

Nutrition to Save Your Life, improve your Quality of Life, and Reduce Disease Risk

1. Eat more vegetables (and fruit). Eat at least one salad a day; use olive oil (read labels carefully-cold pressed, first pressed, green color, not yellow) and balsamic vinegar (with NO carmel color!); increase vegetable intake as much as possible, especially raw. Roasted, stir-fry, steamed, grilled and boiled vegetables are fine, too. Buy organic when you can. Organic vegetables are cheaper than chemo, blood pressure, diabetic, and pain medication copayments.
2. Get rid of sugar to lower insulin, and the “small dense type B LDL” (the really bad cholesterol). Do not eat processed foods. Avoid foods with High Fructose Corn Syrup (HFCS); it causes insulin resistance and increases fat storage. Avoid most sport bars. Processed foods often contain trans-fats. No sugar free or diet anything. Avoid any deep-fried food. Do not consume MSG or aspartame (especially sugar free diet soda). They damage the brain so that the brain thinks you are hungry and you will eat more food. Remember that MSG has dozens of names on food packaging (see www.TruthInLabeling.org and www.RussellBlaylockMD.com). Avoid Trans-Fats and Hydrogenated Fats.
3. Exercise every day. Vary workouts and intensity, try interval training; weights and aerobics combined is best. Need assistance? Use a heart rate monitor and Sally Edward’s amazing program: ZoningFitness.com. We have books and heart rate monitors available! Start new workouts casually, especially the new, high intensity workouts.
4. Drink only water. Do not drink juice, soda (regular soda and diet soda), and sport drinks, and avoid HFCS. Reduce or eliminate alcohol (including wine and beer). Club soda (water with bubbles, unsweetened and not flavored) is acceptable.
5. Overhaul Breakfast: Get rid of sugar, flour, bread, bagels, toast, pancakes, waffles. Include some protein. Don’t skip breakfast. Try eggs and vegetables, dinner leftovers, and gluten free oats/quinoa/amaranth with blueberries and walnuts.
6. Never eat after dinner and never go to bed on a full stomach. Try to finish eating dinner at least 3 hours before bed. Try to allow 11-12 hours between dinner and breakfast. Do not eat large meals, and eat slowly. Stop eating before you are full; it takes 20-30 minutes for the leptin signals to turn off the hunger centers of the brain.
7. Snacks should be vegetables, nuts, and apples and berries. Try to snack less. Choose quality over quantity.
8. Reduce grains because they are high in carbohydrates. This includes all sugary foods, breads and pastas (wheat, rye, barley, spelt), white potatoes, quick-cooking oats and white rice. If you have crohn’s disease, colitis, IBD, IBS, or other autoimmune diseases, you may need to avoid all oats and rice. Corn and soy are mostly GMO crops, so reduce or remove. Use gluten free brown rice, quinoa, and amaranth instead.
9. Take vitamins.
 - A. GOOD: the minimum-Fish oil, cofactor (antioxidants), vitamin D [available in our office]
 - B. BETTER: Fish oil, cofactor, vitamin D, probiotic, multivitamin [available in our office]
 - C. BEST: Fish oil, cofactor, vitamin D, multivitamin, complete glutathione, complete A-G, undenatured whey protein, probiotic; daily smoothie with blueberries and 4 oz. pomegranate juice [we can order what you want]

BonfireHealth.com Metagenics.com NutriWest.com CarlsonLabs.com NordicNaturals.com VitaminDCouncil.org
10. Meat and seafood: Avoid all farmed fish, esp. farmed tilapia; avoid shrimp. Stay away from large fish: Tuna, Swordfish, Shark, bluefish, as they are high in mercury and low in omega-3 fats. Use the NRDC.org mercury calculator. Smaller cold water fish (salmon, mackerel, herring, sardines, anchovies) are less contaminated and have more omega-3. Eat only organic free range chicken and turkey. Reduce your red meat intake, the less the better, and only grass fed, organic, no antibiotics/growth hormone beef. Eat more omega-3 fats (fish, green vegetables, nuts; NO peanuts)
11. Cook with organic cold-pressed first-pressed olive oil or coconut oil. Avoid all other oils. (canola is 90% GMO so avoid). Never heat oils to the smoking point. Never use margarine, shortening, or vegetable oil.
12. Keep a food and health journal starting right now. Record changes you are making and how you feel day to day. Monitor your waist-to-hip ratio. NOTE: Most of you should not weigh yourself more than once a month.

Healthy Food improves your Quality of Life

Farms and Farmshares

LocalHarvest.org (look for local farms and CSA farmshares)
Meadow-Mist.com (strictly organic Lexington Farm)
SharedHarvestCSA.com (a local CSA farmshare)
FarmerDaves.net (another local CSA farmshare)
NOFAMass.org GrowingChefs.org BostonAreaGleaners.org

Recipe websites

LiveLeanandHealthy.com BonfireHealth.com
SCdiet.org SCdrecipe.com
GFrecipes.com DrWeil.com
PaleoFood.com PaleoDiet.com
EatRightBoston.com HealthCareInsights.net BrainWellness.com
KellyHayford.com

DVDs to watch

Food, Inc Farmageddon Food Matters Killer at Large DoctoredTheMovie.com

Other wonderful websites and programs

DiseaseProof.com Dr. Joel Fuhrman
DrWeil.com Dr. Andrew Weil
OrnishSpectrum.com Dr. Dean Ornish (also pmri.org)
DrHyman.com Dr. Mark Hyman
DrColbert.com Dr. Don Colbert
DrMcdougall.com Dr. John McDougall
WellnessResources.com Byron Richards
Fat Chance (book) Dr. Robert Lustig
WestonAPrice.org

Reduce your personal chemical load

TheBodyToxic.com SafeCosmetics.org EWG.org (less toxic home cleaning products and a shopper's guide)

Don't miss this

TheMeatrix.com

Waist to Hip ratio

A simple way of assessing your cardiovascular risk and body composition.

Use it to monitor improvements without expensive tests and trips to your doctor. All you need is a tape measure.

WAIST: in inches, measure around the smallest circumference of your waist just above the bellybutton

HIPS: measure around your hips at the widest part of your buttocks

Divide the waist number by the hip number.

Measurements:	Male	Female
Goal zone	<.95	<.80
Moderate risk	.95-1.0	.80-.85
High risk	>1.0	>.85

DrScottFuller.com

YouTube.com/DrScottFuller

KeepHealthSimple.wordpress.com

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1-2014