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Eat Sheet

Phase 1: The Perfect Diet: Nutritional Clean-up

The instructions are simple here: clean up your diet by eating whole foods, and satiate your body and mind with good nutrition and by fostering a healthier way of viewing food. Eat for health, eat for stamina, eat good mood foods that will keep you clear and focused and emotionally stable. Here are some tips on how to do this.

What NOT to Eat

- X Anything in boxes or bags that has been processed to some extent
- X Bad fats and fried foods
- X Fast, simple carbohydrates
- X Processed sugar and excessive carbohydrates and juices (juice contains an amazing amount of sugar – one whole juiced orange will only produce about ¼ of a cup of juice, none of the fiber, but all of the sugar, and often times the nutrients have been depleted through the processing. A glass of orange juice can contain as much sugar as five oranges!)
- X Highly inflammatory foods
- X Foods you are sensitive to
- X Unclean, inorganic, inhumanly raised animal products that contain hormones, bad fats, and antibiotics that our bodies have to detoxify
- X Foods to which you are sensitive
- X Inorganic food (fruits, vegetables, meats)
- X Avoid restaurants unless you are aware of their preparation practices (for example, do they fry their food in GMO inorganic canola oil? Do they use wheat as a thickener for any of their dishes? Etc.)
- X Avoid filling up on non-nutritious filler (such as copious amounts of bread – in fact, I don't recommend bread at all)
- X Avoid fat-free or low-fat diets*

*A note about fat-free diets:

I see the value in most ways of eating available, but this is one diet I cannot support. Pay attention to the fats you eat and eat enough for your body type, but do not avoid good fats, as we need the cholesterol to produce our hormones and maintain our brain health. Remember, it is sugar, not fat, that clogs our arteries and causes conditions such as atherosclerosis.





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What to Eat

- ✓ Eat the rainbow, the more color, the better, to cover all of the vital nutrients and vitamins.
- ✓ Eat lots of good, healthy fats from avocado, olive oil, fish, coconut oil, and animal fat (if you eat meat)
- ✓ Eat plenty of vegetables and some fruit (berries and apples are lower in sugar than tropical fruits and bananas)
- ✓ Eat lots of greens that contain ample micronutrients!
- ✓ Only eat real food! If it's not food, closely examine why you are eating it
- ✓ Eat whole foods closest to nature
- ✓ Try to eat local
- ✓ Eat food that is in season
- ✓ Eat a combination of plenty of good fats, adequate protein, and whole, slow carbohydrates at EVERY meal and snack
- ✓ Control sugar intake to regulate blood sugar (for your gut, brain, and immunity)
- ✓ When eating conventional meat, you are better off trimming off the fat as it is in the fat where all of the toxins are stored
- ✓ Drink clean water
- ✓ Cook your own food! Make everything you can from scratch, but don't be daunted – many of these things are really simple to do
- ✓ Eat plenty of foods rich in good bacteria such as fermented (not pickled) sauerkraut and kimchi (unless you have a condition such as a yeast overgrowth)
- ✓ Eat sprouts! They are exponentially high in nutrients
- ✓ Pay attention to food combinations
- ✓ Add green juices to your daily routine as an ongoing detoxifier

And most importantly:

✓ Eat Real Food!

Food has an amazing ability to heal most everything. It will give your body the right balance of all that it needs to heal and sustain excellent health.





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Phase 2: Tweak Your Diet

When it comes to our individual nutritional needs, we are all different. Although there are certain nutritional needs that we all have as a human species, sometimes we need to make adjustments in order to further benefit from the foods that we eat and to make sure none of these foods deemed “healthy” are actually harming us.

Gone are the days when we could put supper on the table and have everyone benefit the same way from the same food. Many variables such as changes to our environment and in our food supply (such as changes in the foods and “food products” we eat) contribute to the reality that one size no longer fits all. We have a diverse population where people of traditional cultures have moved all over the globe (and are therefore eating foods that were not traditionally found in their diets), where we are eating foods that we were not previously eating (such as highly processed foods), and poor gut health has contributed to nutritional deficiencies, sensitivities, and true allergies.

Here are some issues to consider when tweaking your perfect diet:

Do you have any allergies to foods, food sensitivities, or food intolerances? These three issues are all different, and each provokes a different response in your body. It is important to find out what these foods are by way of functional testing or embarking on an elimination diet as they can hijack your attempts at getting healthy and create multiple health issues, both acute and chronic.

Do you have any conditions that certain foods can exacerbate? For instance, although high sugar intake is bad for anyone, some people can handle more sugar than others, as, for example, sugar feeds yeast overgrowth and should be avoided by people who have issues with yeast.

Do you have any conditions that certain foods are known to heal? For instance, if you have hypothyroid, in some instances, iodine is beneficial, as is selenium and other nutrients.

What is your biochemical make-up? Consider testing to determine things such as your metabolic type (a simple questionnaire), blood type, and body composition if you want to further understand and optimize the best diet for you. But the best way





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to do this is to listen to your body and know when things such as too much fruit or heavy proteins are affecting your energy levels and overall vitality. Some folks do well on red meat, and others feel better on a vegetarian diet.

Listen to your body, and make adjustments where necessary.

Phase 3: Heal and Supercharge

We have a tremendous amount of power to control the state of our health.

Many people use nutrition to heal their bodies by righting their deficiencies with the nutrients their particular bodies are lacking or by reducing the substances that cause or exacerbate their particular health conditions.

Given the right combination of genetic predisposition and personal experience, specific nutritional deficiencies or excess can lead to either good health or a need for specific nutrients to regain and sustain good health.

If you have employed the principles of good nutrition that makes for the near-perfect human diet and have tweaked that diet to fit your particular needs, you are well on your way to supercharging your health!

Some tips to further supercharge and speed your healing:

Eat superfoods! The more nutritious, the better. These foods can be expensive, but a little goes a long way!

Eat a lot of cleansing foods, detoxifying foods, and drastically reduce or eliminate sugar altogether.

Pay very close attention to your digestion. If you have digestive problems, no food you eat, however good it is, will benefit you. Get serious about healing your gut.

Don't eat anything that will create more work for your body such as foods that contain chemicals or preservatives and anti-nutrients (foods that are difficult to assimilate and eliminate).





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Go on a special healing diet specific to your particular issues. There are many out there including the Specific Carbohydrate Diet, GAPS diet, Autoimmune Paleo Diet (AIP), and various cleansing diets. These diets are designed to heal and move you to vibrant health!

Whether you are on a mission to heal yourself of a life-threatening illness or want to clean up your diet so you can just feel your best, nutrition is number one.

Do not underestimate the power of food!

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