

1st Edition (September 2022)

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Appendices

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- Appendix B Nutrient List
- Appendix C Food Brand Photographs
- Appendix D Metabolic Typing
- Appendix E Glycemic Index Chart
- Appendix F Healing Foods
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- Appendix H Foods to Avoid According to Your Blood Type
- Appendix I Food Elimination Diet

Introduction

Nutrition is the foundation of every part of our life. What we eat is the building block of who we are. Food breaks down in our body and becomes the material that fuels us. If our diet is not supportive, imbalances in our hormones and neurotransmitters lead to disruption of our energy, mood, and overall vitality. If we are serious about getting healthy, we have to be serious about our nutrition.

If we eat nutrient depleted, chemically treated and genetically modified foods our bodies will lack essential nutrients that are required for making hormones and other chemicals such as important neurotransmitters like serotonin, dopamine, etc. Whereas if we eat clean, whole foods and use whole food supplements when necessary, being mindful to eat at regular intervals and with correct macronutrient ratios, we will have more balanced hormones, better energy levels, and will feel healthier.

The desire to help people understand ways that they can support their body through sustainable food choices is what prompted me to write this Metabolic Food Healing Guide. In this guide, I have put together what I feel are the best sources of information, including excerpts from Sally Fallon's amazing work in the book "Nourishing Traditions," where she discusses food from an outlook of what our ancestors ate. Through her work she helps the reader know how to support their nutrition during modern day living, shedding light on what we can do to better nourish ourselves and get the essential nutrients we need out of modern day food. At the beginning of each section, you will find highlights from her book on food sourcing and preparation methods.

Another author who has greatly influenced my life and career is Paul Check. In his book "How to Eat, Move, and Be Healthy," he talks about the importance of nutrient dense soil, which all starts with farming practices. I have included information from him below as well as in the appendices. As consumers, we need to look at the farms we purchase food from and make sure that they are treating the earth the way that it should be in order to produce the best, most nutrient dense food that can help us to regenerate our bodies. If we support commercial farming with our consumer dollars, we perpetuate the following cycle:

- Commercial farms tax the land to the point of depletion.
- Crops are grown in depleted soil that are then sprayed with chemicals and pesticides.
- Farm animals eat from the depleted soil and poisoned crops causing them to get sick and need antibiotics.
- We eat the sick animals who ate from the depleted land.
- We feel less than vital due to eating foods that have low nutrients and high toxicity

Once you have made the choice to start eating healthy and begin choosing quality food, it is time to look at balancing macronutrient ratios. Each meal should be made up of quality proteins, fats, and complex carbohydrates (carbs). Using the food journal provided in the

Eggs & Dairy

Best Source:

- Pasture raised and organic (these produce a better fatty acid profile where omega 3 and omega 6 acids are in an almost one to one ratio)

Best Cooking Method:

- Hardboiled and poached

Benefits When Sourced Properly:

- High in Vitamins A & D
- Contain Sulfur containing proteins necessary for cell membrane integrity
- Good source of EPA and DHA
- Egg Yolk is the most concentrated source of choline (necessary for keeping cholesterol moving in the blood stream)

*†From NOURISHING TRADITIONS by Sally Fallon, Copyright©1999, 2001.
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Crustless Veggie Quiche

C = 6g P = 14g F = 19g

250 calories per serving

Serves 6

Ingredients:

1 T coconut oil
1 c red peppers, chopped
1 c zucchini, chopped
½ c onion, chopped
6 oz (1½ c) cheese, shredded
6 farm-fresh eggs
½ t sea salt
¼ t black pepper
Ground nutmeg, to taste
1/8 t garlic powder
1½ c half and half
1 oz (¼ c) parmesan cheese, grated

Instructions:

1. Preheat oven to 350°F.
2. Spread coconut oil in bottom of 9-inch baking dish.
3. Layer vegetables and top with shredded cheese.
4. Beat eggs, half and half, salt, pepper, nutmeg, and garlic powder in medium bowl.
5. Pour over vegetables and cheese.
6. Bake for 30 minutes; remove from oven and sprinkle with parmesan cheese.
7. Return to oven and bake for 20 minutes longer, or until egg mix is set and top is slightly brown.
8. Remove from oven and let stand 5 minutes before serving.

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