



Moderation & Rotation:

DANNY ARGUETTY



It is a curious yet natural tenet that proclaims that too much of any one thing can start to yield unfavorable results. Diversity on all fronts is significant not only for mental sanity but also because it invites us into a greater appreciation of the richness of life. In the world of food and nutrition, our ability to both be moderate in the amounts and types of foods we consume, as well as the skill to rotate what we eat is of utmost importance for long term health. If we look at the intelligence of the natural world we see that the earth unsurprisingly moderates and rotates what foods are available at distinctive times of the year. If we were living in the wild we would be forced to eat different foods with diverse nutrient profiles as the seasons progress and change. Creating rotation in our weekly eating habits doesn't have to be rocket science and in fact need not happen at every single meal. Simply keeping in mind the principal of moderation and rotation will provide fresh opportunities to mix it up. So why inquire into the diversity of your food?

ALLERGY PREVENTION:

In western cultures it is interesting to observe that the most common food allergies people struggle with include soy, eggs, dairy, gluten, and peanuts to name a few. If we look at these foods more closely we can see that they are foods that are mass-produced at low-quality and over consumed by the public. In a sense the body is creating a clear communication and begging you to stop feeding it the same types of substances. Instead of low quality soy bring in more miso, tamari, and tempeh; explore goat, sheep, and buffalo dairy as alternatives to cow's products; invite in more millet, quinoa and brown rice; and explore almonds, hazelnuts, and Brazil nuts for a change.

MORE ACCESS TO NUTRIENTS:

If you give your body different types of foods it will be able to fill up its reserves on essential vitamins and minerals. When your nutrients are at optimal levels you will experience greater immunity, increased mood stability, and greater energy. For example Brazil nuts are an amazing source of selenium which helps protect cells from free-radical damage, enables your thyroid to produce thyroid hormone, and helps lower your risk of joint inflammation, while walnuts on the other hand contribute to heart health, healthy sleep, and bone protection.



HAVE A FEW BASE MEALS



START WITH BREAKFAST

USE SPICES



BEYOND FOOD





GREATER JOY:

Eating can be a mood enhancing experience as our five senses get involved in the magic of nourishing foods. While structure and routine are important, if your daily breakfast is boxed cereal with milk seven-days a week there is likely to be an energetic drain by day seven. Even the simple act of switching up your milk can up level the experience. Explore hemp milk, oat milk, almond milk, or goat's milk for a change. In order to put moderation and rotation to work it can be helpful to keep a few ideas in mind:

HAVE A FEW BASE MEALS:

Especially if you are busy, instead of reinventing the wheel each time have a few basic recipes that you can easily swap ingredients to create new delights. For example one night I make soba noodles mixed with sautéed onions, sun dried tomato, garlic, kale, and goat cheese tossed with olive oil. The next week I prepare rice noodles with sautéed shallots, olives, chard, and pine nuts sprinkled with avocado oil. The meals are similar but each switch that was made provides a whole new nutritional profile and flavor for your body.

USE SPICES:

A similar meal can be completely different when diverse herbs and spices are utilized. In addition to flavor, herbs and spices are packed with nutrient rich vitamins and minerals.

START WITH BREAKFAST:

The first meal of the day can be a wonderful place to diversify the foods you eat. Instead of a cereal bar or boxed cereal, take five more minutes and prepare an egg and bean burrito with carrots and greens in a rice tortilla, toast with cheese, fresh basil, tomato, and olive oil to drizzle, or eat fresh pears with natural cashew butter.

NOT EVERY MEAL:

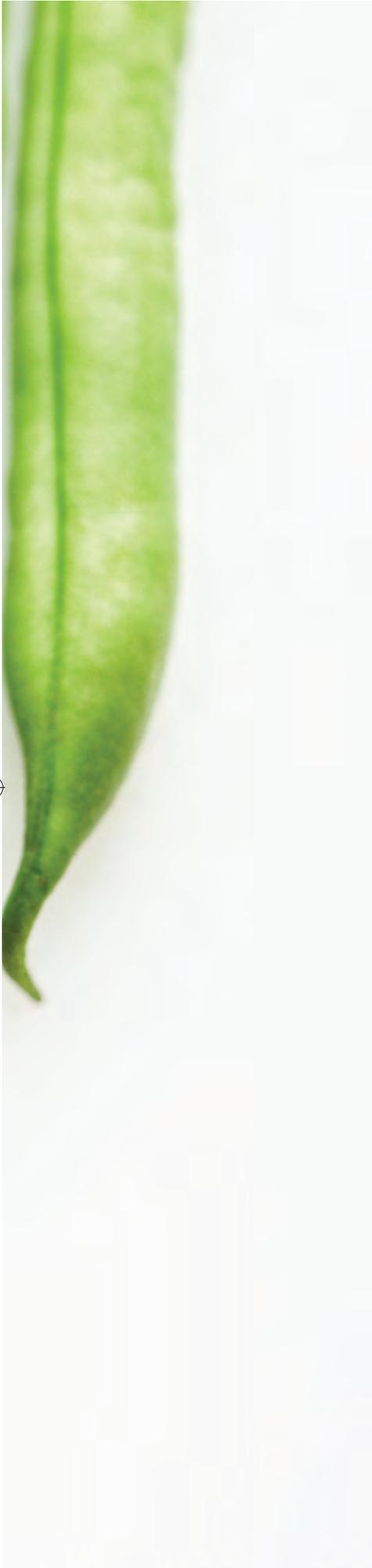
Remember not to drive yourself crazy with making every meal a new event. Start small and honor the meals and snacks you really love and choose to have more regular visitors in your weekly eating habits.

BEYOND FOOD:

Keep in mind that what you use on your skin and in your mouth also goes into your blood. Change up your toothpaste, shampoo or skin oil, which will ensure that if there is a substance or chemical that is harmful it will not overload your body systems.

Danny Arguette, MA, is trained in integrative nutrition from the Institute for Integrative Nutrition in New York City. He guides clients (in person or via phone/skype) based on individual needs and life situations with a whole foods focus in mind. Danny specialises in weight loss, digestive disorders, healthy aging, sugar/caffeine dependencies, persistent fatigue, chronic stress, whole foods education, & practical healthy living strategies. Danny is passionate about supporting people on their path of healthy eating, growth and inner discovery. nourishyourlight.com





Eating VEGETABLE CENTRIC

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In western culture more and more people are eating processed packaged goods that hardly resemble what once was thought of as food. The rise of low quality eating is contributing to many common western disorders like diabetes, obesity and high rates of cancer. Vegetables often fall victim to a busy lifestyle because their shelf life is short. Furthermore, as a result of dispersed family life, traditional food wisdom once passed down from generation to generation is being lost. Luckily, with a greater awareness of food's effect on health and the need to heal our ailing planet many individuals are rekindling their relationship with plant-based goodies. Being a strict vegetarian is not a requirement to reap the countless benefits and delectable flavors of fresh veggies. In fact, eating vegetable centric can be life saving, especially if you consume animal foods on a more than regular basis. So why dominate your plate with a variety of potent and colorful friendly companions?





ALKALINE & ACID: the first and most important contemplation in the internal chemistry of the body is our alkaline and acid profile. To put it simply, when the internal environment of the body is overly acidic (which occurs from low quality processed foods, over consumption of animal foods, toxic medications, and stress) the body is literally crafting a breeding ground for disease.

When the internal environment is more alkaline disease is held at bay and the body can thrive. Although rare, it is important to keep in mind that people can become overly alkaline and as a result become foggy and unclear. To restore a healthy balance it is important to add new foods in to crowd out highly processed chemicalised packaged goods. However, even within the whole food kingdom there is a spectrum of whole foods that create more acidity and those that are more alkalizing (keep in mind that acid tasting foods like citrus don't necessarily create an acidic impact on body chemistry). For example, broccoli, garlic, kale, sea vegetables, pumpkin seeds, and sprouts are more alkaline. Beef, corn chips, chicken, and ham are more acidic. When eating high quality animal foods, the key is not to get rid of more acidic foods but instead balance them out with alkalizing foods that will bring the body back to centre. In this way you can craft a win/win situation, as the body remains balanced and you are still getting the nutrient and energetic qualities of more acidic whole foods. Vegetables are the key to maintaining this equilibrium. If a typical breakfast consists of fried eggs, white toast, sausage and hashed potatoes the body is in acid overload. The same meal can be upgraded with poached eggs, wholemeal toast, and adding a side of kale, asparagus, salad greens or lightly steamed bok choy to shift the acid alkaline equation.

COLOR, COLOR, COLOR: the bright diversity of colors in vegetables communicates their high antioxidant properties and variety of vitamins and minerals which fight cancer causing free radicals in the body and help many essential enzymatic processes unfold with ease. Dr. Walter Willet, the chairman of the Department of

Nutrition at the Harvard School of Public Health writes in his book Eat, Drink, and Be Healthy, that eating vegetables can decrease the chances of having a heart attack or stroke, protects against a variety of cancers, lowers blood pressure, and protect the eyes against cataracts. Visit www.disabled-world.com/img/fruitvegetablecolorchart.jpg for a color based chart for fruits and veggies.

FIBER: eating a variety of vegetables contributes to the health promoting effects of fiber, which has impacts on the gastro intestinal tract and other essential systems in the body. Dr. Mark Hyman, author of Ultra Metabolism writes that fiber helps us burn more calories, stay full longer, and helps reduce our appetite. All three benefits occur because whole vegetable foods take longer to break down, provide us with more sustained fuel, and stabilize a potential blood sugar rollercoaster that can occur from fiber deficient foods.

HIDING IN PLAIN SIGHT: the way many vegetables look actually clues us in to the health benefits that they possess. A walnut resembles the folds of the brain and contains vital neurotransmitters for optimal functioning. Celery looks like bones and contains an ample amount of sodium to help replenish the strength of the skeletal system. Avocados support the health of the womb and cervix while creating hormonal balance. Sweet potatoes resemble the pancreas and help the body stabilize blood sugar. For more veggies hiding in plain sight visit www.nourishyourlight.com/resources.htm

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CREATIVITY ABOUND: to include more vegetables in your daily routine get creative, be demanding (and kind) at restaurants for a larger portion of veggies, and experiment with new way to steam, bake, sauté, and eat plant based foods as is. Here are a few ideas to get you started.

1. Poached eggs, salsa, yeast free rye bread, and steamed spinach.
2. Soba noodles, sautéed onions, garlic, kale, sun dried tomato paste, olives, olive oil, and goat cheese.
3. Avocado, cucumbers, fresh parsley, squeezed lemon and sea salt on yeast free spelt bread.
4. Carrot, daikon, parsnip, ginger, yellow miso soup (add miso when water is not boiling once all your veggies are tender).
5. Wild Alaskan (Scottish) salmon, steamed with squeezed lemon, garlic, olive oil, pepper, mushrooms, & mustard greens.
6. Salad greens, red pepper, radish, celery, sautéed zucchini and summer squash, sardines, chili flakes, sea salt, olive oil and balsamic vinaigrette.
7. Fresh fruit salad. 3 Avocados, ½ cup raw cacao (chocolate) powder, coconut flakes, dates and figs. Blend together, add water to smooth out, tastes and feels like chocolate pudding, but without the dairy.



