

# Healthy Shopping

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## Healthy shopping

Healthy shopping begins with healthy food choices. This means choosing foods and behavior that bring the internal biochemistry in balance with nature (homeostasis). This is best accomplished by rejecting the Standard American Diet (SAD) animal protein based diet in favor of at least 51% - best 75+% plant based diet. Plant based means predominantly plant foods in their natural state (not cooked or processed in any way).

## SAD Diet = 95+% of Americans (extremely unhealthy)

As a general rule, any food that has been cooked or processed, contain exponentially less essential nutrition than foods that are natural (unprocessed). The SAD diet is high in unhealthy ingredients and low in healthy ingredients. The SAD diet causes not only Leukocytosis (immune system response to foods that the body doesn't recognize as food). Below are the so-called foods that constitute most of the unhealthy SAD diet;

- Animal protein based (meat & dairy)
- Largely cooked and/or processed
- High in manmade chemicals, protein, fat, sugar and calories
- Low in essential, health sustaining nutrients (vitamins, minerals, fiber, fats etc.)

## Plant Based Diet (PBD) (extremely healthy) \*\*\*\*Opposite SAD

The PBD conforms perfectly with the only diet that is proven to not only maintain health but extend human life (Calorie Restriction, Optimum Nutrition – CRON)

- Plant based
- Not cooked or processed (natural, fresh, raw, organic)
- High in essential health sustaining nutrients (vitamins, minerals, fiber, fats etc.)
- Low in unhealthy manmade chemicals additives (fat, sugar and calories)

There are a wide variety of natural, fresh, raw foods to choose from depending on your personal preference. It is healthiest to favor dark green leafy vegetables. While dark green leafy vegetables have the highest nutritional content, it is prudent to consume a wide variety of fruits and vegetables of different colors to supply the nutritional required for optimal health.

## Nutritional rules of thumb

- Try to avoid genetically modified foods if possible (plant a home garden)
- The fresher the food the better
- Organic produce tends to have higher nutritional value

## Store shopping tour

## Back to seats Q&A

### 2 valuable, health restoring secrets;

1. Upon rising from sleep – drink water, more is better (distilled is best) to hydrate and flush accumulated waste from the body after sleeping
2. Upon rising from sleep – take 3-10 deep breaths to oxygenate the body and flush accumulated carbonic acid from the blood

Remember, **personal responsibility** and **discipline** are the cornerstones of personal excellence. The best way to achieve worthwhile goals in life is to develop goals, acquire the knowledge required and develop the discipline to stay the course long enough to overcome all the obstacles along the way.

Today we have learned the secrets to healthy shopping. While this is an important step on the road to personal health excellence, it is but one step on a long road. Learning all the secrets of ultimate health is a journey and achieving personal health excellence is considered by many to be the most prized of all possessions.

Perhaps the hardest part of achieving optimal health is changing **unhealthy** behavior habits to **healthy** habits. Self respect and discipline are critical to achieving any goal, especially health goals.

### HEALTH ACQUISITION ACTION STEPS;

1. Develop a strong sense of self respect and discipline
2. (**Test**) Complete the health assessment test (health baseline)
3. (**Decide**) Set a goal to achieve personal health excellence (optimal health)
4. (**Education**) Learn how to achieve ultimate health
5. (**Health Compass**) Buy a pH litmus test kit, start testing frequently – record results
6. (**Manage/Adjust**) Change behavior habits for best results
7. (**Commitment**) Stay the course until achieving personal health excellence

To get health help and learn more about **“Mastering the Secrets of Ultimate Health”** and achieving personal optimal health goals, log onto the web site below.

**Litmus test kits are on sale for \$10**

[www.uhealthri.com](http://www.uhealthri.com)

Live long, happy, ultimately health and wise

*Dr. Skip Hellen*