
DIETARY PITFALLS

Dietary changes are not always easy, but “dis-ease” can be improved or even eliminated by removing processed foods and eating wholesome, unrefined foods. By removing or reducing our consumption of the following health-antagonists, we can begin to create healthier habits.

Eliminate refined sugar and artificial sweeteners.

WHY IT IS A PROBLEM: puts stress on pancreas and adrenal glands, increases cancer risk, brain cell damage

WHAT WOULD BE A BETTER CHOICE: stevia, raw honey, agave nectar, maple syrup, date sugar, applesauce

Eliminate soda; reduce consumption of coffee and tea.

WHY IT IS A PROBLEM: creates vitamin and mineral loss, increases cancer risk, brain cell damage, overly acid, excessive caffeine intake can stress adrenal glands and contribute to poor sleep

WHAT WOULD BE A BETTER CHOICE: water, herbal and green teas, vegetable juice, diluted fruit juice

Avoid high fructose corn syrup.

WHY IT IS A PROBLEM: puts stress on pancreas and adrenal glands, increases cancer risk

WHAT WOULD BE A BETTER CHOICE: products sweetened with natural unrefined sugars like evaporated cane juice, stevia, raw honey, agave nectar, maple syrup, or date sugar

Avoid trans (hydrogenated, partially hydrogenated) fats and reduce saturated fats.

WHY IT IS A PROBLEM: increased risk of heart disease, affects immune response and hormones, inhibits enzymes

WHAT WOULD BE A BETTER CHOICE: fresh homemade foods made with real butter or natural unhydrogenated vegetable oils such as olive oil, canola, safflower, or sunflower oil

Eliminate or reduce intake of dairy products.

WHY IT IS A PROBLEM: causes excess mucous, high cholesterol, overly acid condition

WHAT WOULD BE A BETTER CHOICE: rice or almond milk, goat cheese, rice cheese, raw milk cheese, Rice Dream “ice cream”

Eliminate white flour and refined carbohydrates.

WHY IT IS A PROBLEM: lack of B vitamins, coats the intestines, creates excess mucous and inflammation

WHAT WOULD BE A BETTER CHOICE: sprouted grains; whole wheat, buckwheat, or rye flour; brown, wild, jasmine, black, or red rice; bulgar; quinoa, couscous; other whole grains

Eliminate pork and fish that bottom feed; limit red meats.

WHY IT IS A PROBLEM: creates over-acid condition, risk of parasites, viruses, bacteria from unclean meats

WHAT WOULD BE A BETTER CHOICE: beans, lentils, peas, tempeh, eggs

Reduce salt intake.

WHY IT IS A PROBLEM: causes high blood pressure, potassium imbalance, water retention

WHAT WOULD BE A BETTER CHOICE: seasonings, dulse, celery seed, sea salt

Reduce intake of processed/packaged or fast foods.

WHY IT IS A PROBLEM: excess salt, preservatives, additives, too much sugar, too much saturated fat

WHAT WOULD BE A BETTER CHOICE: fresh homemade foods made with wholesome ingredients