

Lifestyle Basics

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- 4 Healthy KEYS:**
1. **Get rid of all sugared liquids – only water & milk.**
 2. **Eat your carbohydrates with fiber.**
 3. **Wait 20 minutes for second portions.**
 4. **Buy your screen time minute-for-minute with physical activity. (UCSF WATCH Clinic)**

Exercise: Minimum of 30 minutes per day 3-4 days/week. If wanting weight loss, this needs to increase to a goal of at least 60 minutes 6-7 days/week. This should be something that works your heart, but where you are still able to talk while exercising... so that you are getting enough oxygen while exercising and actually burning fat.

Quiet time to meditate/pray/center oneself: At least 20+ minutes/day.

Deep Breathing: At least 10-20 deep breaths (down to the thoracic diaphragm) in the nose and out the mouth each day.

Water:

- Filtered, no chlorine.
- Baseline: 1/2oz. Per pound of your weight (eg: 200 pound person needs 100 oz of water/day)
- Additional for: -Caffeine, Sodas, Alcohol, and Juices: 2+oz / 1oz water depleting beverage
 - During exercise – 1 1/2oz / lb (your body weight)

Veggies + Fruit: At least 7-13 (½ cup) servings a day (7-13 servings per day based on age, weight, height and activity level. www.mypyramid.gov) These should be raw or lightly steamed. Boiling or microwaving kills >80% of nutrients.

Sea Salt: 1 to 1.5tsp /day. Contains essential minerals vital for cell function that have been purified out of table salt.

Caffeine: Max. of 1 beverage/day (in most cases NONE). Causes dehydration, makes you more tired ultimately than before you drank it. Constricts blood vessels, causing increased heart rate, higher blood pressure and nervousness.

Sodas: (about 11 tsp sugar/12oz soda!) **NONE!** One 12oz soda/day=150cal x 365d per yr/3500calper lb = 15.6lb gain/yr!
1 soda metabolizes the same as 1 beer with the same final results on the liver and fat in the body

Artificial sweeteners: **NONE**, may substitute with Stevia, a natural sweetener 250-300 times sweeter than sugar.

Sugars: *Minimize white sugar*; use a natural sweetener if needed such as honey, maple syrup, molasses, OR try Stevia.
NO Fructose or Sucrose! TOXIC! Metabolize like fat and alcohol=> Metabolic Syndrome

Tobacco use: **Never (smoking, chew, etc). STOP SMOKING** if you are a smoker! You need all the oxygen that you can possibly absorb. Tobacco use puts carbon monoxide where the oxygen should be and you are losing out!

Healthy Nutrition:

Complex carbohydrates: use fresh or frozen **veggies & fruits**, whole or minimally refined grains (avoid white flour, crackers, refined sugars, white pasta, etc.)

Good oils: cook with olive oil & coconut oil only; use flax seed oil & butter in moderation. (No sprays or margarines! No trans fats or hydrogenated oils.)

Lean proteins: cold water fish, skinned chicken/turkey, LEAN red meat...all in moderation.

Basic Vitamins: Preferably a **whole food supplement** (like Juice Plus+), but if you can't obtain one, then try the following:

Vit. C 500-2000 mg/day (up to 10,000 mg/day divided doses when ill or under significant stress, to GI tolerance).

Cod Liver Oil capsules 4/day or 2 tsp of oil/day (OR Vit. D3 (colecalfiferol) if Vit. D deficient)

Zinc 25-50 mg/day (50-100 mg/day for acne)

B-complex 50-100 mg/day

Multivitamin dosage varies for manufacturer. If a typical "One-a-day" type, take two/day.

Calcium Citrate 600-1200 mg/day

Vit. D3 (colecalfiferol) about 75 IU per kg of weight per day [pounds/2.2=kg]: 145lb person needs 5000IU/day

Magnesium 400+ mg/day

Essential Fatty Acids: Omega-6 FA's: Evening Primrose Oil 2-6 grams/day depending on the problem (or Borage Oil.)

Omega-3 FA's: Ideally from Fish Oils (Adults at least 650mg EPA+DHA/day). Flax seed is a less efficient source but better than none. 3 TBSP of ground flax seed/day (once it is ground, keep it refrigerated). If you are unable to find whole flax seeds, you may use 2 TBSP of flax oil. Flax must be used raw; no cooking with it. All of these oils must kept refrigerated to keep them from going rancid. Omega-3 & 6 FA's are needed for cell health (improves insulin and thyroid utilization, decreases cholesterol, increases HDL's, improves skin health, dry skin conditions, mental health, acts as a natural anti-inflammatory and LOTS more). (For more education go to www.NordicNaturals.com or call 800-662-2544).

Muscle Spasms/Cramps/Restless Legs: Stretch/walk, Drink enough water, and use sea salt (as listed above).

Magnesium 400-2000+ mg/day. You may want to split this 1/3 am, and 2/3 at bedtime. (to GI tolerance – decrease a little if you get loose stools).

Calcium Citrate 1200-2000 mg/day