

Dietary Nuggets to Help You Assist Your Body to Create Optimal Health

1. Your body loves to eat on a schedule... The regularity helps your body maintain it's balance.

2. The best times to eat 3 Meals per day (Good @ 4—5 hrs apart):

Morning Meal: 6 am — 9 am | Have a medium light meal with fresh fruits

Mid-Day Meal: 10 am — 2 pm | Biggest meal of the day

Evening Meal: 4:00 pm — 6:00 pm | The latest time to eat the last meal of the day

2 Meals Per Day (Ideal @ 5—7 hrs apart):

Morning Meal: 6:00 am — 11:00 am

Supper Meal: 2:00 pm — 6:00 pm

It is best to eat meals 4 – 7 hours apart, especially if your digestion is slow. However, if you are on a special eating or dietary plan follow that. After any dietary plan is over, follow the best times to eat (see above) giving your gut a much needed rest between meals and while you sleep at night. The purpose for stopping the last meal at 6:00 pm is to have the major part of digestion done when you go to sleep, so that your body can perform its assimilation, absorption, elimination, detoxification, and restoration duties throughout the night.

Note: The evening meal can always be skipped. It won't hurt you to skip it sometimes. However, you want to eat at least 2 meals per day to get enough nutrients to maintain your health. Actually, two meals are better than 1 or three meals per day. Plan on having an extended nightly fast at times to assist the body's nightly healing process.

3. One rule of thumb I like to follow with how much food to eat at each meal:

Morning meal: eat like a prince/princess

Mid-Day Meal: eat like a king/queen

Evening Meal: eat like a very thrifty person

4. Eat in a pleasant, peaceful, non-stressful environment as much as you can.

5. Do not eat too many different varieties of food items at one meal, even though the food is “healthy”. Keep meals simple with no more than 5—7 items at one time. Two examples for your you to consider:

Example No. 1. (4 items) Lasagna, is a complex entre which can be eaten with one cooked vegetable, a dinner roll and a medium-sized raw salad such as a simple Caesar salad, which does not have too many ingredients...

Example No. 2. (6 items) Rice & beans, plantain, sauteed kale, green beans, medium sized garden salad, plant-based meatballs with gravy.

These examples reflect how people really eat. The food items are well-combined and do not conflict with each other. You can leave out the roll. Also, try to eat gluten-free (bread, pasta, cereals, desserts) as much as possible.

6. Watch portion sizes. For example, a 3/4 cup of brown rice is good within most 1600—1800 caloric dietary intakes.

7. If you feel bad or heavy after eating a particular food item, you want to leave that food item alone for about 3 months for the chemicals and elements to be thoroughly excreted from your body. Any reaction to a food item after a meal, is a sign that you may be sensitive to that item. It is easier to tell which food item you are reacting to when you do not eat too many items at one meal. In addition, continuing to eat food you are reacting to can develop into an intolerance, sensitivity, full-blown allergy, and/or begin to create a disease.

8. Eliminate the use of aluminum pots and pans. Research shows that the aluminum can accumulate and contribute to brain (neurological) diseases such as Alzheimer's disease. Substitute sea salt for table salt and reduce the intake to 1,500 mg per day (approximately 3/4 teaspoon).

9. Eliminate these foods in black bold print as much as possible and substitute with the recommendation in blue print to help age better with less illnesses and less problems with your health:

- White flour products, white rice, white sugar **Eat whole grains, brown rice, sea salt, organic sweeteners (honey, agave, etc...)**
- Hydrogenated & trans fats (fried foods, oils and fats solid at room temperature, e.g., margarine).. **Eat plant oils (olive, MCT, etc..)**
- Dairy products (yogurt, cheese, milk, ice cream) ... **Substitute these items made from plant-based dairy (cashew, almond, etc...)**
- Commercial eggs ... **Substitute with organic free-range, cage free eggs high in Omega 3 fatty acids as stated on the container**
- Red meats and animal by products (deli meats, potted, and canned meats)... **Eat plant-based meat subs (with limited ingredients)**
- Fillers, additives, preservatives, junk food, chemicals you cannot pronounce ... **Eat organic, pure, fresh food with limited additives, pesticides, and herbicides. Eat fresh first, frozen second, and never canned in aluminum cans...**
- Over-cooking your vegetables ... **Do not cook over high heat. You can lightly sauté vegetables. Your vegetables can be a tender crisp with a bright color when presented on the table for consumption.**