



Foods That Create And Reduce Stress

HEAVILY-REFINED FOODS

Synthetic, artificial ingredients (flavor, color)

- Candy, pop or soda (diet especially),
- Unnaturally colored foods (orange, yellow, blue),
- Boxed macaroni

Preservatives

- Packaged foods or packaged cakes with endless shelf life
- Processed breads
- Pop tarts
- Bottled cheese or aerosol foods
- TV dinners

Nutritionally denatured (isolates, concentrates)

- Whey powder
- Protein cooked at high temperatures
- Processed sandwich meats
- Quick cook meats (5 min bacon)

ACID-FORMING FOODS

Sensitivity-aggravating ingredients

- Dairy
- Soy
- Gluten

Animal protein

Oxidized oils

- Fried foods

Fast food

- Combo meals

EAT PRIMARILY FOODS THAT ARE:

- Unprocessed, raw or cooked at low temperatures.
- Nutrient-dense whole foods that preserve the intelligent synergy nature has designed them with survival and growth in mind. These include fruits, vegetables, herbs, nuts, seeds and sprouted grains.

GOOD ALTERNATIVE FOR HEAVILY-REFINED FOODS

Read the label and look for the following

- Fewest ingredients possible
- All pronounceable,
- Minimally processed, close as possible to its whole food form. (i.e.: carrots rather than carrot-flavored crackers).

Tip

- Shop around the perimeter of the grocery store and less in the center aisles where most packaged foods are.

BEST ALTERNATIVE

Look for

- Whole, raw, unprocessed, plant-based foods

Buy

- Fresh produce from local farmer's market
- Whole grains (including pseudo grains like quinoa)
- Nuts and seeds (especially hemp seed)

Cook

- Meals at low temperature to maintain enzymes and not denature food

Use

- Fresh herbs and spices rather than added sodium or packaged seasoning.
- Juicing veggies and fruit, which are high in enzymes
- Raw and sprouted foods: (alfalfa, pea, and beans sprouts)
- Chlorophyll-rich greens (including algae and sea vegetables).