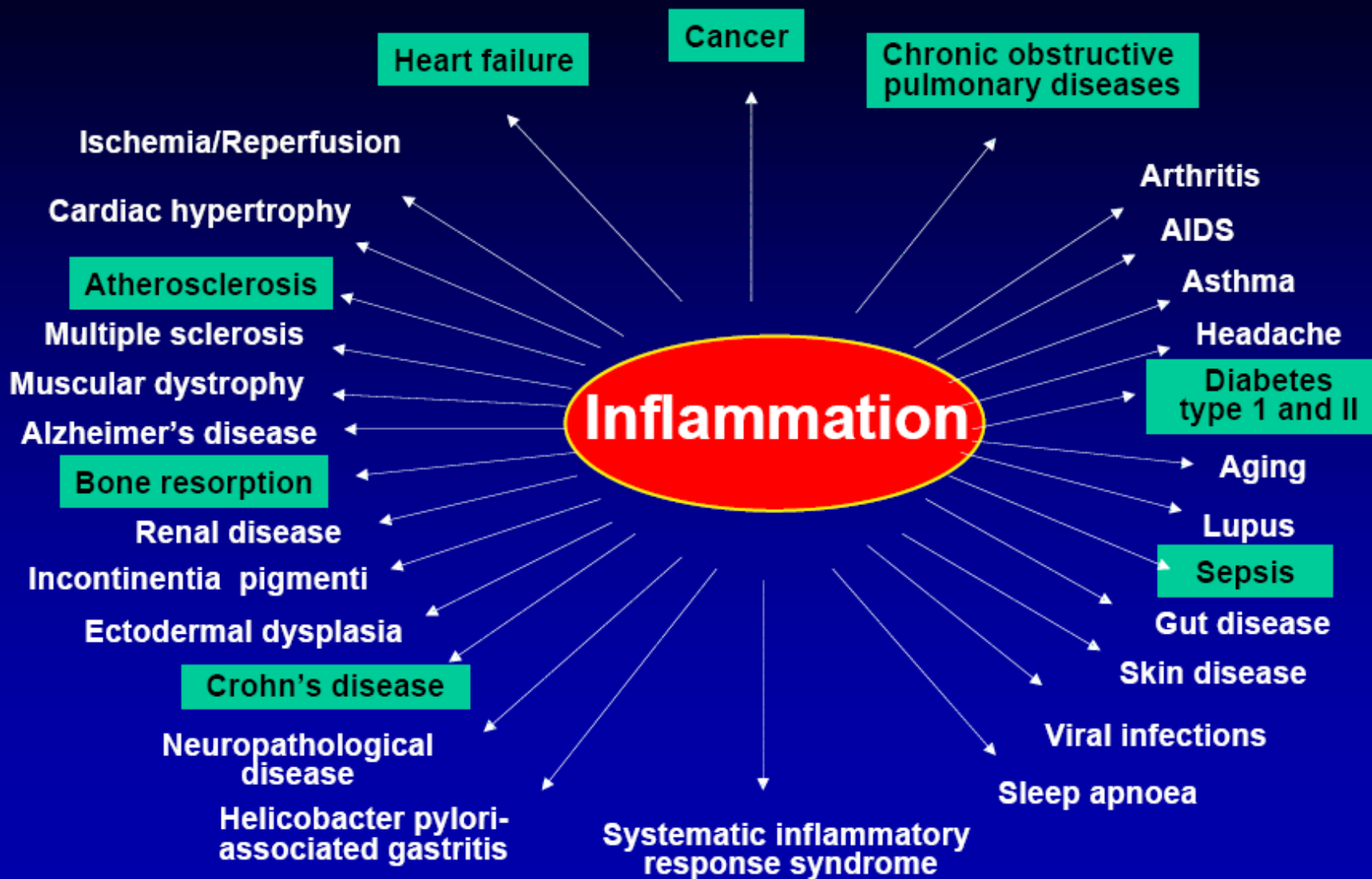


The Power of Phyto-Nutrients in our Diet

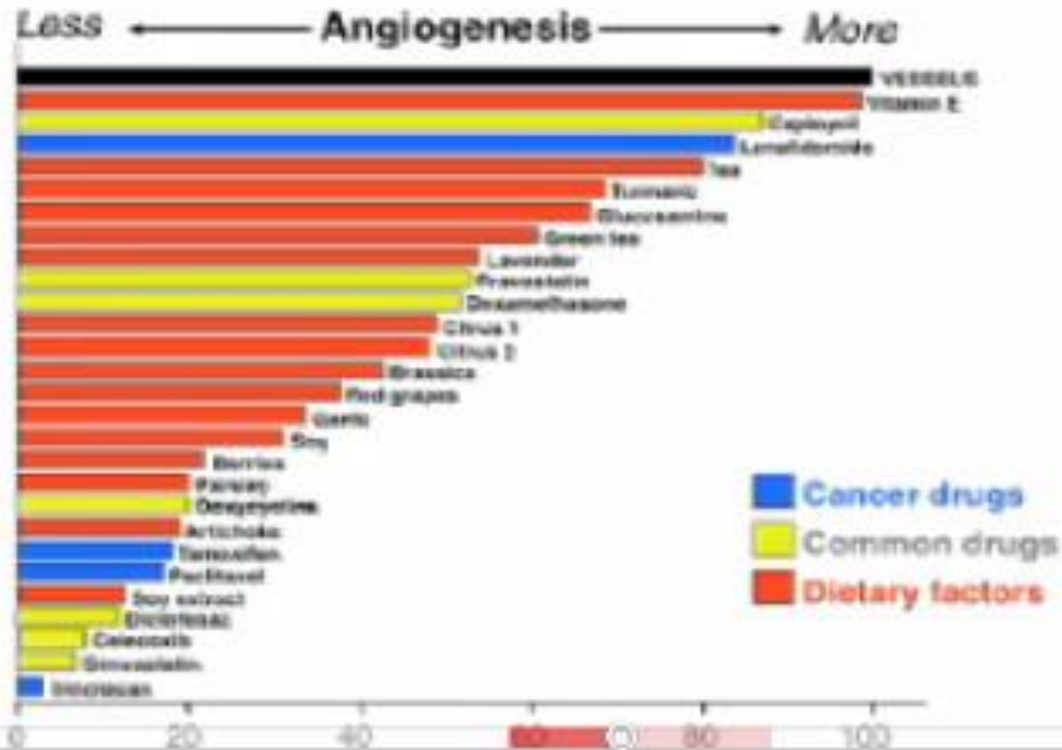
- ▶ **Green Tea– 3 cups a day 50% reduction** reduced risk of relapse of Breast cancer or Prostate cancer
- ▶ **Simple changes in Nutrition and exercise**
 - ▶ reduced cancer by 40% according to a World Cancer Fund that synthesized several thousand studies.
 - ▶ 60% reduction in cancer mortality (20,000 people followed over 11 years)
 - ▶ Increased life expectancy by 14 years.
 - ▶ 68% decreased mortality in breast cancer spread to lymph.

Source: *Anticancer*, David Servan-Schreiber, MD, PhD.

Inflammation has been linked to several diseases



Anti-Angiogenic Phyto-Nutrients out-perform drugs

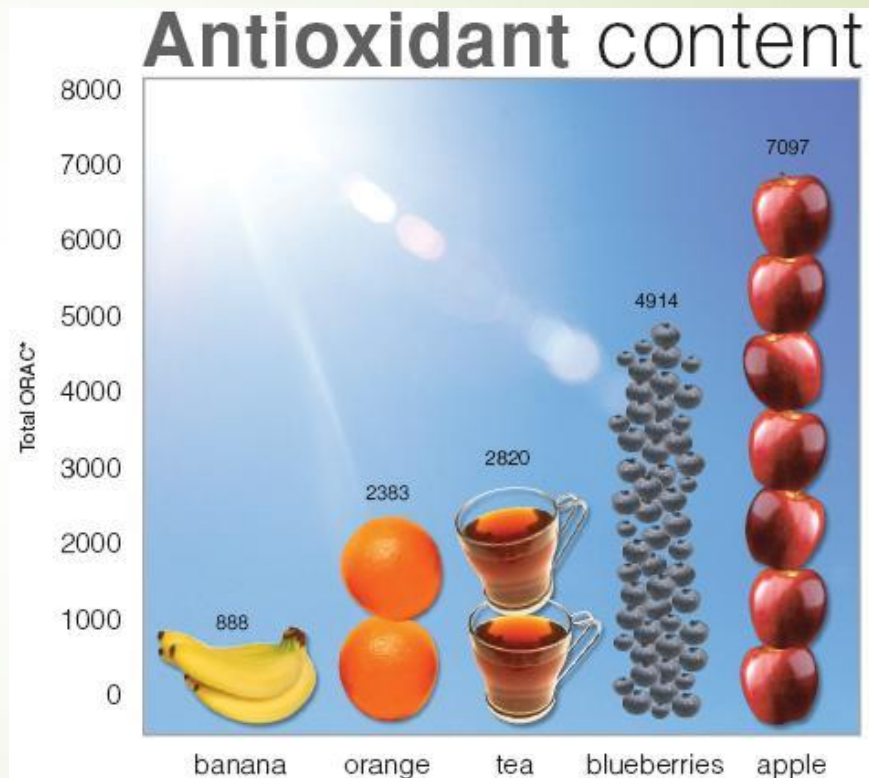


14:27 / 24:11

360p

Some Good Phytochemicals to combat Bad Free Radicals

- ▶ Sulphuraphane
- ▶ Carotenoids
- ▶ Beta-carotene
- ▶ Lycopene
- ▶ Delphinidins
- ▶ There are over 100,000 different phytochemicals, we know of 5,000 in Foods and Nutritional Supplements.



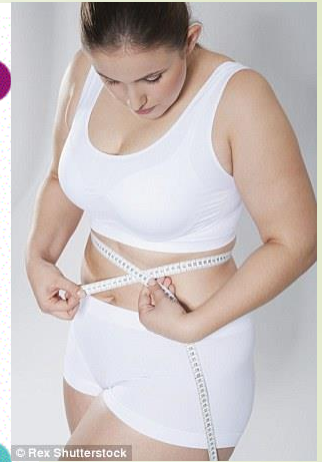
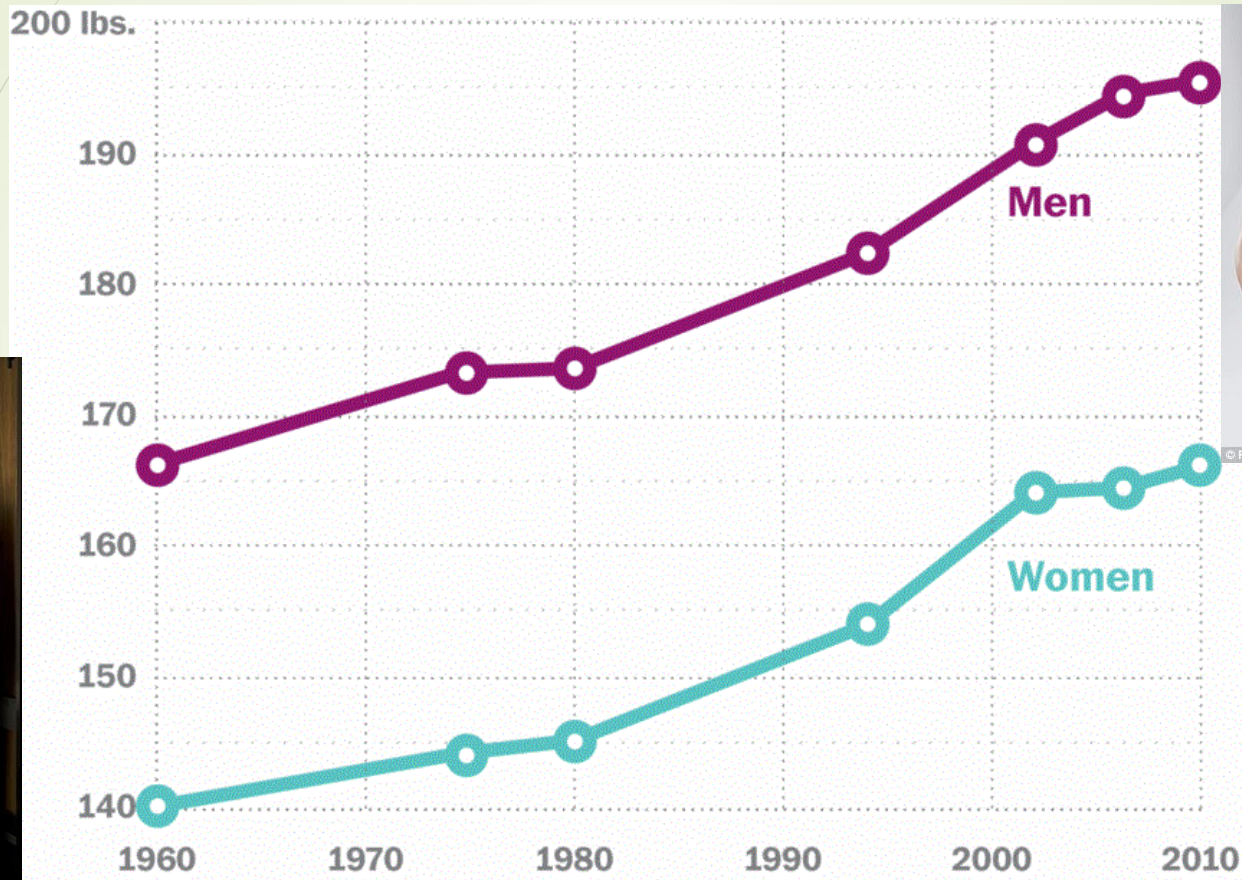
Based upon medium size apple, banana and orange**, 75 g of blueberries and 250ml cup of tea.

*Total ORAC (Oxygen Radical Absorbance Capacity) US Dept. of Agriculture, ORAC of Selected Foods, November 2007.

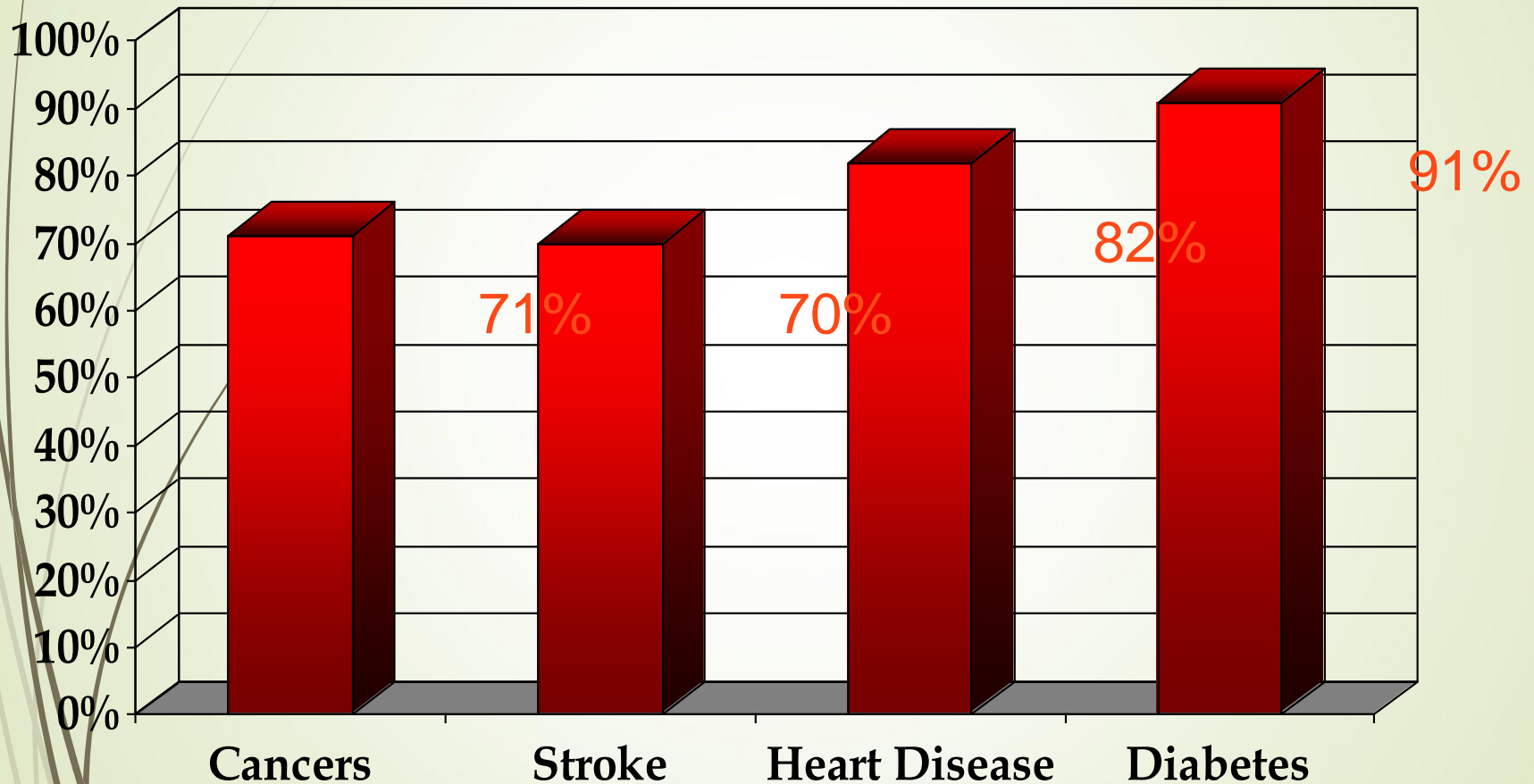
** Go for 2 and 5 web site.



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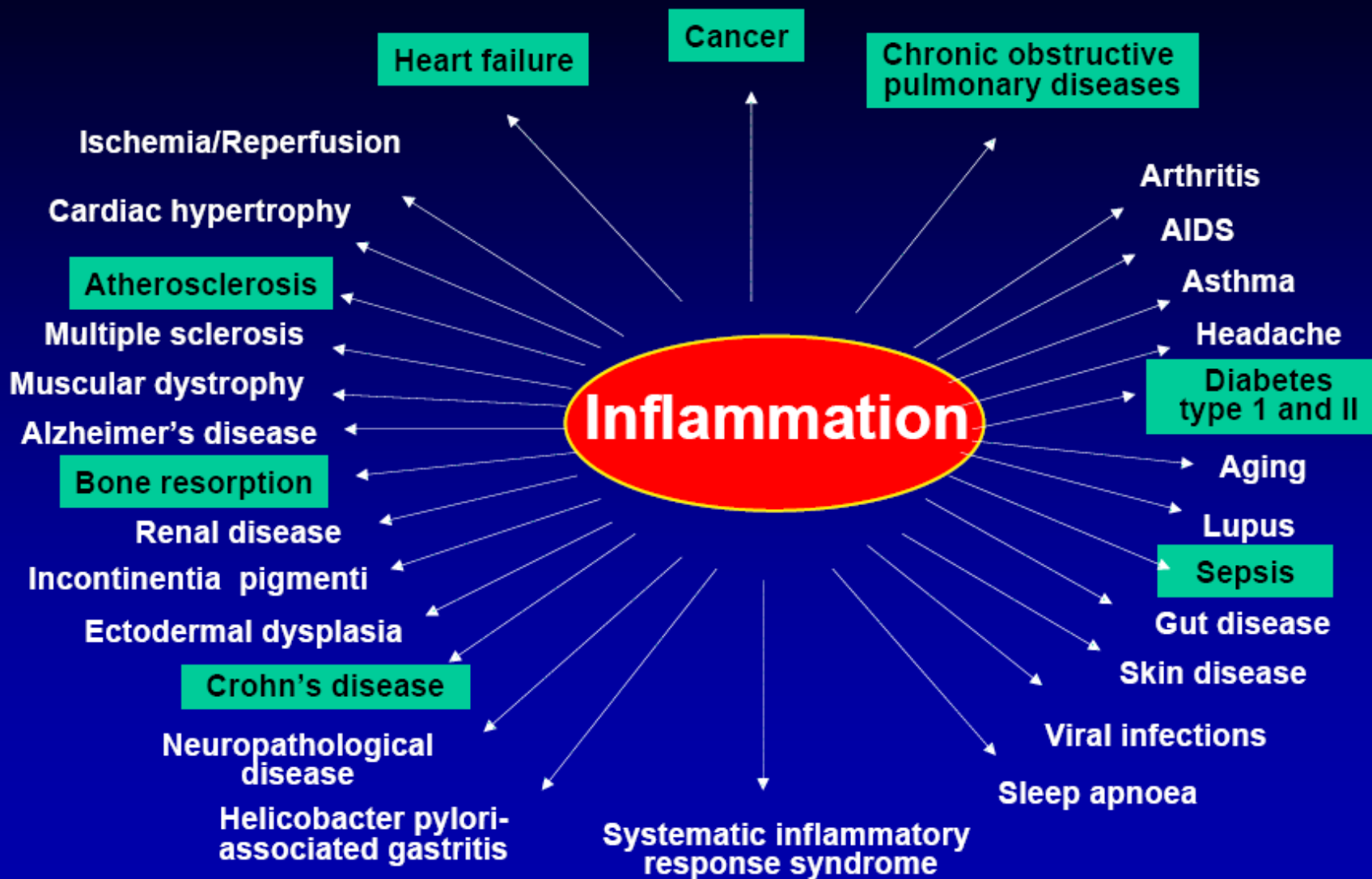


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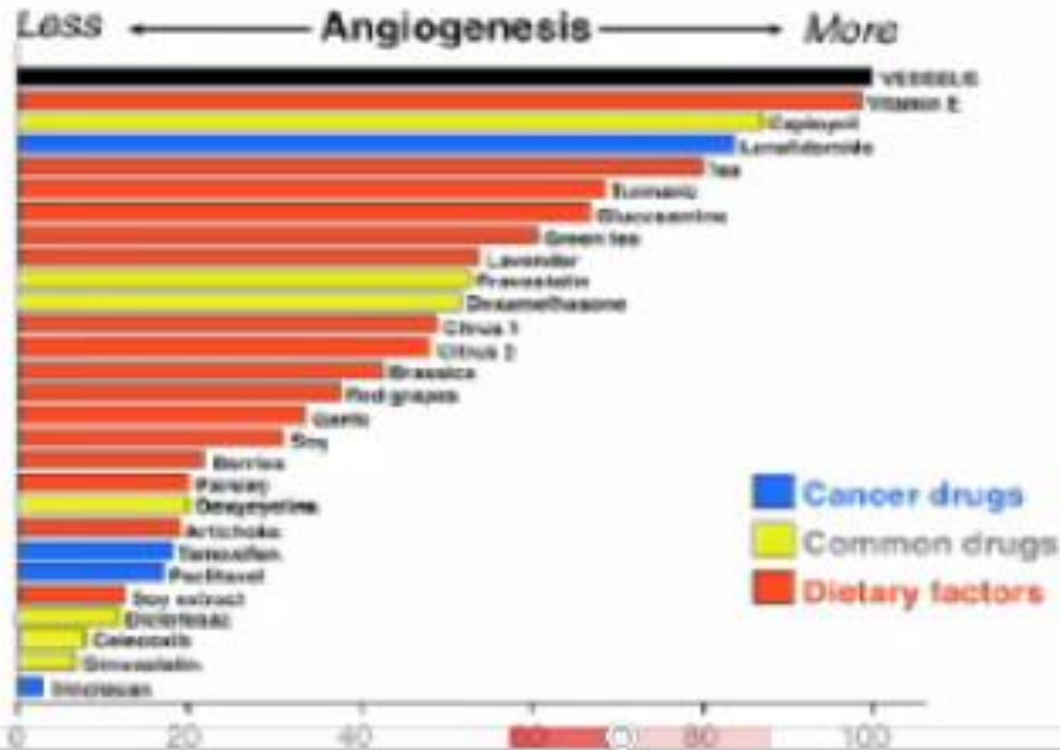
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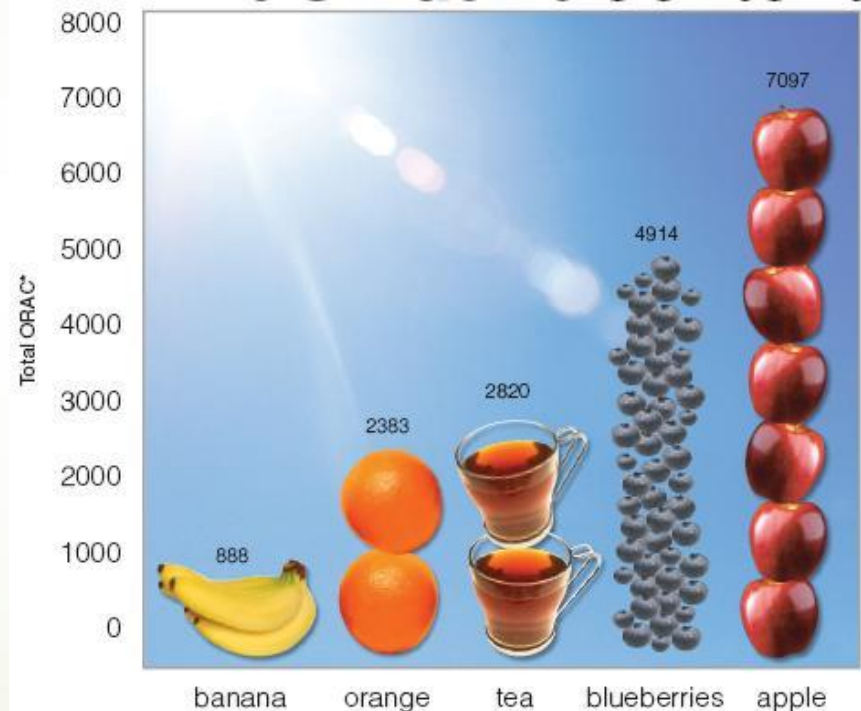
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Antioxidant content



Based upon medium size apple, banana and orange**, 75 g of blueberries and 250ml cup of tea.

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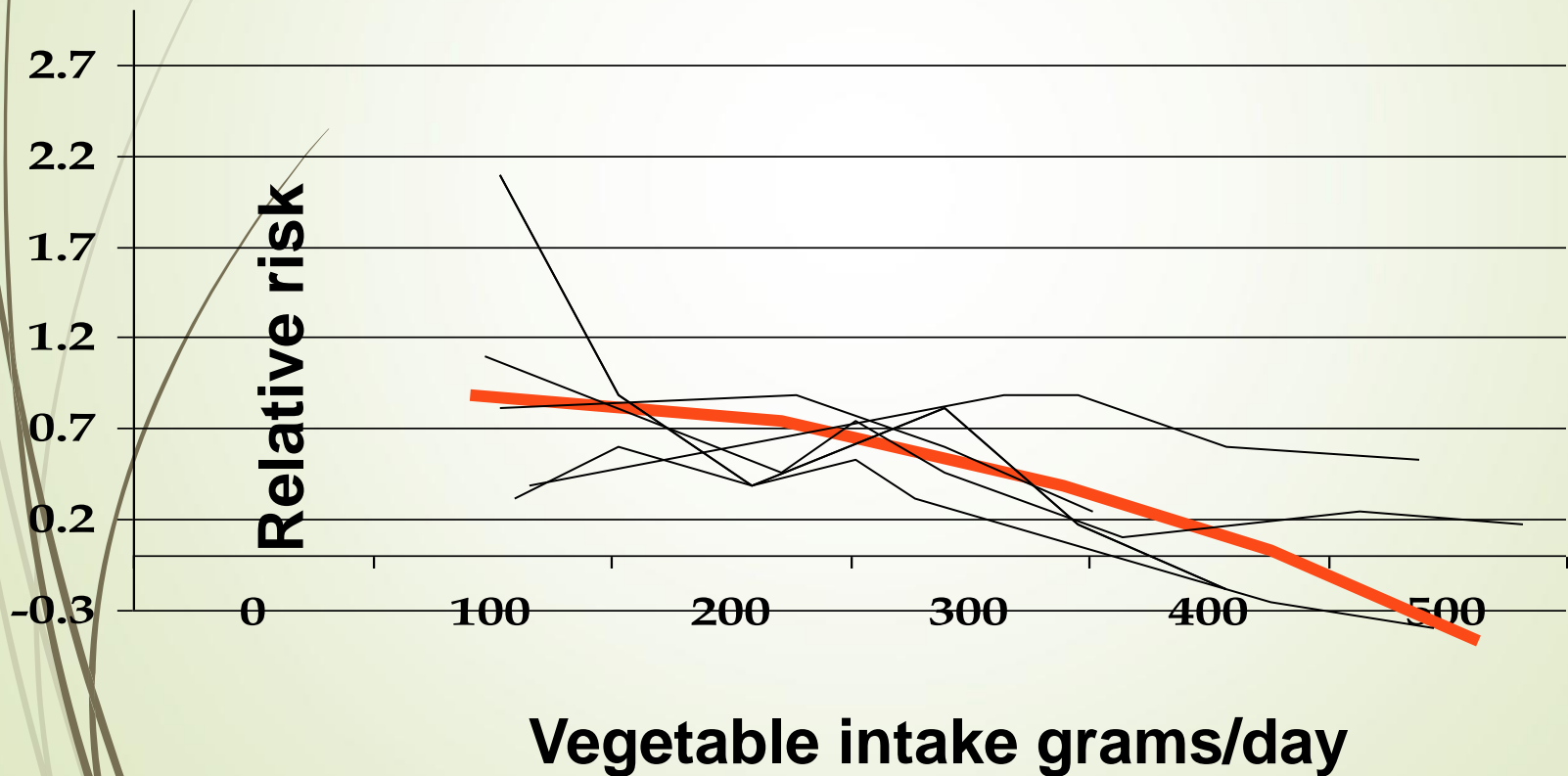
Vegetables can help prevent cancer.

- ▶ Broccoli Sprouts, fruits and vegetables are powerful weapons against toxins.
- ▶ Increasing our intake of healthy fruits and vegetables can reduce our risk of many cancers.
- ▶ Including fruits and vegetables daily can prevent 30-40% of cancer cases.
- ▶ Vegetables have naturally protective phytochemicals including:
 - ▶ Allicin – found in garlic
 - ▶ Carotenoids – found in carrots
 - ▶ Lycopene – found in tomatoes
 - ▶ Sulforaphane – found in Broccoli Sprouts
 - ▶ These compounds harness the body's natural defense against carcinogens.



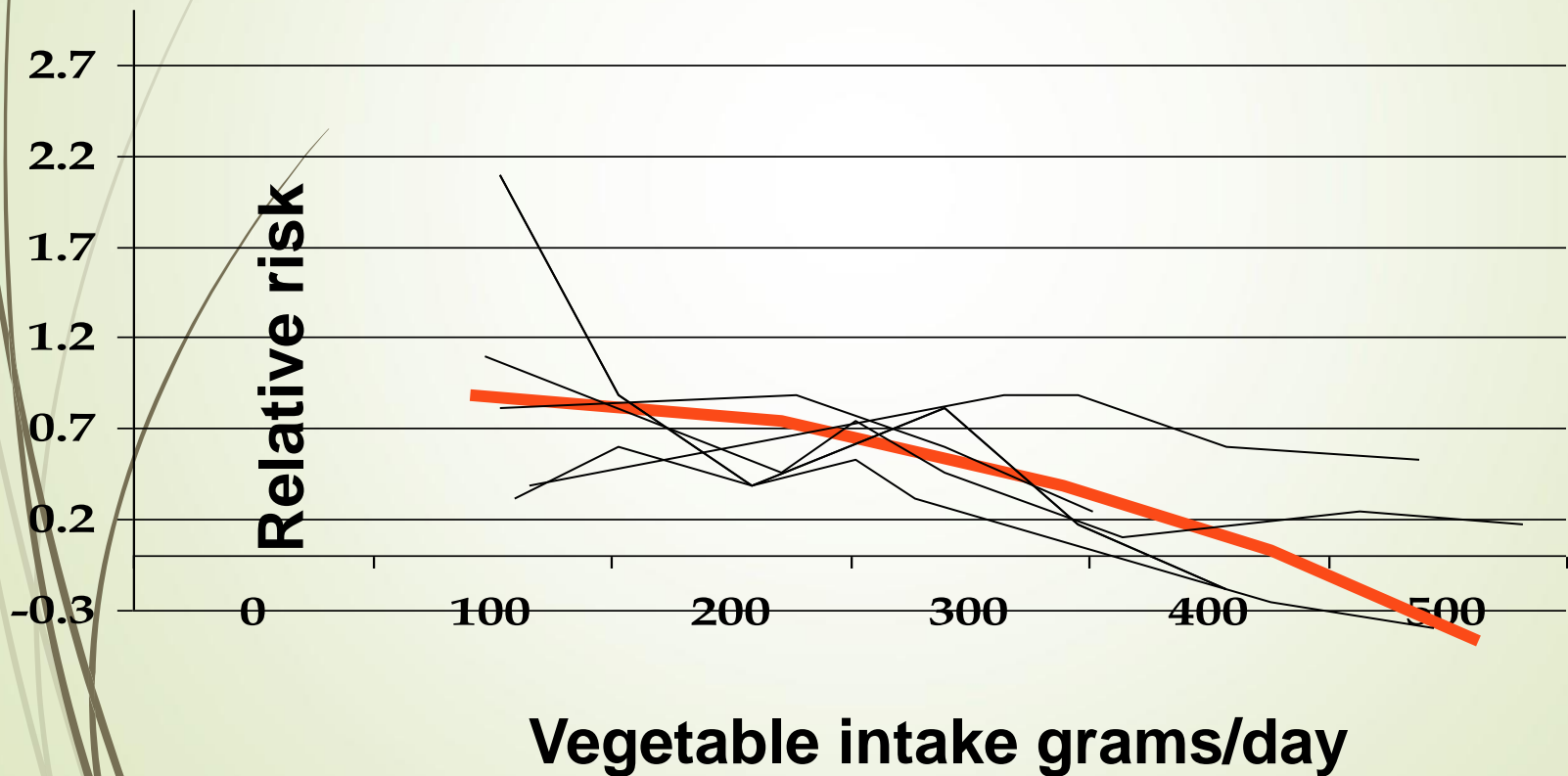
Lung Cancer and Vegetable Intake

(each line is the results of a different study, the red line is the average)

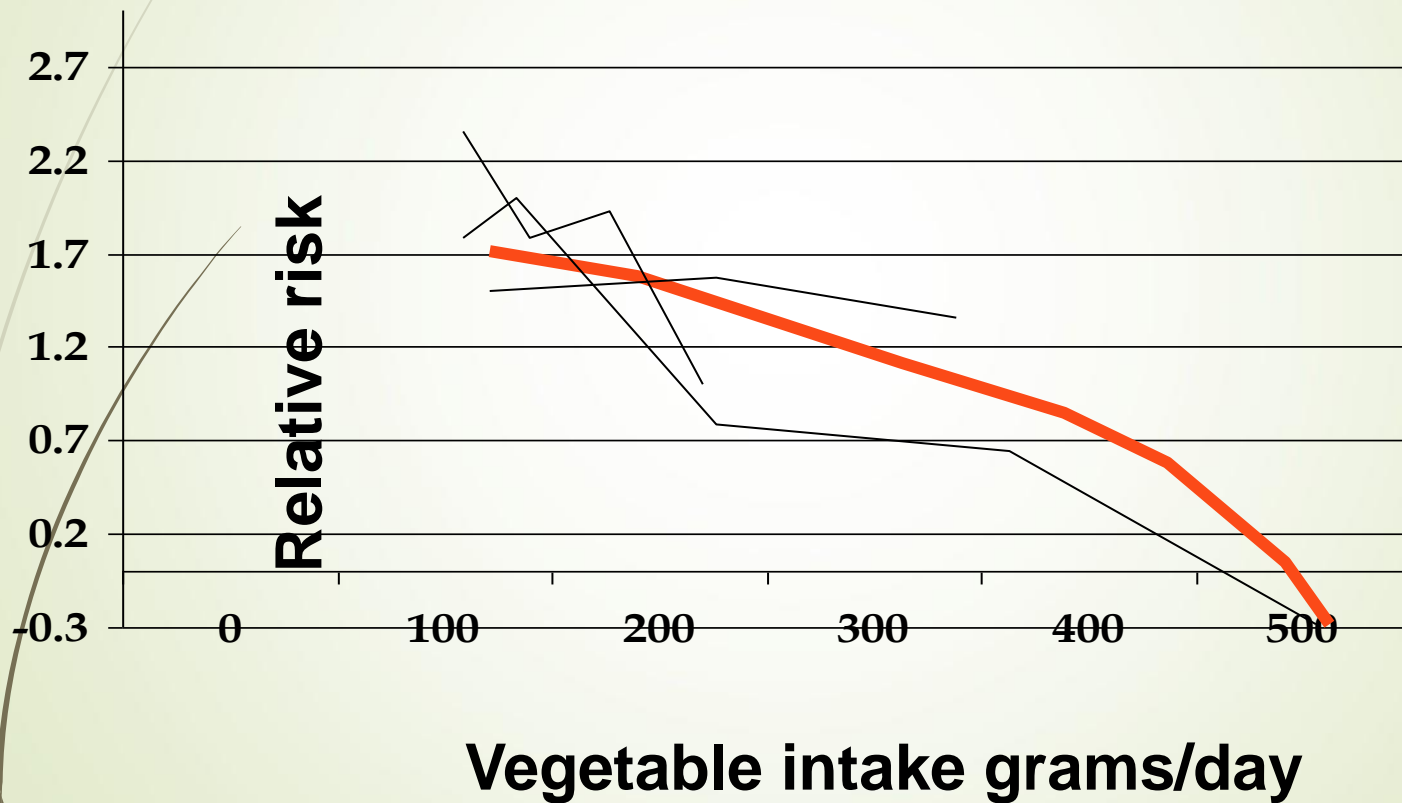


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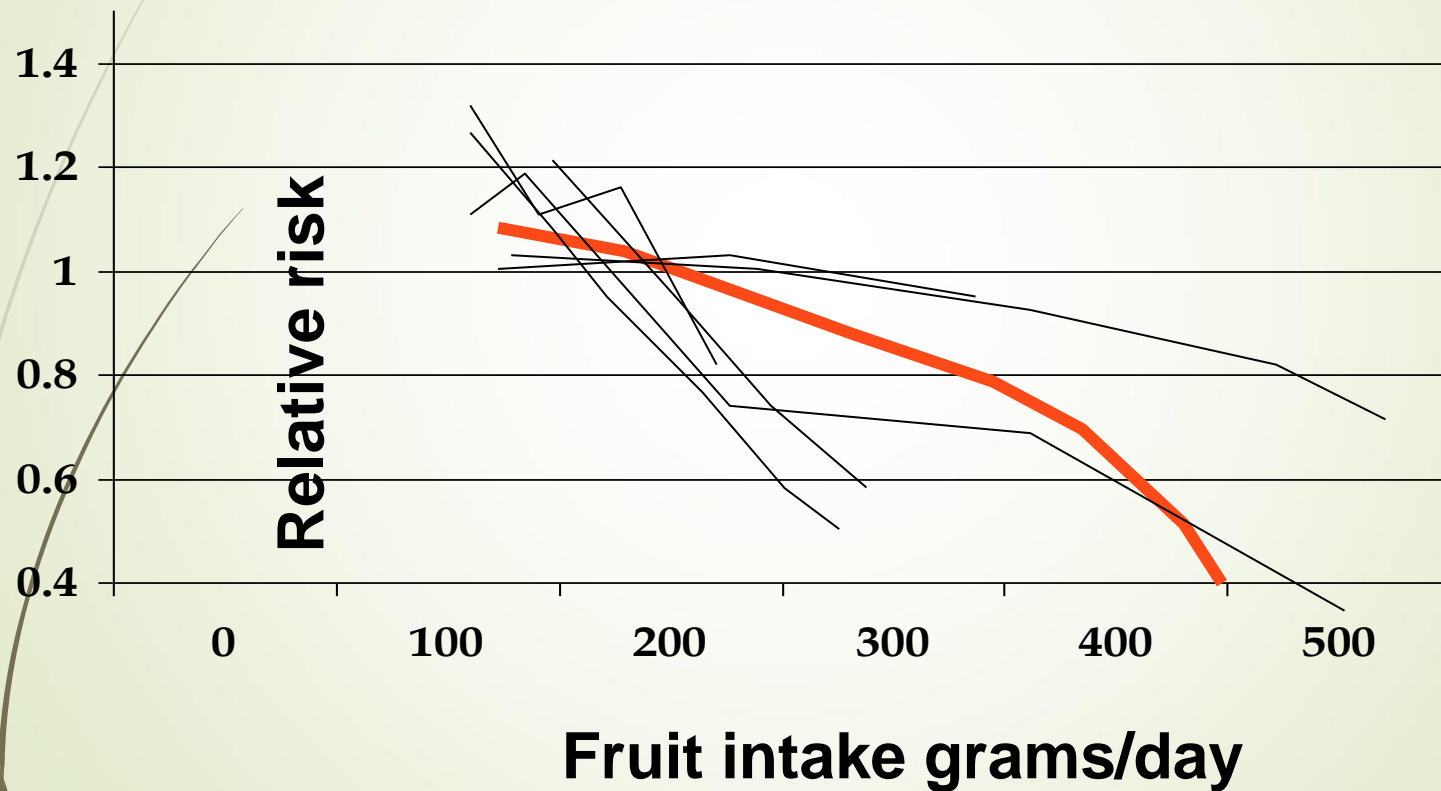
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Stomach Cancer and Vegetable Intake

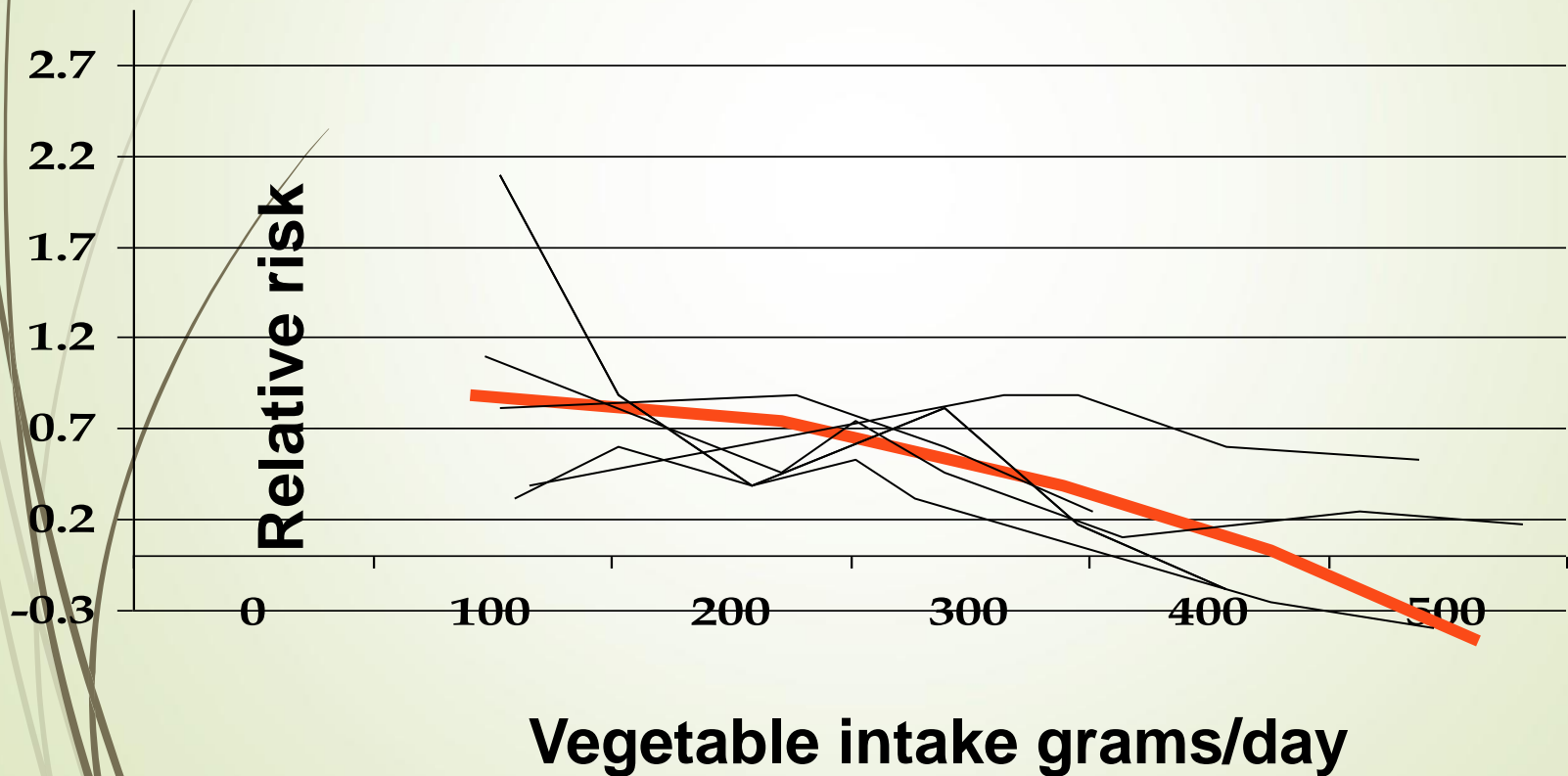


Stomach Cancer and Fruit Intake

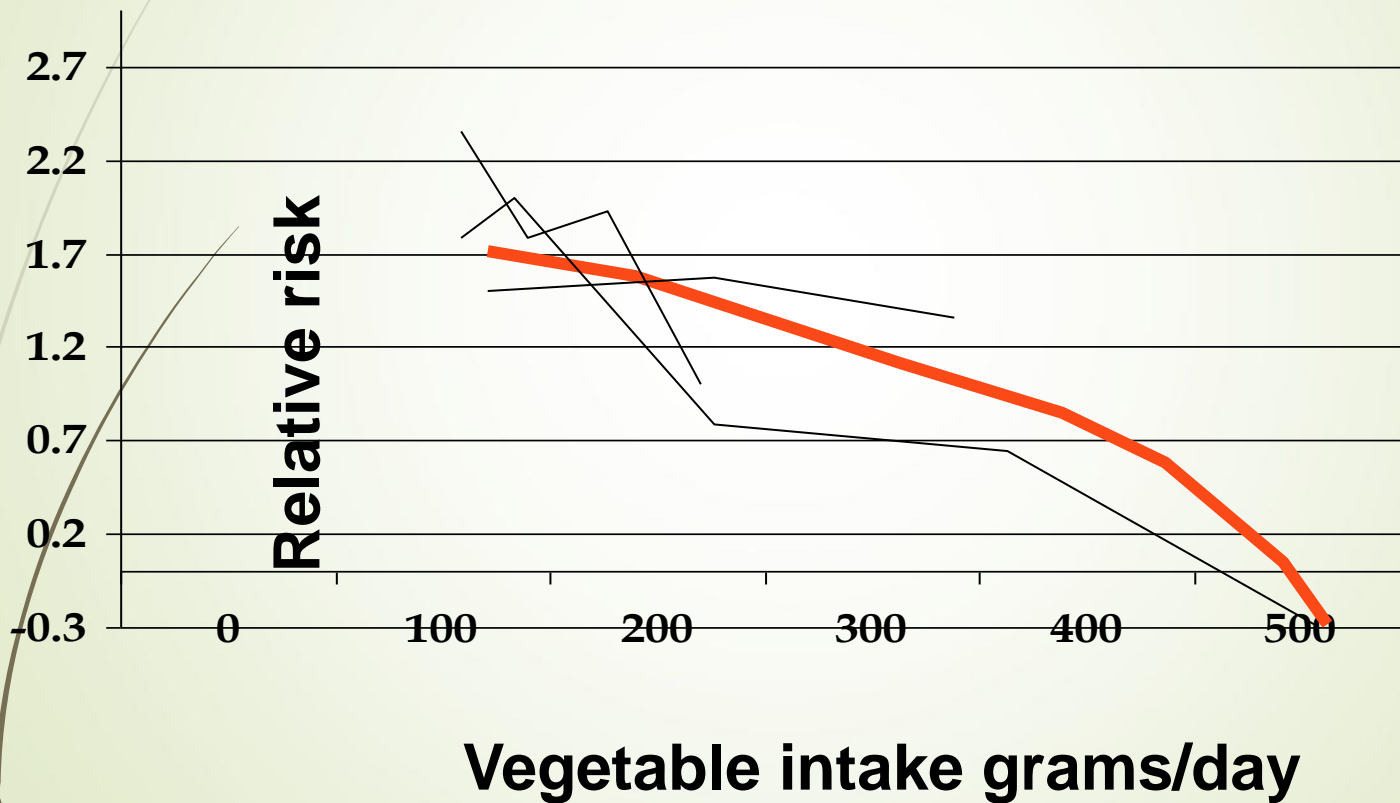


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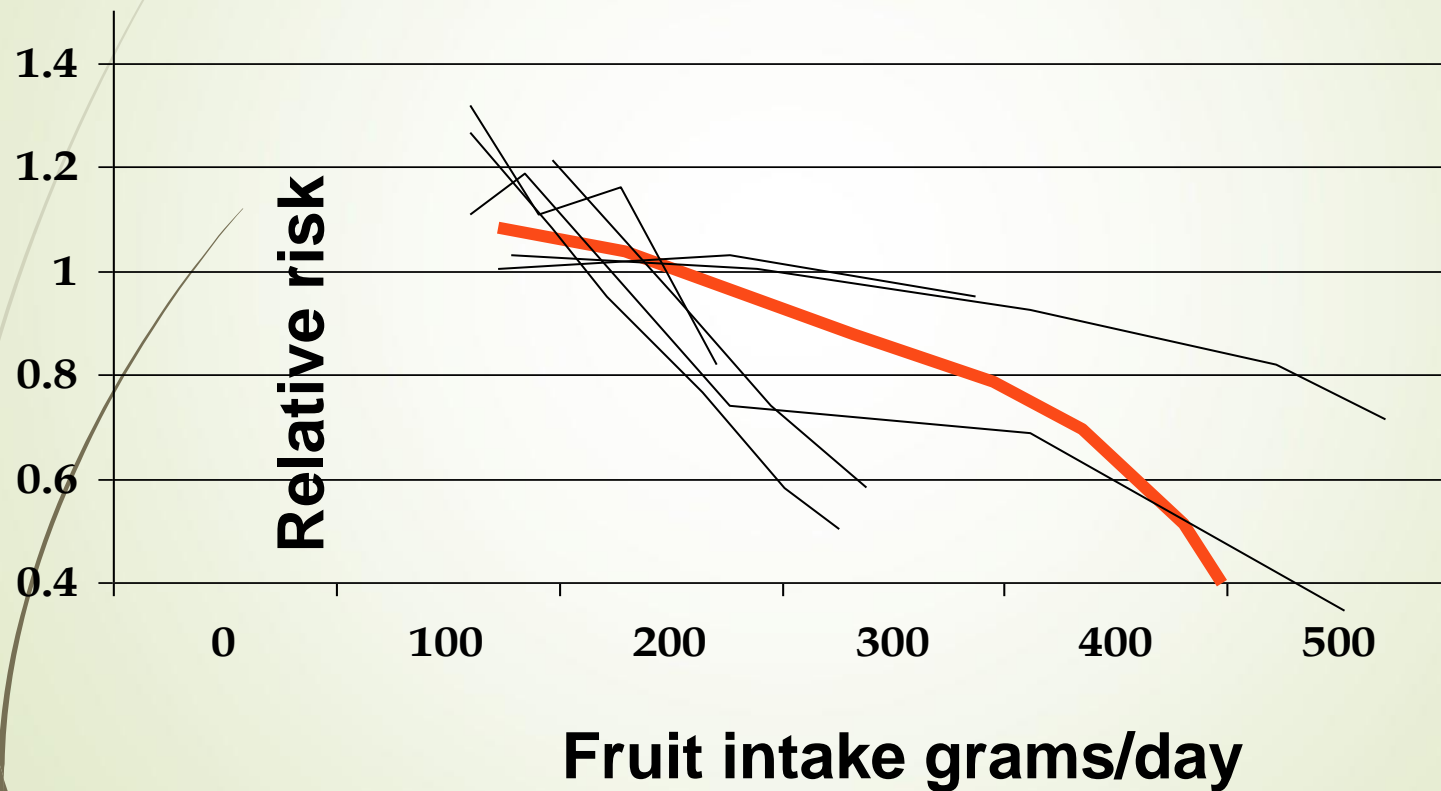
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Stomach Cancer and Vegetable Intake



Stomach Cancer and Fruit Intake





BLUE ZONE LESSONS

Nutrition-for-Life

- ▶ 95% Food from **plants or plant products**
- ▶ **Retreat from Meat**, no more than 2 x week
- ▶ **Fish** is fine
- ▶ Diminish **Dairy**
- ▶ Occasional **Egg**, no more than 3 x week
- ▶ Daily **Beans**
- ▶ **Slash Sugar**
- ▶ Snack on **Nuts**
- ▶ Sour on **Bread**
- ▶ **Whole Foods**

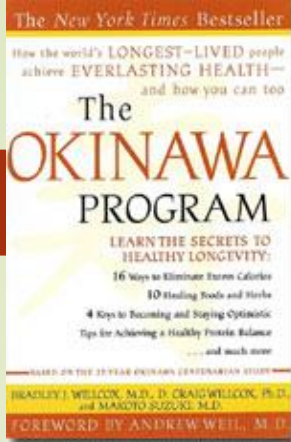
PLANT PROTEINS

How much protein should we have?

- ▶ On average, US Women consume 70 grams/day
- ▶ On average, US Men consume 100 grams/day
- ▶ CDC recommends 46 to 56 grams/day
- ▶ Protein (amino acids) has 21 varieties
- ▶ Our bodies can't make the 9 essential amino acids and must get them from our food
- ▶ 9 come from meat, eggs and a few plants
- ▶ Meat and eggs also deliver fat and cholesterol (which promotes heart disease and cancer)
- ▶ **Combine the right plant food and we get the essential 9**

We can get the 9 essential amino acids by combining the right plant foods!

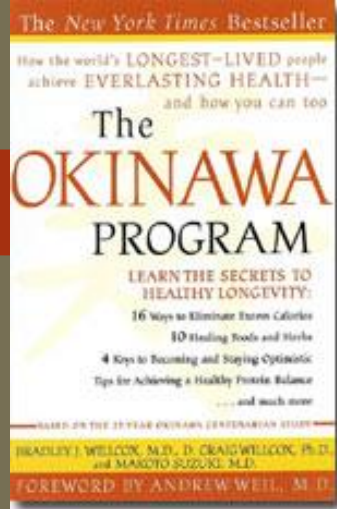
- ▶ 1½ cups cooked **Edamame** with soy and ¼ cup of **Walnuts**
- ▶ 1 and 1/3 cup of chopped **red peppers** plus 3 cups of cooked **cauliflower**
- ▶ 2 cups of chopped **carrots** plus 1 cup of cooked **lentils**
- ▶ 3 cups cooked **mustard greens** plus 1 cup of cooked **chickpeas**
- ▶ 2 cups cooked **carrots** plus 1 cup **lima beans**
- ▶ 1 cup of cooked **black-eyed peas** plus 1 ¼ cup cooked **sweet corn**
- ▶ 1 ¼ cups cooked **brown rice** plus 1 cup cooked **chickpeas**
- ▶ 1 ½ cups cooked **broccoli rabe** plus 1 1/3 cup cooked **brown rice**
- ▶ 2/3 cup **extra firm tofu** plus 1 cup cooked **brown rice**
- ▶ ½ cup **firm tofu** plus cooked **soba noodles**



Okinawa Diet 30 year Research



- **80% less Heart Disease and**
- **80% less** estrogen receptive cancers (breast, ovarian, prostate) than the U.S.!!!!
- **9 to 12 portions of vegetables** a day. The Okinawan diet is very heavy in vegetables in fact an astounding 36% of their diet are vegetables.
- **Highest amounts of protective antioxidants** flowing through their blood



Okinawan Guidelines

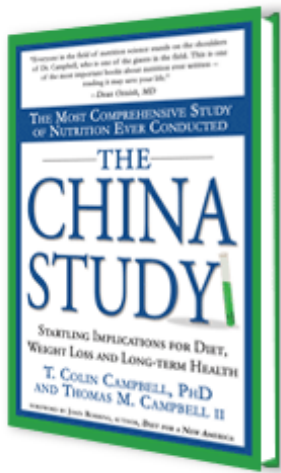
- ▶ Eat a variety of foods, mainly from plant sources
- ▶ Eat at least seven or more servings of fruits and vegetables daily
- ▶ Eat six or more servings of grain based foods daily
- ▶ Make complex carbohydrates the basis of the diet and limit simple sugars
- ▶ Limit fat intake to 30% of total calories



Increase antioxidants

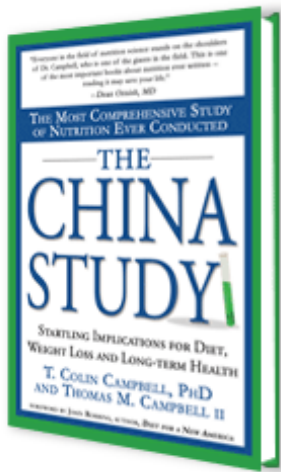
Antioxidants Vs. Free Radicals

- Able to donate electrons or hydrogen ions without having to replace it
- **Vitamins C and E**
- **Phytochemicals** (health promoting plant chemicals)
 - React with radical species
 - Don't become radicals themselves



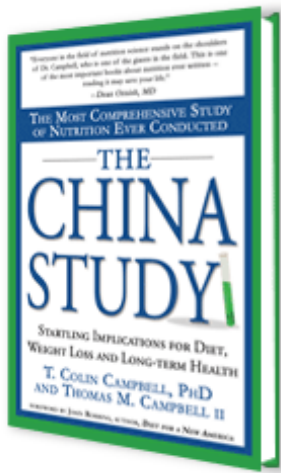
The China Study

- ▶ Examines the relationship between the consumption of animal products and cancer.
- ▶ The "China study" was a survey of death rates for twelve different kinds of cancer for more than 2,400 counties and 880 million (96%) of their citizens" conducted jointly by Cornell University, Oxford University, and the over the course of twenty years.



The China Study

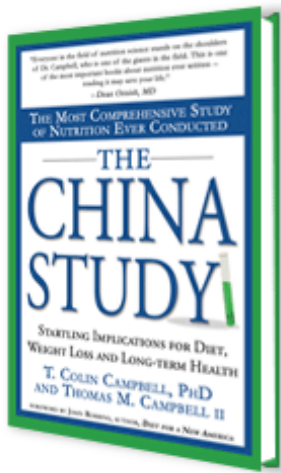
- ▶ Diets high in protein, particularly animal protein (such as casein in bovine milk) are strongly linked to diseases such as heart disease, cancer and Type 2 diabetes.
- ▶ Advocates a whole-foods, plant-based diet (a type of vegan diet which also restricts refined carbohydrates and highly processed foods) as a means to minimize and/or reverse the development of chronic disease.



The China Study

Eight principles of food and health

- ▶ 1. Nutrition represents the combined activities of countless food substances.
- ▶ 2. Vitamin supplements are not a panacea for good health.
- ▶ 3. There are virtually no nutrients in animal-based foods that are not better provided by plants.
- ▶ 4. Genes do not determine disease on their own, they must be activated or expressed, and that nutrition plays a critical role in determining which genes, good and bad, are expressed.

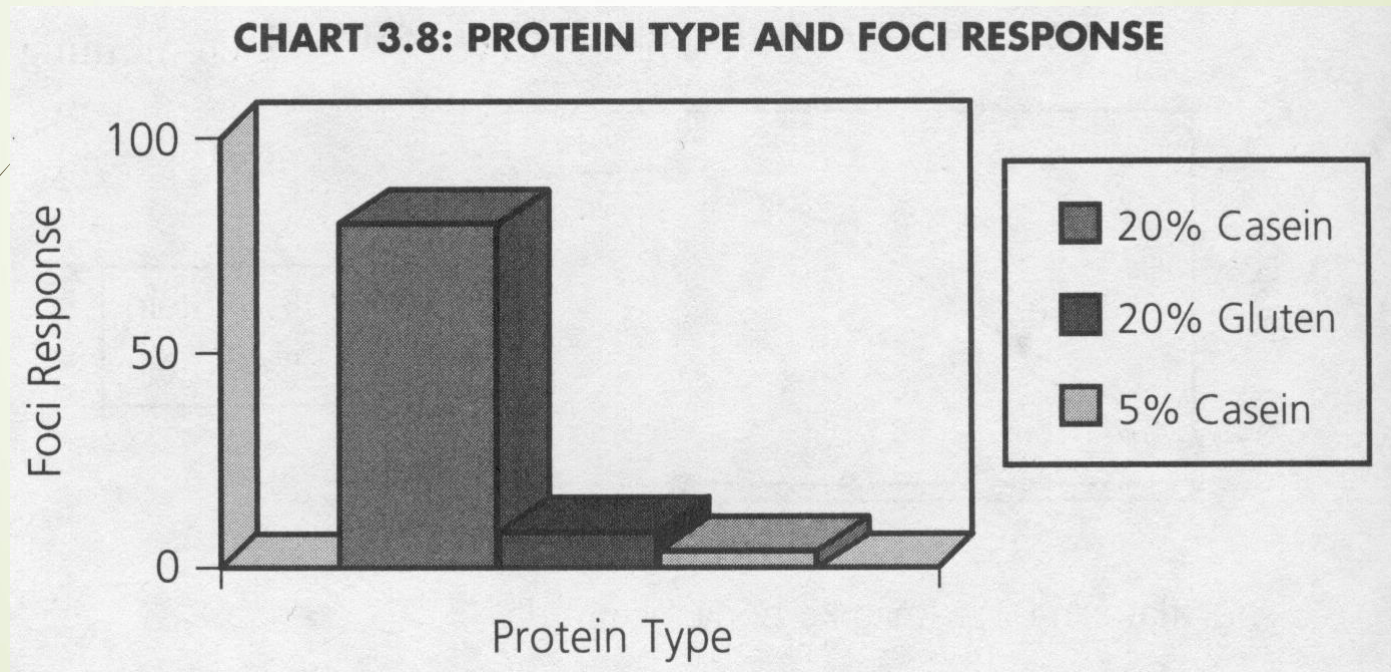


The China Study

- ▶ 5. Nutrition can substantially control the adverse effects of noxious chemicals.
- ▶ 6. The same nutrition that prevents disease in its early stages can also halt or reverse it in its later stages.
- ▶ 7. Nutrition that is beneficial for a particular chronic disease will support good health across the board.
- ▶ 8. Good nutrition creates health in all areas of our existence.

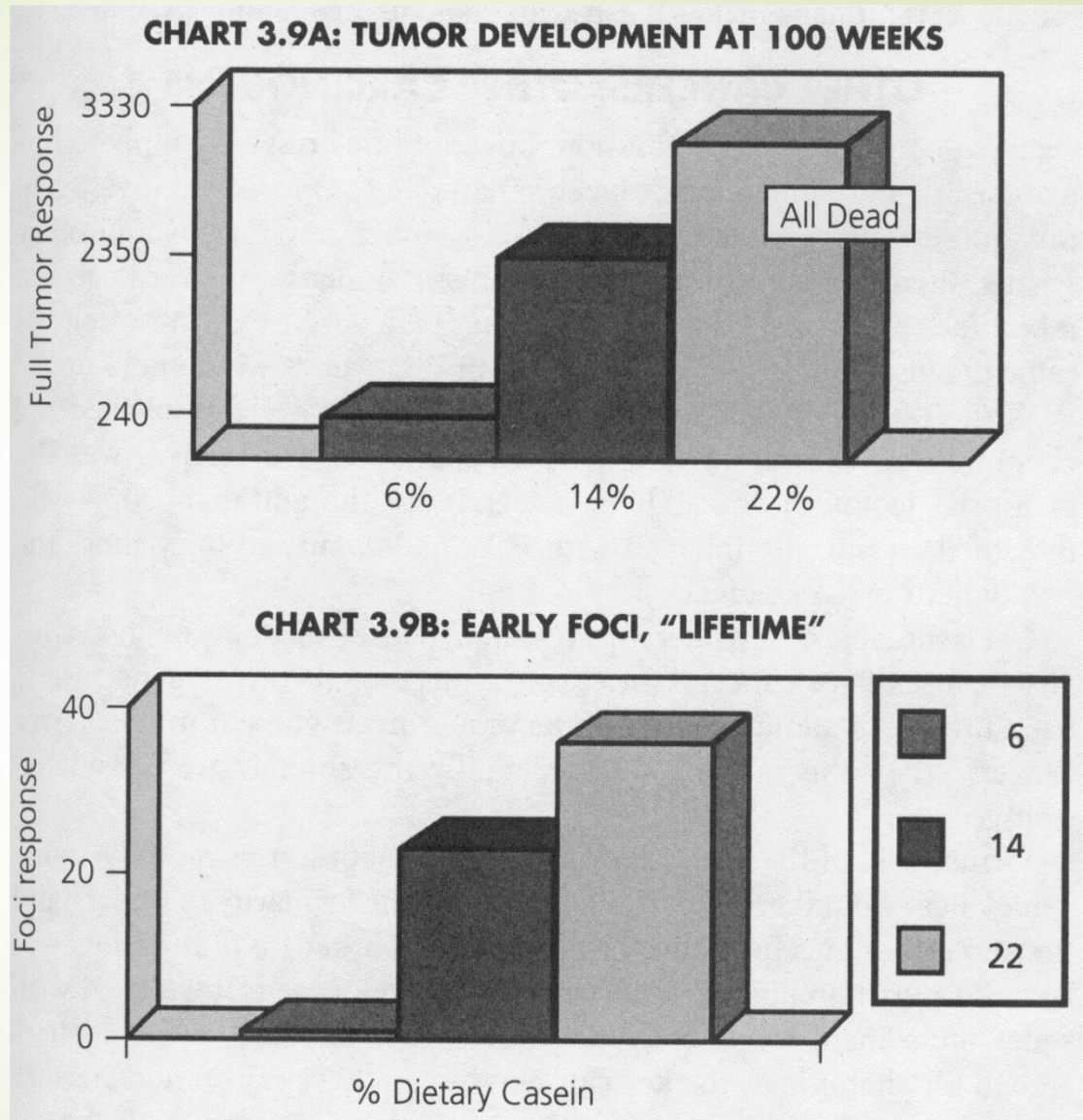
Rats fed carcinogens developed Tumors with...
20% casein (milk protein).

But tumor growth did NOT increase when fed...
20% gluten (vegetable protein) or 5% casein.



Top: Rats fed carcinogens and then casein at 22%, all were dead at 100 weeks.

Bottom: For rats fed carcinogens, tumors grew with increases in % dietary casein.



Germany: *The Melander family*
Food expenditure for one week: \$500.07



United States: *The Revis family of North Carolina. Food expenditure for one week \$341.98*

from the book: Hungry Planet: What the World Eats



Italy: The Manzo family of Sicily

Food expenditure for one week: \$260.11

from the book: Hungry Planet: What the World Eats



Mexico: *The Casales family of Cuernavaca.*
Food expenditure for one week: \$189.09

from the book: Hungry Planet: What the World Eats



Egypt: The Ahmed family of Cairo
Food expenditure for one week: \$68.53



Ecuador: *The Ayme family of Tingo* Food expenditure for one week: \$31.55

from the book: *Hungry Planet: What the World Eats*



Bhutan: *The Namgay family of Shingkhey Village*

Food expenditure for one week: \$5.03

book: *Hungry Planet: What the World Eats*



Chad: The Aboubakar family of Breidjing Camp Food expenditure for one week: \$1.23

from the book: Hungry Planet: What the World Eats





Food items that you can use!
Salt free Rice Cakes, Lemon Juice, Unsweetened
Apple Sauce



Bottled Juice, Salt Free Herbs, Liquid Aminos



Everyday Dal, Whole Grains, Miso Paste



Chickpea Flour Tortilla