

Improved Health is About Holistic Nutritional and Lifestyle Choices – 1

Nutrition

Disease is about an awakening; it is not about the simplicity of a magic cure or miraculous intervention, though certainly there is recorded evidence of such events. It is about balancing the complex factors of our lives and allowing our miraculous body to do what it is superbly designed to do as an autonomic self-healing system. The body has an internal intelligence, cut it and it heals, poison it and it attempts to purge or store the troublesome element until it can be purged. Disease is about a forced awakening to lifestyle choices that inhibit the body's capacity to function optimally. It is about discovering lifestyle choices for health that are the truest truths. Learn them quickly and with loving intent, let your children learn from your mistakes.

Know And Support The Six Stages To Effective Nutrition:

- Ingestion – putting the nutrient into the system (eating or drinking it) for digestive processing
- Digestion – breaking the food down into functional molecular elements
- Absorption – movement into the intestinal cells, the blood and the lymph from the digestive tract
- Circulation – effective transportation via the blood and lymph to the organs and tissues
- Utilisation – movement and functional metabolism into and by the cells of tissues and organs
- Elimination – of used, excess or inappropriate elements, although elimination may occur at any time in the cycle of nutrition potentially interfering with the effectiveness of the other five stages.

All six stages are important in order to fulfil a healthy sustenance of our body. Awareness, discipline and balance are important to a healthy person and must be considered critical to all who are attempting restoration of optimal health. All six stages have physical, psychological and psycho-spiritual contributors and detractors, sometimes called sabotage mechanisms. There is a great deal of scientific validation of the mind-body connection and resolution of all limiting impositions should be undertaken when significant disease states arise. There are many pathways to achieve this highly desirable outcome including meditation, kinesiology, and hypnosis amongst many others. An individually appropriate protocol should be considered as an additional augmentation to any Naturopathic or orthodox therapy.

Measure Change At The Foundation Levels Of Health.

It is vitally important to know the body's fluctuating status in a variety of easily measurable parameters, allowing accurate determination of both; the treatment priorities, and in which direction the body needs to be taken to regain optimal health. Naturopathic measurements and assessments should be taken often and include amongst others:

- **The acid / alkaline balance** is a critical homeostatic balance in the body affecting many systems including mineral absorption. Acid states require alkalisating, alkaline states require acidifying. A calm and gently rolling homeostatic state is optimal. Organic vegetables, meditation and good gut flora alkalise the system; meats, sugar, grains and gut dysbiosis acidify, while worry and stress really acidifies
- **Glycaemic (blood sugar) levels** need to be controlled, kept balanced and stable in order to minimise both hyperglycaemia and hyperinsulinaemia that can promote cell and microbial proliferation
- Assessing **inflammatory and immune system markers** that promote optimal self defence from all forms of overgrowth and microbial intrusion
- **Digestive imbalances** that generate toxins, and mal-absorption and therefore promote unnecessary challenges within the body. In fact, for Naturopaths, the gut is regarded as the seat of all disease and most practitioners will focus initially in this area of the body.

The Disease Not Only Informs Us - Teach Your Families About Fundamental Nutritional Truths.

Receiving bad news from the doctor about health concerns is when most of us become interested in our dietary choices beyond the drives of temptation. There are fundamental nutritional truths that we all should

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live by that will promote long-term restoration, recovery and detoxification of body tissues. Integration of such truths into habitual practices will serve to bolster the body's vitality and enhance the capacity to heal for all let alone the unwell:

- Absolutely minimise or avoid high starch food and sugary carbohydrates (They are high GI and both sugar and insulin, a body hormone needed to deal with high glucose, feed tumours)
- Low GI carbohydrates such as fibrous, high water content vegetables are a must for buffering, energy production, fibre and nutrition
- Know the good and bad of fats, using foods with high levels of beneficial Essential Fatty Acids (EFAs). Do not fear good fats, be selective and use the good fats liberally (particularly quality omega 3 fats), as they assist to; reclaim cell membrane integrity, cellular function and hormonal balances, minimise inflammation, and most importantly they oxygenate the tissues to promote healing
- High intake of quality fibre is a must to ensure toxins are not recycled back into the system, enhancing bowel elimination and body detoxification
- Eating right for your blood type is the first step in minimising food sensitivities that can promote inflammation and there are more stringent elimination diets if required
- Everyone, especially those with a disease condition should avoid foods that reduce nutrient absorption and utilisation such as gluten, and sugar.

The advent of agricultural genetic modification as well as breeding practices of the past two centuries have generated new food strains that have enhanced yield and processing consistency, but we have not shown concern for human nutritional utilisation. Economics has been put before our human nutritional needs. Our genetic lineage has not had time to adapt to the molecular properties of these modern foods, leading to inappropriate immune system responses. It is therefore an imperative to structure eating rituals so to maximise digestion, allowing the food to be broken down completely into unrecognisable molecular components. Gut health is critical in this concern and can be assisted by:

- Traditional cultures from not so long ago used bitter foods as a principle to promote acid and Intrinsic factor production by the cells of the stomach, supporting effective digestion and B₁₂ absorption. They knew that the use of bitter tonics or herbs 20 – 30 minutes before eating our main meals optimised our digestive potential
- Nutrient absorption starts with chewing, so relax into your meals, look after dental health and chew, and chew, and chew, and ch ... (did I mention chewing and chewing and chewi ...)
- Combine foods very carefully as different enzymes control the digestion of various macronutrients. Mixing some foods can create a fermentation process that adds to reflux rather than promoting digestion. Especially avoid starchy foods mixed with protein. That means do not combine potato, pumpkin, rice, bread with flesh foods. Eat the protein first then waiting 30 – 40 minutes before you enjoy the starchy foods in very small quantities. Salads and high water content vegetables are good combinations with meats but the traditional Ozzie meals of a meat pie or meat and potato are very poor combinations
- Ensure your somatic zinc levels are sufficient to produce the required digestive enzymes.

There are some other general essentials to quality nutritional intake that can provide optimal outcomes.

- The consistent use of organic whole foods, minimising or completely avoiding processed denatured foods, such as wheat breads, white rice, anything white, GM or synthetic foods and sweeteners, packaged or milled foods. Avoid anything that is not fresh, for example, flours and oils can go rancid when exposed to air and light more rapidly than you would imagine
- Increase your intake of quality alkaline (i.e. pH > 7) filtered water to at least 2 litres per day, with at least one litre drunk very first thing in the morning before breakfast, before anything. Consume the water away from meals, avoiding any liquids for around 20 minutes before and 40 mins after food
- Use of the highest quality balanced salts, such as Celtic or Himalayan, to assist mineral intake.

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- Use supplements as a therapeutic restorative. Good quality food has a priority, but highly deficient states and disease conditions require supplemental support depending on your needs as an individual. Some essentials including omega 3 fats, zinc, magnesium, vitamin C, antioxidants and others are difficult to acquire effectively in sufficient quantities from the modern diet or when the body is suffering debility
- Understand the use of intermittent fasting and therapeutic meal replacements. Therapeutic meals can act as a detoxifying catalyst and appetite pacifier, but should only be used if you have the body resources to cope.

There are many other fundamental lifestyle considerations when deciding to restore or pursue a holistic and healthy existence. These and other issues will be discussed at a later date but in the mean time you do need to keep in mind the importance of

- Daily exercise as essential to enhance metabolic activity and hormone production from the muscle mass.
- Reducing stress, because uncontrolled cortisol will be a significant barrier to your success.
- Sleep, establishing patterns according to your natural diurnal rhythm to promote optimal rest, recovery and detoxification, and also foster
- Detoxification (more about this soon), as it is the vital key to an enduring restoration of optimal health.

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