



Food Choices

This handout is designed to help you understand the labels on your foods as well as make healthier choices that will benefit you far into the future.

Food labels are designed to list their ingredients in the order of the highest amount used within that food. If “Sugar” is the first ingredient listed, then sugar makes up the highest single percentage of any ingredient.

Be aware of products that use multiple ingredients that do the same function, such as foods that will list “high fructose corn syrup, corn syrup, sorbitol, and sucrose” all within the same label. These are all sugars and we must take all of them into account.

Our General Rule of Thumb

- ✓ Eat as natural as possible. Organic is Best
 - ❖ If you can’t find the ingredients listed on your food sold individually within a grocery store, or if you can’t even pronounce some of the ingredients, they are most likely chemical additives from sources unknown. Our bodies can deal with a certain amount, but too many of these over a long period of time can cause serious problems.
 - ❖ Food should be somewhat similar to its original form in order for our bodies to get the most benefit from them. The further it gets processed, the further it gets stripped of what made it nutritious. Since we don’t find Twinkies growing on trees, we probably shouldn’t eat them.
 - ❖ Organic foods are grown without chemical pesticides, herbicides, or fertilizers. Those chemicals leech into our food and little by little add up to a big effect on our health.

Sweeteners:

- Avoid:
 - Anything that lists a sweetener as one of the first few ingredients. Many foods have sweeteners added to them to increase your psychological desire for them, making you eat more than you should. Find a version of the same food, only without the sweeteners.
 - Fructose (especially High Fructose Corn Syrup) Sucrose, Maltose, Dextrose – anything with -ose at the end of the word.
 - Sugar and sugar substitutes such as Nurtisweet, Amino-Sweet, Splenda, Aspartame, Sorbitol, and many more.

- These simple sugars are implicated in nearly all of the health problems that have been on the rise for the last few decades and we as Americans have continued to eat more and more of them on average.
- **Eat These Instead:** (Moderation is crucial!!!)
 - Cane Sugar or Sugar in the Raw – available at most health food stores
 - Pure Maple Syrup – anything natural like maple syrup is better than something made in a chemical laboratory.
 - Stevia or Truvia – all current indications point to this being a healthy non-caloric alternative, although long-term study is still needed.
 - Fruit – Organic is best.

Food Choices Continued

Breads and Pastas:

- **Avoid:**
 - Anything that says “refined”, “enriched”, or “white flour”. Nutrients have been stripped from these grains through processing and are later added back, or “enriched”, by synthetic chemical isolates that our bodies don’t digest, providing us no nutritional value at all.
- **Eat These Instead:**
 - Anything that lists “100% Whole Grain” as the only wheat product. “Whole Wheat” is not good!!! Sprouted grains, such as Ezekiel Breads (found in the freezer section in most stores), are best and are even well-digested by people with gluten issues.
 - Quinoa Pasta is easy to find, and organic rice flour pasta is a great alternative, as well as tapioca flour.

Oils & Fats:

- **Avoid:**
 - Any “hydrogenated” oils. These are the “Trans-Fats” and are more chemically similar to plastic than they are to food. These oils, which include margarine and other butter-alternatives, were originally heralded as healthy alternatives to other fatty oils, but have now been shown to have a far worse effect on heart health.
 - Read the labels! Just because the packaging says “No Trans-Fats”, there can still be .49 grams of trans-fats per serving. These add up!
 - Be on the lookout for “interesterified” fats. These are just another unnatural fat.
- **Eat These Instead:**
 - Real butter. The only ingredients should be cream and salt. Preferably organic non-pasteurized cream and sea salt.
 - Coconut Oil, Olive Oil (cold pressed), Flaxseed Oil, Peanut Oils.
 - Leftover Bacon Grease from nitrate and nitrite free bacon.
 - Note: Cholesterol is not negatively affected by **healthy oils**.

Whole Food Recipes

By Dr. Lauren Kolowski DC

1. Breakfast Hash

Ingredients:

- 2 T Organic Butter
- 1 Small baked Potato
- 1 small Yellow Onion chopped
- 6 Cage Free Eggs
- ½ cup chopped bacon
- ¼ tsp Celtic Sea Salt
- ¼ Pepper
- 1/8 cup fresh Parsley (optional)

Directions:

In large skillet, melt butter. Chop up precooked potato and add to butter. Add onions. Cook on medium until potatoes are a bit brown. Add Scrambled eggs, bacon and spices. Cook until eggs are done. Enjoy!

2. Vinaigrette Salad Dressings:

Basics: 1 part Vinegar (or citrus juice) to 2 parts Extra Virgin Olive Oil

-Vinegars: Balsamic, White, Rice

-Citrus: Fresh Squeezed Lime, Lemon or Orange

Example:

- ½ Cup EVOO
- ¼ Cup Balsamic Vinegar
- 1 T Dijon or Honey Mustard
- ¼ tsp Black Pepper
- 1/8 tsp Celtic Sea Salt
- ¼ cup water

*Shake together and let stand 30 minutes before adding to Salad

* Make your own variations using Italian seasoning, garlic, honey or ginger.

3. Homemade Coleslaw

Ingredients:

- 3 cups shredded Green Cabbage
- 3 cups shredded Red Cabbage
- 1 cup shredded Carrots (3 medium)
- ¼ cup thinly sliced Green Onions
- ½ cup full fat Organic Mayo
- 1 T White Vinegar
- 1 tsp 100% Maple Syrup
- ¼ tsp Celtic Sea Salt
- ¼ tsp Pepper

Directions:

Shred all veggies in food processor. Mix mayo, vinegar, maple syrup and spices in bowl. Add to cabbage mixture and toss. Cover and refrigerate 2 to 24 hours. Enjoy!

4. Lentil and Tomato Salad

Makes 4-6 dinner salads or 6-8 side salads

Ingredients:

- 1 cup uncooked lentils
- 1 onion, finely chopped
- 1 quart water
- 1 bay leaf
- Celtic Sea Salt to taste (optional)

Dressing

- 4 tablespoons extra-virgin olive oil
- 2 tablespoons freshly squeezed lemon juice
- 1 clove garlic
- 1 pinch each of dry mustard, cracked black pepper and Celtic Sea Salt (optional)
- 1 large tomato, chopped
- 2-6 sliced green onions (less for milder flavor)
- 1 diced bell pepper
- 1-2 tablespoons chopped fresh parsley

Directions

In a large saucepan, combine lentils, chopped onion, water, bay leaf and sea salt. Bring to a boil. Cover and let simmer for 25-30 minutes or until lentils are tender but not mushy.

Make dressing by blending the olive oil, lemon juice, garlic, and optional seasonings.

Stir dressing into warm lentils. Set aside to cool.

To serve, stir in tomato, bell pepper, green onions and parsley.

5. Coconut-Lime Chicken Soup

Ingredients:

- 8 oz of cooked Chicken
- 1 15 oz can of full fat Coconut Milk
- 2 Cups Water
- ¼ cup fresh Lime Juice
- 3 medium Carrots sliced
- 1 T Liquid Amino (soy sauce substitute)
- 2 t Thai Seasoning
- ¼ tsp Celtic Sea Salt
- Fresh Cilantro

Instructions:

Put all ingredients in sauce pan. Bring to a boil. Reduce heat and simmer covered 10 minutes or until carrots are tender. Serve with fresh cilantro and lime wedge.

6. Mexican Chicken Soup

Ingredients:

- 1 whole Chicken
- 1 T Celtic Sea Salt
- 1 lb Nitrate Free Bacon
- 1 large Red Onion
- 6 Garlic Cloves
- 2-4 Hot Jalapeno Peppers
- 2 cans diced Tomatoes
- ¼ tsp Black Pepper
- 2 cans Black Beans
- Block of Smoked Mozzarella Cheese

Directions:

Boil chicken for 1.5 hours in large pot with enough water to cover it. Add 1 T Celtic Sea Salt for boiling process. While that boils, fry up entire lb of bacon. Set bacon aside. Keep all bacon fat. Chop up red onion and peppers. Mince Garlic. Sauté ¾ of onion, pepper and garlic in bacon fat for 5 minutes. When chicken is done, remove entire chicken and let it cool. When cool enough remove meat and put it into the broth. Add contents of bacon fat and veggies to broth. Add the 2 cans of diced tomatoes. Crack fresh pepper into broth. Bring to a boil. Reduce heat and let simmer covered for 30 min. While this cooks, cut mozzarella into chunks and crumble the bacon. Add 2 cans beans to broth. Let simmer another 15 minutes. Serve with fresh red onion, bacon and cheese on top. Enjoy!

7. French Onion Soup

Ingredients:

- 2 T Butter
- 4 medium Yellow Onions sliced
- 20 oz organic condensed Beef Broth
- 1 ½ cup Water
- 1/8 tsp Pepper
- 1/8 tsp dried Thyme
- 1 Bay Leaf
- 4 slices of Ezekiel Bread
- 1 cup shredded Raw Mozzarella Cheese
- ¼ cup grated Parmesan Cheese

Directions:

Melt butter in large pot. Stir in onions to coat with butter. Cook uncovered over medium-high heat 10 minutes, stirring every 3 minutes. Reduce heat to medium low. Cook another 35 to 40 minutes, stirring every 5 minutes until onions are light golden brown. Stir in broth, water and spices. Heat to boil. Reduce heat. Cover and simmer 15 minutes. Remove bay leaf.

Set over to broil. Place bread in 4 ovenproof bowls or individual casseroles. Add soup. Top with cheese. Place bowls on cookie sheet. Broil with cheese about 5 inches from heat 1 to 2 minutes or until cheese is golden brown. Enjoy!

8. Curry Pumpkin Soup

Ingredients:

- 2 T Butter
- 1 large chopped Onion
- ½ cup chopped Carrots
- ½ cup chopped Celery
- 1 tsp Curry Powder
- 1 tsp Pumpkin Spice
- 2 15 oz cans of Pumpkin
- 28 oz Chicken Broth
- 2/3 cup Water
- 1 cup Cream
- ½ tsp Celtic Sea Salt
- ¼ tsp Pepper

Topper:

- Dried Cranberries
- Shredded Orange Peel
- Fresh Italian Parsley

Instructions:

Melt butter and add onions, carrots, and celery. Cook 10 minutes until tender. Add curry powder and pumpkin spices. Cook and stir one minute. Add Pumpkin, broth, and water. Bring to boil. Reduce heat and simmer covered 15 minutes. Cool slightly

In food Processor blend 1/3 of mixture at a time. Return puree to pan. Add cream, salt and pepper. Heat throughout. Do not boil. Top with “topper.”

9. Green Bean Casserole

Ingredients:

- 1 lb 85% ground Beef
- 3 cans Organic Green Beans
- 1 can Organic Valley brand Cream of Mushroom Soup
- 1 tsp Celtic Sea Salt
- ¼ tsp Pepper
- 1 bag Organic Frozen Hash Browns (defrosted)

Directions:

Brown beef after adding the salt and pepper to it. Do not drain the fat. Put into an ungreased 9x12 pan. Add 3 cans of beans and can of mushroom soup. Top with Hashed Browns. Bake at 350 for 25 minutes.

10. Homemade Chili

Ingredients:

- 1 lb 85% Ground Beef
- 1 med. Yellow Onion
- 2 Jalapenos (optional)
- 4 Cloves Garlic minced
- 2 cans diced Tomatoes
- 2 cans Tomato Sauce
- 2 T Chili Powder
- 2 tsp Cumin
- ½ tsp Celtic Sea Salt
- ½ tsp Black Pepper
- 2 cans Black Beans
- 2 cans Red Kidney Beans

Directions:

In large pot, brown hamburger until almost done. Do not drain the fat. Add salt, onion, peppers and garlic. Sauté for several minutes. Add all 4 cans of tomatoes, and spices. Cover and simmer 1 hour, stirring occasionally. Stir in beans. Simmer uncovered about 10 minutes, stirring occasionally. Serve topped with shredded cheddar cheese.

11. 30-Minute Turkey Chili

Ingredients

- 3 tablespoon extra-virgin olive oil
- 1 medium yellow onion, chopped
- 5 cloves garlic, chopped
- 1 tablespoon kosher salt
- 1 tablespoon chili powder
- 2 tsp cumin
- 1 tablespoon dried oregano
- 1 tablespoon tomato paste
- 1 chipotle chile en adobo, coarsely chopped, with 1 tablespoon sauce
- 1 pound ground turkey
- 1 (12-ounce) Mexican lager-style beer
- 2 (14 ½ oz) can whole peeled tomatoes, with their juice
- 2 (15 ½ ounce) can kidney beans rinsed and drained
- 2 cans black beans, rinsed and drained
- 2 slice scallions, cilantro sprigs, avocado, sour cream, grated Monterey jack cheese and/or tortilla chips for garnish, optional

Directions

Heat the olive oil in a large, heavy skillet over medium-high heat. Add the onion, garlic, salt, chili powder, and oregano and cook, stirring, until fragrant, about 3 minutes. Stir in the tomato paste and the chipotle chile and sauce, cook 1 minute more. Add the turkey, breaking it up with a wooden spoon, and cook until the meat loses its raw color, about 3 minutes. Add the beer and simmer until reduced by about half, about 8 minutes. Add the tomatoes—crushing them through your fingers into the skillet—along with their juices and the beans; bring to a boil. Cook, uncovered, stirring occasionally, until thick, about 10 minutes.

Ladle the chili into bowls and serve with the garnishes of your choice.

12. Crock Pot Pizza

Ingredients:

- 1 lb ground beef. Brown in skillet with 1T Sea Salt. Keep drippings.
- 2 cups dry brown rice. Cook according to package instructions
- 2 cans pizza sauce
- 1 jar spaghetti sauce
- 1 medium yellow onion chopped
- 1 medium green pepper chopped
- 1 can sliced mushrooms
- 1 can sliced black olives
- 1 package of shredded mozzarella cheese

Instructions:

Layer ingredients in large crock pot as follows: ground beef, rice, vegetables, sauces, cheese. Set crock pot to “warm” as you do not want to overcook the already cooked ingredients. Let simmer for up to 4 hours. Enjoy!

13. Paleo Crock Pot Chicken Curry w/ Peppers & Cabbage

Ingredients:

- 1 to 1.5 pounds of boneless chicken thighs – I pick these over chicken breasts because I find them tastier, and they are often cheaper.
- 1 or 2 cans of coconut milk – I used 2 cans because Trader Joe’s has them for 99 cents and I love coconut milk more than you know. One could get away with a single can if it is pricey for you, yet you will simply have a thicker curry
- Curry paste – Types and amounts obviously vary. I use the paleo-friendly brand Thai House, and used about 3 tbsp of their Red Curry.
- 1 small yellow onion
- 1 medium red bell pepper
- 1 medium green bell pepper
- 1/2 head of cabbage. You could use more if you wanted to.

Instructions (this is easy):

1. Turn your crock pot on before you start your prep, and get a head start.
2. Pour your coconut milk into your Crock Pot and add your curry paste. Make sure you stir until dissolved in the coconut milk. Some recipes will call for you to do this in a sauce pan first, yet I really would rather not do more dishes than I have to.
3. Cut your chicken thighs into 1" cubes. Don't be fancy. Just cut them up and dump them into the pot and stir.
4. Cut your red and green peppers into similar 1" cubes. Dump into pot and stir.
5. Cut your onion into similar chunks, you get the idea.
6. Cut your head of cabbage in half, and quarter the half you are going to use. Simply cut the wedges into thin strips and then break apart with your hands. This is much easier than using a grater, and you can always chop the cabbage to your desired shape. I personally wanted longer pieces. Add the cabbage to the top of your pot and again stir, trying to coat the cabbage with the coconut milk. It is fine if the cabbage is not submerged, it will cook down.
7. Cover and let cook on low for 4 hours. This recipe should take about 10 minutes of combined prep and cleanup time, and is very cost effective. Like I said, this is quite likely the high point of my week, and I'm totally OK with that.
8. I chose to garnish mine with some scallions and red chili sauce. This is totally unnecessary, yet I am a huge fan of red chili sauce on most things.

14. Mexican Casserole

Ingredients:

- 1 lb 85% Ground Beef
- 1 cup uncooked Brown Rice
- 1 tsp Celtic Sea Salt
- ½ tsp Pepper
- 1 cup fresh Salsa
- 1 can Black Beans (drained)
- Full fat Kalona Super Natural Sour Cream
- Shredded Raw cheddar cheese

Directions:

Cook brown rice according to the package. This will take about 40 minutes. Brown beef with the salt and pepper. Do not drain the fat. In ungreased 9x12 baking dish add beef, cooked rice, salsa and beans. Cover with tinfoil and bake at 350 for 30 minutes. Top with sour cream and cheddar cheese. Enjoy!

15. Pasta-Free Chicken Alfredo with Vegetables

Ingredients:

- Boneless skinless chicken breast
- 1 Green Bell Pepper
- 1 Red Bell Pepper
- 1 Large Red or Yellow Onion
- 1 Zucchini
- 1 Cup uncooked Brown Rice
- 1 Stick Butter
- 1 Cup Cream
- ½ Cup *grated* Parmesan Cheese
- Fresh Ground Pepper

Instructions:

Prepare Brown Rice according to package. (Will take 45 Minutes or more)

Rinse and slice up chicken breast.

Wash and slice up vegetables

In one skillet, sauté chicken breast in peanut or coconut oil. In different skillet, sauté vegetables in peanut or coconut oil. This will take about 25-30 minutes.

5 Minutes before chicken, rice and vegetables are ready to serve, melt stick of butter in separate skillet. Once melted, add cup of cream. Heat on medium to medium Low until well mixed. DO NOT BOIL. Add parmesan cheese and pepper. Heat till warm.

Layer in bowls, rice, then vegetables, then chicken. Cover with Alfredo Sauce. ENJOY!

16. Penne Al Vodka with Chicken

Ingredients:

- 1 package Brown Rice Penne Pasta
- 3 T Extra Virgin Olive Oil
- 1 lb Chicken Breasts
- 1 large Yellow Onion
- 6 minced Cloves Garlic
- ¼ C Vodka
- 1 package Prosciutto sliced up
- 1 T dried Oregano
- ½ tsp Pepper and Salt
- ½ to 1 tsp Red Pepper Flakes
- 1 tsp Italian Seasoning
- 1 16 oz Can Tomato Sauce
- 1 28 oz can crushed Tomatoes
- ½ C Parmesan Cheese
- 1 C Kalona Super Natural Cream

Directions:

In large pan cook onions in olive oil. Sweat about 5 minutes. In separate pan cook sliced chicken in olive oil until fully cooked. Set aside. Add garlic and sliced prosciutto to onions. Cook 5 min. Add Vodka. Cook 5 minutes. Add crushed tomatoes and tomato sauce, all seasonings and grated cheese. Simmer uncovered for 30 minutes. Stir occasionally. Add heavy cream slowly until fully mixed. Add chicken. Simmer 15 minutes. While that simmers, boil water with 1 T Celtic Sea Salt and cook penne pasta according to box. Pour sauce over pasta and serve with parmesan cheese on top. Enjoy

17. Fajita Lettuce Wraps

Ingredients:

- 3 Chicken breasts, sliced into thin strips
- 2 Bell peppers (red, yellow, and orange), seeded and sliced into strips
- 1 Onion, sliced into thin strips
- Fajita seasoning, see recipe below
- Lettuce leaves, washed and dried (Boston lettuce)

Directions:

Sauté onion and peppers in skillet with 2 tablespoons of butter until Al dente. Transfer to a separate bowl and keep warm. Add chicken to same skillet and cook through. Add cooked peppers and onions back to skillet with chicken. Sprinkle with fajita seasoning to taste, 2-3 teaspoons.

Place fajita chicken, peppers, and onions into a lettuce leaf. Top with cheese, sour cream, guacamole, and salsa. (Yummy Tip: mix sour cream and guacamole together).

Fajita Seasoning- Combine all ingredients and store in airtight container

- 4 tsp. Celtic sea salt
- 4 tsp. Paprika
- 3 tsp. Onion Powder
- 1-1/2 tsp. Garlic powder
- 1 tsp. Chipotle chili pepper
- 1 tsp. Cumin
- 1 tsp. Oregano (dried)
- ½ tsp. Cayenne Pepper

18. Yogurt with Quinoa

Ingredients:

- Full fat Organic Yogurt
- Quinoa (a whole grain that can be found at health food stores)
- Strawberries
- Bananas
- Honey (If needed)

Directions:

Cook Quinoa according to package directions. Refrigerate and have on hand.
Chop up strawberries and Bananas

Add ½ cup yogurt with ¼ cup Quinoa.
Top with Fruit

19. Homemade Vanilla Ice Cream

Ingredients:

- 2 Cage Free Eggs
- 1 C Kalona Super Natural Cream
- 3 C Raw or Kalona Super Natural Whole Milk
- ½ C 100% Maple Syrup
- 2 tsp Vanilla
- ¼ Celtic Sea Salt

Directions:

Mix all ingredients with electric mixer in large mixing bowl. Churn in electric ice cream maker until set. (about 30 min) Enjoy!

20. Homemade Peanut Butter Goodness

Ingredients:

17 oz. Cocktail Peanuts
6 tbsp of Real Butter
2 tbsp of Peanut Oil
1 tbsp of Stevia
Salt optional (Cocktail peanuts have salt in them)

Directions:

Combine all ingredients in a Food Processor and mix till very creamy. Add more butter and peanut oil if it's not as creamy as you would like (More butter than Oil). Keep in refrigerator when done.

If you're ok with a little sugar, substitute Honey for Stevia. Add Honey till its sweet enough for you.

21. Stimulating Dessert

Ingredients:

- 4 bananas halved lengthwise, then in half
- 2 tbs coconut oil, raw, organic
- Pinch of ground cardamom
- Pinch of Himalayan salt
- +/- lime juice
- stevia

Directions:

Heat some coconut oil over moderately high heat and sauté bananas, turning over once (approx 1-2 min per side).

Heat remaining oil, add stevia, cardamom and pinch of salt, stirring for about 2 min. Pour over bananas and sprinkle with some lime.

22. Poached Pears with Blackberries

Ingredients:

- 4 pears, peeled, but left whole
- ½ lemon, juice and zest of
- 8 ounces blackberries
- 1 1/3 cups water
- 1 ounce honey

Directions:

Put the pears in a saucepan with the lemon zest and the lemon juice. Add in half the blackberries and the water. Heat until the mixture bubbles, then cover and cook gently for 20 minutes or until the pears are tender. Flip the pears over half way so they cook evenly on both sides. Lift the pears from the cooking liquid and cool for a few minutes. Slice each one in half and scoop out the cores with the tip of a teaspoon. Tip the cooking liquid into a sieve set over a bowl and rub it through leaving the seeds behind. Pour the fruity syrup back into the saucepan, add the rest of the blackberries and reheat gently for a minute to lightly cook them. Pour the blackberry sauce over the pears.
45 minutes preparation time. Makes 4 servings.

GOOD FOODS LIST

It seems everyday we hear new reports of the harmful effects of certain foods. Many people ask "What's left to eat?" Here is a basic guide to a healthy diet.

PROTEINS

- **MEATS:** Coleman Beef, Laura's Lean beef, lamb, veal, lean pork, beefalo
- Chemical free chicken, turkey, Cornish hen
- No lunch meat or cured meats with nitrites or MSG
- **SEAFOOD:** Any fish or shellfish, fresh or frozen
- Homemade breaded fish, using whole wheat bread crumbs or flour
- Fertile, free range or organic eggs
- **OTHER PROTEINS:** Tofu or Tempeh, Legumes
- **NUTS & SEEDS:** Natural nuts and seeds, almonds, cashews, walnuts, pumpkin seeds, sunflower seeds, etc., raw or dry roasted
- Natural nut butters where oil rises to the top - avoid commercial brands (containing hydrogenated oils and sugar), best is almond butter.

*Note: Make sure you get **adequate protein** each day. If you have a question on this, buy and read the book Protein Power, by Eades and Eades.

DAIRY: (PROTEIN AND FAT)

- Raw cow's milk, rice or almond milk
- Butter (NO MARGARINE!!)
- Cheese (raw and/or organic), Cottage cheese
- Yogurt without added sugar (Stoneyfield Farm Organic or Altadena)

FATS

- Butter (NO MARGARINE, IT'S HYDROGENATED!)
- Fresh Flaxseed oil, lowers cholesterol
- Olive oil, cold pressed
- Fish oils

VEGETABLES

- Raw or steamed vegetables, preferably organic and low carbohydrate veggies, 3-5 servings per day
- All homemade soups or frozen soups from the health food store
- **AVOID** starchy veggies (potatoes, yams, corn, squash, peas) more than 1-2 times per week, or less if you are on a more stringent carbohydrate restriction
- **SALADS:** Raw vegetable salads
- Salad dressing - use any cold pressed oil with apple cider vinegar or lemon juice, try homemade or Haines brand, **cold pressed**, mayonnaise), Italian dressings made with fresh (preferably organic) ingredients, Paul Newman's are good. (Also see **CONDIMENTS**)

CONDIMENTS

- Natural herbs and spices
- Spike, Celtic Sea Salt
- Apple cider vinegar, lemon juice, or rice vinegar Mustard, low-sugar ketchup or health food store brand, low-sugar steak sauce

GRAINS (Limited quantities ONLY):

- Organic, sprouted grain bread: "Ezekiel"
- Whole grain breads/crackers
- Whole grains - brown rice, quinoa, bulgur, millet
- Whole grain cereals, pastas - i.e. shredded wheat, oatmeal, health store cereals (organic is best!)

* Note: **Whole** grain must be listed as the FIRST ingredient, avoid breads containing **hydrogenated oils**: avoid eating more than 1-2 servings per day (less if advised by your nutritionist). Sprouted grain "Ezekiel" and "Alvarado Street Bakery" bread are recommended and are available at Hannaford's on Quaker Road and local health food stores

FRUITS:

- Fresh organically grown fruits
- Fresh fruit or veg juices, diluted 50% with water
- V-8 and tomato juice (low sodium)
- Note: Only 1-2 servings per day of LESS if advised by your consultant

SWEETENERS: Not advised at all. But if you must, limit to limited amounts of the following, in consultation with your consultant

- Stevia
- Sweet n' Safe
- Raw Honey
- Pure Maple Syrup
- Fresh Fruit

BEVERAGES

- Organic, herb teas (have the doctor muscle test these)
- Roasted chicory, replacement for coffee
- Lemon water without or with powdered white stevia
- Avoid tap water, drink filtered water

DESSERTS - OCCASIONALLY

- Fresh fruit with yogurt and raw honey or fresh fruit
- Plain gelatin - add fruit
- Brown rice pudding made with raw honey or powdered stevia and rice milk or soy milk
- Sorbet made from fresh fruit, no added sugar/fructose

SNACKS/TREATS FOR KIDS (also see DESSERTS)

- Popsicle's, for children (use natural fruit juices or black cherry concentrate)
- Fruit juice sweetened treat (cookies, bars, rice ice cream)
- Fresh fruit
- Whole grain chips/crackers (NO HYDROGENATED OILS!!)

NOTE: IF YOU ARE ON A CARBOHYDRATE RESTRICTED DIET, YOU SHOULD STUDY THE CARBOHYDRATE GRAM COUNTER IN THE BOOK, PROTEIN POWER, OR OTHER SIMILAR REFERENCES, AND APPROPRIATELY RESTRICT THE AMOUNTS OF FRUITS, GRAINS AND OTHER HIGH CARBOHYDRATE FOODS. KEEPING A WEEKLY FOOD INTAKE DIARY AND REVIEWING THIS WITH YOUR CLINICAL NUTRITIONIST REGULARLY IS THE KEY TO LEARNING HOW TO MANAGE YOUR CARBOHYDRATE CONSUMPTION.

PERSONS ON ALLERGY RESTRICTED DIETS SHOULD ALSO MAKE THE APPROPRIATE MODIFICATIONS TO THE ABOVE RECOMMENDED FOODS.

DIETARY CONSULTATIONS ARE AVAILABLE WITH ONE OF OUR HIGHLY TRAINED STAFF MEMBERS FOR FURTHER EDUCATION AND RECOMMENDATIONS.

Whole Food Shopping Guide

By Dr. Lauren Kolowski DC

1. Milk: Best = Raw milk, <http://www.realmilk.com/real-milk-finder/>
2nd Best = Kalona Super Natural Whole Milk – Vitamin Cottage, Whole Foods
2. Cream, Sour Cream = Kalona Super Natural – Vitamin Cottage, Whole Foods
3. Butter = Kalona Natural is best. Any organic brand is good – Vitamin Cottage
4. Eggs: CAGE FREE ORGANIC is best- get from a local farmer or for \$2.55 per dozen at Vitamin Cottage
5. Bread: Ezekiel Bread – Vitamin Cottage freezer section, King Soopers
6. Produce: Organic from any grocer. Vitamin Cottage is most affordable.
7. Organic Brown Rice and Quinoa: Any grocer.
8. Canned soups for cooking: Organic Valley brand – Vitamin Cottage
9. Salt: Celtic Sea Salt – Sold at our office.
10. Sweetener: 100% Maple Syrup, Tupelo Honey, Raw Cane Sugar – Vitamin Cottage
11. Sausage and Bacon: Beeler's brand – Vitamin Cottage freezer section
12. Chicken: Whole and breasts: Found at Vitamin Cottage
13. Beef: Organic Grass-Fed is best. Local butchers are your best choice.
14. Organic teas and coffees: Any Grocer
15. Protein Bars: Standard Process – Sold at our office.
16. Protein Powder for shakes: Standard Process – Sold at our office.
17. Lara Nut and Fruit Bars: Vitamin Cottage, Whole Foods
18. Pellegrino Sparkling Water: Any Grocer
19. Raw Nuts: Organic is best Any Grocer.
20. Oils: Coconut, Olive or Peanut Oil. Organic is best: Any Grocer

THE LURE OF SYNTHETIC VITAMINS

Most chemists maintain, molecule by molecule, synthetic vitamins are identical to natural vitamins. The isolated factor of each may be identical, although newer information challenges this belief. Man-made synthetic supplements are a combination of some of the separate factors, never the whole complex of synergistic factors found in nature. The whole family of B, C or E vitamins is known as a "complex".

Synthetic vitamins may cause improvement of certain conditions for a short time but the whole complex goes even further. It is now believed that the "unknown" co-factors found in natural vitamins, not found in synthetic forms, act as catalysts which make the vitamins more effective. The reason why synthetic vitamins are so popular is because they are easier and cheaper to manufacture in a lab from petroleum products than to grow and harvest from crops.

Are the vitamins you take causing deficiencies?

Research indicates that synthetic vitamins may actually cause nutritional deficiencies. When you take a synthetic vitamin, it needs the co-factors normally found in the whole food, in order to complete its action. If they are not in the foods you eat, it will draw the co-factors from your body. You may feel good for a while but when the co-factors run out, you will begin to feel worse. The prolonged action of the synthetics imitates the action of drugs; they over-stimulate rather than feed your body. Science does not even come close to duplicating nature. Many illnesses, pain and suffering are the result of our dietary ignorance.

Synthetic vitamins will never have the effects of natural vitamins simply because they are missing many parts of the whole complex.

Give your body what it needs, it'll make everything else from that. To sustain good health, your cells must have all the elements they need to perform the jobs of growth and tissue repair in your body. Your body does not need hundreds of vitamins and minerals in order to maintain itself. It seems that every month a new miracle vitamin is being touted. Each cell in your body requires certain nutrients to maintain its basic metabolic function and keep healthy. The body will manufacture everything else from these basic building blocks.

A word about labels.

Many consumers are confused by the labels. Many labels say "Natural" or "Food based" or "Organic". "Natural" is a term used very loosely. Many things are natural (e.g. oyster shells) but they may not be ideal for human consumption. Food based simply means that it started with a food product (such as a carrot) but the rest of it was synthesized in a lab. And if the carrot was organic, then they can also add the word "Organic" to the label. One way to tell if a product is synthetic is to use the word potencies. In reality, high concentrations have nothing to do with potency. A 10 000 mg capsule of Vitamin C may not necessarily be potent at all! Remember, you will never see those concentrations or combinations in nature. They simply do not exist like that except in a bottle manufactured in a lab. Eat food, not chemicals.

Facts Regarding Synthetic vs. Natural Vitamins

According to Science Magazine, animals on synthetic vitamins dropped dead long before the animals on no synthetic vitamins.

The Vitamins in Medicine warns against doses in excess of 10 mg of vitamin B I because they were not metabolized and were excreted unchanged in the urine.

The American Academy of Applied Nutrition found that animals fed enriched bread lived 10% shorter lives than those fed unenriched bread.

The New England Journal of Medicine cited that babies of women who consumed 10,000 I.U of vitamin A from supplements had a 240% increase in birth defects.

The New England Journal of Medicine showed that men taking beta-carotene supplements had an 18% higher incidence of lung cancer, more heart attacks and an 8% higher overall death rate.

These same men who were taking vitamin E supplements had more strokes from bleeding in the brain.

A four year study at Dartmouth showed no colon cancer protection when taking synthetic antioxidant vitamins.

New England Journal of Medicine reports that elderly people taking a synthetic multivitamins did not benefit with their complaints of muscle weakness and physical tiredness.

British Journal of Chemistry and Physiology reports that ascorbic acid (vitamin C) injections did not improve intestinal disease.

A study at the University of California at Berkeley noted that administration of synthetic vitamins to dogs caused a worse state of health than pure starvation.

Journal of Nutrition noted that sterility occurred in rats given synthetic B I vitamins. It also often causes hyperthyroidism according to the Journal of the American Medical Association.

One of the most perilous deceptions is the passing off on a gullible public, phony, synthetic vitamins and preaching **THAT THE BODY DOES NOT KNOW THE DIFFERENCE**. At the very best, synthetic vitamins can function in the body as a DRUG OR PHARMACEUTICAL AGENT; certainly not as a natural nutrient.

Real vitamins must come from food. Go with the ONLY vitamin company who has ALWAYS used food based nutrients and not synthetic vitamins. YOUR HEALTH DEPENDS ON IT!!!

"Until man duplicates a blade of grass, nature can laugh at his so-called scientific knowledge. Remedies from chemicals will never stand in favor compared with the products of nature, the living cell of the plant, the final result of the rays of the sun, the mother of all life."

- Thomas. A. Edison

"Nightshades" Foods to Avoid for Anyone with Chronic Pains*

Potatoes the common potato sources include baked, mashed, scalloped, chips, fries, knishes, pierogies, plus potato water in breads, biscuits, matzo, soups and stews and vodka. Beware that potato is also included in these ingredients: hydrolyzed vegetable protein, modified vegetable protein (MVP), or modified food starch hidden in packaged meats, cold cuts and seafoods and other processed foods. Sweet potatoes are O.K. (a different family).

Tomatoes and their sauces (like barbecue and brown sauces), seasonings, condiments like ketchup and steak sauce, prepared meats (like meatloaf), baked beans, gravies, and salad dressings containing them.

Peppers include red, green, orange, yellow, jalapeno, chili, cayenne, curry, pimentos, and paprika. These are hidden in salads, cold cuts, pastas, sausage and deli meats, olives, tabasco, Worcestershire, steak sauce, coloring on nuts and fish, seasoning mixes, crackers, dips and spreads; black and white pepper are O.K.

"Spices" If the word "spices" or "natural flavorings" appear in the ingredients list, I cannot have it. These are hidden sources and nearly always in commercial salad dressings, mayonnaise, mustard, condiments, sauces, prepared (frozen) entrees, and soups; they could contain paprika, crushed red pepper, ground red pepper, cayenne, chili, curry; All other specified spices are O.K. (like black pepper (again not in the same family), garlic, ginger, basil, rosemary and more).

Also avoid **eggplant** and **tobacco**, as well as soy products, since Monsanto is genetically modifying 80% of the soy with the petunia gene (a nightshade).

What's Left?

Flaxseed & olive oils, vegetables, including sweet potatoes (a different botanical family) and many other spices like black pepper (again not in the same family), garlic, ginger, basil, rosemary and more. All fresh unprocessed meats, fowl and seafoods, wines and fruits, nuts, beans, cheeses, grains and herbs are not in the "nightshade family".

*Rogers, Sherry A., M.D., "Pain Free in 6 weeks" pg. 33, 284 - Sarasota, FL, © 2001

144 Reasons Why Sugar is Bad for Your Health

1. Sugar can suppress the immune system.
2. Sugar upsets the mineral relationships in the body.
3. Sugar can cause hyperactivity, anxiety, difficulty concentrating, and crankiness in children.
4. Sugar can produce a significant rise in triglycerides.
5. Sugar contributes to reduced defense against bacterial infection.
6. Sugar causes a loss of tissue elasticity and function, the more sugar you eat the more elasticity and function you lose.
7. Sugar reduces high density lipoproteins.
8. Sugar leads to chromium deficiency.
9. Sugar leads to cancer of the breast, ovaries, prostate, and rectum.
10. Sugar can increase fasting levels of glucose.
11. Sugar causes copper deficiency.
12. Sugar interferes with absorption of calcium and magnesium.
13. Sugar can weaken eyesight.
14. Sugar raises the level of neurotransmitters: dopamine, serotonin, and norepinephrine.
15. Sugar can cause hypoglycemia.
16. Sugar can produce an acidic digestive tract.
17. Sugar can cause a rapid rise of adrenaline levels in children.
18. Sugar mal absorption is frequent in patients with functional bowel disease.
19. Sugar can cause premature aging.
20. Sugar can lead to alcoholism.
21. Sugar can cause tooth decay.
22. Sugar contributes to obesity.
23. High intake of sugar increases the risk of Crohn's disease & ulcerative colitis.
24. Sugar can cause changes found in person with gastric or duodenal ulcers.
25. Sugar can cause arthritis.
26. Sugar can cause asthma.
27. Sugar greatly assists the uncontrolled growth of Candida Albicans (yeast infections).
28. Sugar can cause gallstones.
29. Sugar can cause heart disease.
30. Sugar can cause appendicitis.
31. Sugar can cause multiple sclerosis.
32. Sugar can cause hemorrhoids.
33. Sugar can elevate glucose and insulin responses in oral contraceptive users.
34. Sugar can lead to periodontal disease.
35. Sugar can contribute to osteoporosis.
36. Sugar contributes to saliva acidity.
37. Sugar can cause a decrease in insulin sensitivity.
38. Sugar can lower the amount of Vitamin E in the blood.
39. Sugar can decrease growth hormone.
40. Sugar can increase cholesterol.
41. Sugar can increase the systolic blood pressure.
42. Sugar can cause drowsiness and decreased activity in children.
43. High sugar intake increases advanced glycation end products (AGEs) (Sugar that is bound non-enzymatically to protein).
44. Sugar can interfere with the absorption of protein.
45. Sugar causes food allergies.
46. Sugar can contribute to diabetes.
47. Sugar can cause toxemia during pregnancy.
48. Sugar can contribute to eczema in children.
49. Sugar can cause cardiovascular disease.
50. Sugar can impair the structure of DNA.
51. Sugar can change the structure of protein.
52. Sugar can make our skin age by changing the structure of collagen.
53. Sugar can cause cataracts.
54. Sugar can cause emphysema.
55. Sugar can cause atherosclerosis.
56. Sugar can promote an elevation of low density lipoproteins (LDL).
57. High sugar intake can impair the physiological homeostasis of many systems in the body.
58. Sugar lowers the enzymes ability to function.
59. Sugar intake is higher in people with Parkinson's disease.
60. Sugar can cause a permanent altering the way the proteins act in the body.
61. Sugar can increase the size of the liver by making the liver cells divide.
62. Sugar can increase the amount of liver fat.
63. Sugar can increase kidney size & produce pathological changes in the kidney.
64. Sugar can damage the pancreas.
65. Sugar can increase the body's fluid retention.
66. Sugar is enemy number 1 of the bowel movement.
67. Sugar can cause myopia (nearsightedness).
68. Sugar can compromise the lining of the capillaries.
69. Sugar can make the tendons more brittle.
70. Sugar can cause headaches, including migraine.
71. Sugar plays a role in pancreatic cancer in women.
72. Sugar can adversely affect school children's grades & cause learning disorders.
73. Sugar can cause an increase in delta, alpha, and theta brain waves.
74. Sugar can cause depression.
75. Sugar and cause dyspepsia (indigestion).
76. Sugar can increase your risk of getting gout.
77. Sugar can increase the levels of glucose in an oral glucose tolerance test over the ingestion of complex carbohydrates.

(continued)

78. Sugar can increase the insulin responses in humans consuming high-sugar diets compared to low sugar diets.
79. High refined sugar diet reduces learning capacity.
80. Sugar can cause less effective functioning of two blood proteins, albumin, and lipoproteins, which may reduce the body's ability to handle fat and cholesterol.
81. Sugar can contribute to Alzheimer's disease.
82. Sugar can cause platelet adhesiveness.
83. Sugar can cause hormonal imbalance; some hormones become under active and others become overactive.
84. Sugar can lead to the formation of kidney stones.
85. Sugar can lead to the hypothalamus to become highly sensitive to a large variety of stimuli.
86. Sugar can lead to dizziness.
87. Diets high in sugar can cause free radicals and oxidative stress.
88. High sucrose diets of subjects with peripheral vascular disease significantly increases platelet adhesion .
89. High sugar diet can lead to biliary tract cancer.
90. Sugar feeds cancer.
91. High sugar consumption of pregnant adolescents is associated with a twofold increased risk for delivering a small-for-gestational-age (SGA) infant.
92. High sugar consumption can lead to substantial decrease in gestation duration among adolescents.
93. Sugar slows food's travel time through the gastrointestinal tract.
94. Sugar increases the concentration of bile acids in stools and bacterial enzymes in the colon.
95. Sugar increases estradiol (the most potent form of naturally occurring oestrogen) in men.
96. Sugar combines and destroys phosphatase, an enzyme, which makes the process of digestion more difficult.
97. Sugar can be a risk factor of gallbladder cancer.
98. Sugar is an addictive substance.
99. Sugar can be intoxicating, similar to alcohol.
100. Sugar can exacerbate PMS.
101. Sugar given to premature babies can affect the amount of carbon dioxide they produce.
102. Decrease in sugar intake can increase emotional stability.
103. The body changes sugar into 2 to 5 times more fat in the bloodstream than it does starch.
104. The rapid absorption of sugar promotes excessive food intake in obese subjects.
105. Sugar can worsen the symptoms of children with attention deficit hyperactivity disorder (ADHD).
106. Sugar adversely affects urinary electrolyte composition.
107. Sugar can slow down the ability of the adrenal glands to function.
108. Sugar has the potential of inducing abnormal metabolic processes in a normal healthy individual and to promote chronic degenerative diseases.
109. I.Vs (intravenous feedings) of sugar water can cut off oxygen to the brain.
110. High sucrose intake could be an important risk factor in lung cancer.
111. Sugar increases the risk of polio.
112. High sugar intake can cause epileptic seizures.
113. Sugar causes high blood pressure in obese people.
114. In Intensive Care Units: Limiting sugar saves lives.
115. Sugar may induce cell death.
116. Sugar may impair the physiological homeostasis of many systems in living organisms.
117. In juvenile rehabilitation camps, when children were put on a low sugar diet, there was a 44% drop in antisocial behavior.
118. Sugar can cause gastric cancer.
119. Sugar dehydrates newborns.
120. Sugar can cause gum disease.
121. Sugar increases the estradiol in young men.
122. Sugar can cause low birth weight babies.
123. Greater consumption of refined sugar is associated with a worse outcome of schizophrenia.
124. Sugar can raise homocysteine levels in the blood stream.
125. Sweet food items increase the risk of breast cancer.
126. Sugar is a risk factor in cancer of the small intestine.
127. Sugar may cause laryngeal cancer.
128. Sugar induces salt and water retention.
129. Sugar may contribute to mild memory loss.
130. As sugar increases in the diet of 10 years olds, there is a linear decrease in the intake of many essential nutrients.
131. Sugar can increase the total amount of food consumed.
132. Exposing a newborn to sugar results in a heightened preference for sucrose relative to water at 6 months and 2 years of age.
133. Sugar causes constipation.
134. Sugar causes varicose veins.
135. Sugar can cause brain decay in pre-diabetic and diabetic women.
136. Sugar can increase the risk of stomach cancer.
137. Sugar can cause metabolic syndrome.
138. Sugar ingestion by pregnant women increases neural tube defects in embryos.
139. The higher the sugar consumption the more chances of getting irritable bowel syndrome.
140. Sugar could affect central reward systems.
141. Sugar can cause cancer of the rectum.
142. Sugar can cause endometrial cancer.
143. Sugar can cause renal (kidney) cell carcinoma.
144. Sugar can cause liver tumors.



Oxalates – Toxic Superfoods

(adapted from *Toxic Superfoods: How oxalate overload is making you sick – and how to get better* by Sally K. Norton, MPH)

Oxalates naturally exist in many plants as defense from being eaten. Our bodies are usually able to clear them out, however excessive oxalates and/or predisposing health concerns can lead to significant and wide-ranging symptoms.

Review the following lists. If you have any of the symptoms for unknown reasons and also have any predisposing factors in your personal health history or regularly eat these foods, you may be affected.

<u>Symptoms:</u>	<u>Predisposing Factors:</u>	<u>High Oxalate Foods:</u>
<ul style="list-style-type: none"> • Kidney stones/damage • Vertigo (inner ear crystals) • Arthritis/Inflammation • Fatigue • Itchy eyes/skin • Excessive tartar on teeth • Bladder issues • Bowel and digestive disorders (IBS, leaky gut) • Yeast infections • Cold hands and feet • “Heavy” groin • Clumsiness • Cramps/Spasms • Headaches • Light and noise sensitivity • Anxiety/Depression 	<ul style="list-style-type: none"> • Low calcium diet (dairy-free, vegan) • A regular diet of gut-irritating foods like bran, beans, whole grains and quinoa • A history of excessive antibiotics and antifungals • Long-term NSAID use • Obesity • Diabetes • Gut disorders (Chron’s, IBS, leaky gut, food sensitivities) • Frailty • Poor kidney health 	<ul style="list-style-type: none"> • Potatoes (most types) • Beets and beet greens • Spinach • Almonds (Whole, butter, flour, and milk, along with several other nuts and seeds) • Peanuts and various legumes • Chia seeds • Soy • Spices like curry and black pepper • Black and green teas • Whole grains • Quinoa • Raspberries

If this sounds like you, the first step is to replace the high oxalate foods with better options, like **coconut flour, potato starch (not potato flour), new potatoes, red bell peppers, white rice, white pepper, romaine lettuce, arugula, turnips, cauliflower, seeds like pumpkin and sunflower.** The goal is NOT to avoid oxalates entirely, but to eat a normal amount, between 130-220 mg/day. Resources and information are found in *Toxic Superfoods* and on sallyknorton.com.

Detoxing oxalates can create more symptoms. We recommend working with a nutritional expert to complete the detox process and regain your health.

For educational purposes only and is not a substitute for healthcare advice or services. Not intended to diagnose, treat, or cure any disease or condition. Please discuss any desired changes with a qualified healthcare practitioner.