

The 7 Laws of Wellness: Nutrition

48 Day Transformation

With Dr. Michele Menzel, ND

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Meet Dr. Michele Menzel

Doctor of Naturopathy, Diplomat of Pastoral Science,
 Certified Nutritional Counselor, German New Medicine
 Consultant, Certified Natural Health Professional

Disclaimer

- Not a licensed medical doctor.
- This lecture is not intended to diagnose, prescribe or treat any illness.
- Statements not approved by the FDA or any other state regulated organization.
- These statements are from research gathered by Michele Menzel, ND.



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7 Laws of Wellness

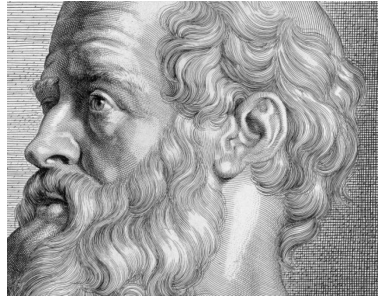


1. Nutrition
2. Hydration
3. Detoxification
4. Rest
5. Faith
6. Exercise/Oxygen
7. Sunshine/Outdoors



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*“Let food be thy medicine
And medicine be thy food.” -
Hippocrates*



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Foods have a direct correlation to:



- The way we feel
- The way we look
- Ability to rest
- Ability to stay healthy
- Source of energy
- Natural healing

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Nutrient Levels in Traditional Diets

Modern processing began causing nutritional deficiencies- leading to deformed dental arches and resulting in crowded, crooked teeth



Dr. Weston A. Price



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Diet high in:

- Calcium and other minerals— at least 4 times higher than the modern diet.
- Vitamins A, D, and K2—10 times higher than the modern diet.

Diet high in:

- Processed foods
- Dead devitalized food
- Foods Un-natural to the body

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We Have to go Back to Our Traditional Way of Eating!!

Activator "X"=K2

- Fish livers
- Shellfish
- Organ meats
- Grass-fed Butter

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Summary of Weston A. Price

- Diets contained no refined foods.
- Consume some sort of animal food.
- Diets contained at least four times the minerals and water-soluble vitamins, and ten times the fat-soluble vitamins found in animal fats
- All traditional cultures ate cooked & raw food.
- Consumed diets high in enzymes and beneficial bacteria.
- Consumed properly prepared seeds, grains, and nuts.
- Total fat content varies from 8–30% of total calories consumed, but only about 4% of calories come from polyunsaturated oils
- Diets contained nearly equal amounts of omega-6 and omega-3 essential fatty acids.
- All diets contained salt.
- Made use of animal bones
- Traditional cultures make provisions for the health of future generations

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A Simpler Time



Families:


- ✓Had Fresh Milk
- ✓Had Fresh Meat
- ✓Had Fresh Veggies

They received a very good foundation nutritionally with no waste!

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FROM SIMPLE:



→

CHEMICAL SUBSTITUTES:



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Americans eat about 12 pounds of sugar per MONTH!!!!

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the first generation where children will die before their parents"
International Congress on Obesity - August 2002

- Actually, 8 million children & adolescents are overweight.
- Over the last two decades, the rates for overweight adolescents have tripled.

Fat for Life?
 Six Million Kids Are Seriously Overweight. What Families Can Do.
 By Geoffrey Cowley & Sharon Begley

Dr. David Katz

FED UP! THE DOCUMENTARY
 How Obesity Took Over America

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On the Bright Side

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Nutrition and Physical Degeneration
 by Weston A. Price, DDS

DR. WESTON PRICE was one of the most prominent health researchers of the 20th century. His extraordinary experiences of nutritional science during the 1930s of people who survived about starving have led him to uncover the health of the human race.

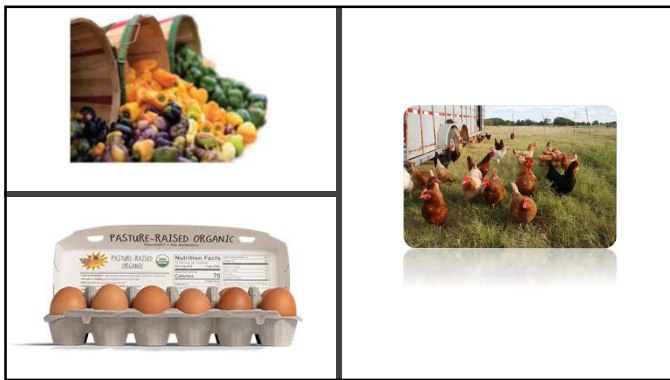
Why are these People so Healthy?

Native people eating traditional foods had physical excellence, splendid facial and dental arch forms, and no cavities.

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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

- Because of our non-whole-food foundation, it might also be beneficial to include whole-food supplements.
- They supply the body with the needed cellular nutrients to restore life and rebuild the body.

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Carbohydrates




- Carbohydrates are energy providers and linked together with vitamins, minerals, enzymes, protein, fat, and fiber
- In whole form, starches support life!!
- Refined carbohydrates are empty calories which promote weight gain!!

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The Effects of Refined Carbs & Sugar:



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Eliminate Processed Foods!!!

White sugar is more addictive than cocaine!!

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"Sugar: The Bitter Truth"

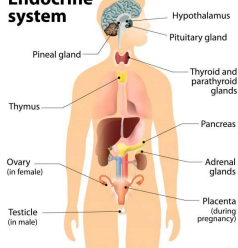
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Possible Disruptions in Natural Function Due to Processed Foods Include:

Endocrine system



- Disturbed endocrine system (hormones/glands)
- Mood swings
- Learning disabilities in children and adults
- Behavioral problems in children and adults
- Obesity
- Lowered vitality
- Reduced ability to handle everyday stress
- Diabetes, especially among children



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"Supersize Me" Society!



In the West, we are eating much more than we used to and so much more than we need to!

Overeating can cause weight gain, especially if you're eating the wrong foods.



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Tricks to Help You From Overeating

- Eat slowly and stop just before you think you are full.
- Chew your food well and slowly, putting the fork down in between bites.
- Be mindful of portion size.
- Don't eat at all-you can eat buffets
- Don't eat excessively, even to prevent food waste.
- Don't eat when you are angry, sad, scared, or anxious.
- Enjoy your meal! Eat with family or friends, talk about your day, and RELAX.



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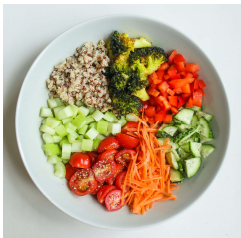


Top Three Foods Consumed in America

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Start to Transform YOUR LIFE!!



- Recommended Foods:
- Buy local
 - Visit a farmer's market
 - Organic foods at the grocery store
 - Grow your own!!
- Make Sure You Get LOTS of foods:
- High in enzymes
 - Probiotics
 - Vitamins
 - Minerals
 - Ex. Raw goat milk, yogurt, kefir

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Refrigerator – fruits, vegetables, farm fresh, non-genetically modified eggs, raw cheeses, yogurt, kefir, kombucha, and raw milk.

Pantry – Onions, garlic, red potatoes, sweet potatoes, glass jars of dry beans, whole grains, raw nuts, coconut oil, olive oil, dried herbs, local honey, Rapunzel whole cane sugar, and maple syrup.

Freezer – Grass-fed beef and lamb, pastured pork, organ meats, pastured organic chickens, fresh-water and wild-caught fish, homemade bone broths, bones and feet for stock.



Foods free of pesticides, hormones, and antibiotics

Foods perfect in balance of omega-3 fatty acids, such as grass-fed beef, organic free-range chicken, organic free-range eggs, and wild-caught fish

Foods high in fiber, such as whole grains prepared correctly—brown rice, millet, and spelt (one of the healthiest grains that dates to the book of Exodus in the Bible)

Goat dairy products, such as raw milk, yogurt, and kefir



Start by Stocking Your Kitchen



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“Nutrition is probably the greatest of all the health arts.... Without a balanced diet of wholesome, nutritious foods, wellness cannot be achieved and sustained, no matter what else we do.”


—Dr. Bernard Jensen, PhD

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