



## **Week 8: Biomedical & Nutritional Blueprint**

### **Health Tips**

- 1.) Include healthy protein with each meal to keep your blood sugar level even as well as your energy level. Eat a balanced meal to maintain a healthy pH level.
- 2.) Monitor your sodium intake:  
American's consume an average of 4800 mg of sodium daily equaling 2 teaspoons of salt. The goal is below the middle point of about 2000 (almost 1 tsp) would be just OK, less is better.
- 3.) Monitor your sugar intake:  
The average American eats approx. 24 lbs. of sugar a year! Hard to believe isn't it. It's just not the sugar we notice we are using, but hidden sugars in our foods such as Ketchup, jams, soups, etc. There are 9 teaspoons of sugar in 12 ounces of soda. Plain water would be a better alternative. Decrease desserts & candies. Excessive levels of sugar in the bloodstream are associated with numerous metabolic disorders. Replace sugar with Stevia. Try to keep your sugar intake to 21 grams of sugar daily.
- 4.) Decrease unhealthy fat intake – use olive oil & coconut oil.
- 5.) Eat 5 fruits and vegetables daily.  
Eat organic whenever possible to lessen the toxic load. Eating more vegetables is associated with improved insulin sensitivity.
- 6.) Drink plenty of water. Cut down on coffee, tea, cola and alcoholic beverages.
- 7.) Limit artificial additives, MSG, dyes, processed or fast food intake. Reduce wheat, corn and dairy products. Eat raw foods to maximize natural enzymes. Add super foods such as spirulina, coconut, kelp & veggie juicing.
- 8.) Read the nutritional labels on food so you are aware of the nutrients that you are consuming.
- 9.) Incorporate enzymes, probiotics, Candida management, antioxidants, EFA, immune & adrenal system support, healthy multi-vitamin or specific vitamins for additional support for your body.
- 10.) Exercise for at least 30 minutes daily in some form.
- 11.) Get 7-10 hours of sleep every day. Finish heavy protein meals two hours before bedtime.
- 12.) Effectively deal with stress overloading by nourishing adrenal system.

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***Your health is worth it because YOU are worth it!***

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