

The Ten Commandments of Nutrition



The role of nutrition is to fuel your body for growth, repair, and long term maintenance, in a word, health!

The body human can be likened to a factory, always working, even during sleep-time. It's work is multifaceted and complicated.

Using the many components of nutrients, minerals, fiber, protein and water from the foods we eat, to cleanse and detoxify the body, build muscles and brain cells, and to continue the rhythm of the beating heart to supply oxygenated blood and nutrients to the entire factory.

1. Plan meals in advance. Choose clean, whole foods. Choose to eat foods you like. Planning includes fore-thought, shopping, prepping and consistency. Start by making a list of the foods you really like.

2. Eat when you are hungry. Most people eat every day. Don't wait until you are hungry to look for your food. Keep something to eat with you, and the water.

3. Drink Water. Water enhances the digestive process and our metabolism. Water creates beautiful skin, for a fresh healthy look, provides flexibility of tissues and organs. Water is the body's main system for detoxification. Make water your best friend and your main drink. Get at least ten glasses of water a day.

4. Exercise Daily. Burning calories is just a bonus. Exercise makes us feel good, look good and keeps the factory running smoothly.

Choose an activity you enjoy, and can do with or without friends, something you can commit to. Bike riding, swimming, or dancing.

The vascular system uses the heart to pump; exercise activates the lymph system, to further remove toxins from the body, cleaning the lymph nodes, spleen and thymus glands.. Keeping the immune system at peak performance.

5. Protein is a component of all whole un-processed foods. To get high quality proteins for your factory's needs, choose whole soybeans, hemp seeds, quinoa, hummus, chia seeds, beans, peas, lentils, tree nuts, spinach, buckwheat, guava, tomatoes and artichokes..

6. Brain cells and hormones depend on fats. Choose the good fats. Coconut oil, when you need to use oil, which should be rare.

Eat coconuts – coconut butter - coconut sugar – coconut milk, un-processed nuts and seeds, avocados, olives, spirulina, almond butter and flax seeds.

7. Do not eat when you are not hungry. Wait. Do not eat when you are upset, or stressed. Doing so can lead to digestive problems, including inflammation of the gastrointestinal system, leading to increased susceptibility to infections, or esophageal spasms.

8. Eliminate highly processed foods. Read the labels carefully. Skip the crackers, chips and anything with a long list of ingredients on the back, or ingredients you don't recognize as food. Eliminate the junk foods.

9. Don't eat foods you don't like or don't want. You get to choose what you eat. Enjoy meals in happy, emotionally supportive, and relaxed environments.

10. Make the commitment to eat for health. Your body, your future, your life depends on what you eat. Share your food journey with folk who are interested, and want to hear you. Don't try to sell it or convince anyone, and don't feel you need to defend or justify your choices.

Bonus Tip. If you cook, expand your skills. If you don't cook, learn. Start small and build.

If you are going to become stronger, better, healthier, the best you can be, you'll need surety about where your food comes from. That means cooking, shopping, preparing, and taking personal responsibility for the foods you eat. Or, at the very least, direct your food program.



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