

FOOD IS MEDICINE!

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What you eat affects your mood, outlook, energy level, and (of course) your overall health!!

Always explore nutritional, psychological, and medical concerns with your medical and mental health professionals!

Here are some good nutritional choices/info...

- ❖ Pure, filtered or reverse osmosis water – know what is in your H₂O! is your tap water better than your bottled spring water?
- ❖ Cook pasta and vegetables al dente (firm-*Dr. Andrew Weil's* recommendation). Consider whole grain or alternate grain pastas.
- ❖ Eat a variety of vegetables and whole fruit, (not just juices)
- ❖ Choose natural complex sugar alternatives, (maple syrup, honey, Agave Nectar, Florida Crystals)
- ❖ Avoid high fructose corn syrup and other highly processed sugars, which are often found in sodas (in addition to high caffeine content, which affects your ability to sleep and this can lead to hypertension, reduced immune function, and pre-diabetic state)
- ❖ Avoid artificial sweeteners - see: <http://www.ethicalinvesting.com/monsanto/aspartame.shtml> ; <http://www.holisticmed.com/splenda/>
- ❖ Avoid eating these highly processed sugars in place of a meal!
- ❖ Vary meat and dairy as only major source of protein – they are higher in fat and have no fiber
- ❖ Consider coldwater fish, such as Northwest Salmon and Mahi tuna (check current lists for safety re: toxins and high mercury levels) – also consider high cholesterol levels are also in fish. So non-animal sources of protein are also an option
- ❖ Consider soy, mushrooms, and other beans, which are high in fiber, protein, and are cholesterol free
- ❖ Use good oils (unrefined, cold-pressed) – sauté or broil foods, use olive oil, canola, sesame, sunflower, safflower, or Smart Balance oil – also substitute Earth Balance ‘butter’ for high fat/cholesterol butter, or ‘trans fatty acid’ margarines (hydrogenated oils - the only *life* they extend, is shelf life), which are said to increase bad cholesterol, and decrease good cholesterol! Avoid cottonseed or palm oils!
- ❖ Read Labels and eat more whole foods!

Did You Know . . .

- ❖ Overuse of highly processed sugars and foods; high stress (feeling overwhelmed due to a traumatic event or chronic verbal/physical/situational abuse); plus overuse of antibiotics can lead to immune system breakdown – allergies, and food sensitivities, systemic candida, chronic fatigue, mood swings, depression, and anxiety disorders, muscle tension, etc.
- ❖ Overuse of caffeine and white sugar may deplete the adrenal glands, and over time this may increase the ‘fight or flight’ response which reduces the stress threshold and increases anxiety levels and may also be a factor in sleep problems, and diabetes/sugar and mood imbalances.
- ❖ Overuse of meat/dairy (in addition to effects on cardiovascular and colon health), preservatives, rancid oils, (as in deep-fried and hydrogenated oils) can: cause fluctuating hormones; the liver to be overwhelmed; and can be a factor in acne, PMS, mood swings, hot flashes, and other peri-menopausal symptoms.
- ❖ Hydrogenated oils (margarine), in which the molecular structure of fats is altered, and all essential fatty acids (EFA’s), vitamin E, and any beneficial components are destroyed, contain Trans Fatty Acids (TFA’s). These interfere with the function of the pancreas, and cause it to secrete excess insulin. It has been linked to diabetes, infertility, obesity, immune dysfunction, cardiovascular disease, and possibly cancer.
- ❖ Recent and continuing research supports positive effects of using DHA and EFA’s in treating ADHD, Dyslexia, or Dyspraxia, supporting heart health, immune system and brain cell functioning, as well as infant brain development and visual function.
- ❖ One can of soda, by itself is said to reduce immune system functioning by 50%.

Here’s The Good News...!

There are many natural options that support health, and increase vitality:

Super greens like chlorella are a great source of Beta Carotene, minerals, and protein. They promote sugar balance, are low fat, and are cleansing to the blood. Many varieties of brands/products exist and all may differ somewhat in their nutritional components (such as:

Sun Chlorella, Pines, Earthrise)... <http://www.sunchlorellausa.com/index.htm?source3Dsunwellness> ;

http://www.vitaminshoppe.com/learning/news/newsletter_content.jhtml?relativePath=%2Fcontent%2Fhealthbuzz%2F2001%2Fsept%2FGreen_Foods.htm&title=Green+Foods%3A+Nature%EFs+Super+Food

http://www.drmcDougall.com/vegetable_fat.html

- ❖ There are many natural sleep aids: such as Source Naturals ‘NutraSleep’ and Traditional Medicinals ‘Nightly Night Tea’. Also consider if you are getting enough mineral content in your diet! Minerals such as Calcium, Magnesium, Zinc, and others are critical for bone and muscle function. Magnesium and Zinc deficiencies have been indicated in many cases of ADHD, but it is often recommended that a Red Blood Fatty Acid Analysis be done, as well as hair and urine levels of vitamin/mineral levels.
- ❖ There are healthy options for high sugar juices, and high caffeine beverages. Not from Concentrate, minimal intake, or try green teas (which may reduce skin cancer), herbal teas, and more pure water!
- ❖ EFA’s (essential fatty acids, GLA –gamma-linolenic acid) are important to have in your diet – non-saturated fats include Omega-6’s found in raw pumpkin and sunflower seeds, walnuts, almonds and pecans. Omega-3’s are in fish oils, and flaxseed. Dried beans (i.e. kidney, red, pinto, soy) are rich in both Omega-3 and -6.
- ❖ **Remember – balance is the key! Maintain awareness of genetic influences, and variations in activity and stress levels. Choose to spend your energy in alignment with your heart/vision for a happy fulfilled self, now.**
- ❖ **Choose to be healthy - do your best!**