



NUTRITION 101

INTERMITTENT FASTING



Since 1993, the Environmental Working Group (EWG) has shined a spotlight on outdated legislation, harmful agricultural practices and industry loopholes that pose a risk to our health and the health of our environment.

Dirty Dozen & Clean Fifteen



EWG's Dirty Dozen & Clean 15 lists rank pesticide contamination for 47 popular fruits and vegetables. The guide is based on results of more than 40,900 samples of produce tested by the USDA and the FDA. It is important to note that the samples are tested for pesticides after they have been prepared to be eaten. This means the produce has been thoroughly peeled and washed. After these preparations, pesticide residues are still detected on many fruits and vegetables. These chemicals can cause negative short & long term health effects such as leaky gut, weight gain, hormone imbalance, and certain cancers. In order to reduce the amount of pesticides that we ingest, it is important to follow the Dirty Dozen and Clean 15 as best you can.

Dirty Dozen

- Strawberries
- Spinach
- Kale, collard greens, & mustard greens
- Peaches
- Pears
- Nectarines
- Apples
- Grapes
- Bell peppers & hot peppers
- Cherries
- Blueberries
- Green beans

Clean 15

- Avocados
- Sweet corn
- Pineapple
- Onions
- Papaya
- Frozen sweet peas
- Asparagus
- Honeydew melon
- Kiwi
- Cabbage
- Mushrooms
- Mangos
- Sweet potatoes
- Watermelon
- Carrots

WHOLE FOOD LIST

VEGETABLES

Artichokes, Asparagus, Bamboo Shoots, Bean Sprouts, Beets, Broccoli, Brussels Sprouts, Carrots, Cauliflower, Celery, Cucumber, Eggplant, Leeks, Greens (*collards, kale, mustard, turnip*), Green Beans, Mushrooms, Okra, Onions, Parsnips, Pea Pods, Peppers, Radishes, Rutabaga, Squashes (*butternut, acorn, pumpkin*), Sugar Snap Peas, Sweet Potatoes, Swiss Chard, Tomatoes, Turnips, Water Chestnuts, Watercress, Zucchini, Cabbage, and Salad Greens (*chicory, endive, romaine, spinach, arugula, radicchio, watercress*).

NUTS & SEEDS (INCLUDING BUTTERS)

Hemp Seeds, Pumpkin Seeds, Squash Seeds, Almonds, Pistachios, Sunflower Seeds, Flax Seeds, Sesame Seeds, Chia Seeds, Cashews, Walnuts, Hazelnuts, Pine Nuts, Pecans, Macadamia Nuts, and Coconut.

FATS & OILS

Olives & Olive Oil, Coconut Oil, Nut Oils, Avocados & Avocado Oil, and grass fed Ghee. Avoid industrial oils such as: Soybean Oil, Vegetable Oil, Corn Oil, Cottonseed Oil, Sunflower Oil, Safflower Oil, and Canola Oil.

BEANS & LEGUMES

Lentils, Chickpeas, Peanuts, Black Beans, Black-Eyed Peas, Cannellini Beans, Chickpeas (*Garbanzo Beans*), Great Northern Beans, Kidney Beans, Lima Beans, and Pinto Beans.

Some people do not tolerate the lectins found in beans and legumes and may need to eliminate from their diet. If healing from a Leaky Gut or other gut issues, omit for the time being.

GRAINS

Gluten Free Oats, Quinoa, Rice (wild & brown), Amaranth, Buckwheat, and Millet.

MEATS

Grass-Fed & Organic: Beef, Chicken, Turkey, Duck, Eggs, Shellfish, Seafood, Venison, and Wild Game. Wild-Caught Fish (*limit high mercury fish such as tuna, swordfish, mackerel, & halibut*).

FRUITS

Berries, Watermelon, Cantalope, Honeydew, Pineapple, Apples, Apricots, Bananas, Cherries, Dates, Figs, Grapefruit, Guava, Grapes, Jackfruit, Kiwis, Lemons, Limes, Mangos, Nectarines, Oranges, Papaya, Passionfruit, Peaches, Pears, and Plums. Dried fruits with no added sugar such as Raisins & Cranberries.

BEVERAGES

Filtered Water, Coconut Water, Organic Coffee, Tea, Kombucha, Fresh Squeezed Juice, Non-Dairy Milks such as Coconut, Almond, and Cashew.

SUGAR/SWEETENERS

Maple Syrup, Honey, Coconut Sugar, Agave, Nectar and Stevia.

XENOESTROGENS

How To Avoid More Estrogen Dominance

What Are Xenoestrogens?

Xenoestrogens are foreign estrogens that mimic the functions of our natural estrogens. When they enter our body, they attach themselves to our cell's receptors, taking over natural estrogen functions to control growth and development. To prevent even more estrogen dominance, it is important to know which products in our daily lives contain the highest levels of xenoestrogens so we can avoid them as much as possible.

Sources

Commercially Raised Meat & Dairy

These often contain bovine growth hormones that are very high in xenoestrogens.

Insecticides & Pesticides

Eat local & organic whenever possible.

Tap Water

This is a main source of disinfection byproducts, fluorinated compounds, bisphenol A, phthalates, pesticides, and actual estrogens.

Drink filtered water - ALWAYS.

Parabens

These are preservatives found in shampoos, lotions, soaps, toothpastes, cosmetic & other personal care items. Opt for clean personal care items. Since most of these items are entering the skin, they go directly into the tissue without going through the liver for detoxification. These xenoestrogens are 100% absorbed by the body and can be 10X's more potent than those consumed orally.

Phthalates

These are chemicals put into soft plastic packaging materials to increase flexibility. Plastic wrapped foods, heated in the microwave contain some of the highest levels of xenoestrogens.

What To Do:

Do NOT heat foods or drinks that have been heated in the microwave. Avoid drinking coffee or other hot liquids in Styrofoam cups. Store your foods in glass containers whenever possible.

Artificial Food Additives

Most processed foods contain some type of additive, such as BPA, artificial sweeteners, or MSG. Cut back on processed foods to reduce your exposure to xenoestrogens.

Foods That Contain Soy or Soy Protein Isolate

Soy is the most common plant estrogen found in food. These foods are packed with condensed plant estrogens which lead to estrogen dominance.

Dryer Sheets

Dryer sheets are loaded with xenoestrogens to make your clothes feel soft & fresh. These residual xenoestrogens can permeate your skin and go directly into your cells. Avoid commercial dryer sheets. They're poison. Instead, mix vinegar and baking soda in a ratio of 6:1 (six parts vinegar to one part baking soda). Baking soda is not only a natural softener, but it also deodorizes laundry. During the rinse cycle, only use $\frac{1}{2}$ a cup, and you will eliminate static electricity generation from your laundry.

Birth Control Pills & Conventional Hormone Therapy

Conventional hormone therapy uses synthetic hormones that can interrupt our natural hormone balance. Birth control pills also interrupt our hormone balance and never get to the root cause if they are being used to regulate periods. There are natural, effective birth control methods that don't come with the side effects of conventional birth control pills.

Disposable Menstrual Products

The FDA has detected several chemicals that increase the risk of cancer, reproductive and developmental problems, heart disease, and diabetes in many menstrual products. Opt for tampons made with organic cotton or consider using a DivaCup.

Xenoestrogens are "foreign" estrogens, substances that are close enough in molecular structure to estrogen that they can bind to estrogen receptor sites with potentially hazardous outcomes.

HEALTHY SWAPS

Learn Easy Swaps To Eliminate Common Processed & Packaged Foods
Commonly Found In The Standard American Diet

Bread Substitutions

- Gluten Free Breads/Wraps
- Nori Sheets
- Lettuce Wraps

Noodle Substitutions

- Chickpea Noodles
- Zucchini Noodles
- Carrot Noodles
- Sweet Potato Noodles
- Beet Noodles
- Squash Noodles
- Spaghetti Squash

Flour Substitutions

- Almond Flour
- Coconut Flour
- Cassava Flour
- Millet Flour
- Corn Flour
- Arrowroot Flour
- Tapioca Flour/Starch
- Sorghum Flour
- Buckwheat Flour
- White/Brown Rice Flour
- Potato Flour/Starch

Dairy Substitutions

Milk:

- Nut/Seed Milk
- Coconut Milk

Yogurt:

- Coconut Yogurt or Kefir
- Almond Yogurt
- Cashew Yogurt

Cheese:

- Nutritional Yeast
- Nut Parmesan
- Hummus

Butter/Oil:

- Coconut Oil
- Ghee
- Avocado Oil
- Extra Virgin Olive Oil

Cream/Sour Cream:

- Cashew Cream
- Coconut Cream

Sugar Substitutions

- Honey
- Maple Syrup
- Coconut Sugar/Syrup
- Molasses
- Dates
- Fruit

Grain & Rice Substitutions

- Cauliflower Rice
- White/Brown/Wild Rice
- Quinoa
- Beans/Lentils

Mashed Potato Substitutions

- Mashed Sweet Potatoes, Cauliflower, Butternut Squash, Turnips, Rutabagas, Celery Root, & Parsnips

Add:

- Extra Virgin Olive Oil
- A Dash of Coconut Milk
- Herbs & Spices
- Apple Cider or Balsamic Vinegar

Peanut Butter Substitutions

- Almond, Cashew, Hazelnut Butter
- Sunflower Seed Butter
- Coconut Butter
- Tahini

Chocolate Substitutions

- Dark Chocolate (cocoa content >70%, dairy free)
- Cacao Nibs
- Carob

Soy Sauce Substitutions

- Coconut Aminos
- Fish Sauce

RESOURCES

To Help You Be Successful On Your Journey To Good Health



Ambitious Kitchen

www.ambitiouskitchen.com

Ambitious Kitchen is a healthy food blog with wholesome cooking & feel-good inspiration. This mom will help you find healthy recipes to fuel your wellness journey.



Eat Right

www.Eatright.org

The Academy of Nutrition and Dietetics offers information on nutrition and health, from meal planning and prep to choices that can help prevent or manage health conditions and more.

RESOURCES

Continued

To Help You Be Successful On Your Journey To Good Health



Cooking Classy

www.cookingclassy.com

From comfort foods to indulgent dishes browse hundreds of recipes that your family will love and make over and over again. Cooking Classy has never been easier, let me inspire you today!



FitLiving Eats by Carly Paige | Culinary Nutrition Expert & Chef

www.fitlivingeats.com

Offers plant-based recipes, cooking videos, and wellness services. Cooking healthy foods can be easy and should always be delicious. Redefine the way you look at your favorite ingredients, flavors and recipes by trading the old for "nutritious" without sacrificing flavor so that you can feel your best from the inside out.

RESOURCES

Continued

To Help You Be Successful On Your Journey To Good Health



Damn Delicious

www.damndelicious.net

Join in a culinary adventures where we'll be using simple, fresh ingredients and transforming them into sophisticated and elegant meals for the everyday home cook

Download App

Fooducate

www.fooducate.com

(Available for download on the Apple store and Google play for iPhone, Android, and online.)

Fooducate is a mobile application to help you lose weight & improve your health with real food.

- Fooducate is your healthy diet toolbox. Eat Better. Lose Weight. Get Healthy.
- See personalized nutrition facts for products you view
- See a history of all the products you have previously viewed
- Comment on products
- Sync info with your mobile Fooducate app
 - Low-carb diet
 - Ketogenic diet
 - Track all nutrients
 - Paleo diet
 - Gluten-free diet
 - Avoid GMOs

RESOURCES

Continued

To Help You Be Successful On Your Journey To Good Health



Grateful Plates

www.grateful-plates.com

Whether you want to lose weight, experience amazing energy all day long, or simply figure out how to ditch those toxic products in your house, Grateful Plates is the perfect place for you to be!



Half Baked Harvest

www.halfbakedharvest.com

Offers recipes known for their wholesome decadence, non-fussy approach, and smart twists on comforting favorites. Half Baked Harvest Every Day delivers all-new recipes that will feed your body as well as your soul. Be sure to sign up for the newsletter.

RESOURCES

Continued

To Help You Be Successful On Your Journey To Good Health



How Sweet Treats

www.howsweeteats.com

For people who, like, totally love food.



The Loopy Whisk

www.theloopywhisk.com

Here, you'll find allergy friendly recipes that are basically indistinguishable from their "regular" equivalents: from gluten free to vegan!

RESOURCES

Continued

To Help You Be Successful On Your Journey To Good Health



The Modern Proper

www.themodernproper.com

Cherish your loved ones and feed them well. We create and photograph delicious recipes for you to make and share with those you love.



Smitten Kitchen

www.smittenkitchen.com

Fearless cooking from a tiny NYC kitchen.

RESOURCES

Continued

To Help You Be Successful On Your Journey To Good Health



Two Peas & Their Pod

www.twopeasandtheirpod.com/recipes

The recipes you'll find here are simple, fresh, family friendly, and sometimes a little decadent.

Download App

Yuka

www.yuka.io/en/

(Available for download on the Apple store and Google play)

Yuka is a mobile application that scans food products to give you clear information on the health impacts of the products you consume.

Instagram

Laurent Dagenais

www.instagram.com/laurent.dagenais/



Intermittent Fasting

What is Intermittent Fasting?

Intermittent fasting (IF) is not just a diet; it's a lifestyle approach to eating that involves alternating periods of eating and fasting. Unlike traditional diets that focus on what you eat, intermittent fasting is more about when you eat. There are several methods of intermittent fasting, but the most common ones include:

16/8 Method:

The 16/8 method of intermittent fasting is a popular and accessible approach that involves fasting for 16 hours and restricting your eating window to 8 hours each day. During the fasting period, you abstain from consuming calories, allowing your body to tap into stored fat for energy. Typically, individuals following the 16/8 method skip breakfast and start eating around midday, then conclude their last meal in the evening, ensuring a fasting period overnight. This method offers flexibility and simplicity, making it easy to incorporate into daily life. By consolidating your meals into a shorter timeframe, the 16/8 method can promote weight loss, improve metabolic health, and enhance overall well-being. It's important to listen to your body's hunger cues and ensure that you're consuming nutritious, balanced meals during your eating window to maximize the benefits of this fasting approach.

5:2 Diet:

The 5:2 method of intermittent fasting involves alternating between regular eating and fasting days throughout the week. On fasting days, individuals restrict their calorie intake to 500–600 calories, typically consumed in one or two small meals. These fasting days are interspersed with five non-restricted eating days where individuals eat normally. This approach offers flexibility and allows individuals to enjoy their favorite foods on non-fasting days while still reaping the benefits of intermittent fasting. The 5:2 method has been shown to promote weight loss, improve metabolic health, and enhance cellular repair processes such as autophagy. It can also be easier to adhere to compared to daily fasting regimens, making it a sustainable option for long-term health and well-being. As with any fasting protocol, it's essential to listen to your body and ensure that you're meeting your nutritional needs on both fasting and non-fasting days.



Intermittent Fasting Continued

Alternate-Day Fasting

Alternate Day Fasting is an intermittent fasting approach that involves alternating between fasting days and non-fasting days. On fasting days, individuals typically consume very few calories or abstain from food altogether, while on non-fasting days, they eat normally. This pattern allows for regular periods of calorie restriction interspersed with days of regular eating. Alternate-day fasting has been shown to promote weight loss, improve metabolic health, and reduce the risk of chronic diseases such as type 2 diabetes and cardiovascular disease. Additionally, it may stimulate cellular repair processes such as autophagy, leading to enhanced longevity and overall well-being. While alternate-day fasting can be effective for some individuals, it may not be suitable for everyone, particularly those with certain medical conditions or dietary restrictions. Consulting with a healthcare professional before starting any fasting regimen is advisable to ensure safety and efficacy.

Eat-Stop-Eat:

Eat-Stop-Eat is a form of intermittent fasting characterized by extended periods of fasting interspersed with regular eating days. With this approach, individuals fast for a full 24 hours once or twice a week, refraining from consuming any calories during the fasting period. On non-fasting days, individuals eat normally, without any specific restrictions on food choices or portion sizes. Eat-Stop-Eat offers simplicity and flexibility, making it relatively easy to incorporate into various lifestyles. By incorporating regular fasting periods, this method may promote weight loss, improve metabolic health, and support cellular repair processes. However, it's essential to ensure that you stay hydrated and consume balanced meals on non-fasting days to maintain overall health and well-being. As with any fasting regimen, it's advisable to consult with a healthcare professional before starting Eat-Stop-Eat, especially if you have underlying health conditions or are taking medications.

Why Intermittent Fasting?

Intermittent fasting offers more than just weight loss benefits; it can positively impact your overall health and well-being:

- **Weight Loss & Fat Burning:** By restricting the time window for eating, intermittent fasting can help control calorie intake and promote fat burning, leading to weight loss and improved body composition.
- **Improved Metabolic Health:** IF has been shown to improve insulin sensitivity, reduce blood sugar levels, and lower the risk of type 2 diabetes.



Intermittent Fasting Continued

- **Enhanced Brain Health:** Fasting may stimulate the production of brain-derived neurotrophic factor (BDNF), a protein that supports brain health, cognitive function, and mood regulation.
- **Cellular Repair & Longevity:** During fasting periods, your body initiates cellular repair processes such as autophagy, where cells remove damaged components. This may contribute to longevity and a lower risk of chronic diseases.
- **Heart Health:** Intermittent fasting can improve cardiovascular health by reducing risk factors such as LDL cholesterol, triglycerides, blood pressure, and inflammation.

Tips for Successful Intermittent Fasting

- **Stay Hydrated:** Drink plenty of water, herbal tea, or black coffee during fasting periods to stay hydrated and curb hunger.
- **Choose Nutrient-Dense Foods:** Focus on whole, nutrient-dense foods during eating windows to support overall health and well-being.
- **Listen to Your Body:** Pay attention to hunger cues and adjust your fasting schedule accordingly. It's essential to find a fasting routine that works for your lifestyle and preferences.
- **Start Slowly:** If you're new to intermittent fasting, start with shorter fasting windows and gradually increase the duration as your body adjusts.
- **Be Patient:** It may take time for your body to adapt to intermittent fasting. Be patient and consistent with your approach, and don't get discouraged by initial challenges.
- **Combine with Other Healthy Habits:** Incorporate regular exercise, adequate sleep, and stress management techniques to maximize the benefits of intermittent fasting.

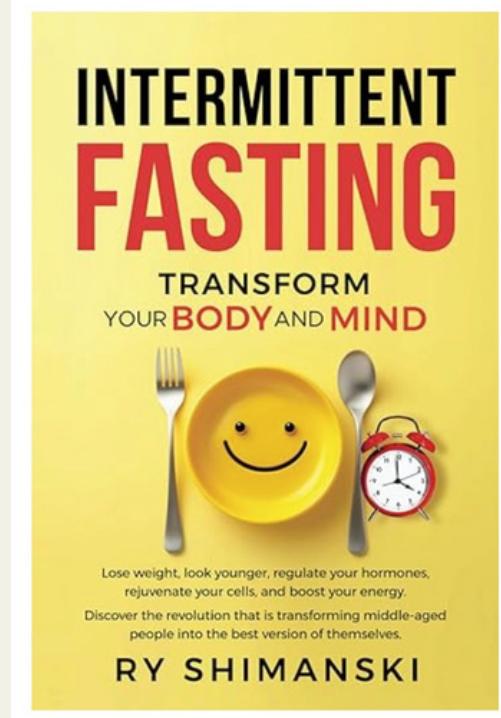
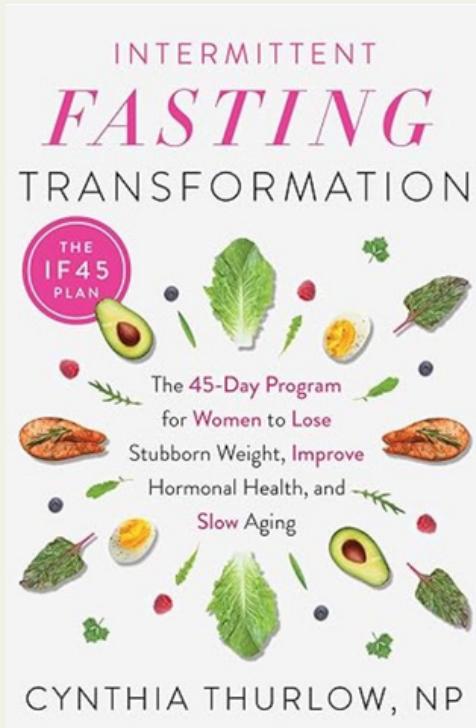
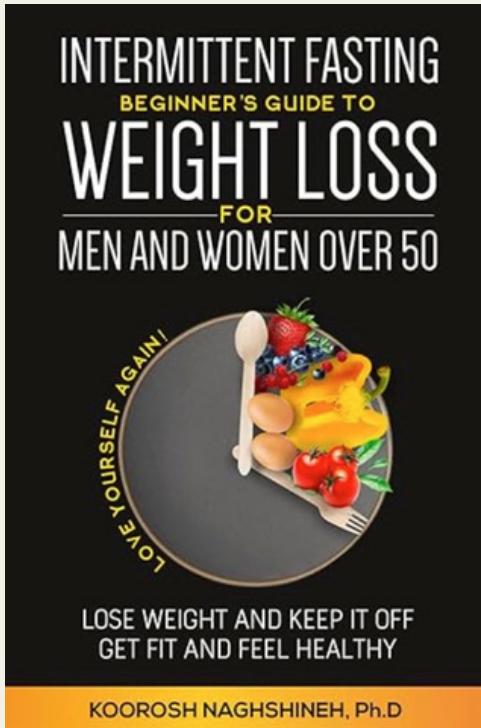
Unlock Your Potential with Intermittent Fasting

Intermittent fasting is not just a trend; it's a scientifically backed approach to improving your health and vitality. By embracing intermittent fasting and adopting a healthy lifestyle, you can unlock your body's full potential and thrive in all aspects of life.



Recommended Books on Intermittent Fasting

Click Each For More Information



For individuals over 50 seeking to embark on an intermittent fasting journey for weight loss, we recommend three essential books that serve as comprehensive guides to this lifestyle approach. **"Intermittent Fasting for Men and Women Over 50: A Beginner's Guide to Weight Loss"** offers tailored advice and strategies specifically designed for older adults, addressing unique challenges and considerations related to age and health. Written by experts in the field, this book provides practical tips, meal plans, and intermittent fasting schedules tailored to the needs of individuals in this demographic, empowering them to achieve sustainable weight loss and improved overall health through intermittent fasting.

"Intermittent Fasting Transformation" is a transformative guide that offers a holistic approach to intermittent fasting, providing readers with valuable insights and practical strategies to achieve significant health improvements. Authored by renowned experts in the field, this book delves into the science behind intermittent fasting and its profound effects on weight loss, metabolic health, and longevity. Through inspiring success stories and evidence-based advice, **"Intermittent Fasting Transformation"** equips readers with the knowledge and tools needed to implement fasting safely and effectively, guiding them on a journey towards optimal health and well-being. Whether you're a beginner or experienced faster, this book serves as a valuable resource for anyone looking to unlock the transformative power of intermittent fasting in their lives.

"Intermittent Fasting: Transform Your Body & Mind" is an indispensable resource for anyone seeking to harness the potential of intermittent fasting to enhance both physical and mental well-being. Written by experts in the field, this book offers a comprehensive guide to understanding the science behind intermittent fasting and its profound impact on the body and mind. Through practical tips, personalized meal plans, and motivational insights, readers are empowered to embark on a journey of transformation, shedding excess weight, improving metabolic health, and boosting cognitive function. With its accessible language and evidence-based approach, **"Intermittent Fasting: Transform Your Body & Mind"** is a must-read for anyone looking to unlock their full potential and achieve lasting health and vitality through intermittent fasting.