

Day 18

Hey there!

Today's packet is on beauty! We aren't going to talk about makeup or hair sculpting - we are going to talk about the things that add real beauty. The kind of beauty that doesn't need those things. It is a glow from inside, an energy people can feel. You've seen it before. You've felt it. Now go get it!

Enjoy your packet today!

To Your Health,



*Wherever there
is a human in need,
there is an opportunity
for kindness and
to make a difference.
Kena Heath*

Urban Wellness Bootcamp



Beauty

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Task

Make a list of 10 ways
you are beautiful.

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Beauty

Internal cleanliness creates external beauty. This is the great surprise. All the things you do in this 28 day program lead you to a way of life that creates a beauty that glows from the inside out. The principles you have learned, nutrition and exercise. The advanced principles of ph balance, acid and alkaline are key factors in creating external beauty.

“Proper nutrition is an art. It is an art form. Every bite is a brush stroke. Every swallow is a new color. Each meal is a cloud or a tree or a flower. – a piece of the beautiful painting you are becoming. You are becoming an even more attractive work of art each day. You are truly a work of art in progress.” David Wolfe

If you apply the lessons contained within this program to improve your appearance, vitality and health, beauty is the natural outcome of healthy living.

Day 18

Inflammation

It has become increasingly obvious that chronic inflammation is the main cause of many chronic illnesses - heart disease, many cancers, and Alzheimer's disease.

We recognize inflammation as redness, heat, swelling and pain. It is a natural healing response to bring nourishment and immunity to an injury or infection. When the inflammation serves no purpose and refuses to go away, it causes illness.

Some of the things that contribute to inflammation include stress, lack of exercise, dietary choices, genetics, and exposure to toxins (like secondhand tobacco smoke, prescription drugs like steroids and NSAID's and metals). Learning how to adjust dietary choices is one of the best ways to deal with chronic inflammation.

There is a blood test that detects inflammation – you should talk to your doctor and have them check your CRP or C-reactive protein. It is a protein that is found in the blood and is the major red flag for inflammation.

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Inflammatory Foods

1. Sugar - Sugar is in many processed foods and we don't even realize it.
2. Cooking Oils - Corn, cottonseed, safflower, soy, sunflower,
3. Trans Fats – Check all labels and NEVER eat trans fats.
4. Dairy - Milk is a common allergen that can trigger inflammation, stomach problems, skin rashes, hives and even breathing difficulties.
5. Feedlot-Raised Meat - Animals are fed the foods that cause inflammation for us. They are also given hormones and antibiotics..
6. Red and Processed Meat - We develop antibodies that cause inflammation
7. Alcohol - Regular alcohol use creates irritation and inflammation to numerous organs, which can lead to cancer.
8. Refined Grains - "Refined" products have no fiber and have a high glycemic index. These include white rice, flour, bread and pasta.
9. Artificial Food Additives - Aspartame and MSG
10. Allergens - Any food that you are allergic to and eat anyway.

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Anti-Inflammatory Foods

- Blueberries
- Chocolate (Dark, uncooked)
- Cruciferous Vegetables
- Extra Virgin Olive Oil
- Ginger
- Garlic
- Green Tea
- Kelp
- Sweet Potato
- Turmeric
- Watercress
- Wild Alaskan Salmon.