


Day 15

Hello!

This week, we will start with some nutrition information that may change your life! Advanced nutrition principles may not sound so exciting now, but when you find out what it will do for you, you will start to appreciate the importance!

I hope you have an epic week;)

To Your Health,



*To plant a garden
is
to believe in tomorrow.
Audrey Hepburn*

Urban Wellness Bootcamp

15

Advanced Nutrition

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Task

Try some green juice. Consider cutting out your caffeine.

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Green Vegetables

Dark leafy green vegetables supply:

- minerals (calcium, iron)
- Vitamins
- Folic acid
- Fiber

Health Benefits of Green Vegetables:

- Alkalizes (cancer prevention)
- Immune system
- Circulation
- Better digestion (enzymes)
- Energy
- Cleans blood
- Liver, gall bladder and kidney function
- Reduces mucus
- Antioxidants
- Carotenoids
- Phytochemicals
- Micronutrients

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Green Vegetables

“As a shopper, you may pass by them many times, looking but not buying, noticing, the dazzling array of fresh, crisp, and nutritious greens – curly kale, red and green chard, collards, bok choy, mustard greens, arugula, frisee, mesclun, and other exotic looking lettuces. A little uncertain, a little confused, you tuck these impressions into a corner of your mind. Then, at a favorite restaurant, an exotic-looking salad is served, or perhaps tender beet greens with garlic and olive oil. The next trip to the market once again serves to conjure up these tasty dishes. This time, you buy some beet greens, some arugula, even frisee, and take them home. Now what?” Greens Glorious Greens

“Diets that are rich in vegetables and fruits are protective against many cancers – there is an enormous amount of work on this,” says Lee Wattenberg, a professor at the University of Minnesota who has been studying cancer prevention for 30 years. “Over the last decade a fairly large number of prevention compounds have been found in fruits and vegetables. When you look at the totality, it’s quite impressive.”

As impressive as the health benefits of greens may be, you should not picture a pile of tasteless, hard to chew greens on your plate. You don’t have to eat them just because they are healthy for you. We are here to say that leafy greens are not only beautiful to behold, but also tasty and capable of transporting us (through recipes) to far corners of the earth where greens have been a way of life for centuries. The

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Green Vegetables



Knowledge that you can transform greens into a variety of delicious dishes is what you hope to pass along.

With the exception of spinach and lettuce, and some use of collards and turnips greens in the South, leafy greens have generally not been part of the American diet.

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Green Vegetables

Oxalates include some leafy greens, berries, fruits and vegetables high in vitamin C, some nuts and seeds, coffee, tea and chocolate. That is why it is important to have a nice variety of foods in your diet and not be extreme in any one thing.

Oxalate is a molecule that, under certain circumstances, links up with calcium and crystalizes. It is important to eat a low oxalate diet if you suffer from kidney stones, fibromyalgia, inflammation, or have had part of your intestine removed.

A food is considered high in oxalates when it has more than 10mg of the compound per serving.

Some of the foods high in oxalate include, spinach, green beans, rhubarb, kidney beans, soy, sweet potatoes, strawberries, raspberries, tangerines and kiwis. Meat and dairy do not have oxalate.

To balance vegetables that are high in oxalates combine them with richer foods like seeds, nuts, beans or oil.

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Green Vegetables

Arugula

- Cruciferous
- Peppery taste
- High in potassium
- Manages blood pressure
- Prevents osteoporosis
- Boosts memory (phytochemicals)
- Antioxidants

Collard Greens

- Cruciferous and leafy
- From the cabbage family
- Good source of beta-carotene
- Helps prevent and manage arthritis, cataracts, macular degeneration

Endive

- Bitter, leafy
- Belgian endive, escarole, and curly endive (frisée).
- Good source of potassium, (manages blood pressure and preventing osteoporosis)
- Vitamin K (may prevent bone fractures).

Escarole

- Leafy
- Good source of potassium, a mineral involved in managing blood pressure and preventing osteoporosis
- Good source of vitamin K(may prevent bone fractures).

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Green Vegetables

Kale

- cruciferous and leafy from the cabbage
- Good source of antioxidants, including vitamin C, beta-carotene, lutein, and zeaxanthin (helps maintain healthy eyes, hair, and skin)
- Calcium and potassium (keeps bones and teeth strong)
- Quercetin (anti-inflammatory) (arthritis and memory loss)
- Riboflavin (may protect against migraines)
- Vitamin K (may prevent bone fractures)
- Good source of antioxidants, (helps prevent arthritis, cataracts, and macular degeneration, as well as maintain healthy hair and skin)
- Good source of potassium (manages blood pressure and prevents osteoporosis)
- Vitamin K (may prevent bone fractures)

Lettuce

- Leafy
- Romaine, green leaf, red leaf, bibb, and butterhead
- Good source of antioxidants

Mustard Greens

- Pungent, peppery flavor
- Antioxidants (vitamin C, beta-carotene, lutein, and zeaxanthin, which help prevent arthritis and maintain healthy eyes, hair, and skin)
- Contains folate, (may help reduce the risk of heart disease, enhance memory, and improve mood)
- Vitamin K (may prevent bone fractures)

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Green Vegetables

Radicchio

- leafy vegetable with a bitter taste
- good source of potassium (manages blood pressure and prevents osteoporosis)
- Vitamin E
- Lutein (maintains healthy eyes and skin)

Spinach

- Dark leafy green vegetable
- Nutrient-dense
- High in fiber
- Can help you manage type 2 diabetes
- Good source of antioxidants (vitamin C, beta carotene, lutein, and zeaxanthin)
- Very high amounts of potassium

- Vitamin K (may prevent bone fractures)
- Iron and Vitamin B

Swiss Chard

- Leafy green vegetable
- Similar to spinach
- Good source of antioxidants (vitamin E, beta-carotene, lutein, and zeaxanthin)
- Magnesium
- Potassium
- Vitamin K

Turnip Greens

- Leafy green vegetable
- Good source of antioxidants
- Contains folate

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Green Vegetables

Watercress

- Leafy green vegetable
- Peppery flavor
- Good source of beta-carotene, lutein, and zeaxanthin
- Vitamin K



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Phantastic Phacts

Do you understand the importance of alkaline and acid in the body?

The most important thing to know is that illness is caused by acid. Acid and alkaline balance is important to your health. THIS IS THE FACT:

- Illness is caused by Acidification
- Alkaline -acid balance is one of the big keys to health. Once you master this in your diet. You will thrive. You will be surprised by all the diseases and ailments that are caused by acidity in the diet... and then in the body. Acidity causes disturbance in your enzymes, demineralization and seriously harmful acid activity.

If you are too acidic you may suffer from the following; No energy, Depression, Nervousness and agitation, Low stress threshold, Tooth and gum disease, Conjunctivitis, Cracking at the corners of your lips, Acidic diarrhea, Mineral and calcium depletion of bones, Osteoporosis, Inflamed intestines, Burning in the bladder, Runny nose and chills, dry skin, thin nails, dull, dry hair, leg cramping, Rheumatism, Arthritis, Sciatica, Tendinitis, Migrant joint pains

UNDERSTAND PH BALANCE:

The pH scale goes from 0 to 14

The numbers below 7 are acidic (low on oxygen)

The numbers above 7 are alkaline

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Phantastic Phacts

THIS IS IMPORTANT..

- Blood, lymph and cerebral spinal fluid in the human body are designed to be slightly alkaline at a pH of 7.4.
- At a pH slightly above 7.4 cancer cells become dormant
- At pH 8.5 cancer cells will die while healthy cells will live.

THIS IS WHAT YOU MUST DO TO BE OPTIMALLY HEALTHY...

- 60-80% of the diet should be alkaline
- 20-40% should be acidic for an optimum result.

ACIDIC DIETS EAT UP YOUR MINERALS – ALKALIZING DIETS REPLENISH YOUR MINERALS

So, what is acidic? Fried foods, animal products ...you get it. Alkaline is the good green stuff. When you eat acidic food, your body works like crazy to bring it back to an alkaline state...that is how you get sick...it robs your mineral stores to overcompensate...this is where the trouble comes in.

The standard American diet (sad) is acidic, burgers, cheese, coffee....all the stuff that gets eaten every day is eating up all the good things in your body. Bottom line is you need your minerals. Your body does not replenish its minerals. Once you use them, they are gone. If you want more you need to eat them. Minerals help your body to build essentials to its health; proteins, enzymes, hormones, etc. Foods that are high in minerals are alkaline.

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Phantastic Phacts

You can exercise to improve your PH balance! Exercise helps the body to balance PH.

AVOID

cold-water fish
beef
venison
pork
wild game
poultry
shellfish
eggs
milk (raw & pasteurized)
butter
cheese

cream
synthetic supplements
pharmaceutical drugs
sugar
coffee
margarine
roasted peanuts
isolated soy protein
isolated whey protein

ENJOY!

asparagus
beets
bell peppers
broccoli
carrots
cauliflower
chlorella
celery
chicory
cucumbers
kelp
leafy greens
radish

spirulina
sprouts
zucchini
buckwheat
millet
quinoa
amaranth
stevia
beans
peas
cold pressed hemp,
flax and borage seed oil
apples
cantaloupe

lemons
limes
mangoes
melons
avocados
papayas
pomegranates
bananas
strawberries
flax seed
hemp seed
white chia seed
sesame seed
almonds
coconut
brazil nuts

The Dirty Dozen

- 1. Apples** - a tree fruit that always makes the list: Apples. More than 40 different pesticides have been detected on apples, because fungus and insect threats prompt farmers to spray various chemicals on their orchards. Not surprisingly, pesticide residue is also found in apple juice and apple sauce, making all apple products smart foods to buy organic. Some recommend peeling apples to reduce exposure to pesticide residue, but be aware that you're peeling away many of the fruit's most beneficial nutrients when you do so! Can't find organic apples? Safer alternatives include watermelon, bananas and tangerines.
- 2. Celery** - Another perennial food on the dirty dozen list is celery. It's a good one to commit to memory, since it doesn't fit the three main categories of foods with the highest pesticide residue (tree fruits, berries and leafy greens). USDA tests have found more than 60 different pesticides on celery. Can't find organic celery? Not to worry some safer alternatives with a similar crunch include broccoli, radishes and onions.
- 3. Strawberries** - Strawberries are always on the list of dirty dozen foods, in part because fungus prompts farmers to spray, and pesticide residue remains on berries sold at market. Nearly 60 different pesticides have been found on strawberries, though fewer are found on frozen strawberries. Can't find organic strawberries? No worries! Safer alternatives include kiwi and pineapples.
- 4. Peaches** - Another tree fruit that always makes the dirty dozen list: peaches. more than 60 pesticides have been found on peaches, and nearly as many in single-serving packs, but far fewer in canned peaches. Safer alternatives include watermelon, tangerines, oranges and grapefruit.
- 5. Spinach** - Leading the leafy green pesticide residue category is spinach, with nearly 50 different pesticides. (While frozen spinach has nearly as many, canned has had fewer detected pesticides.)
- 6. Nectarines** (imported) - Nectarines, at least imported ones, are among the most highly contaminated tree fruits. Domestic nectarines don't test with as much pesticide residue, but overall 33 pesticides have been detected on nectarines. Can't find organic nectarines? Try pineapple, papaya or mango instead.
- 7. Grapes** - Another perennial entrant on the dirty dozen list, imported grapes can have more than 30 pesticides. Raisins, not surprisingly, also have high pesticide residue tests. Makes you wonder about wine, eh?

Adapted from The Daily Green

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The Dirty Dozen

- 8. Sweet Bell Peppers** – Another fruit that usually makes the dirty dozen list because it tends to have high pesticide residue is the sweet bell pepper, in all of its colorful varieties. Nearly 50 different pesticides have been detected on sweet bell peppers.
- 9. Potatoes** - America's favorite vegetable is the potato; unfortunately, more than 35 pesticides have been detected on potatoes in USDA testing. Sweet potatoes offer a delicious alternative with less chance of pesticide residue.
- 10. Blueberries** - Blueberries usually make the dirty dozen list, since more than 50 pesticides have been detected as residue on them. Frozen blueberries have proved somewhat less contaminated. Unfortunately, obvious alternatives like cranberries and cherries, while they may not make the dirty dozen list this year, are often contaminated themselves. For breakfast cereal, if you can't find blueberries, consider topping with bananas.
- 11. Lettuce** - Joining spinach in the leafy greens category, lettuce makes the list of dirty dozen foods with the most pesticides. More than 50 pesticides have been identified on lettuce. If you can't find organic lettuce, alternatives include asparagus..
- 12. Kale** - A superfood, traditionally kale is known as a hardier vegetable that rarely suffers from pests and disease, but it was found to have high amounts of pesticide residue when tested in each of the past two years. Can't find organic kale? Safer alternatives include cabbage, asparagus and broccoli. Dandelion greens also make a nutritious alternative

Adapted from The Daily Green

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Juice or Blend

Blenders retain everything from the food. They take the fiber and pulp and blend it all together.

Juicers separate the pulp from the juice and we drink the juice only.

When you first start out, juicing is a lot easier on your body. Whether you are juicing to treat a health condition or just to stay healthy, you will experience a lot of detoxification if you are not used to all that fiber.

The juice will still give you loads of energy.

When you get used to the juice, and if you enjoy the texture, go ahead and try smoothies.

When we juice green vegetables, we liberate the chlorophyll and our bodies immediately absorb it. Chlorophyll is a detoxifier, deodorant and is an incredible healer of inner and topical inflammation and wounds. The chlorophyll remakes our blood. It is centered on magnesium and our blood is centered on iron.

***IMPORTANT JUICE NOTE:**

You need to be careful to use simple juices if you are on a lot of medication. If you are very sick, you will probably release toxins very quickly. This will happen in the form of bowel movements. Sometimes your liver dumps a lot of toxins. Chlorophyll is a neutralizer of toxins and can deal with anything you have. It is good for kidney, heart and liver conditions. Green juice is an amazing detoxifier.

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Sugar Addiction

FACT: WE ARE ALL PROGRAMMED TO LIKE SUGAR. New research shows some are genetically much more prone to sugar and food addiction than others. I have observed this in my patients, but now it is becoming clear why some have more trouble kicking the sugar habit than others.

The science demonstrating that people can be biologically addicted to sugar in the same way we can be addicted to heroin, cocaine or nicotine is clear. Bingeing and addictive behaviors are eerily similar in alcoholics and sugar addicts. In fact, most recovering alcoholics often switch to another easily available drug: Sugar.

It seems that we all vary a bit in our capacity for pleasure. Some of us need a lot more stimulation to feel pleasure, thus driving us to a range of addictive pleasures that stimulate our reward center in the brain – drug and alcohol addictions, compulsive gambling, sex addiction and, of course, sugar, food addiction, and compulsive eating.

We often see these as moral failures or results of character defects. In fact, it may be that addicts of all stripes are simply unlucky and born with unfortunate genetic variations in our reward and pleasure mechanisms.

Despite being stuck with the sugar addiction low pleasure gene, you may be able to modify its activity by modulating your brain chemistry and receptor function with the use of specific nutrients ...

Adapted from Blood Sugar Solution, Dr. Mark Hyman

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Sugar Addiction

The Genetics of Pleasure

In our brain, a little receptor, the dopamine receptor D2 (or DRD2 for short), must be activated or switched on for us to feel pleasure. The amino acid dopamine triggers this response. Sugar and other stimulating addictions increase dopamine in the short term.

The only problem is it appears that those with sugar addictions, compulsive eating, and obesity have DRD2 systems that need much more stimulation to feel pleasure. Those who have sugar addiction, it seems have fewer D2 dopamine receptors and they need extra stimulation to make them “turn on”.

(i)

Functional MRI studies of teenagers, both lean and obese, found that the obese teenagers whose brains didn't light up as much in the dopamine reward centers were more likely to be obese and gain weight later.(ii) They also were more likely to have the DRD2 gene that coded for fewer receptors. Some studies have pointed to drugs or nutrients that can modulate this defective dopamine reward response. In one study, naltrexone, an opioid blocker (blocks the effects of heroin and morphine on the brain) was used in sugar addicts. When they took this drug, which prevented them from getting the temporary high from sugar, they craved less and ate less.

We also know that amphetamines are natural appetite suppressants and reduce cravings. That is why children who take stimulant ADHD drugs (which are actually just fancy amphetamines that stimulate dopamine receptors) have trouble gaining enough weight as they grow.

Adapted from Blood Sugar Solution, Dr. Mark Hyman

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Sugar Addiction

There are also some promising studies of nutraceuticals that can modulate dopamine receptor function and appetite regulation. Bruce Ames, PhD found that high levels nutrients can reduce disease in people with 50 different gene variants, nutrients may modulate the function of our genes, improve their function, or affect the activity of enzymes that genes produce. In fact, one third of our entire DNA has one simple job: To code for and produce enzymes controlled by nutrient co-factors. This means that nutrients have a powerful ability to modify the expression of your genes.

Adapted from Blood Sugar Solution, Dr. Mark Hyman



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Sugar Addiction

Overcoming Your Addiction to Sugar

Despite being stuck with the sugar addiction low pleasure gene, you may be able to modify its activity by modulating your brain chemistry and receptor function with the use of specific nutrients that either improve gene expression, or modify the activity, the enzymes, or the receptors, even if they are somewhat impaired.

Regulation of hormones and neurotransmitters that affect appetite and cravings is complex and involves many factors including how quickly food spikes our blood sugar, stress, getting enough sleep, nutritional deficiencies, chemicals such as artificial sweeteners, food sensitivities which drive inflammation, and more.

For those with personal struggles with food addiction, remember it is not a moral failing or lack of willpower.

1. Balance your blood sugar: Research studies say that low blood sugar levels are associated with LOWER overall blood flow to the brain, which means more BAD decisions. To keep your blood sugar stable:

Eat a nutritious breakfast with some protein like eggs, protein shakes, or nut butters.

Studies repeatedly show that eating a healthy breakfast helps people maintain weight loss.

Adapted from Blood Sugar Solution, Dr. Mark Hyman

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Sugar Addiction

Also, have smaller meals throughout the day. Eat every 3-4 hours and have some protein with each snack or meal (lean animal protein, nuts, seeds, beans).

2. Avoid eating 3 hours before bedtime.

3. Eliminate sugar and artificial sweeteners and your cravings will go away: Go cold turkey. If you are addicted to narcotics or alcohol you can't simply just cut down. You have to stop for your brain to reset. Eliminate refined sugars, sodas, fruit juices, and artificial sweeteners from your diet. These are all drugs that will fuel cravings.

4. Determine if hidden food allergies are triggering your cravings. We often crave the very foods that we have a hidden allergy to.

5. Get 7-8 hours of sleep. Research shows that lack of sleep increases cravings.

6. Optimize your vitamin D level: According to one study, when Vitamin D levels are low, the hormone that helps turn off your appetite doesn't work and people feel hungry all the time, no matter how much they eat.

7. Optimize omega-3s: Low levels of omega three fatty acids are involved in normal brain cell function, insulin control and inflammation

Adapted from Blood Sugar Solution, Dr. Mark Hyman

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Sugar Addiction

Consider taking natural supplements for cravings control. Glutamine, tyrosine, 5-HTP are amino acids that help reduce cravings. Stress reducing herbs such as Rhodiola can help. Chromium balances blood sugar and can help take the edge off cravings. Glucomannan fiber is very helpful to reduce the spikes in sugar and insulin that drive cravings and hunger.



Adapted from Blood Sugar Solution, Dr. Mark Hyman

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Swapping Sweet

Sweetener	Substitution Ratio
Confectioners' sugar	1 3/4 cups for each 1 cup sugar
Brown sugar	1 cup firmly packed for each 1 cup sugar
Turbinado sugar	1 cup for each 1 cup sugar
Maple syrup	3/4 cup for each 1 cup sugar
Honey	3/4 cup for each 1 cup sugar
Barley malt or rice syrup	3/4 cup for each 1 cup sugar
Molasses	1 1/4 cups for each 1 cup sugar
Stevia	Read packaging label
Dates	1 cup pureed
Banana	1 cup mashed
Figs	8 oz pureed

Use sparingly!

Adapted from Whole Foods

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Sugar & Aging

Sugar & Aging

Sugar in all of its forms (corn syrup, cane sugar, high fructose corn syrup, etc.) is extremely damaging to the skin--and in fact to all organ systems. Yes, enjoy that yogurt--a very healthy food--remove but eat it plain or add fresh fruit. The sweetened varieties sabotage a healthy lifestyle.

Here's why:

Sugar suppresses the activity of our white blood cells. This makes us more susceptible to infectious disease (colds, flu and so forth) as well as cancer. The same dysfunction of the white blood cells can also make allergies worse.

Collagen's Natural Enemy - *Adapted from 10/12 Dr. Perricone on Sugar*

As a dermatologist, I know that wrinkles, deep lines and sagging skin are a partial by-product of the process known as glycation. Sugar and other high-glycemic carbohydrates (breads, starches, potatoes, baked goods, pastas, desserts, soda) are rapidly converted to glucose in your bloodstream. This overload can cause a reaction called glycation, in which the excess sugar molecules attach themselves to collagen fibers. Glycation occurs when a glucose (sugar) molecule binds to a protein molecule without the influence of enzymes, (proteins that accelerate the rate of chemical reactions). In scientific terms, we refer to these sugar/protein bondings as AGEs, an appropriate acronym for advanced glycosylation end products. This causes them to lose their strength and flexibility, so the skin becomes less elastic and more vulnerable to sun damage, lines, and sagging.

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Sugar

Not Just Skin Deep

While wrinkled skin is one of the visible appearances of AGEs, most degenerative diseases are affected in one way or another by disease-producing glycation reactions. These reactions result in major damage to the body, including arterial stiffening, atherosclerosis, the formation of cataracts, neurological impairment, diabetic complications, wrinkled, sagging skin, and more. In fact, AGEs lie at the very heart of the aging process across all specialties from the skin to the brain. AGEs can be responsible for wrinkles, heart disease, cancer, diabetes, and much more, including the age-related memory loss and even Alzheimer's disease.

Simply put, the formation of AGEs is responsible for serious damage to the body, both internally and externally and sugar is a major culprit.

The Glycation Fighter: Alpha Lipoic Acid

We also have a number of highly effective topical anti-glycation treatments for skin. Alpha lipoic acid (ALA), a very powerful nutrient when taken as a supplement, is also important as a topical treatment. It is highly recommended as a nutritional supplement because it has powerful anti-glycating effects and is an extremely important anti-inflammatory.

Alpha lipoic acid increases the cell's ability to take up glucose for metabolism. This removes it from the blood, thereby helping to prevent damaging glycation reactions. Because it is both fat and water soluble, it can reach all portions of the cell, providing complete protection. This is true whether it is taken as a supplement or used as a topical. ALA's fat

Adapted from 10/12 Dr. Perricone on Sugar

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Sugar

solubility allows it to penetrate into the skin where it can wield its anti-inflammatory power to great benefit. It protects the cells from free radical damage and halts the initiation of skin-damaging inflammatory cascade.

What About Sweeteners?

My patients often ask me is eating sugar and other forms of sweeteners can contribute to acne and the answer is yes. When our blood sugar and insulin levels rise, whether from a poor diet (sugary, starchy foods) or from stress, we experience a serious increase in inflammatory chemicals at a cellular level. This causes inflammatory diseases such as acne to worsen dramatically. Cortisol and other adrenal steroids can act as androgens (male hormones) and stimulate the sebaceous (oil) glands resulting in a flare-up of acne.

If you are concerned about your health, and not accelerating the aging process, it is best to avoid all forms of refined sugar as well as chemical artificial sweeteners. There are natural sugars found in fruits and vegetables that should be our only source of sugar. These foods are high in anti-inflammatory antioxidants, help stabilize blood sugar, and nutrients that promote beautiful skin and a healthy body.

Adapted from 10/12 Dr. Perricone on Sugar