



Healthy Eating Resources

(2009 Prices; may not be up to date)

Community Supported Agriculture (CSA), etc

Dairy (Raw Milk)

- www.Westonaprice.org find local chapters for grass fed meat/eggs, raw milk, fermented foods, etc
- <http://www.realmilk.com/where1.html>
- <http://www.hawkshillcreamery.com> (sold in some Whole Foods stores)

Produce

- <http://www.realpeopleatlocal.com>
- <http://www.greenpeople.org/csa.htm> See Under "Maryland"
- www.ShawfarmCSA.com organic, weekly deliveries (1 cooler) \$650
- <http://www.lancasterfarmfresh.com> biweekly (for 4 people) \$375; portions allowed, e.g. \$60 for single person fruit biweekly; through Meadowbreeze Farm (see below)
- Sandy Spring CSA www.sandyspringcsa.com \$595 weekly 2-4 adults
- <http://www.onestrawfarm.com> One Straw Farm, \$540 8 items/week

Meat/Poultry

- Back Creek Bend Farm (WV) delivers: Grass *finished* meats (need lots of freezer space: year-long quantities sold, e.g. whole cow beef \$1,650, \$5.36/lb) 304-876-8283, jgonano@hotmail.com

Both

- Meadow Breeze Farm (organic) through Weston A. Price organization <http://www.farmorders.com>

Other Resources

- Intuitive Eating www.intuitiveeating.com
- Cara Bergman Nutritional Consults (Traditional Foods) www.deliciousandhealthyliving.com Initial consult \$100 including home visit, phone consults \$25.

An outline of what CAM (Complimentary and Alternative Medicine) research has found to be **important** health considerations for the average person to avoid health issues. Modern technology has increasingly filled the environment and foods with previously unheard of amounts and varieties of toxins. It has also greatly depleted the nutrient content of food. The combined effect is that, in spite of 'modern medical technology', today's children will not outlive their parents. It has become very difficult to avoid intake of these ubiquitous toxins. Reducing our intake thru awareness and action such as buying organic, can help, but extra vitamins and supplements must now be taken just to counter their accumulated presence in our bodies. Of course, most healthy foods, vitamins and supplements generate only long term effects only (weeks, months, years, even decades). You are encouraged to do your own research of today's progressive medicine. In priority order:

Avoid

1. **Sugar** and syrops, esp corn syrup. Avoid anything that has added sugar. Now considered a toxin, in the amounts that are consumed today, "**Sugar is without question one of the most dangerous substances on the food market today**". It is implicated in nearly ALL modern diseases. Sugar is so bad for your health, it actually cancels most of the good nutrition in fruit juices (thus, consuming fruit juices should be very limited). Check all food ingredients list - 9 gm of natural organic sugar should ~ the upper limit. None is better, of course. And, note that **alternative (synthetic)** sugars (Splenda) may be even worse than the sugar itself. Use **Stevia** in stead, it is actually good for you.
2. Processed (pre-prepared or cooked) foods (almost everything in bags and boxes and most cans)
3. All "medicines" - ALL drugs contribute to poorer long term health (altho for some people, they may be necessary to keep them alive for the moment, or improve a temporary condition). BTW, doctor drug prescriptions almost always have safe, efficient and low cost *natural* alternatives.
4. Any iron supplement (avoid multi-vitamins with iron - a good one will not have it).

5. Applying ANYTHING to your skin, unless you know all ingredient risks. (e.g., lipstick has lead; suntan oil application greatly increases your chance of getting skin cancer (if sunburn avoided). It has been determined the absorption upon skin application is similar to EATING the substance.
6. Anything (commercially) fried.
7. All Fluoride (eg, toothpaste)
8. Most oils, **except** virgin coconut and olive oils, *even if they are organic and/or claim to be healthy*.
9. The use plastic containers for warm or hot foods. Especially NEVER use plastic in a microwave. Actually, microwave use should be very limited.
10. The use nonstick oven ware, especially in hot foods..
11. Limit starch intake (bread, noodles, potatoes, rice) *AND* do not eat at the same meal as protein.
12. Table salt by consuming "**sea salt**" only (Note: On a very healthy diet, make sure you get *enough* salt).
13. Caffeine (drink Herbal teas, eg, **Tulsi Tea**)
14. All PASTEURIZED cow dairy products (except organic cheeses). Unpasteurized, see below.
15. All desserts (*and*, even if it is only fruit, it should not be eaten with, or after, a meal).
16. Overeating - stop *before* you are full.

Intake

1. Take *5000-6000 IU of **D3 (cholecalciferol)** everyday (decrease intake, as your body is exposed to the sun in warmer months; stop intake when occasionally sunbathing at 11:00 - 2:00 for 20 minutes) *1000 units per 35 lbs of body weight
2. Eat at least 10 servings (3 lbs) of **vegetables** per day, or 80% of each meal. (A good, powerful *blender*, rather than a juicer, makes this very easy to accomplish.) Consume most of the vegetables as raw, uncooked. However, some become more nutritious cooked e.g., tomatoes and the cabbage group. *Frozen* (organic) foods are almost as healthy, but *cans* of pure (organic) foods may be less so, but OK.
3. Take 800-2000 mg of **DHA + EPA** everyday (Omega 3 components of fish oil, others)
4. Take a good **multivitamin** (~\$20-\$30 month) without iron, or any synthetic vitamins.
5. Eat no less, no more, than **2 ounces of good protein** per meal if you are less active *and* shorter; 4 ounces if you are very active *and* taller)
6. **Exercise** both strength and light aerobic. Preferably, CONVENIENT activities you like to do.
7. Eat **organic** (not only have minimal toxins, but have many more nutrients). Most grocery stores have organic brands, but be also aware that there are many very unhealthy foods (they are on this 'avoid list) that are organic. Organic is only healthy if it is a **good** food.
8. Intake organic (and unpasteurized, if dairy) animal **fats**.
9. Probably - take a **fiber** supplement (fiber is **very** important for nutritional health, esp detox)
10. Use **virgin coconut oil** (at least 2 table spoons daily) for *frying* and **extra virgin olive oil** (at least 2 ounces daily) for other things.
11. Intake many varieties and large amounts of **spices**.
12. Regularly consume some **unpasteurized fermented** foods.
13. Consume raw garlic, "brocosprouts", onions.
14. **RAW**, unpasteurized, dairy, especially **GOAT milk & products** (<http://www.realmilk.com/where.html>)
15. Supplement with detoxers (chlorella, spirulina, grasses, cilantro, milk thistle, dandelion)
16. **Fast** - one of the healthiest things that can be done, esp a 'water only' fast. Besides giving your body a rest from the energy intensive digestion process so that it can regenerate, it is a great detoxing method. BTW, the worse you feel on the third day, is an indication of the amount of toxins (that you have accumulated over your life) which are being dumped into your circulatory systems to be eliminated.

Older person (additional Intake) increasingly important after about 50.

1. Drink (a mix with) 2 tablespoons of raw **unpasteurized apple cider vinegar** before each meal.
2. Take a good **probiotic** (kefir is one of the best *and* cheapest, especially unpasteurized)
3. Take digestive **enzymes** each meal, including *Betaine HCL* for consumption of protein.
4. Take **additional** supplements of **Folic acid + B12 + B6, Coq10, Magnesium, Potassium, Iodine and Zinc** (individuals and specific conditions may require more supplementations).
5. Drink extra purified water and/or herbal tea.