



Good Health Is a Choice Learn How to Choose it

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Lesson Five: Working With Your Body

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1. How to Cook Whole Food From Scratch And Keep Your Day Job!

By Colleen Huber, Naturopathyworks.com

Whole fresh foods should be the basis of what we all eat, whether your metabolic type is protein type, carb type or mixed type. Whole foods, whether meat, vegetable or fruit, do two things: they provide all the nutrients that nature put into the food--not just as a sum of nutrients, but even more, as a synergy of nutrients that work together because they naturally interact within the living plant or animal. When we eat these foods, which have been connected with our whole existence as a species, the total health benefit to us is much greater than the sum of the parts. The second practical advantage of eating whole fresh



foods is that they substitute, by their sheer bulk, the chemicals and denatured food derivatives that we might otherwise eat.

But you work non-stop and when you get home there is no time or energy to do anything but nuke half-synthetic processed food in the microwave. How do we get into that trap?

According to Dr. Kenneth Proefrock, NMD, a huge part of the problem is not knowing what you're going to eat on Thursday night until ... Thursday night. By that time, you're lucky if you even make it home for dinner because your tummy rang the dinner bell back around Exit 128, and there just happen to be about four fast food outlets off that exit, as well as at the next exit coming up. (Funny how those fast food places are right there when the stomach growls.)

Here's a big key, says Dr. Proefrock, to getting out of that trap. Plan on the weekend what you will eat for every meal the coming week. Your menu does not have to be set in stone; you can leave room to juggle for spontaneity now and then, but at least provide for enough of your own homemade food to eat each time you get hungry.

So how do you make your own homemade whole food and keep your day job too?

Here are several steps you can take to streamline your efforts and maximize the productivity of your kitchen, while keeping your time spent there to a minimum.

1. Clear enough freezer space--about one cubic foot--to store several pint and quart-size containers of the food you will cook. Then on the weekend, plan all of your meals for the week, and go to the supermarket once to purchase the whole food ingredients in one trip. Consolidating all grocery shopping into one trip already saves time over shopping for a few items everyday.

Plus, with whole foods, you only need to go around the periphery of the supermarket where they are located, rather than taking time to go up and down the interior aisles where the processed foods are.

2. Once you've brought home all the groceries, cook all your meals for the week at the same time. This way, instead of standing at the stovetop each day for each meal, you are there for one longer session during that week, and then you're done!

The trick is to cook big portions, but freeze in the smaller quantities that you and your family will eat throughout the week. If you cook for a family, a large recipe will probably be good for two dinners (on alternate days) during the week, as well as a lunch or two. If you live alone, you will get at least four meal portions with half of them saved for the following week. At this point you don't have to spend any more time throughout the week than you would on TV dinners.

3. A food processor will work well for foods that you want to chop finely. Make freezer bags full of pre-cut vegetables that you can then defrost as needed during the week. One bag might contain pressed garlic with coarsely chopped string beans, which a few days from now you can sauté in coconut oil for a few minutes.

Another bag might contain chopped carrots, onions and tomatoes, along with cabbage that you cut into quarters. Sprinkle some caraway seeds into the bag. When you're ready to make a meal of it, you can cook it a portion of it in a cup of chicken broth for a delicious meal of balanced nutrients.

4. Make use of large cooking vessels in order to accomplish the weekend cooking fiesta. A large crockpot really lends itself well to a whole foods diet. Here you don't need a food processor.

Chop vegetables very coarsely, in much larger chunks than you can get away with in a stovetop meal. This step alone saves a lot of time. Put an organic beef round or two turkey legs or a whole organic chicken on top of the vegetables, add a few cups of water, and/or tomato sauce, perhaps with balsamic vinegar. Sesame oil and tamari may be used instead for marinade. Add whole leaf herbs as you like, and you're done. After practicing once or twice, you will have a huge crockpot meal thrown together in five to 10 minutes. Set it on "low" in the morning, and you're done till dinnertime. In cool weather, you could do the same in the regular oven, with a Dutch oven type covered pot in fewer hours.

5. Now it's a Tuesday morning, and you'll need something for dinner. Defrost one of the meals you prepared on the weekend. In the evening when you're ready to cook it, place it into a serving dish in a toaster oven rather than a microwave. Toaster ovens have several advantages over microwaves. At about \$40 they are much cheaper, smaller, and quieter. However, those

benefits are far outweighed by the health advantage: microwave rays are unhealthy radiation, and when you microwave in a plastic container, it drives the phthalates of the plastic right into your food, which gives an otherwise excellent meal a toxic twist that you definitely do not need.

Microwave radiation also leaks throughout the whole kitchen from most microwave ovens, which creates an unhealthy atmosphere for adults, children and pets. For re-heating in your toaster oven, you'll need one or two Pyrex-type serving dishes, about a liter each. Heating leftovers for two or three people in a toaster oven takes 10 to 15 minutes, not very much longer than a microwave.

6. Also use your toaster oven for breakfast. Take out some of the freezer vegetables you prepared, and sprinkle some cheese, raw is preferable, over top, and heat it up for a healthy whole food breakfast, or break an egg over the vegetables. Neither of these will spike your insulin levels, unlike so many other dishes that we unfortunately have become accustomed to thinking of as breakfast foods.
7. Use your toaster oven to prepare hot, healthy lunches for yourself and your family. Invest in a good-sized thermos with either glass or stainless steel (not aluminum) interior for each family member. While eating breakfast, heat up leftovers from last night, or a separately defrosted meal in your serving dish in the toaster oven, again for 10 to 15 minutes. Spoon it into each thermos. Then in each lunchbox, add a fork and little containers of nuts or some fresh fruit or some celery, cherry tomatoes, cucumber or carrot sticks.

You all will then have lunches that will be wonderfully nutritious, well balanced, and appetizing for every adult and child in your family. When all lunches are prepared together assembly-line style, the process will go faster than if each lunch is made separately. And your savings will begin to be obvious as your restaurant and fast food expenses plummet toward zero.

8. Take advantage of savings on seasonal produce. Get organic whenever possible. It has been by steadily rising consumer demand that growers have begun to get more and more organic produce into your local stores.

Here is a way to extend the seasonal savings. Fruit preserves can be made unsweetened, and rely only on the natural sweetness of the fruit. Buy a case of about four pounds of berries when in season. Also buy three Granny Smith apples for pectin, which is a natural jelling agent. Peel and core the apples. Cut into about 1/2-inch cubes. Place the apple pieces in a large pot, with about three pounds of washed and stemmed (if necessary) berries. (Keep the other one pound fresh for snacking.)

Simmer the berries and apples on low for about an hour while you are preparing your week's worth of meals. At the end of an hour, you should have a thin fruit spread. Take a potato masher and mash any remaining chunks of apple and berries as desired. Let it cool. The texture will get a little thicker. Freeze it in pint-size containers. This makes a nice fruit spread that will keep indefinitely. You may be surprised that the berry flavor is plenty sweet enough without added sweetener. You can spread this with a nut butter on slices of apple or pear for breakfast or snacks.

9. Don't forget condiments. How often have you bought a bunch of parsley or cilantro with the good intention of using all of it, only to find most of it forgotten and wilted two weeks later, shoved behind other foods?

When it's still fresh, chop it up finely and store in Ziploc-type bags in the freezer. Then you can access it as needed for the one teaspoonful you may want, without having it wilt away before you get a chance to use it. But if you really want fresh herbs, grow them. My favorite Greek salad dressing calls for mint, oregano and parsley, which fortunately are all easy to grow, so I make sure I always have at least one plant of each growing, and I harvest sprigs each time I make the dressing. The fragrance alone of the just-picked herbs are what make the salad.

10. For the crockpot, food processor, thermoses and toaster oven recommended above you may spend about \$130. In order to recoup that investment, do yourself a huge favor and change your mindset about potable liquids. There is really no good reason to drink anything other than water (R.O filtered or spring water). In fact, when we drink other liquids, we train ourselves to slake our thirst with different tastes than water, which then makes the taste of water seem strange. Since our bodies are 90 percent water, the only thing strange about this is our acquired perception of water as strange.

Leave the heavy and expensive juices, teas, lattes and liquor at the store. Water is the only substance that can quench both the thirst we feel and the dehydration that almost everyone experiences to one degree or another. Drink it as you like it, with ice or without, with lemon or without, but reacquaint yourself with the one beverage that hydrates and moisturizes all the way in to the cellular level and out to the skin: water.

When it comes to meal preparation, many people feel that their own lifestyle and difficult or hectic life circumstances keep them from attempting to cook. What is so beneficial about preparing your own whole, healthy food using some of the above steps is that any able-bodied adult can do it.

Cooking big but freezing small is the best way for a single person to enjoy fully balanced home-cooked meals. For a busy parent with children of various ages, the kids can be recruited to help, and in turn receive the nutrients they most desperately need.

Even toddlers can peel carrots, while older children can wash and chop foods. Some of our warmest childhood memories are from ordinary days and activities together with family members in the kitchen. Bestow the goodness on them too; pass the tradition to the next generation so that cooking does not become just another lost art.

Colleen Huber writes about naturopathic medicine for her monthly newsletter at www.naturopathyworks.com.

Whole Food Recipe Resources

<http://whfoods.org/>

<http://www.naturalmomsrecipes.com/>

2. Digestive and Immune System Support

It's a fact! 80% of our immune system is located in our digestive tract. That means if you want to remain healthy you'd better take care of your stomach, intestines and colon.

An average American will eat three to four meals per day and have a typical bowel-movement (bm) once a day. This leaves anywhere from three to six meals of food sitting in the intestinal tract at any given time. Have you ever considered this simple question: Are you sure your intestinal tract is clean?

If your bowel is clean, you will normally have a bowel movement shortly after every meal. If you eat three meals a day and only have one bowel movement a day, it is a sure sign your bowels are clogged and are in danger of health issues (The average time spent for food to pass through a healthy normal intestinal tract is 15 to 18 hours).

Your intestines are home to trillions (that's trillions) of bacteria. Some of these bacteria are good, and some not good. So there is a constant war within our bowels over which bacteria will dominate, the good ones or bad ones. Given a good food diet, the good bacteria keep the bad bacteria in check. Without a good diet, the biological function of your intestines becomes compromised.

A healthy gastrointestinal tract absorbs only the small molecules like those that are a product of complete digestion. These molecules are the amino acids, simple sugars, fatty acids, vitamins, and minerals that the body requires for all the processes of life to function properly. The intestines, small intestine in particular, only allow these substances to enter the body due to the fact that the cells that make up the intestinal wall are tightly packed together. The intestines also contain special proteins called 'carrier proteins' that are responsible for binding to certain nutrients and transporting them through the intestinal wall and into the bloodstream.

What happens when bad bacteria take over is akin to a water pipe exposed to hard minerals over time. The inside of the pipe narrows with mineral build-up on the interior wall of the pipe, narrowing the amount of water able to pass through. When this happens in an intestinal tract, the walls of the intestine become lined with undigested food particles, which quickly becomes putrefied. When this is allowed to happen, food nutrients no longer are able to penetrate the lining of the intestinal tract, and a condition called leaky gut syndrome can occur.

Leaky Gut Syndrome (LGS) happens when the ability of the intestinal wall to keep out large and undesirable molecules is reduced. Hence the name, as undigested putrefied substances that are normally kept outside the body and within the

intestines, "leak" across the intestinal wall into the body's blood stream. Crohn's Disease is similar and for the same reasons.

Unless cleansed (what with our diet of antibiotics, meats and processed food), the average person almost assuredly has a build-up of undigested, putrefied food within their intestines. The net results are bouts of constipation and diarrhea, fatigue and headaches.

One way to cleanse your bowel is to fast for a day or two once a month. The effect of this is that the putrefied "poop" clinging to your intestinal wall is allowed to move along through bowel contraction. However, if putrefaction is severe enough, you may have to resort to other means to cleanse the bowl.

Do a word search for "internal cleansing products." You will find natural supplements and teas designed to cleanse the intestinal tract.

Kefir:

To maintain a balance of good bacteria within the intestinal tract, many people eat Kefir. Kefir, which means "feel good" in Turkish, is an ancient cultured, enzyme-rich food filled with friendly micro-organisms that help balance your "inner ecosystem" to maintain optimal health and strengthen immunity.

Kefir's tart and refreshing flavor is similar to a drinking-style yogurt, and it contains beneficial yeast as well as the friendly 'probiotic' bacteria found in yogurt. When eaten regularly, the naturally occurring bacteria and yeast in Kefir combine symbiotically to help balance your intestinal flora and boost your immunity.

Kefir contains several major strains of friendly bacteria not commonly found in yogurt: Lactobacillus Caucasus, Leuconostoc, Acetobacter species, and Streptococcus species. It also contains beneficial yeasts, such as Saccharomyces Kefir and Torula Kefir, which help balance the intestinal flora, including promotion of beneficial yeast in the body by penetrating the mucosal lining. They form a virtual SWAT team that housecleans and helps strengthen the intestines.

Kefir's active yeast and bacteria may provide more nutritive value than yogurt by helping digest the foods that you eat and by keeping the colon environment clean and healthy. The curd size of Kefir is smaller than yogurt, so it's also easier to

digest, making it an ideal food for babies (consult a pediatrician first), the elderly, and anyone with digestive health concerns.

You can buy Kefir ready to drink, or make your own from a Kefir starting kit available in some natural health stores. Here are a couple of online sources:

http://www.wildernessfamilynaturals.com/kefir_culture.htm

<http://www.kefir.net/>

Tips for making Kefir

Time and temperature are two important factors that determine how thick and tasty your Kefir will be. In the warmer months Kefir may be ready to drink in 18 hours. If you let it sit out too long at room temperature, it will become thick and eventually start turning into cheese and whey. If your Kefir is "lumpy" and too sour, you are leaving it out too long. It should be creamy and "drinkable"...a little thicker than milk. At this point, shake it well and place the Kefir into your refrigerator. It will thicken slightly since it is continuing to culture, but at a much slower pace.

2. Keep Your Body Alkalized

We live and die at the cellular level. All the cells (billions of them) that make up the human body are slightly alkaline, and must maintain alkalinity in order to function and remain healthy and alive. However their cellular activity creates acid and this acid is what gives the cell energy and function. As each alkaline cell performs its task of respiration, it secretes metabolic wastes, and these end products of cellular metabolism are acid in nature. Although these wastes are used for energy and function, they must not be allowed to build up.

The reason you want to keep your body alkalized is that cancer and many other diseases cannot live in alkaline conditions. By maintaining a neutral or slightly alkaline state within the body, you rob disease of gaining a foothold.

Drink Organic Apple Cider Vinegar With the Mother

It turns out that vinegar has an alkalizing effect on the body. However, you should not drink or eat just any vinegar. The kind of vinegar you want is organic, apple cider vinegar with the mother.

The 'mother' is the miracle enzyme that settles at the bottom of the bottle, which occurs with natural apple cider vinegar. Hippocrates, the father of medicine, in 400 BC used apple cider vinegar with the mother to treat his patients. It has been famous ever since for its cleansing and healing properties.

Drinking two or three vinegar health tonics a day is one of the cheapest ways to insure you keep your body alkalized. The vinegar of choice for many is raw, unfiltered, organic apple cider vinegar. Here is a resource for such a vinegar.

<http://www.bragg.com/products/applecider vinegar.html>

Add 2 teaspoons of organic apple cider vinegar to an eight-ounce glass of water and add two teaspoons of blue agave to sweeten. Adding a pinch of sea salt is an option

If you eat grains, meats, dairy products, take medications and the like, you must also eat alkalizing foods to counteract the acidic effect of eating acidic foods. Below are links to food charts to help you learn which foods are acidic and which are alkalizing.

Alkaline and acidifying food chart

<http://www.essence-of-life.com/info/foodchart.htm>

<http://www.thewolfeclinic.com/acidalkfoods.html>

Acidic symptoms

While there is no one symptom, the more symptoms displayed can point to an acidic body. Below is list of conditions linked to acidity in the body.

- * Lack of energy; constant fatigue, loss of physical tone and emotional drive, sensation of heaviness in the limbs, feelings of inability to cope
- * Lower body temperature; frequently feels cold
- * Tendency to get infections
- * Loss of drive, joy, and enthusiasm

- * Depressive tendencies
- * Nervousness: agitation without cause, hyperactivity, sensitivity to high-pitched noises and easily stressed
- * Very pale face.
- * Headaches
- * Eyes tear easily
- * Conjunctivitis
- * Inflammation of the corneas and eyelids
- * Acidic saliva
- * Loose teeth
- * Inflamed, sensitive gums
- * Mouth ulcers
- * Cracks at the corners of the lips
- * Recurring infections of throat and tonsils
- * Teeth are sensitive to hot, cold, or acidic foods
- * Teeth have a tendency to crack or chip
- * Pain in the nerves of the teeth
- * Excess stomach acid
- * Acid regurgitation
- * Gastritis
- * Ulcers
- * Nails are thin and split and break easily
- * Hair looks dull, has split ends, and falls out
- * Dry skin
- * Skin tends to be irritated where there are heavy concentrations of sweat
- * Hives
- * Leg cramps and spasms

4. Exercising Your Body for God

You already know how important exercise is to maintaining a healthy body. The old adage, use it or lose it, becomes increasingly true as we age.

In this section we will not focus on the how's of exercise, but rather on the why. Let's begin by refreshing our minds with these two Bible verses:

Therefore, I urge you, brothers, in view of God's mercy, to **offer your bodies as living sacrifices**, holy and pleasing to God-- **this is your**

spiritual act of worship. Do not conform any longer to the pattern of this world, but be transformed by the renewing of your mind. Then you will be able to test and approve what God's will is-- his good, pleasing and perfect will. - Romans 12:1-2 (NIV)

And whatever you do, whether in word or deed, **do it all in the name of the Lord Jesus**, giving thanks to God the Father through him. - Colossians 3:17 (NIV)

One thing that separates Christian belief from how the world acts lies in what motivates us to do what we do. Two people, one a believer and one not, both exercise. Both gain the same benefits, so what is different between them? The answer is the believer has opportunity to exercise as a spiritual act of worship, not just for his or her health.

When you purposely exercise as a spiritual act of worship, your thinking changes about how you treat your body. You become conscious of the fact that your body belongs to God, and that you are the steward of your body.

Once you have this understanding, a whole new dynamic kicks in. You will begin to realize everything about the way you treat your body, including the food you eat, is to glorify God. The end result is that you grow spiritually.

If the subject arises with a friend about why you exercise, use the moment to give God glory. Who knows what impact it could have on those who asked the question.