



# YOU CAN HAVE ENERGY, VITALITY, AND WELL-BEING



## **Theresa AuCoin's Presentation Notes & Tips:**

### **WATER:**

- \* ½ body weight in ounces daily
- \* 1<sup>st</sup> thing in the am
- \* bathroom trips a reminder

Suggested reading: You're Not Sick, You're Thirsty by Dr. Batmanghelidj, M.C. – Find out how dehydration can cause or worsen most health issues.

### **OILS:**

- \* A 1 to 1 ratio of Omega3 to Omega 6 is desirable.
- \* Omega 3 controls inflammation. Omega 6 promotes it.
- \* We need to consume much less Omega 6. If we cut down on this, we don't have to worry about dramatically increasing our intake of Omega 3's. It's the gross overeating of Omega 6's that gets us so dangerously out of balance.

Omega 6 Oils: Corn oil, Soy oil, Canola oil, Safflower oil, Sunflower oil (in almost every processed food & fast food)  
Good oils with Omega 3: High quality extra virgin olive oil (but not for cooking), Coconut oil (great for cooking), Organic butter, better yet, grass fed, organic butter.

## **Foods concentrated in Omega-3 fatty acids**

Food	Serving	omega-3 fatty acids	% DV	Density	Quality
Flax seeds	0.25 cups	7.0 g	156.4	17.6	Excellent
Walnuts C	0.25 cup	2.3 g	50.4	6.3	Very good
Chinook salmon, baked/broiled	4.0 oz-wt	2.1 g	46.4	3.6	Very good
Scallops, baked/broiled	4.0 oz-wt	1.1 g	24.4	3.3	Good
Soybeans, cooked	1 cup	1.0 g	22.9	1.6	Good
Halibut, baked/broiled	4.0 oz-wt	0.6 g	13.8	1.8	Good
Shrimp, steamed, boiled	4.0 oz-wt	0.4 g	8.2	1.5	Good
Snapper, baked	4.0 oz-wt	0.4 g	8.0	1.1	Good
Tofu, raw	4.0 oz-wt	0.4 g	8.0	1.9	Good
Winter squash	1 cup	0.3 g	7.6	1.9	Good
Tuna, yellowfin	4.0 oz-wt	0.3 g	7.3	0.9	-
Cod, baked	4.0 oz-wt	0.3 g	7.1	1.2	-
Kidney beans	1 cup	0.3 g	6.7	0.6	-

Reference: He K, Lio K, Daviglius ML et al. Intakes of long-chain n-3 polyunsaturated fatty acids and fish in relation to measurements of subclinical atherosclerosis. Am J Clin Nutr 2008 Vol. 88(4):1111-1118.

Join a CSA / COMMUNITY SUPPORTED AGRICULTURAL Group. Google it for your area.

### WHY ORGANIC FOODS?

\* Genetically Modified Foods (GM foods) – much evidence proving these foods cause serious health problems.

\* READ LABELS:

ORGANIC: 5 digits # starting w/9

GENETICALLY MODIFIED: 5 digits # starting w/8

CONVENTIONALLY GROWN: 4 digits #

\* DAIRY PRODUCTS: Beware of rBGH (hormones given to cows to boost milk production)

...is the largest selling dairy animal drug in America. IGF-1 in rBGH increases your risk for breast cancer

- Elevated blood levels of IGF-1 are among the leading known risk factors for breast cancer, and are also associated with other major cancers, particularly colon and prostate.
- rBGH-injected cows suffer at least 16 different adverse health conditions, *including very high rates of mastitis that contaminate milk with pus and antibiotics*
- *Those who have attempted to expose the truth about the health dangers of rBGH in milk have with "dire consequences" by Monsanto's lawyers*
- rBGH is banned in every industrialized nation in the world except for the United States



### Conflict of Interest in the USDA

Having to promote an industry, while simultaneously policing it, is a precarious arrangement.

How Monsanto's policies have become U.S. Policy:

Prior to being the Supreme Court Judge (Clarence Thomas) who put GW Bush in office, was Monsanto's lawyer.

U.S. Secretary of Agriculture (Anne Veneman) was on the Board of Directors of Monsanto's Calgene Corporation.

Secretary of Defense (Donald Rumsfeld) was on the Board of Directors of Monsanto's Searle pharmaceuticals.

U.S. Secretary of Health (Tommy Thompson) received \$50,000 in donations from Monsanto during his winning campaign for Wisconsin's governor.

The 2 Congressmen receiving the most donations from Monsanto during the last election were Larry Combest (Chairman of the House Agricultural Committee) and Attorney General John Ashcroft.

Source: <http://www.smart-publications.com/articles/lies-and-deception-how-the-fda-does-not-protect-your-best-interests/>

6 of the 11 on panel to determine the blueprint for nutritional recommendations have direct financial relationships with food industry.

**A PLANT BASED DIET is ideal and healthiest.** However, you don't have to become vegetarian, nor vegan, but do start leaning in those directions. Simply consume most of your calories through vegetables and fruits and legumes, some through seeds, nuts, avocados, whole grains & potatoes, less through eggs, fish & organic dairy, and least through meat, cheese, & processed foods (if any).



**JUICING:** Fantastic way to get nutrients from RAW VEGGIES into your diet. Tastes GREAT and personally, *this gives me more energy than any other one thing I do.* Frank even drinks it, so you KNOW it's ok! 😊

**SPIRULIZING/Using a SPIRULIZER:** Make "spaghetti" out of raw veggies! Toss in sauces, put in casseroles, or just eat for fun! Kids REALLY love this!

### IDEAS TO GET STARTED ON YOUR HEALTHIER DIET

First, food should be **ENJOYABLE** and **GREAT TASTING**. Nothing about changing your diet should mean that you have to learn how to like tofu or anything else in particular. The idea is to start eating a "more plant based" diet. So first of all, write down all of your favorite **MEALS**. Then consider the ingredients in each one and decide how you can make it healthier and plant based. For example, our family LOVES spaghetti. So when I make it, I use *either rice pasta or whole grain pasta. For the sauce, I love to start from scratch, but when I'm in a hurry, I'll use the organic prepared sauces in a jar. When I have time, I sauté (in coconut oil) all the seasonings (chopped onions, lots of chopped garlic, oregano, thyme, bay leaves, marjoram, etc.) Then I add an organic meat substitute and chopped tomatoes and a can or two of organic tomato sauce. I add some of the vegetable fiber that was left over from juicing. (NO ONE EVER KNOWS!) Then I add a ¼ cup of wine and let it simmer on the stove or put it all in the crock pot to simmer slowly for a few hours. Very occasionally I'll use organic ground turkey or organic grass fed ground sirloin, but not often. Honestly most of the soy based and vegetable based meat substitutes are very good and usually no one can tell! And sometimes, I don't add ANY meat or meat substitute, because the sauce itself is SOOOOOOOOOOOO good! Go heavy on the garlic and herbs!* 😊

For **BREAKFAST**, our family loves smoothies. Here are a recipe for you to try:

Bryant's favorite (our son) – Put into the blender (Vitamix preferably or food processor): ice, water, splash of Orange Juice, chunk of banana, large stem of kale, handful of spinach, small chunk of fresh ginger, slice of pineapple, heaping spoon of almond butter, dash of honey, scoop of protein powder. Believe it or not, you'll not realize you are eating **FRESH RAW KALE AND SPINACH!** What a way to start the day!!! Obviously, you can play with this recipe to your own liking! If you are watching calories, either skip some of the fruit – or only add tiny pieces of each – or replace all that fruit with ¼ cup of blueberries and strawberries together. I did that this morning and it was delicious.

The protein powder I'm using right now is: *Vegan Complete Whole Food Health Optimizer* and it is *DELICIOUS*. I'm using less than ½ the recommended serving size because it is so filling and this makes it last longer too. ☺

One of my favorite cooked breakfasts is:

*Cook 1 serving of Rice 'n Shine & set aside. Sauté in coconut oil some fresh garlic (& onion if you'd like). Now add canned or fresh salmon & sauté. Add a little sea salt to the Rice 'n Shine & enjoy both! Yummy!*

I think one of the most challenging things about changing our diets to a healthier and plant based diet is what to do for **SNACKS**. Here are some suggestions. First, just get all the processed junk out of your cupboards. Get the temptations out. If you aren't sure if something is good or not, read the ingredients. If you see any Corn Syrup (Genetically modified), or anything you think MIGHT be a corn syrup derived ingredient, or any vegetable oil (it would be Omega 6), toss it. So what are some healthier plant based snacks? Remember, the more we eat RAW, the better. Here are a few great snacks: *Fruits & veggie sticks – that's the obvious easy snack. Remember, an apple a day, .... ☺ Also dried fruits (raisins, etc.) Nuts and seeds: cashews (raw are fantastic) & toasted, sunflower seeds (raw & toasted), Walnuts (raw) Celery sticks filled with any one of these: a nut butter (there are several delicious ones – almond, sunflower, cashew) or filled with humus or fresh salsa*

*Rice Crackers, Wasa Crackers: alone or top with a nut butter, or fresh salsa, or Rice Cheese*

*Flaxseed Tortilla Chips – wonderful alone or with salsa*

Now get yourself a lunch bag or box and some coolies that stay in your freezer. When you are about to leave the house, make it a HABIT to put your snacks and a coolie in your lunch bag, so you'll have some healthy snacks WITH you so you won't want to stop in a gas station or fast food place and buy something with lots of calories, lots of genetically modified ingredients, and lots of damaging Omega 6 processed vegetable oils. ☺ Do take along a travel bottle of your (hopefully) filtered fresh water too. ☺

### **CONTINUE LEARNING – EXPAND YOUR “BEST THINKING!”**

**Great resource:** <http://HealthyLifestyleandSpirit.com>. This is Sharla's website (our daughter) and she has many free resources for you. There are MANY DOCUMENTARY MOVIES under Resources. PLEASE PLEASE PLEASE GO LOOK AT ANY and ALL OF THESE. You'll get hooked and want to watch them all. “Forks Over Knives” is one of my favorites. Most are free and will impact you forever. These will CHANGE your thinking and help you have the knowledge to make the best decisions for YOU and your family!

**Google** rBGH, FDA Conflict of Interest, USDA Conflict of Interest, New York Times November 6, 2010:

While Warning About Fat, U.S. Pushes Cheese Sales

*Please pass on healthy news & resources to all your friends and family! You can make a difference in your health and your family's health; and you can make a difference when you support local farmers and buy organic. It's our spending that will get laws changed, more so than lobbying.*

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### **WHAT NOW – TO BEGIN OR FURTHER THE TRANSITION TO A MORE HEALTHY DIET?**

1. Write down/log what you are eating for a few days or week. (free food log at <http://HealthyLifestyleandSpirit.com>.)
2. Put a glass of (filtered) water in the bathroom every am to drink right after you wake up & drink another glass of water every time during the day after bathroom trips. Aim for ½ your body weight in ounces in water per day.
3. Stock your kitchen with some healthy snacks & coconut oil and olive oil & sea salt.
4. Plan at least one healthy plant based main meal for tomorrow. Take healthy snacks with you when you leave home.
5. Watch “Food Matters” movie (on <http://HealthyLifestyleandSpirit.com> )
6. When you can, purchase a good JUICER and a VITA-MIX and SPIRULIZER. ( <http://HealthyLifestyleandSpirit.com> )