

# A Guide to Wellness

HOLISTIC NUTRITION BY BONNIE FISK-HAYDEN, M.S., NUTRITION CONSULTANT

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## BASIC EATING FOR GOOD HEALTH

**M**any people want to eat well to stay healthy but may be confused about the best way to accomplish this. There are a few general guidelines that can be individualized for a person's specific health problems. I believe that one of the most important factors is BALANCE. This means eating the right proportions and portions of the most nutrient-dense foods available. When we feed the body the nutrients that it needs, then the body (and the brain) do not crave the foods that are not so healthy. Eating empty-nutrient foods such as those made with white flour and sugar leave us feeling hungry and craving more and more sugar, setting the stage for many chronic diseases. Since the end of the 1700s sugar consumption has risen in the U.S. by almost eight times to a staggering 152 lbs. per person per year. This is caused in part by the fact that sugar or its derivatives are added to almost all packaged foods. Our rate of chronic diseases has probably increased as much. Sugar is also one of the most addictive substances we consume.

The importance of eating organically raised food cannot be stressed enough. With soils depleted of many minerals, it makes sense to eat foods grown in soil that has been replenished with compost and not contaminated with pesticides, or animals fed from unpolluted grass or feed. Organic foods provide more nutrients per calorie than non-organic foods. A balanced diet may include 25-30% lean, uncontaminated protein (no hormones, antibiotics or heavy metals), 20-25% good fats, and 50% complex

carbohydrates. Good fats are comprised of fats from wild, cold-water fish, flax oil, olive oil, raw nuts and seeds, avocado, coconut (oil and milk) and small amounts of organic butter. It is best to obtain 70% of one's carbohydrates from non-starchy vegetables, with the rest coming from 1-2 servings of fresh fruit per day, and whole cooked or sprouted grains and beans. Incorporating as many colors of fruits and vegetables into your meals each day will feed your body important nutrients. Check [www.glycemicindex.com](http://www.glycemicindex.com) for a list of foods that will not raise your blood sugar too fast or too high. Protein sources can come from lean, organic poultry, cold-water fish, organic eggs, whey or rice protein powder, combinations of whole grains and legumes, and nuts and seeds. Red meats can be eaten in moderation (2 times per week), using the leanest cuts and grass-fed organic when available. Of course, these are general guides—it is always best to evaluate each person and their health concerns by a knowledgeable health professional and plan a dietary program tailored specifically for them.

### WHAT TO AVOID

Aim to reduce foods containing caffeine, alcohol, sugar and flour and items made from these. Our bodies were never designed to assimilate these substances and have not adapted to them, except in negative ways, with chronic diseases. All hydrogenated fats including margarine and shortening are poison to the body along with most vegetable oils. Sugar is one of the most inflammatory substances in the American

diet. Since inflammation has been implicated in many chronic diseases such as heart disease, diabetes and cancer, it is a good idea to try to cut down on the quantity as much as possible. The artificial sweeteners aspartame, saccharine and sucralose have many adverse effects along with increasing sugar cravings and raising the body's insulin response. The herbal sweetener stevia is a better choice, as is the sugar alcohol, xylitol. A good rule of thumb is to shop the perimeter of a store, avoiding all packaged foods, and

concentrating on fresh foods and those sold in bulk and with as little processing as possible.

All in all, it is not that difficult to incorporate changes into your food choices. It does not have to be done all at once, but new changes can be made each week. You will find many delicious foods within these parameters so that eating will be a pleasurable experience. The benefit will be in how you feel—no longer a slave to cravings and fatigue, but energized all through the day.



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**Bonnie Fisk-Hayden** has been an informal student of health and nutrition for 12 years, and a formal student of holistic nutrition for almost five years. She has a Masters Degree in Holistic Nutrition from Clayton College of Natural Health.

Bonnie listens carefully to her clients, and after reviewing a comprehensive health history, assesses their overall health picture before recommending a particular protocol. With nutrition-based treatment it is important to identify the cause of underlying problems, rather than simply treating the symptoms. The goal is for the body to reach balance in all systems, because if one system is out of balance, then it will throw others off as they try to compensate for the first one. Bonnie specializes in helping clients with joint pain, blood sugar imbalances and food cravings.

The first step in the process is the client filling out a questionnaire with a three-day diet journal. Once that is evaluated we meet for an initial consult that usually lasts 1-1.5 hours. This can be done in person or over the phone. The client receives a protocol for diet, lifestyle changes and supplements if indicated to start off. This is the beginning of an ongoing relationship where Bonnie keeps tabs on the client's progress with follow up visits or calls, and makes changes to the recommendations as they go forward and improve. She keeps track of the client's overall health picture, always striving to guide them towards balance and optimum wellbeing.

Consultations may be conducted by phone or in person.