



Basic Nutrition Advice

Food is medicine, by improving nutritional habits you can control inflammation, balance hormones, eliminate toxins and control blood sugar level.

Basic tips for healthy eating:

- 1) Avoiding processed foods, and focusing on eating whole foods.
- 2) Choosing foods with minimal ingredients, without chemicals, gums, and preservatives along with high sodium content.
- 3) Avoid processed refined sugars, and artificial sweeteners, usually things labeled with “diet” or “zero”. Opt for natural sweeteners like honey, maple syrup, and agave.

It is important to buy high quality food to ensure you are getting the maximum nutrient content, and avoiding harmful toxins. This includes buying organic fruit and vegetables, to avoid toxicity from pesticides. This protocol applies to meat and fish as well, buying wild-caught fish, along with organic grass-fed beef, and organic chicken. This is important because most conventional meat includes hormones, and antibiotics, which are detrimental to your health.

Gut Health

What is it and why it is so important?

The gastrointestinal system controls things like your immune system, hormone regulation, vitamin and mineral absorption, and overall mental health. Treating your gut right will help you improve all of these functions.

How to improve gut health:

Eat fermented foods, these foods feed the good bacteria in your gut.

Eat foods high in fiber, such as vegetables.

Drink warm water, first thing in the morning to improve digestion. Optional add-ins for a true cleanse (Cayenne Pepper + Fresh Lemon)

Ketogenic Diet

What is it?

It is a low carb, moderate protein, and high-fat diet which puts the body into a metabolic state called as ketosis. The purpose of this diet is to force your body into burning fat, instead of carbohydrates. Keto diet has many benefits, but also drawbacks and does not work for everyone.

PROS:

- Weight Loss (Mostly water weight the during first week)
- Reduces Insulin levels
- Enhances mood, focus, and sleep
- Suppresses appetite

CONS:

- Transitioning into keto is hard on your body, which can cause:
- Flu-like symptoms
- Headaches
- Fatigue
- Nausea
- Constipation
- High cholesterol

Intermittent Fasting

What is it?

Intermittent fasting is an eating pattern where you cycle between periods of eating and fasting. This can be a simple process to follow considering we fast during sleep every night. So, how can you properly do it?

16/18 Method: The 16/8 Method involves fasting every day for 14-16 hours, and restricting your daily "eating window" to 8-10 hours. Within the eating window, you can fit in 2, 3 or more meals.

The 5:2 diet: This involves eating normally 5 days of the week while restricting calories to 500-600 on two days of the week

Tip: When fasting, you are allowed to consume water and coffee.

Supplements

- Inflammation: Turmeric
- Digestion: Ginger Root
- Preventing Sickness: Black Elderberry + Zinc
- Gut Health: Probiotics
- Joints: Collagen, MSM, Hyaluronic acid
- Stress / Insomnia: Magnesium
- Vegetarians / Vegans: Vitamin B12
- Keto Diet: MCT oil, Bulletproof™ products, including brain octane

Buying high-quality supplements is important. You can research your brands on <https://www.consumerlab.com>. A general rule of thumb is to avoid artificial colors, sweeteners, flavors, wheat, lactose, stearic acid, and hydrogenated oils.

Autoimmune Protocol Diet

What is it?

The autoimmune protocol diet, or AIP diet, it focuses on healing the gut by eliminating foods that cause inflammation to reduce symptoms in those with an autoimmune disease and chronic inflammation.

MPACT

PHYSICAL THERAPY

Foods To Include: ✓

Vegetables:

Cabbage
Carrots
Cucumbers
Dandelion Greens
Kale
Kimchi
Leafy greens
Seaweed
Spinach
Squash

Spices & Sweeteners:

Black Ground Pepper
Cinnamon
Himalayan Pink Salt
Monk Fruit
Turmeric

Drinks:

Herbal Teas
Kombucha
Water

Oils:

Avocado Oil
Coconut Oil
Ghee Oil
MCT Oil
Olive Oil

Protein:

Grass-fed Beef
Organic Chicken
Wild Caught Fish

Dairy:

Almond Milk
Cashew Milk
Coconut Milk
Full-fat Greek Yogurt
Ghee Butter
Goat Cheese
Icelandic Skyr Yogurt
Oat Milk

Fruit:

Avocado
Banana
Blueberries
Cherry
Dates
Figs
Kiwis
Mango
Pomegranates
Strawberries

Foods To Avoid: ✗

Vegetables:

Beans
Bell Peppers
Broccoli
Cauliflower
Chickpeas
Edamame
Legumes
Onions
Peas
Potatoes
Soy Protein
Tofu

Spices & Sweeteners:

Agave
All-Spice
Cayenne Pepper
Chili Flakes
Cumin
Garlic Powder
Nutmeg
Onion Powder
Splenda
Stevia
Sweet-N-Low

Oils:

Canola Oil
Corn Oil
Safflower Oil
Vegetable Oil

Protein:

Breaded Fish
Fried Chicken
Packaged Ham
Packaged Salami
Packaged Turkey

Dairy:

American Cheese
Cow's Milk
Ice Cream
Soy Milk

Drinks:

Alcohol
Coffee
Diet Soda
Energy Drinks
Soda

Grains & Starches:

Cookies
Crackers
Pasta
Potato Chips
Quinoa
Rice
Rye
Tortillas
Wheat
White Bread
White Flour

Resources

For all things health, wellness, & nutrition:

- <https://ultimatehealthpodcast.com/>
- <https://www.nourishedbyanne.com>

Supplements:

- <https://www.consumerlab.com>

AIP Diet Expert:

- <https://www.marniwasserman.com>

Books:

- The Plant Paradox by Steven R. Gundry, MD -
- The Miracle of Regenerative Medicine (How to Naturally Reverse the Aging Process) by Elisa Lottor, Ph.D, H.M.D.

Documentaries:

- The Magic Pill

Instagram:

- @nourished_by_anne