



Understanding health influences

Respecting natural intelligence

Inspiring informed choices

Nourishing Food Choice

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Through our services and educational material, we have no intention of offering any diagnosis, treatment or cure for any condition or disease, but rather we wish to support the natural self-healing and rebalancing ability of body, mind and spirit.

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.



Foods to enjoy

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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



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.



Tropical Fruits

Higher glycaemic fruits such as bananas and melons can cause blood sugar instability in some people. They are often from the tropics and are more suitable to eat in summer due to increased levels of UV light.

Fruits

Naturally grown, chemical-free or organic

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





Beans, Pulses & Lentils

Are an excellent source of soluble fibre. Soaking or sprouting legumes makes them more digestible.

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

Grains

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

Fresh Fish

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





Top Tip:

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-Pressed Oils

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



Condiments

Non-GM, organic

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

Spices and Herbs

Stimulate our digestive
fires by enhancing the
flavour of our
food.

Fermented foods

Homemade,
unpasteurised or
organic

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



Naturally Fermented Foods

Provide us with a whole spectrum of probiotics that can re-inoculate the gut and assist in digestion and immune function. Your body type and level of health will affect how well you do with fermented foods.



Green Superfoods

Contain a wealth of vitamins, minerals, phytonutrients and chlorophyll, making them excellent for alkalising and detoxifying the body.

Green superfoods

Naturally grown, chemical-free or organic

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



Seaweeds

Provide an excellent spectrum of minerals, especially the much-needed iodine for healthy glandular functions.



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
- **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

Top Tip:

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.





Foods to avoid or minimise

- **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



The background of the page features four glasses of smoothies on a light-colored wooden surface. There are two glasses of yellow smoothie and two of green smoothie. Each glass has a decorative straw: a yellow heart-shaped straw for the yellow smoothies and a pink zig-zag straw for the green smoothies. The text is overlaid on a semi-transparent white box in the center-left area.

Notice

This eBook contains general guidelines only. Any changes in diet should be thoroughly researched and discussed with a trained healthcare professional.

It is possible for anyone to have an allergy or intolerance to any type of food, and these can change over time. It is not necessarily the food that is 'bad'. It's about the individual immune system reaction to that food.

Adverse reactions can be due to compromised gut bacteria diversity and gut integrity. These can influence the immune system's recognition of intrinsic and foreign proteins.

Food intolerances can be responsible for a vast array of immediate, delayed and long-lasting symptoms, and food allergies can be life-threatening.



Thanks for reading!

If you found this useful, please pass it on!

If you have any questions, contact Jenny and Nick at:

www.healthwisdominstitute.com

Don't miss the Nourishing Foods Shopping List
to help you start on these changes!



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