

# Foundations of Nutritional Therapy

What does health of the body really mean for you as a someone in midlife, and as a unique individual?

And how can Nutritional Therapy help you optimize your vitality for the rest of your precious life?

## Do any of these sound familiar?

Here's a short list of common issues many of us face in midlife ... They are NOT just about 'getting older' (nor due only to menopause). In fact, these can often be dramatically reduced or even turned around with the right changes for your nutrition.

- **Metabolic health markers** such as belly fat, blood sugar issues, insulin resistance, poor cholesterol profile, high blood pressure, and non-alcoholic fatty liver
- **Brain function** such as 'brain fog', memory lapses, and mood swings or depression
- **Inflammation** (joint pain, skin issues, fibromyalgia, autoimmune conditions)
- **Hormonal imbalances** (sleep disturbance, hot flashes, low thyroid, difficulty losing weight...)
- **Digestive distress** (constipation, bloating, gas, diarrhea, 'leaky gut', ...)
- **Low energy**
- **Muscle and bone loss**



## "Normal" Aging, or Not?

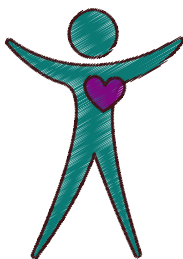
Although symptoms you may be experiencing may be seen by many as "normal" and typically written off as "just getting older," **they are actually often things you can turn around, starting today, with the right information and support.**



## Pillars of Health

In addition to addressing needs and habit change for Stress, Rest, Movement and Mindset, here are the **6 nutritional foundations** that I focus on for my clients (individuals and couples)....

- Nutrient-Dense Diet
- Digestion
- Blood Sugar Regulation
- Fatty Acids
- Mineral Balance
- Hydration



# Tips for Your 6 Foundations

## Nutrient Dense Foods

### Focus on real, whole foods

Highly processed, packaged and restaurant foods have SO many hidden health pitfalls, including being high in sugars, additives and unhealthy fats (as opposed to the healthy fats-- see more next page).

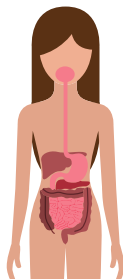
Learn to notice, and as much as possible **avoid, the hidden steep costs to your health of so-called "foods" that appear cheap and convenient up front.**



## Healthy Digestion

- Every cell in body depends on the entire digestive system working properly to process and deliver the nutrients needed.
- Digestion begins in the brain. Are you stressed when you eat? Are you rushing through meals?

**Focusing on relaxation can do wonders to heal digestive distress and help blood sugar balance.**



## Blood Sugar Balance ...

- Is key to metabolic health, which is key to all health.
- Is affected as much by stress as it is by your diet.
- **Affects not only your energy, but the tissue integrity (health) of every organ and blood vessel of your body, as well as hormones and brain function!**
- Is affected by sleep (poor sleep spikes blood sugar)
- Is supported when you minimize (and are strategic about) quickly digested carbs like sugars and flours.



## Fabulous Fats

- **Include healthy fats from whole foods and/or oils (like olive oil, coconut oil, avocado oil, and ghee) with every meal or snack to improve nutrition, satiety and yumminess!**
- Healthy fats, and their proper balance, are **critical for regulating inflammation**, and are the building blocks for **healthy cell membranes and hormones**



## Mineral Balance

- Due to depletion of our soils, it's easy to be mineral deficient even when eating all the right foods. Sometimes supplementation is needed. (And not all supplements are created equal.)
- Often it's actually missing "co-factors" that are needed to utilize a mineral which creates a net effect of a mineral depletion, even when the mineral intake is adequate. **All of it, including proper digestion and hydration, needs to work together!**



## Hydration

- Good hydration is critical for the health of **all** tissues in the body, and for healthy digestion, and for effective cell-to-cell communication
- Drinking **8-20oz of water first thing in the morning, at least 30 minutes before any food (or caffeine)** is an excellent way to boost your health.
- Drink most of your water between meals, and only sip some with meals, to support healthy digestion.



# Some extra details....

## Which fats to avoid and why

There is growing evidence that the highly processed seed oils such as corn, cottonseed, soy, and most canola, safflower and sunflower oils, are generally promoting inflammation and significantly contributing to the worsening health trends in the West and around the world, including obesity, diabetes, cardiovascular disease, and even cancer.

**2 key reasons** that these oils are best avoided (even though *some* omega 6 fats are essential and best gotten from whole foods):

1. A healthy balance of omega 6 to omega 3 fats in your diet is about 2:1 (or even 1:1). **Our current food system with its heavy use of vegetable oils has us eating more like 15, 20 or even up to 25: 1, which is a very unhealthy balance that promotes excess inflammation.**
2. The omega 6 fats in 'vegetable' oils (which are actually seed oils) are **easily oxidized when heated**, creating harmful compounds for the human body.

(Mercola, 2019)

## Are You "Normal" or Optimal?

The question of "normal" vs optimal applies to many measurements of health (blood sugar, cholesterol, vitamin D, fasting insulin-- just to name a few examples.)

**When you have bloodwork done and you're told that a measurement is "normal", don't assume that this means there's not something to work on improving!**

### **Blood sugar as one example:**

According to Nutritional Therapy Association (2021),

"Most doctors are trained that "normal" means any fasting blood glucose (FBG) level under 100 mg/dL (5.6 mmol/L) and postprandial [post-meal] blood glucose (PPG) levels less than 140 mg/dL (7.8 mmol/L). However, what constitutes truly "normal" or "healthy" FBG and PPG levels is a controversial topic. For example, **in one study, people with FBG levels above 95 mg/dL (5.3 mmol/L) had more than 3 times the risk of developing Type 2 Diabetes than those with FBG levels below 90"** (p.2).

## References

Nutritional Therapy Association. (2021). Blood Sugar Regulation Student Guide [PDF document].

Mercola, Dr. J. (2019, November 25). *Why Vegetable Oils are Carcinogenic*. Retrieved from <https://www.organicconsumers.org/news/why-vegetable-oils-are-carcinogenic>