EAT, THINK & ELIMINATE

AN EVERYDAY JOURNEY TO WELLNESS AND HAPPINESS

Presented by
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WE CAN ALL DO IT

EAT

PRAY

LOVE
BUT WE CAN’T ALL TRAVEL TO ACHIEVE IT
Today’s Goals

- What is eating for wellness?
- Why does what we “think” effect our health?
- How can we improve our elimination?
- Daily tips for the wellness journey focusing on our own “eat, think (aka pray) and eliminate (aka) love” 😊
What is the basis of holistic health

- Your body has the ability to heal itself
- Work with the body and not against it
- Practice wellness everyday
- Use safe and non-toxic holistic treatment protocols
- Remember - what we eat, think, and do not eliminate today, we become tomorrow!
What is a Healthy Lifestyle

- Live each day as if your health depends on it… because it does!
Think of Food as Fuel for Your Body

Ideally, 60% of our daily fruit and vegetable intake should be raw. It preserves nutrients and the “life force”.
Adding Raw Food to Your Daily Plate

- Divide your plate into 3 sections:
  - 50% is **raw** organic vegetables, salad
  - Some vegetables do need cooked
  - 25% is complex carbohydrates like organic whole grains can be **raw** and sprouted
  - 25% is protein source – poultry, fish, beans, soy products, quinoa

![Diagram showing 1/4 Lean Protein, 1/4 Low GL Carbs, 1/2 Salads or Vegetables]

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Why Raw Food?
Preserving Nutrients

- A raw seed can germinate and grow; a boiled or cooked seed is dead.
- Vitamins, minerals, phytonutrients, and enzymes all maintained in raw foods.
Raw Food and Fiber

- Raw food contains more fiber
- The adult fiber requirement is 35 grams
Do you get enough daily fiber?

- Constipation
- Hemorrhoids if related to straining from constipation
- High blood sugar levels
- High cholesterol levels
Insoluble Fiber

Functions
· move bulk through the intestines
· control and balance the pH (acidity) in the intestines

Benefits
· promote regular bowel movements and prevent constipation
· moves toxic waste through colon in less time
· helps prevent colon cancer by keeping an optimal pH in intestines which prevents microbes from producing cancerous substances

Food Sources
· Raw vegetables such as green beans & dark green leafy vegetables
· Fruit skins and root vegetable skins (don’t peel)
· Whole-wheat products, wheat bran
· Corn bran
· Seeds & Nuts
Soluble Fiber

Functions
· binds with fatty acids
· prolongs stomach emptying time so that sugar is released and absorbed more slowly

Benefits
· lower total cholesterol and LDL cholesterol – the bad cholesterol therefore reducing the risk of heart disease
· regulates blood sugar for people with diabetes

Food Sources
barley, dried beans and peas, nuts, fruits such as oranges and apples, Vegetables such as carrots,

Food Sources that Contain Both
oats, oat bran, psyllium husks and flax seeds
Don’t worry Just Eat Fiber

• Remember the adult fiber requirement is 35 grams

• Read labels

• 50% of your plate should be raw organic vegetables
When Not To Eat Raw

- Raw beans, legumes, and peanuts contain enzyme inhibitors that interfere with protein digesting enzymes. Heating disarms this enzyme inhibitor – eat raw peanuts away from protein or roast them.

- Raw red cabbage, Brussels sprouts, blueberries, and blackberries contain an enzyme that destroys thiamin (B1). Heating inactivates this enzyme – get more B1 – sunflower seeds, beans and lentils

- Tomatoes contain lycopene, a carotenoid and powerful phytochemical antioxidant. Processing tomatoes increases the bioavailability of lycopene – watermelon and carrots also have lycopene
When Not To Eat Raw

- Raw dairy has many advocates in the holistic health world, while mainstream nutrition is consistently against it. May be risky but do focus on organic dairy free of bovine growth hormone.

- Some foods should never be consumed raw, others only with great caution. These include meat, poultry, and eggs. Raw potatoes can also be dangerous.
Why Raw Food? Preserving Life Force

- Kirlian photography shows raw food contains an electro-magnetic energy or vital force - defies scientific measurement.

- Kirlian photography gives a clear indication that there is an energy field that is superimposed on the molecular structure of all living forms.

- Living organisms show a radiating luminescence that is reduced or even absent in dead tissue.
Scientific Studies & Raw Food

- Reduce cholesterol\(^1\)
- Improve symptoms of fibromyalgia\(^2\)
- Improve symptoms of rheumatic disorders\(^3\)
Real Life Application

- **PLAN YOUR PLATE**: ½ half raw vegetables
- **DO GRATE**: raw beets, zucchini, & even pumpkin
- **DON’T BOIL**: preserve the most nutrients - steam them in a covered - serve them quickly
Real Life Application

- **USE COOKING WATER**: use as little water as possible – leftovers can be a base for soups or stews

- **DON’T PEEL**: Leave root vegetables with their peel on —retains nearly all the vitamin C.

- **DON’T CHOP**: Minimize the surface area - leave vegetables in big pieces - air destroys vitamins
Plan Your Raw Food Menus

- Know what you’re going to eat for the week and where
  - # of dinners
  - # of lunches
- Include snacks
- Don’t shop hungry!
- Buy organic where possible – use the dirty dozen list
- http://www.ewg.org/foodnews/

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Avoid Environmental Pollution

- Unwanted chemicals can be
  - Ingested in contaminated food, water, or toys and household objects
  - Inhaled
  - Absorbed through the skin

- Minimize exposure to chloride, fluoride, air pollution, hexachlorophene, phalates used to soften plastics and prevent shattering, lead, mercury, acetone, benzene and Bisphenol A (BPA)
Filter Water

- fresh unpolluted air and water also important
- using a water filtration system for your drinking water
- leave a few blades of wheat grass or any green plant in the water overnight
POWER OF POSITIVE THOUGHTS

• a recent National Center for Complementary and Alternative Medicine (NCCAM) 2011 study showed mindful meditation is associated with structural changes in the brain

• focus attention on breathing to develop increased awareness of the present

• may reduce symptoms of stress, anxiety, depression, and chronic pain
Effects of Chronic Stress

- Elevated blood pressure and increased heart rate
- Bronchiodilation and increased ventilation
- Increased blood glucose levels
- Arousal of the central nervous system
- Decreased inflammatory and immune responses
Simple Daily Techniques for Alleviating Stress

- practice daily positive thinking
- have potted plants and fresh flowers in your office and home
- soak in a fragrant warm aromatherapy bath use lavender or rose essential oils
- play relaxing music
- light an aromatherapy candle
- read a book
- visualize wellness & success
Simple Daily Techniques for Alleviating Stress

- try yoga classes - alleviate stress, and tone your body at the same time
- remember to enjoy life
- do something fun: Walk in the park, watch a comedy, or savor a great meal
- every night before you go to sleep, write or think of 5 things you have to be grateful for in your life that day
- daily “count your blessings” therapy
- 30 minutes of walking each day
You Can Live Wellness

- Positive reinforcement – don’t “should” yourself!
- Get support from people that care
- Individual contract with yourself
- Realistic short term & long term goals
- Reward yourself for a job well done
Elimination Therapy aka LOVE

- Bowel
- Liver
- Lungs
- Skin
- Kidneys
- Lymphatic System
Elimination

- Occurs when undigested food fibers and a small amount of remaining water are eliminated from the body in the form of a solid waste (**feces or stool**).

- Process of elimination is also known as a bowel movement (**defecation**).
Small Intestine

- A long, hollow tube that receives partially digested food from the stomach
- Divided into 3 parts:
  - Duodenum
  - Jejunum
  - Ileum

Most food absorption & assimilation takes place in the small intestine.
Large Intestine

- A large tube whose walls expand to hold large amounts of undigested food fibers and water
- Divided into several parts:
  - Cecum
  - Colon
  - Rectum
  - Anus
Love Your Bowel

• The upper parts of the digestive system (the mouth, stomach and small intestine) are designed for absorption

• Lower colon is designed for elimination

• Blood that circulates through the bowel is also the blood that circulates through the brain - a clean unobstructed bowel leads to a clear mind and balanced body

• Avoid constipation - fiber and water

• An Epsom salts bath will aid elimination - 3 cups of Epsom salts to the average bath Soak for 10 minutes no longer as the body will start to re-absorb the toxins you eliminate
Liver

- Accessory organ of digestion
- Largest solid organ in the body
- Liver cells (hepatocytes) continuously produce bile
- Stores extra amounts of sugar as glycogen
- Stores vitamins
- Produces blood proteins
- Manufactures and secretes LDL cholesterol into the blood, it also removes LDL cholesterol from the blood
- Reduces toxicity levels - eliminates bile salts, pigments, and some chemicals and toxins
To cleanse the liver and kidneys:

- 15-drops of onion juice daily will benefit the liver.

Use a liver flush: To prepare use 1-T olive oil and add the juice of ½-lemon. Take first thing in the morning on an empty stomach. Do not eat for ½-hour. Repeat for three days, have a rest for five days, then repeat again.

Liver support herbs such as dandelion *Taraxacum officinale*, burdock *Arctium lappa*, and milk thistle *Silybum marianum*.
The Lungs

- Eliminate carbon dioxide and providing fresh oxygen for the cells
- Excrete harmful products produced from the breakdown of overheated oils in the diet
Love Your Lungs

• Deep breathing for 10 minutes everyday helps to remove stale air trapped in the lungs.

• Good posture is very important for the health of the lungs and exercise that emphasizes posture such as yoga and pilates is recommended for optimal lung function.
The Skin

• Referred to as the third kidney

• Receives 1/3 of the circulating blood and should eliminate 1/3 of the body’s waste through sweat and perspiration

• Important aids for skin elimination
  ➢ dry skin brushing
  ➢ exercise
  ➢ saunas
  ➢ showers using alternating hot & cold water
Love Your Skin

• take your brush and start at the feet in small circles

• dry skin brush at least once a day, in the direction in the diagram

• follow by a hot and then cold shower
The Kidneys

- kidneys filter the blood - all of the end products of digestion, cell metabolism, and liver detoxification
Love Your Kidneys

Help the kidneys to flush toxins from the body by:

- 6-8 glasses of water - daily
- whey powder
- parsley
- dandelion coffee or dandelion leaf infusion
- greens vegetables
- cleavers

Lower back pain can be kidneys overloaded
Lymphatic system is made up of:

- Lymph nodes - filter lymph - Lymph—fluid in the tissue spaces that carries protein molecules and other substances back to the blood
- Lymphatic vessels – permit only 1-way movement
- Tonsils - 3 masses of lymphoid tissue
- Thymus – produces T-cells
- Spleen – breaks down old red blood cells
How Does Lymphatic System Aid Elimination

• cleanses and protects the body from invading bacterial substances by preventing them from entering the general circulation - filter lymph

• aids immunity

• unlike the heart, the lymphatic system does not have its own circulatory pump. It relies on the movement of the muscles to move the lymph fluid around the body.

Regular full-body exercise is vital for lymphatic health as is massage
Is Your Lymphatic System Healthy

- Symptoms of clogged lymphatics
  - recurring sore throat
  - tonsil problems
  - swollen glands
  - cysts
  - lumps in armpits – always have checked by health care provider
Love Your Lymphatic System

➢ Dry skin brushing and massage, to stimulate lymph circulation and improve skin elimination

➢ Saunas - take plenty of liquids while in the sauna and after you get out. Do not stay in the sauna for more than 10-15 minutes and get out if you feel dizzy. Steam rooms are also beneficial

➢ Regular full-body exercise that propels the lymph fluid around the body, such as walking, running, swimming, skipping, or dancing

➢ Lymphatic massage, particularly of the throat, underarm, chest, and groin. Massage of the underarm and chest above the breasts in women helps to avoid congestion in the breasts before menstruation

➢ Massaging the reflex point for lymphatic drainage. This is found on the top of each foot between the base of the big and first toes

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Love Your Lymphatic System

• More holistic protocols for optimal lymphatic system function include

➢ Massaging the reflex point for lymphatic drainage. This is found on the top of each foot between the base of the big and first toes

➢ Potassium and chlorine are the minerals for the lymph system. Sources of potassium are raw bitter greens, such as watercress, endive, parsley *Petroselinum crispum*, potato peel broth, grapes, and other bitter fruit

➢ The cell salt Kali phos is recommended for lymphatic problems

➢ Cleavers *Gallium aparine*, echinacea *Echinacea* spp., yellow dock *Rumex crispus*, burdock *Arctium lappa*, red clover *Trifolium pratense*, and oatstraw *Avena sativa* are specific herbs for clogged lymphatics
Helpful Links

- American College of Healthcare Sciences (ACHS) – Specializing in comprehensive and accredited online holistic health degree and diploma programs since 1978  www.achs.edu or call 503-244-0726

- Apothecary Shoppe College Store – Tools and organic supplies for wellness. www.apothecary-shoppe.com

- ACHS on Twitter: www.twitter.com/ACHSedu

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