"Take care of your body.
It is the only place you
have to live." -Jim Rohn

"Let food be thy medicine and
medicine be thy food." -Hippocrates

"The doctor of the future will
no longer treat the human frame
with drugs, but rather will cure
and prevent disease with nutrition."
-Thomas Edison

"Came from a plant, eat it;
was made in a plant, don't."
-Michael Pollan

"Nutrition is the only remedy that
can bring full recovery and can
be used with any treatment. Remember,
food is our best medicine!"
~Bernard Jensen

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https://www.integratedhealthcorporation.com/

Gateway of Light is a 508(c)(1)(A) Organization
that is open to all,
to promote holistic living and spiritual
transformation.
Donations made to the Organization go toward
funding programs for the Community and
operating expenses.

Everyday A New Beginning

Dietary Suggestions for Healthy Living

8 Foods to Avoid

1 Refined Sugars - cause inflammation in the body

2 Animal Fats and Red Meat (beef, pork, lamb) -very inflammatory

3 Wheat (bread, pasta) and Gluten containing grains (rye, barley and farro)
-gluten destroys the lining of the small intestine causing leaky gut.

4 Nightshade Vegetables (tomatoes, peppers, eggplant, potatoes and onions)
-cause inflammation and aggravate arthritis

5 Dairy Products - most dairy bought at the store contains the wrong type of fat and is hard to digest.

6 Any Food with Pesticide! Pesticide residue on produce causes harmful long term effects on humans, including cancer, endocrine and neurological disorders.

7 All Food Marked GMO - these foods have been shown to harm digestive health

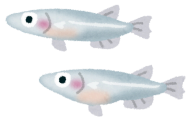
8 Oils High in Saturated and Trans Fats
- stay away from fried foods and hydrogenated oils

Real, Natural Parmesan Cheese is good as it has no lactose

Ancient grains (Einkorn, Kamut) have a different type of gluten that many people can digest.

A2 Milk products or Goat's Milk can be used if they are from local, natural farms.

Cold Water Fish (Salmon, Sardines, Cod, Halibut) and Free Range Turkey are an alternative protein source.



8 Foods to Consume

1 Complex Sugars - Super Beets, Super Reds and Organic Fruits

2 Plant Based Protein
-Hemp seeds, Pumpkin seeds, Flax seeds, (Sprouted is Best)
-Walnuts, Almonds, Cashews, Nut Butters, Tahini (sesame)
-beans, lentils, rice and pea protein

3 Gluten Free Products
Oatmeal, Buckwheat, Chia

4 Green Leafy Vegetables
-kale, cucumber, zucchini, celery, lettuce, chard, broccoli

5 Alternative Milks
-almond milk, coconut milk, oat milk, rice milk, cashew milk, macadamia milk, hemp milk

6 Use Organic Produce! Especially: spinach, strawberries, kale, grapes, peaches, cherries, nectarines, pears, apples, blackberries, blueberries

7 Use non-GMO Foods -most food is labeled

8 Polyunsaturated Oils are Best
Grapeseed oil, Hemp oil, Sunflower oil, Flax oil