



Diet & Lifestyle Recommendations

Recommendations for: "Billie"

Date: 1/9/19

Primary Presenting Issues:

- ◊ Stress
- ◊ Depression, feelings of dis-ease
- ◊ Fatigue; fluctuation in energy and moods (anxious, anger)
- ◊ Lost in direction

Assets:

- ◊ Passionate about figuring out new ways of feeling better
- ◊ Will never quit on the quest to feel better
- ◊ Has a strong foundation in supporting herself nutritionally
- ◊ Has a deep understanding of her body and its' systems

Dietary Recommendations:

- ◊ A Balancing Diet for optimal energy. This is suitable for those with regularly functioning digestion and as the weather warms up (Spring and Fall). Adequate balance between the macro nutrients and its stabilizing, comforting, and moderate (Bauman 2017).
- ◊ Replace gluten products with whole, non-gluten grains such as rice, quinoa, and millet and soak them for optimal nutrient availability (Bauman 2014). Incorporate a moderate amount of starchy vegetables.
- ◊ Down regulate the amount of caffeine consumed and substitute with herbal teas. This will help to maintain optimal amounts of specific nutrients only found in plant foods (Bauman 2017).
- ◊ Limit the consumption of alcoholic beverages to 1/day. Be mindful in your timing and choosing.

Foods to Add:

- ◊ **Non-gluten whole grains and starchy vegetables (moderate amounts):** Anywhere from 3-4 servings daily.

- **Grains (brown rice, quinoa, millet, amaranth):** A typical serving roughly a $\frac{1}{2}$ cup. They are mineral rich, easy to digest, and improve glucose control (Bauman 2014). Be sure to soak.
- **Veggies (tubers, squashes, roots):** Easily digested, provide needed energy for the brain, and improve immune function (Paleoleap 2018).
- ◊ **Dark leafy greens/crunchy vegetables:** Provide the best sources of vitamins and minerals (potassium, calcium, magnesium, manganese, folate) and are rich in anti-inflammatory compounds. (Bauman 2014).
 - **Ex:** kale, spinach, chard, sorrel, carrots, broccoli, celery, beets
- ◊ **Diversified fats and proteins:** Contain essential Omega-3 and Omega-6 compounds that are crucial for brain health, cellular structure, hormonal precursor, and normal metabolism (Murray 2005).
 - **Nuts and seeds:** walnuts, almonds/flax, chia, pumpkin & sesame seeds
 - **Cold-water fish:** salmon, tuna, sardines, halibut
 - **Grass-fed beef**
 - **Pastured eggs:** excellent source of vitamin D (Bauman 2014)
- ◊ **Booster foods:** Powerful modulators of digestive and immune function that help to extract vitamins and minerals from our foods and neutralize anti-nutrient factors such as phytates and oxalates (Bauman 2014). Include them as often as possible.
 - **Algae and sea veggies:** chlorella, spirulina, kelp, kombu, nori, dulse, wakame
 - **Nutritional yeast/spices**
 - **Fermented veggies:** sauerkraut, kimchi, beets, carrots, green beans
 - **Kombucha**
 - **Yogurt** (preferred source from coconuts to avoid dairy aggravation)
- ◊ **Fluids**
 - **Filtered water:** Keeps us operating smoothly by transporting and filtering nutrients/waste. To determine how much you need, divide your weight in half and consume that number in ounces. (150/2=75oz) (Bauman 2014).
 - **Bone broths:** Contains collagen which promotes healthy hair, skin and nails (Bauman 2014). Works to rebuild the connective tissue in the body and is one of the best sources for obtaining minerals.
 - **Herbal Teas:** Find a few or blend oneself that have anti-inflammatory properties (see below for recommendation).
 - **Beet Juice:** In short, beets are wonderful for increased energy and stamina, reduced inflammation, improved blood and oxygen flow, and for a healthy liver and heart. They are rich in antioxidants, fiber, and vitamin C (Murray 2005).

Foods to Avoid or Reduce:

- ◊ **High fructose foods (reduce):** While glucose is a source of energy for all the body's tissues and can be stored for later use, fructose is metabolized in an extra step by the liver, resulting in a net energy loss (Bauman 2017).
 - **Apples, guavas, mangoes, melons, pears, persimmons, plums, peaches**
 - **Coconut milk**
 - **Honey**
 - **Candy**
- ◊ **Quick pleasurable foods (avoid):** A tendency for these foods often comes in times when whole meals are not available. They will bring feelings of pleasure temporarily (as blood sugar rises) and then an unpleasant crash, leaving you feeling depleted, irritated, and foggy.
 - **Chips**
 - **Cheese (sub with more protein rich)**
 - **Milk chocolate (sub for dark)**
 - **Plant-based ice cream**
- ◊ **Gluten:** Acts like GLUE in the body; it contains two proteins, glutenin and gliadin of which the latter is responsible for creating the sticky, elastic consistency of dough! For those with sensitivity to these proteins, it should be avoided as it causes diarrhea, stomach pain, tiredness, bloating, and depression (MedicalNewsToday 2017).
- ◊ **Alcohol:** Can actually be anti-inflammatory in small amounts, however, in your case it should be highlighted that using alcohol in conjunction with pharmaceutical drugs can tax the liver faster and with a harder hit (Bauman 2017).

Herbal Recommendations:

- ◊ **Green Tea:** Antioxidant rich and a wonderful substitute for coffee!
- ◊ **Turmeric:** A miracle worker for inflammation and pain due to a chemical called curcumin. Is also an antioxidant that protects cells from free radical damage (Murray 2005).
- ◊ **CBD Oil:** Supportive research in CBD's effect on chronic inflammatory pain in individuals. It can be a promising alternative to opiate use. One brand that is highly supported and I have found healing with is NuLeaf Naturals (<https://nuleafnaturals.com>).
- ◊ **Anti- inflammatory Tea:** Created at The Herb Room in west Santa Cruz
 - $\frac{1}{2}$ oz turmeric
 - $\frac{1}{2}$ oz marshmallow root
 - 1 oz cat's claw bark
 - $\frac{1}{2}$ oz yucca root
 - $\frac{1}{4}$ oz ginger root
 - $\frac{1}{4}$ oz licorice root

Supplement Recommendations:

- ◊ **Multi-vitamin:** That also contains probiotics, enzymes, trace minerals to replenish the body in a one-step process.
- ◊ **Sleep promoting tincture:** Wind down and rest soundly with assistance from stress-reducing herbs such as passionflower, valerian, wild oats, motherwort, chamomile, and skullcap.
- *Continue with current medication/supplement use as intuitively needed but be extra mindful as to which dietary recommendations seem to have positive effects.*

Lifestyle Recommendations:

- ◊ Journal a few feelings throughout the day and begin to see how they may be incorporated into positive transition the day following. This can be done around meal time or whenever the thought arises. For example: "I feel overwhelmed by the habit of making sure everyone and everything is okay around me."
- Act of rewiring: ~turn phone on airplane mode for 1 hour while tending to a hobby you enjoy~
- ◊ Try to limit time in front of the T.V. to 1 hour/day. This will allow the freedom to get creative while some of the day's energy is still present.

*Release the stimulation of the phone 1 hour prior to going to bed.

- ◊ Deep breathing. One of the most important ways of maintaining health as well as producing more energy in the body and reducing stress in the body is breathing deep into the diaphragm (Murray 1998). Find a quiet moment, even just two minutes, where you can allow your breath to go deeper. Upon rising and just before bed.

Follow Up:

Weekly meetings for roughly 1hr.

Next in person meeting: 1/19/18. Will discuss:

- ◊ First draft Diet & Lifestyle Recommendation Plan
- ◊ If there is anything she has pondered about her own health since the first meeting and would like to integrate into her routine until the next time we meet.
- ◊ Any questions or concerns.

Handouts:

- ◊ Five Day Meal Plan
- ◊ Warming and Satiating Meal Plan For Inflammation
- ◊ Educational Handout

Recommended Reading:

- ◊ *Digestive Wellness 4th Edition* by Elizabeth Lipski, Ph. D., CCN CHN – Dive into the natural world for remedies pertaining to autoimmune diseases and digestive outreaches. The healing properties of so many amazing foods are mentioned.
- ◊ *The Disease Delusion* by Dr. Jeffery S. Bland – Learn how to get to the root cause of chronic illnesses, approach a cure, and better understand our body's fundamental processes.
- ◊ *Herbal Recipes for Vibrant Health* by Rosemary Gladstar – Teas, tonics, oils, salves, and tinctures from one of the most knowledgeable herbalists in the country. Recipes are intuitive and fun to follow.

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