



A SIMPLE GUIDEBOOK
TO BETTER EATING, LIVING & THINKING



Be Well

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Congratulations!

If you are reading this little guidebook then you are taking the first step towards changing your life for the better. Whether you are just now venturing into the natural health world or have been here for a while and just curious about the book, I welcome you and hope that you find the information I am offering to be helpful to you along your journey to better eating, living and thinking!

The intention of this book is to be a starting point for people who are ready to make some healthy changes in their lives, but just don't know how to begin. I will be sharing a little bit about nutrition, what to look for in the food you buy, how to know what supplements to use and my favorite foods, along with a few recipes to help you with your first shopping experience.

The information in this book is for educational purposes only and not intended for treatment of disease. When making changes in your diet or beginning to use supplements, I recommend that you work with a trained, natural health practitioner and medical professional.

First of all, let's define the difference between Organic and All Natural. Foods that are Certified Organic mean that they have met all the requirements for the Organic status such as the absence of pesticides and harmful chemicals and antibiotics and hormone use. Foods stating that they are natural are not necessarily Organic. Natural may simply mean that they contain some ingredients found in nature. It does not mean, however, that the ingredients do not contain harmful additives or that they have been processed without the use of pesticides or other chemicals. I always recommend reading the labels of everything you buy, regardless of what they claim on the front of the box. Better, yet, stick to the outside walls of the store and buy fresh foods, avoiding processed foods as much as possible!

Remember, this guide book is just the basics. For those of you who have been living this lifestyle for a while, you can dive in a little deeper by checking out my online course at www.DrLeslieWellness.com.

Simply Nutrition

The MUST HAVE'S of daily nutrition: So many people ask me about supplementation. "Do we really need it and why?" "My grandmother never took this stuff and she lived to be 86 years old." "Why is it that every time we turn around, someone is telling us about another antioxidant drink or miracle powder?" "How do we know what we really need?" These are just a few questions I get asked quite frequently and with good reason. First of all, we do need supplementation. The food we eat today is not the same food our grandparents enjoyed many years ago. There are several reasons for this from soil depletion to harmful pesticides, hormone additives, and the dreadful GMO (Genetically Modified) foods, not to mention the alarming levels of stress we now deal with on a daily basis. Here is a quote by Dr. William A. Albrecht, Chairman of the Department of Soils at the University of Missouri stating that "A declining soil fertility, due to a lack of organic material, major elements, and trace minerals, is responsible for poor crops and in turn for pathological conditions in animals fed deficient foods from such soils, and that mankind is no exception". Some of you may remember the 1992 Earth Summit Report that stated statistics regarding the mineral con 6 was almost 40 years ago so imagine the condition of our soil today!

Now that I have hopefully answered your question about why we need to supplement, let's talk about what supplements you actually need.

There is so much information around us and it can be overwhelming when trying to figure out what we need for daily nutrition. Well, I can tell you that if it's out there then I have probably tried it. There are a lot of amazing products available and just as many that aren't worthy to put into your body. There are some basics that I recommend to everyone. More specific supplementation may be needed depending on each individual needs. I strongly suggest that you find a holistic health practitioner who can help you determine what your body needs as using herbal supplements can be rather tricky. I need to remind you that herbal supplements have not been evaluated by the Food and Drug Administration and are never meant to treat or cure. Please consult your healthcare provider before using supplements while taking prescription medications. Ok, that's all I'm gonna say about that!

The following is my BASIC protocol for supplementation, one for men and one for women. I will go into more detail in the following pages. Remember, each individual's needs are different and may need additional supplementation. This is something you will need to work on with someone who has had training in the field of nutrition and herbology. There are various methods for determining what your body needs to stay balanced and you will need to investigate to see what methods work best for you. I will list a few of these options available at the end of this book.

Women: Multi Vitamin and Mineral Supplement

- Antioxidant
- Magnesium Complex
- Vitamin D3
- Fish Oil, Krill Oil or Flax Oil (more on this later)
- Probiotic
- Digestive Enzymes (40 and over)

Men: Multi Vitamin and Mineral Supplement

- Antioxidant
- Magnesium Complex
- Fish Oil, Krill Oil or Flax Seed Oil
- Vitamin D3 Probiotic
- Digestive Enzymes (40 and over)

Now let me add here that EVERYONE should be drinking GOOD water all day long. If you are drinking RO water (reverse osmosis), make sure that you are adding in some minerals as that particular process depletes the minerals from your water. I use a water system that not only purifies the water, it also removes fluoride which most filters do not. Fluoride is especially toxic to our thyroids so I recommend filtering it out of your water. The system I use also oxygenates the water and allows you to choose the pH allowing up to 10.0. I prefer to drink an alkaline water with pH of around 8.0 but if you are a daily coffee drinker or eat a higher acidic diet then you may need a higher pH such as an 8.5 or 9.0. You can get more information about that on my www.BeWellNash.com page under the Online store.

You should be drinking half your body weight in ounces, up to 100 ounces a day. For example, if you weigh 120 lbs. then you will need to drink 60 oz. of water throughout your day. I also recommend a good daily antioxidant. These can be found in various fruits, and green tea just to name a couple. Some choose to take a supplement for their antioxidant boost. One that I highly recommend, especially for detoxification, is N-acetyl cysteine (NAC). NAC, an amino acid derivative that boosts one of the body's most powerful antioxidants, Glutathione. There are lots of options for antioxidants so find the ones you enjoy and make sure to add them into your daily regiment. I will mention a few later on in this guidebook. Let's take just a few minutes to look at these supplements in more detail. The following information is based upon my own personal experiences and research and is not intended to be stated as scientifically proven facts. I will make recommendations for what I believe, in my opinion, to be the best methods of supplementation. This information is merely intended for educational purposes only.

Multi Vitamin/Mineral Supplement

One of the most frequent questions I get asked is, "How do I know what vitamin/mineral supplement I should take?" I have a couple of ways I approach getting more vitamins and minerals. First of all, increase your healthy greens, fruits and raw nuts. I am also a huge fan of protein powders packed with nutrients. The one's I use have lots of greens, added vitamins and minerals, as well as probiotics and enzymes to help with digestion. I do recommend a liquid trace minerals as a daily add on. Most of us are deficient in Vitamin D3 so that's one I suggest taking in addition to a multi-vitamin. This is something that traditional medical doctors are now checking for so be sure and get your levels checked before starting a D3 supplementation. For most folks, 2,000-4,000 IU's are sufficient but if your levels are running super low, be sure to work with a practitioner to help you find the dose that is best for you. You want to monitor your levels as you can get too much D3 and that's not much fun for your kidneys! A good B-Complex might be in order for you folks who are dealing with high stress. Our B Vitamins are super great for supporting the body during long periods of stress. "You get what you pay for", my mom always said, and I have found this to be true when buying supplements. You can go to your local discount market and get the jumbo bottle of vitamins but don't expect to get a Lexus when you're buying a Yugo! I like to call these inexpensive, bulk tablets "expensive poop" because that's where most of it ends up...in your poop! You have to make sure you are getting a product that is rich in vitamins and minerals and is guaranteed to fully dissolve and be absorbed by the body. Be sure and research the company and see how and where they produce their products. Call and ask questions about quality, absorption, ORAC ratings, and check to see if they offer third party reviews or scientific studies using their product. Ask to speak to someone in their quality control department. If they don't have one, then throw that supplement in the trash! There is very little regulation on the creation of supplements and most companies use a third party lab and just private label their products. This means, there may be no one running tests for purity or checking for heavy metals and other contaminants. Very often people will spend weeks researching a car before they buy it but never think twice about what they buy to put into their bodies. You wouldn't buy an expensive car and not take steps in keeping it running well so why would you not take even greater measures to keep the one and only body you have in great condition? There are no trade in's! Make sure that you take Vitamins and Minerals together...they need each other. There are some cases where you may need additional minerals, especially if you are experiencing low adrenal or thyroid function. I use a liquid trace mineral that is also packed with some powerful Chinese adaptogen herbs for those dealing with adrenal or thyroid issues.

Some Common Signs of Mineral Deficiency:

Acne: Zinc, Sulphur

Brittle nails: Iron, Zinc

Constipation: Magnesium, Potassium, Iron

Cramps: Calcium, Sodium

Depression: Calcium, Magnesium, Sodium

Digestive problems: Chromium, Zinc

Eczema: Zinc

Greying hair: Copper

Hair loss: Copper, Zinc

Hypothyroid: Iodine, Copper, Selenium

Immunity deficiency: Zinc, Chromium, Selenium

Low blood sugar: Chromium, Vanadium, Zinc

Memory loss: Manganese

Nervousness: Magnesium

Osteoporosis: Calcium, Magnesium

Sexual dysfunction: Selenium, Zinc, Manganese

Wrinkles (face): Copper

Fish Oils vs. Flax Oils

Research has shown the importance of Omega 3 fatty acids that are essential fatty acids our bodies cannot create on their own. Linolenic acid is the primary omega 3 fatty acid that our body needs and can be found in some fats, oils, nuts, and soybeans. The EPA (Eicosapentaenoic Acid) and DHA (Docosahexaenoic Acid) is what we want and can be created by the body when linolenic acid is present. This is where things can get a little confusing so let me take time to explain the difference in supplementing with fish oils versus flax oils. Both fish oils and flax oils are a great source of omega 3's. Where the difference comes in is when you start talking about EPA and DHA. The benefit of taking fish oils is that the fish have already converted the EPA and DHA for you so it is readily available for the body. When taking flax oil, the body must convert the linolenic acid to the EPA and DHA. Where this could potentially be a problem is if the body does not convert properly which often happens if there are health issues present. I always recommend taking a fish oil to make sure you are getting the proper amount of EPA and DHA in the body, unless you are allergic to fish or a vegetarian. In that case, go with the flax oil which is still a great source of omega 3's and will most likely give you what you need. Now, here is where I get on my soapbox again about getting what you pay for and looking for supplements that are of high quality. When taking fish oils you want to be very careful. Look for fish oils that are pharmaceutical grade and are guaranteed to be free of contaminants and heavy metals. There is no regulation of fish oils so you never know where the fish or fish parts are coming from. Make sure you buy high-grade fish oil products! Remember, you only get one body so take as much caution with what "oils" you put in it just as you would that nice car of yours. Some of you may be wondering why we need fish oils anyway. Fish oils play important roles in healthy brain, 11 central nervous system, vision, joints and connective tissue and the prevention of cardiovascular disease. They also help lower cholesterol levels and triglycerides. In addition, fish oils are a great form of natural anti-inflammatory when taken in higher doses. I will mention Krill Oil here because it is probably my favorite for those struggling with cholesterol issues. Krill oil is considered more superior than fish oil due to its higher amount of EPA. In Krill oil, the polyunsaturate fats are packaged as phospholipids which are more readily used by your body.

Probiotics

Everyone has heard of these little guys by now with all the commercials about yogurt and how it aids in healthy digestion. Probiotics are the "friendly bacteria" found in our intestines that help with digestion, proper elimination and help build the immune system. There are many reasons why probiotic supplementation is helpful. The natural flora in our intestines can be off set by foods we eat, the use of antibiotics and the lack of proper enzymes. Probiotics help to re-establish the proper amount of good bacteria which helps us digest our food better, eliminate wastes more efficiently and strengthen our immunity. About 80% of our body's immune system is located in our gut! There are various strains of probiotics that help the body in different ways. For a general, daily usage, I recommend one that at least contains lactobacillus acidophilus and bifidobacterium lactis. I prefer probiotics with a minimum of five strains and up to eleven strains for those coming off of antibiotics, first time users or those dealing with intestinal challenges. Knowing which blend of probiotics your body may be needing is something your health practitioner can help you determine but I will go over some of them in the next section. Probiotics not boost your immune system but are important for a healthy brain too! Did you know that neurotransmitters found in the brain are also found in our intestines?! In fact, around 85% of serotonin is produced in our gut! This is why there is such a huge gut/brain connection! Most probiotics have to be refrigerated but you can find ones that do not. Once again, you pay for quality. There is an art to using some of the different strains of probiotics and digestive enzymes so be sure to look into that if you are having specific problems such

as GERD (acid reflux), bloating, constipation or other intestinal issues. One of the best uses of probiotics is in fighting candida...the “yeast beast” as I like to call it. When taking antibiotics, make sure to supplement with a good probiotic while you are taking the antibiotics and for at least 60-90 days afterwards. Prescription antibiotics not only kill the bad bacteria, but the good guys as well. You need to put the good guys back in there to keep from having bigger problems later. Candida is a whole other topic that I will not get into in this guidebook but I encourage you to read books like, *The Yeast Connection* for more information. What I will tell you about yeast is that most Americans have too much of it! Sugar feeds yeast and most of us love sugar and eat entirely too much of it! And I’m not just talking about candy bars and sodas. Sugar comes in many forms like breads, pasta and alcohol. Candida overgrowth can cause symptoms such as gas, bloating, early morning fatigue and general fatigue, headaches, joint pain, foggy thinking, sugar cravings and much more! If these sound familiar to you then I suggest eliminating your sugars and getting on a really good yeast cleanse. I strongly encourage you to work with a practitioner during this process as there are a lot of things involved in cleansing the body of yeast. While I’m not a big supporter of dairy products (from cows), organic yogurt is the exception as it is a great source of healthy bacteria. It also provides the enzyme, lactase, which helps those who have trouble digesting dairy. I recommend that you buy an organic, plain yogurt so as not to have extra sugars and fillers. If you don’t care for the plain flavor, you can add in some granola, ground flax seed or low sugar fruit to give it some added flavor and nutrition. It’s a great source of protein for breakfast or snack. If you are dairy free, try coconut milk or goat milk yogurts! I always get asked about dairy and why it’s not recommended. One of the biggest problems with cow’s dairy is that it contains a protein enzyme, casein, that is difficult for humans to break down. It is also a highly inflammatory food and produces excess mucus in the body. This can increase problems with allergies, sinus infections, intestinal inflammation and more. If you must have your cheese, try goat cheeses or sheep cheese. My favorite is sheep’s feta or Manchego that I get from our local Costco or Trader Joe’s market. It’s super creamy and tastes great on salads and other dishes where you might want a little cheesy action! You will discover that there is an endless amount of nutritional information available that I am not covering in this book. My purpose here is to just give a basic guide for healthy living so I encourage you to find someone in the health and wellness field to further your knowledge in this area.

The Gut-Brain Connection and Your Microbiome

Have you ever noticed that sometimes when you get nervous that your stomach feels a little queasy? Some people refer to it as butterflies in your stomach. Have you ever been really nervous or afraid and you experience abdominal pain or distress? This is because your brain and your stomach are connected by one of the largest nerves in the body called the vagus nerve. This gut-brain connection is why we refer to the gut as our second brain. All the neurotransmitters that are produced in our brain are also produced in our gut. In fact, it is estimated that about 90% of serotonin is produced there. This explains why researchers have made a connection to poor gut health and depression, among other conditions such as obesity, autoimmune disease, asthma, diabetes and even cancer.

Our gut or micro biome is a very complex bacterial ecosystem. Did you know that the body has 10 times more bacterial cells than human cells? That means we are more bacteria than human. This is why it is so important to make sure we have the correct balance of bacteria in our intestinal tract. Our good bacteria must be present to keep the bad bacteria at bay. Otherwise, we will begin seeing things like gas and bloating, IBS, other forms of chronic inflammation or disease. Even skin conditions like acne or eczema can be related to poor gut health. It really is the most important system in the entire body. If your not digesting properly, it will eventually throw off the rest of the body. Remember, we are more bacteria than human and out of the approximate 40 trillion bacteria found in the body, most of them reside in our gut.

This is why we need those probiotics I mentioned previously. These guys help keep the proper balance so that the digestive process runs smoothly. Unfortunately, we tend to feed the bad bacteria more than the good bacteria. Poor

nutrition such as high sugar and acidic diets can negatively effect the growth of the good guys. Antibiotics, birth control pills and other medications can also hurt the status of our good bacteria. And don't forget stress! Yes, even stress can beat down the good guys. Stress can also cause that vegus nerve to fire up leading to stomach discomfort and inflammation. This bowel inflammation is often diagnosed as IBS or inflammatory bowel syndrome. It is estimated that between 25 and 45 million people in the US alone are affected by IBS. It's no wonder that half of the commercials we see on TV are about pills for stomach discomfort. With our increased stress load, fast food lifestyles and the over use of medications, these numbers are no surprise.

So you may be wondering how to go about feeding the good guys and getting to a happier and healthier belly.

Deciding what kind of probiotic supplement you should consume can be overwhelming. Most over the counter probiotics contain a mixture of anywhere from 3 to 11 different strains. Many companies will advertise specific uses while others promote theirs as an full spectrum supplement. There are many different strains of good bacteria but I will mention the most common ones you will find at your local health food store.

The 3 main species you will see are Lactobacillus, Bifidobacterium and Bacillus.

The most common ones you will find under Lactobacillus are L. acidophilus (for overall digestion, gas and bloating) , L. plant arum (digestion and immune health) and salivarius (oral health and immune health). Under Bifidobacterium you may see B. bifidum (digestion, nutrient absorption and diarrhea relief), B. infantis (bloating and constipation) and B. longum (immune support, digestion and detoxification). The Bacillus species contains the B. coagulans for overall digestion, vaginal health and occasional constipation.

Another species called Streptococcus supports our immune health, as well as teeth and gum health.

If you have been on antibiotics in the last year or have never taken a probiotic, I recommend starting with a full spectrum one that has at least 30 billion spores. You may find one with 15 billion and take one in the morning and one in the evening. I like taking mine before bedtime. Most probiotics will need to be refrigerated because these are live cultures. There are a few companies that manufacture ones that are shelf stable but my preference is for those kept refrigerated. You may be wondering about yogurt? While yogurt does contain live cultures, you must consume quite a bit and if dairy digestion is an issue (as it is with most folks) then this can create a problem. There are other food sources, however, such as sauerkraut, kombucha, miso, tempeh, coconut kefir and apple cider vinegar. Adding these into your daily diet are very beneficial to your gut health!

I also want to mention prebiotic foods. This is the food that the good bacteria feed off of so adding these into your regiment can also be helpful. Prebiotics come mainly from fiber sources such as inulin from raw chicory root, jerusalem artichoke, raw garlic and even bananas. These all help to produce nutrients inside the colon that the good guys can feed from.

Getting good probiotics and prebiotics into your diet is essential. Remember, good health begins in the gut. It where you eliminate your toxins. That being said, you want to make sure your bowels are moving 2 to 3 times a day. What you put

in that isn't digested and absorbed must come out. If your putting food in your body 3 times a day and only eliminating 3 times a week, there's a problem. One of the main causes of constipation is a lack of friendly bacteria in the gut so supplementing with a daily probiotic is super important. Another big reason our bowels are sluggish is from dehydration. Think of your colon as your garbage disposal. What happens if you put food down your disposal, turn it on but then forget to run the water? Yep, it gets clogged up. Well, the same thing happens with our colon. The average colon is about 5 feet long. That's a long way from start to finish! You don't flush your commode without water so why would you think your colon would function properly without it? Water is critical in proper elimination and detoxification.

Digestive Enzymes

It's no secret that Americans are suffering from digestive problems such as mild heartburn to acid reflux disease. It seems like every other commercial I see on TV is a pharmaceutical ad for the latest acid reflux pill or solution to IBS. One of the main reasons for this is the types of food we are eating. Many eat fast food while driving to their next appointment or kid's soccer game so you're not only getting unhealthy food options but you are most likely eating in a hurry and preventing the body from being able to digest properly. In addition, as we age, our body does not produce the same amount of enzymes and hydrochloric acid that it did in our youth. So many of us discover that our favorite food has become our biggest enemy! I don't have nearly enough time to go into all the details on our need for digestive enzymes and hydrochloric acid so you'll have to do your own research on this but I will tell you that most of the people I see need help digesting their food. Our bodies are deprived of the necessary enzymes that we need to help properly digest the food we eat. Add to that the daily stress, chemically processed foods, improper amounts of good water and too much coffee and sodas. I recommend taking enzymes about 15 minutes prior to your meals to help your 14 body with the digestive process. Some of you will require a digestive enzyme with additional hydrochloric acid. This particular acid is very effective in reducing acid reflux. If you have had the unfortunate experience of having your gallbladder removed, then you will need to take an enzyme supplement that is higher in lipase, the digestive enzyme needed to break down fats. You hard core meat eaters may want a high protease supplement to assist the body in digesting all the protein. It is best to work with a health practitioner to determine what digestive enzyme would work best for you. Another very beneficial thing you can do to aid in that nasty heartburn is to drink a full glass of water before you eat and avoid drinking during your meal as this cuts down on the natural digestive enzymes produced in our saliva. Make sure you're drinking plenty of water throughout the day and then throw in one of those full glasses before you sit down to eat and make sure to chew your food well before swallowing. By doing these two things you will not only help the digestion process but you will eat less too. Your tummy will thank you!

Magnesium/Calcium/Vit D

This is a very important supplement for women, as we all know the importance of calcium in preventing osteoporosis. As we age and our hormones change, our bodies begin to need more calcium so that they do not start taking it from our bones. In order to absorb the calcium you need to make sure it is supplemented with magnesium and vitamin D. Most products already contain the proper 2 to 1 ratio. Make sure you are getting a supplement that is absorbable by the body so that you're not spending a lot of money for nothing. This is a very important supplement so not to be taken lightly. Your body can only absorb so much calcium at one time so most products come in lower doses and require you to take then two or three times a day. Some folks may need 15 additional magnesium as it is quite depleted in our food supply. Magnesium is one of my favorite minerals because it calms the nervous system, is a natural relaxant and aids in healthy

elimination! If you are cleansing and become constipated, add in a good Magnesium Complex to help get things moving! Magnesium is one of the most common minerals that folks are deficient in and that deficiency can lead to things such as heart palpitations, muscle cramps, anxiety, depression and even insomnia.

Let me mention once again here the importance of Vitamin D3. Most of you have seen the recent reports of all the studies out on the D3 deficiencies doctors are seeing not only in adults, but children as well. Our main source of Vitamin D is sunlight. However, most of us are rarely out in the sun and if we are, we are smothered in sun screen. Now I believe in protecting our skin, however, I also believe there is a healthy balance and getting a few minutes of unprotected sunlight each day is not a bad thing. Researchers suggest 15 minutes of unprotected sun each day. This is harder in the winter months so you may need to increase your D3 dose accordingly. Since most of us work indoors, sit behind computers and don't have the time to sit and soak up the sun, we will need to obtain our Vitamin D from supplementation. Vitamin D3 is a very important part of our immune system in protecting against and fighting colds, flus and even cancer. Be sure to get your baseline D3 levels and then work with your medical doctor or holistic practitioner to determine the appropriate dose for you. Research studies have shown that the ideal Vit D level is around 55 but some practitioners prefer to see it closer to 70 but not higher. To see if you are deficient in Vit D, you will need to ask your doctor to test your 25-hydroxy vitamin D level. I recommend using a Vit D3 supplement that also contains Vit K2.

Antioxidants

Antioxidants are vital to good health as they combat all those nasty free radicals that our body gets from stress, harmful chemicals, poor air, lack of sleep, aging, and so on. We talked about them briefly in an earlier chapter where I mentioned NAC. We need antioxidants! It's impossible to avoid free radicals so we need to put things into our bodies that help to neutralize them.

Here is a list of just a few of my favorites food sources:

- Blue berries
- Pomegranate
- Green Tea
- Golgi berries
- Cranberry Carrots
- Acai berry
- Raspberry
- Tomato
- Elderberry
- Oregano

You can buy antioxidants in supplement forms, as well. My favorite one is listed on my online store at www.BeWellNash.com.

But I can't afford all these supplements!

I hear this all the time so I must take a minute to help you with your perception on this matter. When I made the switch to organic foods and daily supplementation, not to mention changing all of my health care to the alternative field where my health insurance was completely useless, I was living single on a very small teacher's salary. Of course, I had some motivation behind my life changes and when people get desperate, they take desperate measures. But you don't have to wait until you're desperate to make healthy changes in your life, you just have to be willing to have a change of perception. So many times I hear people say that they cannot afford to shop for organic foods or to invest in daily nutritional supplements. My response is always, "you can't afford not to!" I usually try to help people see where their money is going. It has become socially acceptable, and even encouraged, to spend our hard earned money on taking care of the outside of our bodies. We get weekly manicures and pedicures, we spend money on expensive hair cuts and color, clothes, shoes, cars.....the list is endless. How many of us spend a couple of hundred bucks just eating out each month? My point here is that we don't seem to have any problem spending money on the outside of our bodies but when it comes to taking care of the inside, we suddenly decide that it isn't within our budget. "It's really a matter of perspective and priority." Do you want to look really great in that hospital gown or would you rather reduce your chances of being in the hospital at all? Find places where you can cut back and shift your money towards keeping the inside of your body healthy. If you do that, you won't need to spend so much on the outside! It's getting easier to find organic foods, even in our traditional grocery stores. I also recommend shopping at your local farmer's markets for fresher produce. Just remember that a lot of fresh vegetables and fruits sold in farmers markets are not organic so they still contain lots of harmful pesticides. Be sure to ask before you buy! Some fruits with thick skins such as bananas cantaloupe may be okay if not organic. However, I will tell you that the taste factor is much better with organic fruits! As for meats and eggs, I always buy organic. You can also Google "The Dirty Dozen" for a list of foods to avoid unless organic. And if you are going to eat beef, look for grass fed, this is much better too.

That does it for the daily basics. Now remember, everyone has specific needs, and supplements for those were not addressed. Once again, this is a very basic nutritional guidebook to just get you started on the right path! When I meet with someone for an initial consultation, I spend a great deal of time helping develop a nutrition plan that addresses that person's particular needs. In addition, when we start talking about herbal supplementation, aside from daily vitamins and minerals, what works well for some doesn't always work well for others. Our bodies are all unique so finding someone educated in the health and wellness field will be beneficial as you begin this journey towards better living. And remember, quality is of most importance here! I use a company that provides very high quality herbs and nutrients at very affordable prices and have seen incredible health benefits both professionally and personally. (There is additional information in the Recipe Chapter of this book under "my favorites".)

Things to look for on food labels that should be avoided:

Artificial Colors and Dyes:

Watch out for these, as they are chemicals that can be tough on the body, especially for your kiddos with attention problems. You will see these in a lot of the foods your children like to eat so look for organic options.

Monosodium glutamate (MSG)

This little pest is in almost everything found in conventional stores. It's even in those "healthy" rice cakes you buy when you're desperate to lose weight. You'll be surprised where you find it! MSG is one of the worse additives to put in the body. It can cause gas, bloating, headaches, allergies, increases your appetite and is just plain nasty. Be careful when eating out...it's in all your fast foods and make sure to ask about it when visiting your Asian restaurants as it is sometimes in the sauces. I have found that most in this area are not using it any longer but it's always better to ask.

High Fructose Corn Syrup

When I started reading labels, I couldn't believe how many products contained this addictive substance. I even found it in a can of kidney beans! High fructose corn syrup blocks the ability for the brain to know that it is full so it can actually make you fat! This is added into our foods so that we will eat more, it's addicting...remember that commercial for famous potato chips...."you can't eat just one". That's one of the things I have noticed about eating chips that do not contain this substance. I can eat just a few and be completely satisfied. There is so much more I can say about this nasty ingredient but let's move on for now.

Hydrogenated Oils

Many years ago they came out with this new butter that wasn't really butter but it tastes like butter...margarine. However, little did we know that our mama's would be telling us that the forbidden butter was actually much better for us. Oils in margarine are hydrogenated so that they can remain solid at room temperature making that interesting butter alternative. The problem is that when they are converted over, they become high in saturated fats and what we call trans fats and those have been found to lead to heart disease. If you are going to use butter, then use real butter! Just make sure it is from grass fed beef. I use one called Kerrygold and it can be found in most any grocery store. I also like using organic Ghee when cooking. Ghee is made from butter but the milk solids and impurities have been removed so those with lactose intolerance can usually handle it without any problems. It is great for cooking because it can handle high heat and does not break down into free radicals like other oils. It is rich in nutrients like our next oil which is one of my favorites. I recommend cooking with and consuming Organic Virgin Coconut Oil. The many health 20 benefits of coconut oil include skin care, stress relief, maintaining cholesterol levels, weight loss, increased immunity, healthy digestion and metabolism, kidney support, heart diseases, high blood pressure, diabetes, HIV and cancer, and bone strength. These benefits of coconut oil can be attributed to the presence of lauric acid, caprylic acid, and its antioxidant

properties, as well as its antimicrobial, antioxidant, anti-fungal and anti-bacterial properties. It also contains MCFAs (medium chain fatty acids) that increase energy, aids in weight loss and support anti-aging. I could write an entire book on the benefits of coconut oil but will just mention a few more here. It helps balance hormones and is great for the thyroid. It's great for digestion and for combating yeast. It increases our metabolism and immune system and is a great source of healthy fat for our brain! And don't forget its benefits for skin and hair. I love it for cooking or adding it to my protein shake, rubbing into my skin and eating right out of the spoon! I recommend making organic coconut oil a part of your daily intake!

Enriched Flour or White Flour

This is often times the first ingredient you see. Basically, enriched means that all the good stuff has been stripped away. White flour is not only enriched but also bleached to give it the white coloring. There are no nutrients left from the grains and little flavor. Look for whole grain unbleached flours. Not only are they rich in nutrients but they taste good too. Of course, I recommend that most people eat gluten free grains like quinoa, millet and brown rice. Gluten grains such as wheat, barley and rye increase inflammation in the body and can cause symptoms such as gas, bloating, fatigue, headaches, foggy brain, joint pain and intestinal distress. Many folks think the gluten free diet is just a fad. I assure you, it is not. There are many reasons why we should avoid gluten!! Eliminating gluten and cow's dairy from my diet were by far the main reasons for turning my health around 21 years ago. There are so many great books explaining the reason to consider a gluten free diet. A couple of my favorites are *Wheat Belly* by Dr. William Davis and *Grain Brain* by Dr. David Perlmutter. It is so much easier to be gluten free today compared to years ago when I made that change in my diet. Just remember that gluten free doesn't mean calorie free! In fact, many people will exchange their breads and snacks to gluten free and expect to lose weight and actually end up gaining weight! Gluten free products are made with lots of starches like corn, potato starch, tapioca starch and more. A lot of these are going to have a higher glycemic index which means they contain more sugar and increase blood sugar in the body. So be sure to limit your gluten free breads and muffins just as you would when eating non-gluten products! Moderation is key here. I like using the 80/20 rule of 80% meats, veggies and fruit with 20% grains.

Saturated Fat

Keep an eye on this one and just make sure you're not getting a lot of it, especially if you have trouble with cholesterol. Saturated fats come mainly from animal fat but are found in dairy products, as well. Some foods containing saturated fats are milk, cheese, beef, pork, and lamb. Excess saturated fats can raise the LDL (bad cholesterol), which can lead to heart disease. If you are fairly healthy then, balance is the key here. To get a more healthy form of fat for the body, eat lots of the fatty fish such as Salmon (avoid farm raised), as well as avocados, raw nuts, butter from grass fed beef or Ghee, eggs, olive oil, grape seed oil and organic coconut oil. And yes, I said eggs! Organic eggs are a great source of nutrition, although they have been given a bad rep. They are low in saturated fat and are a great source of protein! They are best eaten over easy or poached so as not to cook the beneficial enzymes found in the yolk.

Healthy fats are GOOD for us!! They do NOT make you fat! Sugar makes you fat!!! Raw nuts are my favorite snacks. I will talk more about nuts in just a minute.

Sugar

We all remember our moms telling us that sugar is bad for us but we somehow got lots of it anyway. The American diet is FULL of sugar... we are addicted to it and we're paying the price with our high instances of diabetes and obesity. When I went off of sugar to fight the yeast beast, I couldn't believe how hard it was to find products that did not contain it. I even remember picking up a can of diced tomatoes and the ingredient listed after tomatoes was.. you guessed it, SUGAR. Now it is beyond me why the manufacturer found it necessary to put sugar on a perfectly good, highly nutritious tomato. However, my search for any food that did not contain sugar, or its sister high fructose corn syrup, left me very frustrated and landed me in the nearest organic foods store where this whole journey began. This is another reason for avoiding canned and processed foods and going straight to the fresh produce aisle! Now I'm not saying that all sugar is bad for you. There are plenty of great sources of natural sugars such as fruits, local honey, Stevia, Lo Han and even coconut sugar from time to time. If you need an alternative for baking, try fruits such as dates, molasses, organic maple syrup, organic coconut sugar or the sugar alternative Xylitol. Just be careful not to use too much of the Xylitol as it can be rough on some folk's digestive system if you have Blood type O. You can find sugar free gum made with Xylitol which is a much better choice than that terrible NutraSweet® (AKA aspartame) or Splenda® (AKA sucralose). Bottom line, most people consume too much unnatural sugar in their diets. AVOID sodas, especially diet sodas that are full of neurotoxic sweeteners like the ones listed above! Soft drinks are the number one source of sugar consumption, especially for our children and teenagers. If you must have something fizzy, try a sparkling water with lemon or lime. Be sure to drink plenty of water throughout the day and take measures to 23 alkaline your body by adding fresh squeezed lemon or chlorophyll. More on this in a minute! Remember, sugar feeds yeast and cancer so if you are experiencing either of these conditions, stay away from it altogether. Otherwise, read your food labels and try to use natural forms of sugar whenever possible. Keep your alcohol to a minimum, eat low sugar fruits such as grapefruits, blue berries and raspberries, dilute your juices with water and juice your own fruits and veggies when possible. If you must have sweets, try organic dark chocolate that is high in cocoa and contains much less sugar than processed milk chocolate. After going for a year without sugar, one of the greatest benefits is no longer craving it all the time. I use to not be able to turn down those office doughnuts or the homemade cake my co-workers brought in, but now it's just not appealing to me. Even if I take a little bite for old times sake, it just doesn't taste as good as I remember and I never really need more than one bite. The more sugar you consume, the more you want. Make small changes at a time as not to feel overwhelmed. Balance is the key here. You don't have to deprive your self of the joys of life, just make healthy choices when possible and don't feel guilty if you slip up and eat that piece of birthday cake at your best friend's party. A great place to start is to leave off the soft drinks, especially the diet drinks! Drink water instead and if you need to add a little flavor, squeeze in some fresh lemon or lime. You'll be surprised at how much better you will feel. Baby steps are better than no steps at all. Apply the 80/20 rule here and eat healthy 80% of the time and the other 20% you can "fudge" a little....no pun intended! However, you will soon discover that the healthier you eat, the healthier foods your body will want.

Foods and pH

There are many foods that you can eat to support a healthy pH balance in the body. If our bodies are too acidic, then they are a breeding ground for disease. We want to maintain an alkaline pH in order to stay healthy. There are different ways to test your body's pH but the easiest way is through saliva or urine testing. This is easy to do at home with pH strips that you can purchase from your local health food store. Now, we aren't testing the pH of the blood, we are simply testing the pH in the urine which is a result of the foods you eat. If you test acidic, there are foods that you can consume to bring you to a more alkaline state. When testing your pH, it is best to test first thing in the morning and at night time and at least two hours after a meal. The ideal saliva pH should be between 6.5 and 6.8. If you test below 6.5 then you

are producing too much acid. If your saliva tests above 6.8 then you may be lacking the proper amount of digestive enzymes to digest your food. This can lead to gas and bloating. Urine pH fluctuates between 6.0 and 7.0. It is generally lower (6.0) in the mornings and higher (7.0) in the evenings. The urine pH is an indication of how the body is excreting acids and assembling minerals. I have experimented with this and it's quite fascinating. For more information on balancing the body's pH, I recommend a book by Dr. Theodore Baroody titled *Alkalize or Die*. Acid is not all bad. Having an acidic state is necessary for some parts of the body such as the stomach and a woman's vagina. The goal here is to keep the blood in an alkaline state as disease can only exist in an acidic environment. Here is a very brief list of foods that are divided into acidic and alkalizing. You will see some of the healthier foods found in the acidic foods but don't fret, acidic foods aren't all bad. You just want to keep a good ratio when at all possible. About 80% of your diet should be foods that are alkalizing with the other 20% acidic. There are many more than those listed here so I will just name some of the most common ones. You can find a much more extensive list in other nutrition books or on the Internet. As mentioned earlier, I like adding fresh squeezed lemon or chlorophyll to my water every day!

I highly recommend using a water system that allows you to choose the pH of your water. I mentioned the one I use previously and you can get more information on my online webstore at www.BeWellNash.com.

Alkalizing Foods:

Garlic	Avocado	Ginger	Celery	Almonds
Apples	Cinnamon	Cauliflower	Eggs	Greens
Pumpkin seeds	Wheat grass	Peach	Maitake	Barley grass
Carrots	Grapefruit	Miso	Cucumber	Tofu
Berries	Curry	Wild greens	Flax seeds	Alfalfa
Green tea	Broccoli	Grapes	Herbs	Organic yogurt
Sprouts	Pear	Shitake	Cabbage	

Acidifying Foods:

Cow cheese	Lobster	Cashews
Beef	Rice	Rice
Wheat Flour	Soft drinks	Coffee
Milk	Black beans	Peanuts
Pork	Corn	White Flour
Shrimp	Alcohol	
Butter Sugar	Chickpeas	

Next is some additional information that I wanted to include. The main purpose of this book is to get you started on your way to healthy living. It's a crash course, so to speak. If you'd like to dig in a little deeper then check out my online course or book a Be Well Consultation with me!

I hope you have found the information I have given you to be helpful.

Always buy Organic:

Fruits & Veggies -Some exceptions are fruits with thick rinds that are peeled such as bananas, oranges and grapefruits. However, I will tell you that the organic ones have much more flavor to them! Many of our conventional fruits are injected with flavor to enhance the taste. So in my opinion, buying all organic fruits is the better option. Remember to check out "The Dirty Dozen" online for a list of foods to avoid unless certified organic.

Meats - always try to get organic meats to assure the absence of hormones, antibiotics and nitrates. There are some All Natural ones that are out there that do not contain these but are not necessarily organic. Just be wise when purchasing and always check with the associate behind the meat counter if you are uncertain. Remember to look for grass fed beef. Fish is a little different. Just try to get wild caught instead of farm raised whenever possible as they sometimes put things in the feed that are undesirable. Look out for fish that have been "colored"... Salmon is generally had dye added to it to give it the pink coloring so if you're avoiding food dyes, go with the wild caught or one of the white fish. More recently, we are seeing the rise of GMO foods and fish has now been added to that list so be sure to ask before you buy!

Most of our grains, meats, corn and soy all contain GMO's so look for labels on foods that say Non-GMO ingredients.

What do I do about those cravings?

This section is dedicated to everyone who suffers with various forms of cravings from yummy chocolate to delicious, salty chips! I've put together some fairly healthy substitutes that have become my best friends in time of need. There are also some great herbs out there that help reduce hunger and cravings such as chickweed, bee pollen and burdock root. The best thing to help this is to eat plenty of protein and keep your blood sugar levels balanced by eating every 2-3 hours. A drop in blood sugar is a sure fire way to end up going to the vending machine and staring at your favorite candy bar or bag of chips! Here are a few of my favorite healthy snacks! Raw Nuts There are many benefits to eating raw nuts, such as almonds, pistachios and walnuts so I make it a point to consume a handful each day. Not only are these a great source of soluble fiber and protein, but they taste great too! Put a handful in a little baggie and pop it in your purse or brief case for a yummy morning or afternoon snack. Don't be tempted by those roasted, salted ones...stick to the raw for optimum nutrition! Organic apple dipped in all natural almond butter All you sweet tooth's out there now have a healthy alternative that will not only take your mind off that craving but will leave you quite fulfilled. When I was completely off sugar, I would slice up a granny smith apple and dip it in some crunchy almond butter. This was always a sure way to take away that desire for the forbidden piece of chocolate cake my co-workers were feasting on. If sugar is not an issue for you then try a sweeter Gala or Pink Lady apple. Veggies and Hummus This is a great way to get in your raw veggies for the days and enjoy the healthy benefits of chickpeas! Chickpeas are a great source of fiber and protein, as well as trace minerals.

Don't be afraid to try new things. If you're concerned about wasting money on a potentially yucky product, go in with a friend and split the cost! I know that making that shift from your conventional shopping markets to markets like Trader Joe's or Whole Foods can be quite overwhelming. Most of us hate to grocery shop so the thought of a new learning curve added to the whole ordeal causes one to stick to the once a week routine that makes for a quick, in and out, grocery store experience. However, many of you have expressed a desire to embrace the world of organic shopping and just need a few tips. I hope that this little guidebook is just what you need to get you on your way to healthy shopping and healthy living! I've included recipes in this book to help you get started. Just beware – you will be hooked and will be spending all your free time "window shopping" up the isle of magnificent foods! Enjoy and be well!

Good Food Sources

Protein~ Alfalfa sprouts, legumes, seeds, nuts, yogurt, avocados, dairy.

Iron~ Raisins, apricots, artichoke, parsley, broccoli, wheat germ, leafy greens, Kelp, tofu, seeds and legumes.

Calcium~ Dark leafy greens, sesame seeds, almonds, sunflower seeds, dairy, broccoli, soybeans and yogurt.

Vitamin C~ Rose hips, citrus fruits, dark leafy greens, green peppers, Cabbage, broccoli, tomatoes

Vitamin D~ Sunshine, egg yolks and sunflower seeds

Vitamin E~ Dark leafy greens, wheat germ, eggs, sunflower seeds and nuts, Tofu, broccoli.

Vitamin K~ Kelp, leafy greens, broccoli, cabbage.

Folic Acid~ Leafy greens, fruit, mushrooms, whole grains Vitamin B6~ Leafy greens, wheat germ, prunes, bananas.

Vitamin B12~ Cheese, soybeans, wheat germ, fish and poultry. Niacin~ Legumes, rice bran, seeds, whole grains

Potassium~ Bananas, potatoes, artichoke, spinach, carrots, avocado.

Riboflavin~ Leafy greens, mushrooms, brown rice

Thiamine~ Nutritional yeast, brown rice, whole grains

Phosphorus~ Seeds, legumes, grains, eggs, fish, poultry.

Iodine~ Kelp, leafy greens

Magnesium~ Honey, leafy greens, nuts beans, kelp, bran.

Selenium~ Seafood, grains and brazil nuts (3-4 a day!)

Zinc~ Soybeans, spinach, sunflower seeds, nutritional yeast.

GOOD SOURCES OF PROTEIN

AVOCADOS are full of good stuff! They are a source of GOOD fat and loaded with protein. Half a cup of CHICKPEAS contains more than 7 grams of protein. Hummus is a great way to enjoy these! LENTILS contain protein and fiber, as well as iron. BEANS black, white, pinto or heirloom and more. One cup of kidney beans, for example, contains around 15 grams of protein. GREEN PEAS contain about as much protein as a small serving of peanut butter. One cup of peas contains 8 grams of protein. Plus fiber and Vit C! SUNDRIED TOMATOES contain 11 grams of protein. NUTS contain lots of healthy fats and packed with protein. Pistachios, for example, contains 160 calories and 5 or 6 grams of protein per ounce. Make sure to use raw nuts. Nut butters are also great for spreading on celery or an apple. Look for nut butters that contain as few ingredients as possible. PUMPKIN SEEDS one tiny ounce contains 9 grams of protein! 30 HEMP SEEDS are another super-seed that boasts 6 grams of protein per ounce. That's as much as an egg! You can add to salads, oatmeal or smoothies. CHIA SEEDS are the most nutritiously dense seed, full of antioxidants, fiber, omega 3 fatty acids, and protein. (4.7 grams per ounce)

Recipes & Meal Planning

Eating Out Eating out can be tricky if you are on a special diet because there is no way to know what is in the sauces and spices they are using to cook your food. You can, however, make healthier choices and look for grilled fish and chicken, steamed veggies and yummy salads. If you are on a strict, gluten free diet then you will need to ask that your food not be cooked in any marinades or sauces. There are many restaurants now offering gluten free foods. Here are some restaurants in the Nashville area that offer gluten free options on their menus. There are too many to list! Most restaurants now offer GF options but if not listed on the menu, always ask!

The Wild Cow (East Nashville)

The Post (East Nashville) Offering grab and go's, as well as food to order. They have amazing organic protein shakes and fresh pressed juices too! AVO- this is Nashville's Raw restaurant (don't knock it til ya try it!) All of their food is gluten free and vegan. If you are not in the Nashville, TN area then Google gluten free friendly restaurants in your town. In addition, there are some great food delivery options. My favorite is www.SunBasket.com. They use organic ingredients and non- GMO meats, etc. You can also get some AWESOME gluten free recipes on www.glutenfreegoddess.blogspot.com.

Herbal/Nutritional Supplements

As mentioned earlier in this book, I talked about the importance of buying supplements that are high in quality from a company who assures the best ingredients. I have used many companies from practitioner only companies to just about every network marketing company out there and I will tell you that Nature's Sunshine is by far the best overall company for herbal and nutritional supplements. The quality and potency of their herbs is superior to other companies I have tried and I have seen much faster results using their herbal supplements than any other products I have used before. They offer over 600 products, specializing in herbs. They were the first to encapsulate herbs in the early 70's and known as the "grandfather" of herbal companies. Their products are available not only in the U.S. but around the world.

For more information, visit my herbal website at: www.bewellnashville.mynsp.com

Toxicity & Cleansing

How Toxic are you? Toxicity and cleansing are becoming quite popular these days so I wanted to touch base on it VERY briefly. Entire books are written on this subject so I will barely be scratching the surface in this little guide book but I hope it will at least get you thinking about how to reduce the toxins that you put into your body. If you are breathing air, then you have some level of toxicity! Unfortunately, we are surrounded by a constant flow of toxins in our air, water, foods, house hold cleaners, cosmetics, hair dyes, even mother's breast milk has been shown to contain many types of carcinogens and toxins so no one is immune to this exposure. We obviously cannot live without air, water and food but we can make some changes in our lifestyles to help reduce the amounts of toxic exposure.

Cleansing~ Most health and wellness practitioners recommend cleansing once or twice a year. There are so many different types of cleanses on the market so be sure that you are working with someone who can help you make the best choice for your body. I use several different cleanses in my practice depending on what issues a person is experiencing, what organs they are needing to cleanse and their overall constitution. I do not recommend cleansing if

the body is weak or sick. It is my belief that the body needs to be built up and strengthened before cleansing. If you are in good health, however, and wish to do a basic overall cleanse, one of my favorites is Nature's Sunshine's CleanStart. It is a wonderful cleanse that is easy to use and won't interfere with your everyday routine. It comes in Berry Flavor and Apple Cinnamon.....I suggest the Berry Flavor. It contains an awesome blend of nutrients and herbs to help eliminate environmental toxins, strengthen the blood, support the liver and improve overall energy. Note: If you have bowel conditions such as Colitis or frequent diarrhea, then choose the new CleanStart MILD formula and discuss your condition with a practitioner who can determine if the type of fiber in these cleanses is best for you.

Most intestinal cleanses do contain some type of fiber and in some cases, can make conditions such as colitis worse. There are gentler fibers that you may want to consider. One of the best things you can do to help flush toxins out of the body is to drink plenty of purified water throughout the day. Many of the people who come to see me are dehydrated. With the popularity of coffee and energy type drinks, people are drinking less water and becoming more acidic. Make sure to drink your water and try to avoid drinking out of plastic water bottles as they are a huge source of xenoestrogens. Buy a safe water container and carry your own filtered water with you....it's cheaper too!

Whole Body Cleanse

Another great way to cleanse the body is by using healthy foods! This cleanse can be done over a short 21 day period, or over a longer period of time such as 90 days. Many find that they feel so much better on this type of food plan that they adopt it as their new way of eating! It has many benefits such as reducing inflammation in the body and providing daily nutrients not often found in the typical American diet. Most people increased energy, weight loss and a reduction or elimination of digestive problems!

Foods NOT allowed:

Dairy, Wheat/Gluten, Red Meat, Refined Sugars, Sodas, Coffee and Alcohol.

Foods ALLOWED:

Lean meats such as organic chicken, turkey and wild caught fish, all vegetables (except corn), all nuts (except peanuts), dark leafy greens, low glycemic fruits such as fresh berries, grapefruit and granny smith apples, legumes (beans), brown rice and quinoa.

Note: If you are experiencing high inflammation such as that associated with Arthritis or Fibromyalgia, you will benefit from avoiding night shades such as white potatoes, peppers, eggplants and tomatoes. Make sure to drink PLENTY of good, filtered water throughout the day to help flush toxins from the body. I like to add in Liquid Chlorophyll to help build the blood, balance pH and deodorize the body.

** Some may experience detoxification symptoms such as fatigue, mild headaches or skin eruptions but these symptoms usually subside after the first few days. Most report an eventual increase in energy levels. It is important to make sure that the bowels are moving regularly (2 to 3 times per day) so that toxins are being released from the body.*

*** Additional Detoxification Herbs: Additional herbs can be added in to help the organs detox more efficiently. Each individual will require different forms of detoxification so it is important that you work with a health practitioner or someone trained in the use of herbs to assist you in choosing the detox that is appropriate for your body. Also, be aware that some people may get stuck in stage two detoxification and will need liver support and antioxidants like NAC. One great daily detox to use is called DETOX BASICS by Nature's Sunshine.*

Below are some of the other Nature's Sunshine cleanses that I use:

Enviro-Detox

Liver Cleanse Formula

Yeast/Fungal Detox

Para-Cleanse

Dieter's Cleanse

Candida Clear

Clean Start

Tao He Cleanse

Food for Thought

Your emotions could be making you sick!

I have to take just a few moments to mention the connection between our emotional, spiritual and physical health. It is my firm belief and personal experience that our emotions are often the key behind our physical illnesses and pains. Every time I have something physical going on, I can usually trace it back to a negative emotion or negative belief. Of course, stress is a huge cause for our physical ailments but it's not just the stressful event that's causing the problem but our belief about that stressful event. I have learned the hard way that I often create my own stress by what I am believing about or saying to myself when faced with a challenging life event. Learning to listen to your body can give you great insight and is a wonderful way to learn more about your belief system, your spirituality and your coping skills. In Chinese medicine they connect disruptions in the body to certain emotions such as the lungs to grief, the liver to anger, the kidneys to fear, the spleen to worry and the large intestines to self-protection. Watch your body's reaction to anger, stress and fear. Learn from it and become more self-aware. Find someone who can help you un-lock places where you might be stuck or have suppressed emotions that may be causing your body to be sick. Often times, it is our belief system and our thoughts that keep us bound to dis-ease.

Now before you throw this book down and roll your eyes, hear me out. You don't have to spend countless years in deep therapy as there are many other options available to you that are less painful and less time consuming. I chose the long therapeutic road but that was just part of my journey and I am eternally grateful for what I learned along the way. Since then, I have found other resources that are working very well and bringing much emotional and physical healing that don't take years of commitment to achieve. I use them personally and with my clients and have found them to be very beneficial, without having to dig deep into your past. There is still a place for deep inner healing and I believe that everyone will benefit from that experience. However, I have 49 found that few ever make a long-term therapy commitment so I have searched for other methods of gaining emotional and spiritual wellness. Some of the techniques and practices that I use and encourage are EFT (Emotional Freedom Technique), NLP (Neuro-Linguistic Programming), HI (Hemispheric Integration), Yoga, Thai Chi, Positive Affirmations, Acupuncture, Neurofeedback, Exercise, Prayer and Meditation.

One of my more recent finds is a healing frequency project a long-time friend of mine produced. It is comprised of 7 beautiful instrumental songs containing different frequencies known to stimulate healing and relaxation in the body. It's called Wholetones and you can get more information by visiting www.gethealingmusic.com. It is my belief that the most important thing we can do for ourselves is to take care of our body spiritually, emotionally and physically. If we are sick in one area, it affects the others. Learning how to be healthy in all three areas of our lives will lead us to great strength and wellbeing. Our MINDSET is everything! Napoleon Hill taught that what you focus on grows. Thoughts become things! So be mindful of what you think about! Dr. Caroline Leaf, in her book *Switch on Your Brain*, says "your mind is the most powerful thing in the universe after God."

Your body is not in control of your mind – your mind is in control of your body. Mind certainly is over matter”. The main purpose of this book is in focusing on the physical aspect of our body but I could not leave out the importance of spiritual and emotional health. I encourage you to seek a wellness plan in all three areas of your life. This is a lot of information to process so I want to remind you to make small changes at a time. Don't overwhelm your self or your body. Stress isn't good for you either so start taking small steps towards a healthier life style. Look for areas that are easy for you to change and make a plan for what you want to do differently in the future. Many of us have good intentions to “get healthy” but often talk about it without actually taking any steps towards living it out. Set some goals and start moving in that direction. Set small, achievable goals. And remember that every decision you make today will compound over time and have either a positive or negative result in your health. All change can be difficult but it's so worth it to feel better and live better. Find someone to help coach you along the way and hold you accountable to your new goals.

Don't wait until you are sick or in pain.

Live better NOW!

For more information visit www.DrLeslieWellness.com

Much peace and BE WELL!

Want to learn more?! Take my online wellness course and dive even deeper into eating well and living well!! For more information visit www.DrLeslieWellness.com

DISCLAIMER:

Dr. Leslie Shew is not a medical doctor and does not diagnose nor treat disease. This guide book and any wellness sessions or information found on www.DrLeslieWellness.com or www.BeWellNash.com are intended for helping clients and readers gain knowledge for educational purposes only. Nutritional suggestions and supplements are not to be used as treatment for disease. Please consult with your medical doctor for diagnosis and treatment. Do not stop any prescription medications without the direct advice of your medical doctor. Herbal and nutritional supplements have not been evaluated nor approved by the FDA.

About the author:

Leslie Shew, PhD, CTN Leslie Shew has been on an amazing journey of healing in her own life and has a unique compassion and empathy for those seeking total health. She has received not only professional training for the services she provides, but personal experience in each of those areas. She has overcome depression, anxiety disorders, and many health challenges. She believes that everything she has experienced has been a part of her journey so that she can better identify and teach those who God brings to her for guidance. Her body has been her "walking classroom" and continues to be an avenue for her own guidance and life lessons. She has a deep compassion for those who desire health and serenity whether it is physical, emotional or spiritual. Dr. Leslie works with clients out of her Nashville office and also offers Skype and Zoom sessions for those living out of the area. In addition to wellness sessions, Dr. Leslie offers short and long term Holistic Wellness Coaching for those wanting to make long lasting lifestyle changes.

Dr. Leslie began her work out of her passion in helping individuals achieve total body wellness. She brings with her a variety of professional and personal experience. Leslie has an undergraduate degree in Education. She has served adolescents with learning disabilities, emotional disorders and ADHD for over 16 years. She not only taught in the public school system but did individual and group counseling with adolescents who were struggling with their disability or emotional challenges. She received a Master's Degree in professional counseling and is a trained facilitator in group therapy, specifically Theotherapy, a form of experiential group counseling used in her previous volunteer work at a local prison facility. She also holds a degree in Naturopathy and received training in the areas of Herbolgy, Nutrition, Reflexology and Chi Lei. She holds a PhD in Natural Health Sciences. She is a Certified Holistic Wellness Coach and Life Strategies Coach. She has additional training in Hemispheric Integration, a form of Neuro Linguistic Programming. Dr. Leslie has additional training in EFT (Emotional Freedom Technique). She uses her experience in education, nutrition and counseling for a unique approach to educating others in total body wellness. Leslie is a member of The American Nutraceutical Association and is DSHEA Certified (Dietary Supplement Health and Education), a Certified Drugless Practitioner, Certified Nutritional Consultant and a Certified Traditional Naturopath through the American Naturopathic Certification Board.

A Letter from Dr. Leslie:

Dear Friends, I am sure we have much in common. We each live in a stressful world and find our individual ways to handle this stress. Our stress may come from anywhere: relationships, family, job, physical illness, finances, responsibilities, or past experiences. Our bodies often react to the stress whether it is physical, emotional or spiritual. The result of the universal toll it takes on us? You and I are bombarded by T.V. ads for the latest cures and fad diets only to be left frustrated once again. We find ourselves running from meeting to meeting, taking phone calls along the way. We grab lunch while returning emails and then rush home in heavy traffic to our overworked and underpaid spouse, each of us trying not to react to some petty idiosyncratic detail. We collapse in front of the T.V. after grabbing fast food for dinner followed by our average of 6 hours sleep, and we wonder why we're always feeling so fatigued and sickly? You might have all of the above plus children and other responsibilities to manage. I felt it was time to change my life, time to give more respect to my total well-being. I invite you to explore my website, make an appointment, and let me help you learn about the simple and rewarding process I found....to serenity and wellness.

With Sincerest Confidence in your total health,

Dr. Leslie

www.DrLeslieWellness.com

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