



Week 8: Biomedical & Nutritional Blueprint

Healthy Eating Habits

Eating healthy is important. Balanced meals are the key and should be made up of organic or non- GMO foods that provide plenty of energy and satisfaction without toxic overloading or damaging your cells. Indeed, we are what we eat, what we absorb and even what we eat eats! Your food has a great impact on how you feel and how you look and age.

Here are some guidelines to eating clean, wholesome food:

Avoid dairy, gluten, corn and soy cause you do not need them to survive. The casein in dairy and gluten in wheat cause neuropeptide issues for many people. Corn is an excitotoxin to your adrenal system and can throw your neurotransmitters out of balance affecting one's mood regulation, focusing, mental clarity and more. Besides the fact that corn and soy are usually genetically modified; they offer little nutritional value. If you have a problem with casein, then soy is going to be another culprit causing havoc in your body.

Avoid trans fats since they cause the silent killer named inflammation. Trans fats linked to cancer, diabetes, decreased immune function, obesity, heart disease, elevated LDL (bad cholesterol), asthma, and reproduction issues.

Avoid sugar. Sugar is addictive, feeds cancer cells, triggers weight gain, obesity, causes mood imbalance, promotes premature aging and more! Average American annual intake of sugar ranges from 24 pounds to 180+ pounds of all forms of processed sugar! Every year, this national average of sugar intake increases so please monitor your daily sugar intake to determine what is your current intake range and strive to lower it. Do not fall victim to the sugar addiction and epidemic in this country. Sugar feeds candida. Substitute sugar with organic Stevia which is a highly sweet herb derived from the leaf of the South American stevia plant.

Avoid carbohydrate overload since it turns to excess sugar, weight gain, diabetes, obesity, cognitive impairment by the sugar reducing the level on insulin production in your brain! Researchers call this Type 3 diabetes since the brain as well as the pancreas produce insulin necessary for brain cell survival.

Avoid high sodium foods. If your kidneys cannot eliminate salt then it will back up into your blood, making your heart work harder and increases pressure in your arteries. Cook with fresh herbs, spices like onion, garlic, oregano, rosemary, basil, parsley and even apple cider vinegar to flavor food.

Avoid waiting until you are starving since you may grab unhealthy food choices devoid of real nutrients. Plan each meal as a little preparation goes a long way.

Avoid eating when stressed out as digestion actually slows down and you will not absorb your nutrients due to the cortisol (stress hormone) in your body.

Instead, choose organic, wholesome foods balancing each meal with a protein like lean meats, low mercury fish like shrimp, sardines and salmon, complex carbohydrate like green leafy vegetables, healthy fats like olive oil, avocado, and coconut oil. If vegan make sure you get your protein from the least

processed protein sources like mung bean, black bean, quinoa, pumpkin seeds, spinach, almonds, cauliflower, asparagus, peas.

Why these Top Foods to Avoid

1. Wheat & Gluten: causes inflammation. Inflammation is the cornerstone of Alzheimer's, MS and Parkinson's. Gluten in Latin means glue and this substance can wreck havoc in all human bodies. Non-celiac gluten sensitivity is involved in most illnesses and neurological illness like headaches, ADHD, Autism, depression, dementia, movement, schizophrenia, since it induces inflammation. Gluten is a protein that we are not designed to breakdown and assimilate. Gluten increases Zonulin production and thereby increases intestinal permeability. More proteins will travel through the gut lining and affect immune system. Dr. Alessio Fasano states that zonulin opens GI tract to inflammation, autoimmunity and cancers. Gluten issues related to brain issues, neurological issues can be related to gluten sensitivity. Two good books on topic: Grain Brain Dr. Perlmutter and The Second Brain Dr. Michael Gershon.
2. Corn, soy, MSG (monosodiumglutamate): are excitotoxins with no nutritional value. Most of corn and soy in U.S. is genetically modified but even organic corn offers excitotoxins. Soy impairs immune system, may affect thyroid, interfere with protein-digesting enzymes, contains isoflavones that mimic estrogen, disrupt endocrine function, and contain toxic levels of aluminum and manganese.
3. Casein: protein in animal milk causes inflammation, and linked to hormonal cancers. Great substitute is Daiya cheese, cream cheese as well as coconut milk, ice cream, sunflower seed milk.
4. Banana part of histamine family that causes inflammation and it is a glycemic index foods wrecking havoc on blood sugar levels. Nightshades such as tomato, eggplant, white potato, French Fries are linked to arthritic inflammation.
5. Artificial Sweeteners & Sugar: increases risk of diabetes, dysregulate brain chemistry, highly addictive, leads to fat storage, increases appetite, slows metabolism. Instead substitute with organic stevia which is an herb. Direct relationship between blood sugar elevation and Alzheimer's - described as diabetes type III. Glycation elevates blood sugar brings to proteins and increases free radical and inflammation increases and is devastating to human brain. The carbs are the killers leading to modifications of proteins increasing inflammation, production of free radicals that damage DNA, fat, protein and every part of our body.

Ideal Diet:

Low carbohydrate diet with Complex carbs such as leafy green vegetables, broccoli, asparagus. Balanced diet, drinking lots of pure water and keeping pH not too acidic.

Healthy fats (energy source, structure of cell membranes including nerve cells) monounsaturated fats, olive oil, coconut, avocado, grass-fed-grass-finished beef, wild fish, nuts & seeds.

Need good nutrition & remove elements which damage new cells by focusing on the gut. Asparagus, carrots onions garlic are prebiotic fiber which is food for good bacteria - 4 to 7 cups of vegetables daily. Restricted carb diet remove starchy foods including root vegetables to rebalance gut flora terrain.

The Second Brain Dr. Michael Gershon states: The gut produces more hormones and neurotransmitters than the brain. More communication from gut to the brain than from brain to gut.

Foundation Tips for Intestinal Health:

80-90% real food diet: vegetables (more of this than fruit), some fruit, meats, poultry fish, oils nuts seeds. Eat real food. Gluten free grains & removal of casein.

2/3 of immune system in digestive system, reduce inflammation for digestive health.

To locate a farmer near you: <http://www.eatwild.com/products/index.html>

Checkout my Pinterest and Instagram pictures for brands and my YouTube has some recipes as well. (@NancyGuberti)

*Join the Monthly Membership Programs
to stay committed and motivated to you health goals.*

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Your health is worth it because YOU are worth it!

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