

Understanding health influences
Respecting natural intelligence
Inspiring informed choices

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#### Nourishing Food Guide



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Full responsibility remains with each individual for the decisions made about their own health and life.







#### Is there a 'perfect diet'?

When it comes to our food, there is no such thing as the **perfect diet**. We are all bio-chemically individual with unique metabolisms.

Our bodies have **differing needs** depending on the demands of life and throughout different stages of life.

The suggestions offered here are designed to provide a broad overview of examples **suitable for most people** and share the better choices in a particular food group.

Nowadays, the **quality** and **source** of the foods we eat is often more important than abiding by the strict rules of a specific dietary plan.







#### General principles of healthy eating

Choose **wholesome**, **natural** food that is **locally-sourced**, truly organic, seasonal and grown with love and health-consciousness.

Eating seasonally and locally assists the body and mind to be in tune with natural rhythms and cycles.

**Food carries information** of quality, nutrient levels and energetic imprint into our bodies via its biophotons and directly influences all aspects of us.

It is valuable to develop familiarity with your own unique body, so that you can sense and feel what is **nourishing and digestible** and what is **depleting or harsh** for you to eat.





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#### Vegetables and salads

#### Naturally grown, chemical-free or organic

- Leafy and other greens asparagus, spinach, cabbage, leeks, broccoli, cauliflower, kale, artichokes, courgette
- Squash and roots beetroot, carrot, garlic, parsnip, onion, sweet potato, turnip, swede
- Salads lettuce, rocket, celery, cucumber, watercress
- Healthy-fat fruits avocado, olives
- Wild foods nettle, hawthorn leaves, wild garlic, Jack-by-the-hedge (garlic mustard), dandelion





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Nightshades

This family of plants (including tomatoes, aubergines, potatoes and some spices) can cause inflammation in our bodies due to an alkaloid they contain and may cause joint pain.

With this in mind it may be wise to moderate consumption especially in sensitive individuals.



#### **Fruits**

Naturally grown, chemical-free or organic

 Low glycaemic fruits – apricots, plums, apples, peaches, pears, cherries, all berries, lemons, limes





#### Nuts, seeds and legumes

Naturally grown, chemical-free or organic

- Sprouted seeds alfalfa, broccoli, hemp, sunflower, fenugreek
- Beans mung, aduki, black, haricot, butter, lima, borlotti
- Pulses and lentils green, red, brown, puy, French and split
- Nuts almonds, macadamia, hazelnut, brazil, pine, pistachio
- Seeds sunflower, pumpkin, hemp, chia, flax

#### Non-gluten wholegrains

Naturally grown, chemical-free or organic

 Non-gluten wholegrains – brown rice, oats, quinoa, buckwheat, millet



Be wary of all grains if you are experiencing autoimmune or other inflammatory conditions.

#### **Animal foods**

#### Locally-reared, free range or organic

- Fish fresh wild and sea fish
- Meat chicken, duck, beef, lamb, pork

Eggs and unpasteurised dairy products –
preferably sheep and goat's milk
(if tolerated)

Bone broth, collagen, organ
 meats - judiciously sourced

Sustainably caught, wild fish is a source of DHA. Avoid farmed fish, especially where food colouring and GM
fish feed has been used.

Fresh Fish







## Top Typ:

If you don't have access to coconut oil, olive oil is the best choice of any liquid oil for cooking with due to its high mono-unsaturated fatty acid content, which makes it relatively heat-stable.

Healthy fats and oils

Cold-pressed, Extra Virgin or organic

#### For cooking:

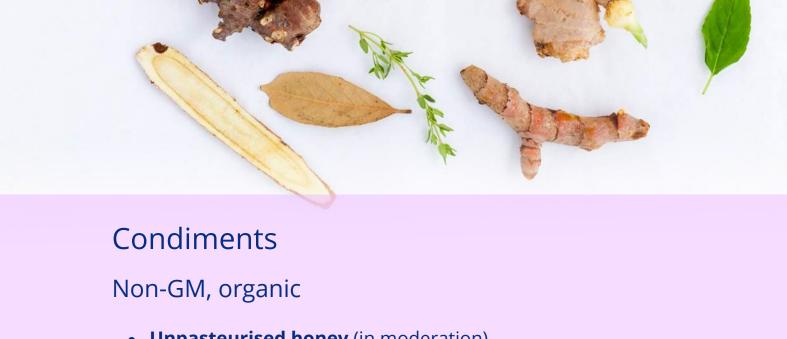
- Coconut oil and cream (coconut products are by far the best to cook with due to heat stability)
- Ghee and grass-fed butter

#### After cooking:

- Extra Virgin olive oil (preferably stone-pressed)
- Hemp and chia seed oil (excellent ratio of omegas 3 and 6)
- Raw nut butters (in moderation)

## Cold-

Use in dressings but not for cooking as they are damaged by heat.



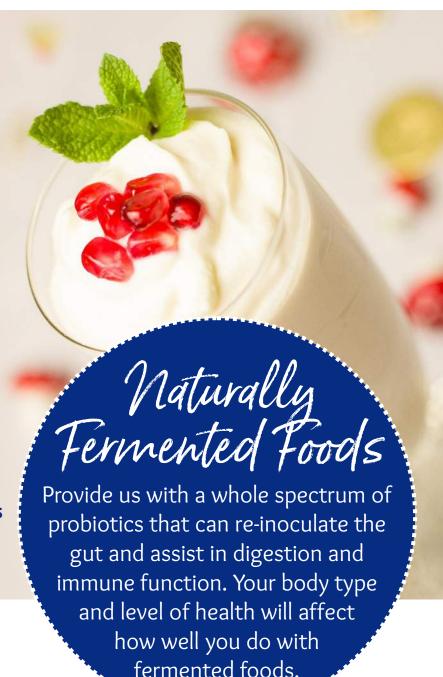
- **Unpasteurised honey** (in moderation)
- Stevia leaf sweetener
- Spices black pepper, curry powder, cayenne, turmeric, cumin
- Dried or fresh herbs rosemary, basil, sage, parsley, thyme



#### Fermented foods

Homemade, unpasteurised or organic

- Sauerkraut
- **Kefir** dairy/water
- Natural yogurt
- Kimchi
- Jun
- Beetroot kvass
- Fermented cucumbers
- Kombucha









#### Green superfoods

Naturally grown, chemical-free or organic

- Grasses and super plants barley grass, wheatgrass, oat grass, kamut grass, spelt grass, wild grass, moringa
- Algaes chlorella, spirulina, Klamath Lake blue green algae, marine phytoplankton
- Seaweeds dulse, kelp, Irish moss, wakame, arame, nori





#### Other gifts from nature

- Bee pollen provides an abundant source of B vitamins, lecithin, amino acids and ormus elements
- Maca this adaptogenic vegetable
   is rich in vitamins and minerals
   and is excellent for increasing stamina
   and nourishing the reproductive system

Growing and eating your own food is one of the best ways to nourish yourself. All you need is a windowsill to grow grasses and other sprouts. You'll have young and tender, enzyme-rich, super nutrient foods at your fingertips at a very low cost.

- Camu camu, acai and baobab fruit powder these high vitamin C
   and antioxidant fruits support immunity and a healthy mood
- Bovine colostrum (from an ethical source) the first milking of any mammal provides very bio-available nutrition and immune system fortification; it also helps heal a leaky gut
- Tonic herbs e.g. schizandra berry, codonopsis, goji, he shou wu, rehmannia – traditionally used for replenishing deep reserves of energy and for increasing adaptability
- Medicinal mushrooms e.g. reishi, chaga, cordyceps, lion's mane,
   shiitake, maitake widely viewed as providing superb immunological
   support and renowned for facilitating spiritual growth and wisdom





- Refined and heated vegetable oils (commonly found in processed pre-packaged foods such as pastries, microwave meals, pre-made sauces) – rapeseed, sunflower, soy, corn, branded oils
- Margarine or butter substitute spreads most contain damaged or oxidised fats which can be hormone-disrupting
- MSG and other flavour enhancers including 'natural flavouring'
- Preservatives (found in bacon and processed meats) sulphites, nitrites
- **Refined sugar** any syrup, cane sugar, agave nectar





- Refined salt table salt
- Low-fat products including low-fat dairy (usually high in sugar and missing fat-soluble vitamins A, D and K needed to metabolise calcium appropriately)
- Artificial sweeteners (linked to brain chemical disturbance) –
   including aspartame, saccharin, sucralose
- Gluten and processed grains wheat, barley, rye, corn, regular oats
- White products white bread, white pasta (white rice can be used in moderation if there is no blood sugar instability)



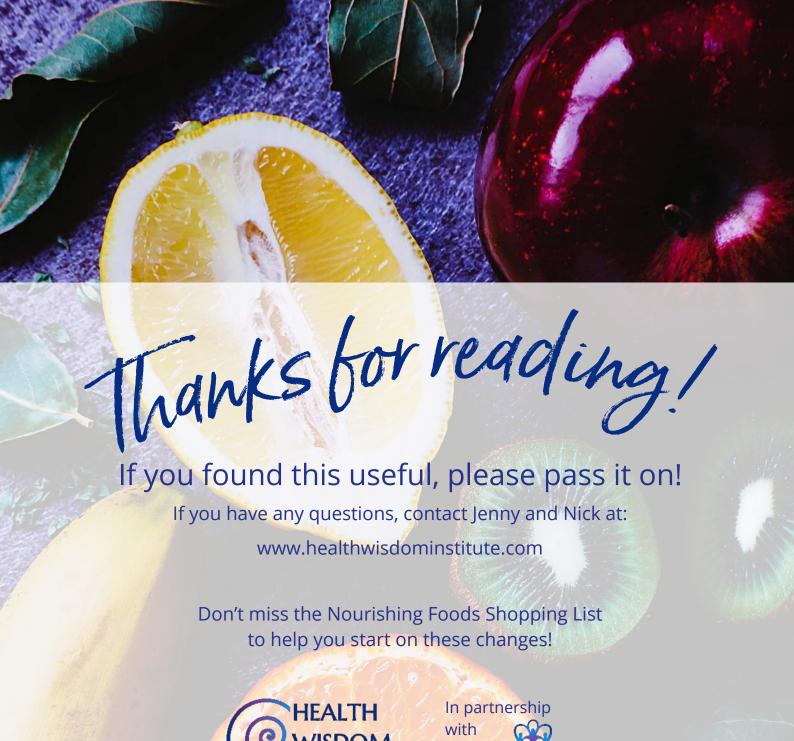




- Carbonated drinks including low-sugar varieties, which usually contain artificial sweeteners
- Factory-farmed animal products due to possible antibiotic,
   growth hormone or oestrogen content
- Soya high in phytoestrogens, goitrogenic, may impair iodine uptake in thyroid, trypsin inhibitor, may impair digestion, commonly GM
- Sweets and confectionary
- High-sugar fruit including watermelon, melon, mango, banana, pineapple, dried fruits, grapes, canned fruits (be especially aware with candida and/or blood sugar issues)
- Canned foods (canned fish in brine or spring water can be useful for back-up supplies)
- Alcohol better options are sulphite-free, organic and biodynamic wines, organic, gluten-free beers and organic, unfiltered cider









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