

Food4Living

Eating Your Way to Good Health

by Robin H. Bender

Deciding to get in shape, eat right and stay healthy takes a commitment. Those who have made a commitment to get in shape physically will be the first to tell you that it does not come easy and in addition to many hours in the gym or on the field they made a commitment to what and how they would eat. The same is true for many who have fought serious illness. *Lifestyle is essential to good health!* The problem is that many do not know where to begin when it comes to their diet. There are so many diets available with so much advice being offered to us. Let me encourage you by saying that living a healthy lifestyle is not as difficult as it may seem. Though it initially takes some time to learn what to eat and how to shop, like anything else it easily becomes habit. Years of experience allows me to share with you proven tips that will make transitioning from your current lifestyle to a much healthier one, easier for you and your family.

Society has taught us to snack on the fast food, high fat, and empty calorie, fried and sweet foods that offer no nutritional value. We have learned to snack this way from years of commercialization which has resulted in an unhealthy and overweight society. It is mind boggling to think how we, as a society, have come to treat our bodies. Most people would not think of purchasing an expensive automobile and then filling it with cheap gas and low grade oil. Yet, we have done that with our bodies. We have learned to treat this incredibly magnificent and integrated machine with little regard. We have learned to fill it with dead food and still expect it to function at its best! It is no wonder why obesity is an epidemic and degenerative diseases are at an all time high. It's no secret that what we eat and drink does make a difference! Grandma was correct in saying "you are what you eat." The good news is that there are alternatives and incorporating a healthier way of eating into your daily life will have a substantial impact on your health and well-being!

Where do we begin? First, let's get rid of the word diet. Dr. Bender's many years in medical practice has taught him that diets don't work because people don't follow them. It takes more than a diet - it takes a change in lifestyle. It is learning to eat differently than you did before. This is not just for the person who wants to lose weight. It is for everyone who wants to feel good, look good and live a long healthy life. It is making wise choices by trading one food for another that will offer the body so much more than the traditional high fat and empty calories. Make a commitment to learn how to be a wise eater and you will find that you can and will "eat your way to good health." Does that mean you can never eat a piece of cake or a scoop of ice cream? Absolutely not! Forbidding is the way a diet works and that is why so many people don't succeed or gain the weight back that they lost. With lifestyle change, it is learning to follow a healthy lifestyle the greatest percentage of the time. It is making healthy a habit! Then on the special occasions you can eat the things you don't normally eat on a daily basis and enjoy the occasion. It is learning to accept that "cheating" should be the exception not the rule and for the most part you should be "eating to live rather than living to eat."

Live foods are what I like to call our foods for life! Our daily food intake should consist primarily of live foods such as fresh fruits and vegetables, whole grains and nuts, Omega 3 eggs, free range poultry and grass fed meats. Your body requires more energy to break down "dead foods" such as processed foods than it does to run a marathon. A simple thought to keep in mind is a living organism needs live foods.

Our bodies are living and have what is called a vibratory rate in our cells. The healthy body has a cellular vibratory rate of 6500 angstrom. Plants, animals and foods also contain cellular vibratory rates. Live foods have higher vibratory rates with dead foods having little to no vibratory rate. For instance, fruits and raw vegetables measure between 8000 and 10,000 angstroms while white sugar has a vibratory rate of 0 angstrom!

Now that all of this has been said, you may be asking “what do I do now, what do I buy, how do I eat?”

1. The highest percentage of our daily intake should consist of:
 - Fresh fruits
 - Fresh vegetables
 - Whole grains
 - Yogurts with live cultures
 - Nuts
 - Grass fed meats
 - Range free poultry
 - Omega 3 eggs
 - Raw Milk

2. Learn to food combine. Read Dr. Bender’s Food Combining Guide (featured in our first newsletter) and learn to incorporate this way of thinking into your daily food intake.

3. Read labels and know what you are buying! Once you have a general understanding of the basics you will not spend much time doing this.

4. **Avoid** the following foods as much as possible:
 - Trans fats
 - Hydrogenated and partially hydrogenated oils
 - Foods containing canola oil
 - High fructose corn syrup
 - Refined flour
 - Refined sugar
 - Food dyes
 - Preservatives

6. Trade up your foods. For instance:
 - Trade white bread for whole grain bread
 - Eat yogurt that is sweetened with organic sugar or fruit juice and free of dyes instead of the traditional name brand yogurts found in most grocery stores
 - Purchase organic all natural peanut butter rather than peanut butter with added sugar and other ingredients
 - Trade the fried potato chips for a cracker that contains “no trans fats”
 - Trade a carbonated drink for mineral water

7. Consider what you are drinking. What we drink can be a help or a hindrance. Carbonated drinks are high in sugar and those that are diet are sweetened with chemicals. There is evidence that carbonated drinks taken in on a regular basis contribute to mineral imbalance.

8. Learn how to snack healthy. Providing nutritional healthy snacks for yourself and your family does not have to be a challenge. The good health and well-being of our children is essential and teaching them good eating habits while they are young will last them a lifetime. Learn to try new things yourself and teach them to do the same. Offer smart choices! Times have changed and something that is good for you does not have to taste like bark from a tree.

Specialty markets and now several grocery chains offer many foods and snacks that are much healthier than the traditional brands. They offer many foods that do not contain trans fats, refined sugars or food dyes.

Some suggested healthy snacks:

- Dried fruits including fruit leathers
- Yogurt sweetened with organic sugar or fruit juice (also available in kid friendly squeezable tubes)
- Unsweetened applesauce or berrysauce
- Seasoned popcorn snacks
- Nuts including almonds, cashews, macadamia nuts, peanuts, pistachios, sunflower seeds
- Whole grain pretzels and crackers with “no trans fat”
- Celery and peanut butter
- Organic cereals and cereal bars
- Organic graham crackers and cookies

9. Offer organic cereals that are low in sugar and have nutritional value. There are many now available!

10. Children are more likely to eat raw vegetables like cherry tomatoes, cucumber slices, celery sticks and baby carrots on a regular basis by serving them with a dressing of their choice (we prefer organic ranch dressing). They also like most vegetables lightly steamed served with the ranch dressing.

Be encouraged that though this may seem a bit overwhelming at first it is not difficult to learn and put into practice. If followed for any period of time it will become habit and provide you and your family lasting benefit!

As Dr. Bender would say “your health is not expensive, it’s priceless!”