

Making Sense of Nutrition

with Certified Holistic Health and Nutrition Coach,
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Basics

- Food: plant or animal derived sources of nutrients to provide energy; used in the body for growth, repair and maintenance
- Nutrition: the Science of food and the substances they contain
- Energy: the capacity for the physical system to perform work



Let's Consider this All American Meal

- Corn syrup, plastic, mechanically separated byproducts of low grade meat, glue, slugs and bones. The USDA logged complaints from 2009: 5% animal parts like rodents; 13% insects, slugs and worms; 11% bones; 14% metal; 33% plastic and 5% glass
- We then wash it down with corn syrup, methanol, Red #3, Blue #1,

formaldehyde, sodium benzoate, phosphoric acid and aspartame

- For dessert, we have growth hormones, antibiotics, estrogen, glue, corn syrup, artificial flavors and propylene glycol. Other 'naturally derived' flavors include piperonal used as vanilla –also used to treat lice; diethyl glucol as an emulsifier instead of eggs –also

used in anti-freeze and paint solvents; butyraldehyde for nut-flavored varieties –also in rubber cement; aldehyde c17 for cherry ice cream –also an inflammable liquid used in dyes, plastic and rubber; ethyl acetate for pineapple –also a cleaner for leather and textiles.

Instead, let's try this meal...

- 75% RDA Vitamin C
- 8% RDA Calcium
- 15% RDA Iron
- 21% RDA Vitamin A
- 10 grams protein
- 20% RDA fiber
- 30% RDA Magnesium

- Phytochemicals known to protect against salmonella, cancer, parasites and inflammation

What is it?

- A quinoa salad with broccoli florets, olive oil, cumin, tomatoes, lemon juice, garlic, bell pepper, parsley, sea salt and pepper
- Start to finish –20minutes

We Live in a Zoo

- This 5-lb bag of sugar contains no fat. So if I labeled it 100% FAT FREE and told you it is from 100% pure cane, is it ok to consume? In the five years of elementary school, the average child consumes a wheelbarrow full of sugar from milk alone!

- While the Total brand cereal contains no actual blueberries or pomegranates, it does contain eight

different sweeteners: Sugar, Corn Syrup, Barley Malt Extract, Brown Sugar Syrup, Malt Syrup, Sucralose, Molasses and Honey. The blueberry-like appearance of small bits in the cereal are accomplished through the use of artificial colors like Red #40 and Blue #2, propylene glycol, combined with various oils and sweeteners such as soybean oil and sugar.

- We are no longer eating FOOD, but food-like products.

Overfed and Starving to Death

Diseases of Affluence

- Cancer
- Diabetes
- Cardiovascular Disease
- Asthma
- Obesity
- Gout
- Alcoholism

Diseases of Poverty

- Infection
- Injury
- Pregnancy complications
- Hygiene related
- Malnutrition
- Parasites
- Contaminated water supply

Still Hungry?

High Calorie, Low Nutrition

- White rice
- Bread
- Oil
- Ice cream
- Crackers
- Potatoes

Low Calorie, High Nutrition

- Chia seeds
- Goji berries
- Avocado
- Berries
- Dark leafy greens
- Quinoa

Number One Rule?

“If it came from a plant, eat it.
If it was made in a plant, don’t.”
Michael Pollan

Change Your Terrain: Nutritional Classical Music

Eat foods closest to nature

- You do not see a Cheez-it growing in a field

Gluten-free (as well as low grain)

- For every one person with gut related symptoms, there are 7 or 8 others without a single digestive upset but still intolerant

Dairy-free

- Leads to osteoporosis and calcium deficiency

Low-Glycemic Eating

- Insulin –the fat producing hormone

Detox & Elimination

- Regularity and auto-intoxication

Hydration

- Half your weight in ounces of clear liquids per day

Circadian Rhythm Eating

- Eat like a King for breakfast, a Prince for lunch and a Pauper for Dinner

Spice It Up

- Balances your palette and leaves you feeling satiated

Love

- This is Science peoples... not the 70’s.

Animal Foods

- Less than 5% of your protein consumption (which is between 10-30% of your diet) should be animal sourced

Food vs. Poisonous Food

- Clean 15 and Dirty Dozen
<http://www.ewg.org/foodnews/>

First Steps: ADD to Your Life

When you add in the healthy, you leave little room for the bad.

- Ask not “What should I eat?” but “How do I want to feel?”
- Choose the healthier alternative when indulging.
- Do not repeat an indulgence within the next 5 days.
- Blend and/or juice daily
- Hydrate, hydrate, hydrate

Add the magic foods...

- Parsley –cleans blood
- Cilantro –removes heavy metals
- Gelatinous foods –Helps safely bind toxins for removal
- Sulphur-rich foods –assists liver and detox pathways
- Quinoa –in place of rice, grains, cereals
- Maca –normalizes immune system, increases energy and balances hormones
- Raw cacao –more antioxidants than anything
- Goji berries –complete protein packed with more nutrients than other berries
- Salads –plain and simple –eat more chlorophyll!
- Sea veggies –arame, wakame, kombu, nori

- Chia –
 - 2 times protein of seeds & grains
 - 5 times calcium of milk (plus boron to help bring calcium to bones)
 - 2 times potassium of bananas
 - 3 times antioxidants of blueberries
 - 3 times more iron than spinach
 - holds 9-12 times its weight in water

Recipe for Chia Gel

- Chia
- Water
- Stir in 1/3 cup chia with 2 cups water and add into EVERYTHING!
- Gel will keep in fridge for 2 weeks
- Unused chia lasts 5+ years

Try Coach Stephanie’s 6-week coaching program for a smooth transition into this lifestyle of holistic living.

