

Top Things to Include in Your Life

1. **Eat lots of vegetables and fruits.** At least 5 servings/day. Goal: One pound/ day for adults. Fresh, raw, organic is best. Ideally, more vegetables than fruits. Look for color and variety.
2. **Drink water, and lots of it.** Filtered is best. Avoid juice, pop, flavored waters, chocolate/flavored milk, and alcohol. 80% of juice (even organic) has been found to contain lead!
3. **Eat high quality animal foods such as grass fed meat, free range eggs, and pastured butter.** They are more nutritious, less risk for bacterial contamination, less toxic, and better for the environment.
4. **Use plenty of pastured butter, ghee, olive oil and coconut oil.** These healthy fats are high in fat soluble vitamins (ie. pastured butter and ghee are high in vitamin K2), help the body to absorb minerals and slow sugar absorption. Use olive oil with only low to medium heat. Ghee and coconut oil handle high temps best.
5. **Take Vitamin D - At minimum 1000iu/day for children over 2y, but depending on age, size and sun exposure, you will likely need more.** Have your vitamin D level checked to know how much you really need. Sunlight is an excellent source of vitamin D. Dairy is not a sufficient source of vitamin D.
6. **Use plenty of Celtic Sea salt** - put it on your food, in your cooking, and take a pinch to eat a few times daily. While not a source of iodine, Celtic sea salt and Himalayan salt are a good source of trace minerals. To add a little iodine in your diet, use **dulse** (seaweed flakes) when you cook or on a salad. Find **organic dulse flakes** in the Asian foods section at Whole Foods.
8. **Take probiotics** daily, especially when on antibiotics, when with a cold or stomach virus, and in the winter to help your immune system protect you. Homemade yogurt is a great source of probiotics.
9. **Take an omega 3 supplement, ideally cod liver oil 1 tsp/day, flax seed oil 1 tbsp/day, SunFlax, or krill oil.** All are good sources of omega 3 fatty acids. Carlson and Nordic Naturals are good brands of cod liver oil. Keep refrigerated. Discard open bottle after 3 months.
10. **Make and eat homemade broth** from the bones of chicken, beef, turkey or lamb. Bone based stocks are high in minerals and contain gelatin that helps with gut healing and digestion. Remember to add a little vinegar to help pull the minerals out of the bones.
11. **Eat a variety of colorful foods.** Avoid white foods (including tofu), other than cauliflower, eggs, and yogurt. Choose brown rice over white, wheat over white bread. Green vegies are a good calcium source. Add fermented foods like sauerkraut, kefir, pickles, and kombucha. Soak grains and nuts to increase nutrition and decrease irritation on the gut.
12. **Rotate foods.** Often we eat the same food, like wheat, several times a day. If you have a leaky gut, avoid the same food (ie. dairy, wheat, corn) twice in a 24 hour period. This decreases development of new food intolerances and food allergies.
13. **Soak grains, beans, nuts and seeds.** Soaking makes these foods most nutritious and most digestible.
14. **Eat only the highest quality of fish.** Fish are a good source of protein and healthy omega 3 and 6 fatty acids but often contain toxins. Thus, smaller fish, like anchovies and sardines are best. Specifically avoid bottom dwellers like catfish and large fish tuna. Fish eggs are high in nutrients, like vitamin A, and lower in toxins.
15. **Take good daily multivitamin** ideally derived from whole foods, like Vibe Jr. or Juice Plus.
16. **Exercise.** Try for one hour of exercise each day. Exercise cleans your arteries, decreases inflammation, and sweating helps you detoxify.
17. **Sleep.** Plan for at least 8 hours of sleep each night. The darker the room the better.
18. **Love and Laughter** - No explanation needed!

Top Things to Exclude from Your Life

1. **Never smoke or allow people to smoke in your home.**
2. **Limit sugar.** Read labels and avoid buying foods with sugar, high fructose corn syrup, fructose, corn syrup, sucrose, etc, in the first three ingredients. Artificial sweeteners are worse than sugar! Stevia & Xylitol are o.k. Stop giving candy as rewards; ask your child's school to stop giving candy rewards.
3. **Avoid mercury, lead, and other heavy metals**
 - in food – eat fish only once a week, preferably smaller fish and wild fish. Avoid high fructose corn syrup (HFCS) - 40% of food with HFCS have been found to contain mercury too!
 - in people – for dental cavities, use only white fillings. Confirm vaccines are free of thimerisol.
 - in home – homes older than 1970 may have lead paint. If chipping paint or remodeling old homes, consult the health department BEFORE before paint removal/ restoration.
4. **Search for and remove mold and mildew.** Evaluate the roof and basement closely. Do NOT use a portable humidifier. Remove carpeting when possible.
5. **Avoid pesticides and herbicides**
 - on foods – buy organic and wash food before eating (must have grapefruit seed extract)
 - on people/ pets – use natural products (De-licer or Neon nits) for lice, scabies, fleas
 - in home/ lawn – avoid insecticides, exterminators, and weed killer
6. **Avoid unhealthy fats such as margarine, corn oil, soy oil, and canola oil. Especially avoid all trans fats.** All are high in poor quality omega 6 fatty acids which can cause inflammation. These fats also block absorption of vitamin A, D and K2, which are essential vitamins for bone and heart health. Thus, these oils weaken our bones, teeth and increase cardiovascular disease.
7. **Limit sunscreen use, but avoid sunburn.** Sunscreen blocks vitamin D absorption. Vitamin D is essential to health. Don't burn, but get 15 - 30 minutes of full body sun exposure daily without sunscreen; people with darker skin need 5-10x more sun exposure to get the same amount of vit D.
8. **Cut back on pasturized dairy, gluten and corn.** These foods are everywhere and in everything. Limit each to at most once a day. Get calcium from green vegetables, and consider raw milk. Having good vitamin D levels make calcium easy to absorb allowing less need for calcium. Almond or coconut milk are decent milk substitutes, but not as good as raw milk. Instead of wheat, use brown rice, quinoi, and oats. Eat only organic corn as non-organic corn is usually genetically modified.
9. **Limit plastics on foods.** Endocrine disruptors, such as BPA and phthalates, are found in many plastics and styrofoam. Avoid putting warm food in styrofoam. Never microwave plastic. Avoid long term storage of food in plastic. Buy oils stored in dark glass bottles. If plastics must be used, choose those with numbers 1, 2, or 5.
10. **Avoid Genetically Modified Foods (GMO).** Assume all corn (especially corn syrup and high fructose corn syrup,) cotton, and soy are GMO unless organic or labeled "non-GMO." Most beet sugar (sucrose) is also genetically modified. Organic food is not genetically modified.
11. **Avoid carpet & furniture cleaners, deodorizers/air freshners, Febreeze, dry cleaning, and non-stick pans** – all very toxic or highly allergenic. Remove dry cleaning from bag while outside and allow to air out before bringing into home. If you must dry clean clothes, find a "green" toxin-free dry cleaners. Do not store dry cleaning near your child.
12. **Avoid artificial colors, dyes,** nitrates, sodium benzoate and other preservatives like TBHQ in foods
13. **Avoid fire retardant clothing,** such as found in children's pajamas. These contain a toxic heavy metal **antimony** that persists even after 50 washings.
14. **Avoid the antimicrobial Triclosan** (Microban), found in soaps, lunch boxes, school supplies and even shoes. Triclosan is toxic to the thyroid and liver. When combined with chlorine, it becomes the carcinogen, chloroform.