



THE REAL FOOD LIFESTYLE

REAL FOOD RESCUE

Program Guidebook

What is Primary Food?

All that we consider today as nutrition is really just a secondary source of energy.

Think back to a time when you were passionately in love. Everything was exciting. Colors were vivid. You were floating on air, gazing into your lover's eyes. Your lover's touch and your shared feelings of exhilaration were enough to sustain you. You forgot about food and were high on life.

Remember a time when you were deeply involved in an exciting project. You believed in what you were doing and felt confident and stimulated. Time seemed to stop. The outside world faded away. You didn't feel the need to eat. Someone had to come by and remind you.

Imagine children playing outside with friends. At dinnertime the mother reminds the children, "Time to come in and eat." "No mommy, I'm not hungry yet," they respond. At the dinner table, the mother feels that her role is to enforce the rules of good nutrition and instructs the children to eat their food. Eventually, the children force down a minimally acceptable amount of food and rush out again to play. At the end of the day, the kids return, exhausted, and go to sleep without thinking about food at all.

As children, we all lived on primary food. The same as when deeply in love, or working passionately on a project. The fun, excitement and love of daily life have the power to feed us so that food becomes secondary.

Now think of a time when you were depressed, or your self-esteem was low; you were starving for primary food. No amount of secondary food would do. You ate as much as you wanted, but you never felt satisfied. Even in good times when we come home at night, we often look into the refrigerator for something to eat, when all we really want is a hug or someone to talk to.

Primary foods feed us, but they don't come on a plate. Elements such as a meaningful spiritual practice, an inspiring career, regular and enjoyable physical activity and honest and open relationships that feed your soul and your hunger for living all constitute primary food.

The more primary food we receive, the less we depend upon secondary foods. The opposite is also true. The more we fill ourselves with secondary foods, the less we are able to receive the primary foods of life.

Every spiritual tradition encourages people to fast during the year so that individuals have time to reduce secondary foods, thus allowing for a greater awareness of primary food.



Please take the time to explore your primary foods as you journey through this program.

Understanding Cravings:

The body is amazing. It knows when to go to sleep, wake up, go to the bathroom, maintain 98.6 degrees and tighten the eyes when the light gets bright. It knows the miracle of pregnancy and childbirth. Your heart never misses a beat. Your lungs are always breathing. The body is a super-computer and it never makes mistakes.

Look at the foods, deficits and behaviors in your life that are the underlying causes of your cravings. Many people view cravings as weakness, but really they are important messages meant to assist you in maintaining balance. When you experience a craving, deconstruct it. Ask yourself, what does my body want and why?

The eight primary causes of cravings are:

1. Lack of primary food. Being dissatisfied with a relationship or having an inappropriate exercise routine (too much, too little or the wrong type), being bored, stressed, uninspired by a job, or lacking a spiritual practice may all cause emotional eating. Eating can be used as a substitute for entertainment or to fill the void of insufficient primary food.
2. Water. Lack of water can send the message that you are thirsty and on the verge of dehydration. Dehydration can manifest as a mild hunger, so the first thing to do when you get a craving is drink a full glass of water. Excess water can also cause cravings, so be sure that your water intake is well balanced.
3. Yin/yang imbalance. Certain foods have more yin qualities (expansive) while other foods have more yang qualities (contractive). Eating foods that are either extremely yin or extremely yang causes cravings in order to maintain balance. For example, eating a diet too rich in sugar (yin) may cause a craving for meat (yang). Eating too many raw foods (yin) may cause cravings for extremely cooked (dehydrated) foods or vice versa.
4. Inside coming out. Often times, cravings come from foods that we have recently eaten, foods eaten by our ancestors, or foods from our childhood. A clever way to satisfy these cravings is to eat a healthier version of one's ancestral or childhood foods.
5. Seasons. Often the body craves foods that balance the elements of the season. In the spring, people crave detoxifying foods like leafy greens or citrus foods. In the summer, people crave cooling foods like fruit, raw foods and ice cream, and in the fall people crave grounding foods like squash, onions and nuts. During winter, many crave hot and heat-producing foods like meat, oil and fat. Cravings can also be associated with the holidays, for foods like turkey, eggnog or sweets.



6. Lack of nutrients. If the body has inadequate nutrients, it will produce odd cravings. For example, inadequate mineral levels produce salt cravings, and overall inadequate nutrition produces cravings for non- nutritional forms of energy, like caffeine.

7. Hormones. When women experience menstruation, pregnancy or menopause, fluctuating testosterone and estrogen levels may cause unique cravings.

8. De-evolution. When things are going extremely well, sometimes a self-sabotage syndrome happens. We crave foods that throw us off, thus creating more cravings to balance ourselves. This often happens from low blood-sugar and may result in strong mood swings.

Movement

Exercise may be the closest thing to the fountain of youth. Not only does regular activity strengthen your muscles and improve heart and lung function, but it can also reduce your risk of major diseases, stimulate the growth of new brain cells, and even add years to your life. Studies show just 30 minutes of physical activity on most days is all that's required to reap big benefits.

The range of health bonuses now attributed to exercise has surprised even doctors. Research suggests that workouts may do the following:

1. Keep you young. Workouts such as brisk walking or cycling boost the amount of oxygen consumed during exercise. Improving your aerobic capacity by just 15 to 25 percent would be like shaving 10 to 20 years off your age. Aerobic exercise may also stimulate the growth of new brain cells in older adults.
2. Reduce infections. Moderate workouts temporarily rev-up the immune system by increasing the aggressiveness or capacity of immune cells. That may explain why people who exercise catch fewer colds.
3. Prevent heart attacks. Not only does exercise raise "good" HDL cholesterol and lower blood pressure, but new research shows it reduces arterial inflammation, another risk factor for heart attacks and strokes.
4. Ease asthma. New evidence shows that upper-body and breathing exercises can reduce the need to use an inhaler in mild cases of asthma.
5. Control blood sugar. Exercise helps maintain a healthy blood-sugar level by increasing the cells' sensitivity to insulin and by controlling weight. Regular brisk walking can significantly cut the risk of developing type 2 diabetes.
6. Protect against cancer. Exercise may reduce the risk of colon-cancer by speeding waste through the gut and lowering the insulin level. It may also protect against breast and prostate cancer by regulating hormone levels.
7. Combat stress. Regular aerobic exercise lowers levels of stress hormones. For many people, exercise helps relieve depression as effectively as antidepressant medication.
8. Relieve hot flashes. Increasing fitness by walking or practicing yoga enhances mood and reduces some menopausal symptoms, such as hot flashes and night sweats.



9. Protect men's health. Pelvic exercises help prevent erectile dysfunction and possibly benign prostate enlargement, a common cause of urinary problems.
10. Prolong life. Studies lasting many years have consistently shown that being active cuts the risk of premature death by about 50 percent for men and women.

Adapted from Consumers Reports, September, 2007

Eating Mindfully

So often we eat mindlessly. We stuff food into our mouths while working on the computer, watching TV, or when we're on the run. The pleasure of eating lies in slowing down and fully experiencing all of the elements of food. Take some time to explore each of the following during your next meal and notice the difference.

Sight: Look at your food and imagine you are a Martian scientist. You just arrived on Earth and have never seen this food before. Look at it carefully without naming it. Can you see the water, the rain and the sunlight within the food?

Smell: Bring the food up to your nose. Without naming the scent, experience smelling the food, and then describe what you smell.

Physiological reaction: Now focus on what is going on in your mouth. Begin to notice that saliva is produced, even though you haven't yet put the food in your mouth. Notice the mind/body phenomenon and how the senses respond to the anticipation of food being eaten.

Touch: Now explore how the food feels. Without naming the sensation, just experience touching your food.

Motion and movement: How is it that your hand knows how to move the food directly to the lips? As you bring the food up to your mouth, notice what happens next. The mouth receives the food. Nothing goes into the mouth without it being received. And who or what is doing the receiving? The tongue. Observe what the tongue does with it. How does it get the food between the teeth? It's amazing that the tongue is so skilled, and that such a remarkable muscle can actually receive food and then know what to do with it every time.

Taste, texture, swallow, breathe

Taste: After becoming aware of the food in your mouth, start biting into it very slowly. Then begin to chew. Notice that the tongue decides which side of the mouth it's going to chew on. Give all your attention to your mouth and take a few bites. Then stop to experience what's happening. What is happening is invariably an explosion of taste. Express what's going on. Be really specific. What is the experience? Is it sweet or sour or juicy? There are hundreds of words to describe the experience of tasting.

Texture: As you continue to chew the tastes change, as does the consistency. At a certain point you will become aware of the texture of the food because the taste has mostly passed. If the texture causes aversion, you may want to swallow it, but try to keep it in your mouth.



Swallow: Don't swallow it yet. Stay with the impatience and the inborn impulse to swallow. Do not swallow until you detect the impulse to do so. And then observe what is involved in getting the food over to the place where it's going to be swallowed. When you detect the impulse to swallow, follow it down into the stomach, feel your whole body and acknowledge that your body is now exactly one bite heavier.

Breath: Next, pause for a moment or two, and see if you can taste your breath in a similar way. Bring the same quality of attention to the breath that you gave to seeing, feeling, smelling and tasting the food.

Silence

Silence: Be silent. By this point, you understand something of what meditation is. It is doing what we do all the time, except we're doing it with attention: directed, moment-to-moment, nonjudgmental attention.

You can also do this with another person, moving the food close to their mouth, but not all the way into their mouth. You can even massage their lips with the food to see what happens. The main thing is to have fun, learn something and understand yourself better.

Chewing

How to chew properly

Eating begins with the simple act of chewing. Chewing leads to smooth digestion and greater assimilation of nutrients by initiating the release of digestive enzymes that break down food. Carbohydrate digestion begins in the mouth with chewing. Chewing turns grains and other complex carbohydrates into satisfying sugars and makes oils, proteins and minerals available for maximum absorption. Whole foods, especially whole grains, must be mixed with saliva and chewed until they become liquid to release their full nutritional value. In addition, the more that whole carbohydrate foods are chewed, the sweeter they become. Because digestion becomes so efficient when you chew your food thoroughly, your body will begin to feel wonderfully light.

How to Chew Properly

To get into the habit of chewing correctly, try counting the chews in each bite, aiming for 30 to 50 times. It helps if you put your fork down between bites.

- Chew every mouthful of food at least 30 times each, until the food becomes liquid.
- Chewing breaks down food and makes it easier on the stomach and small intestine to digest.
- Saliva assists in the digestion of carbohydrates.



- Saliva also makes the food more alkaline, which creates less gas. (Gas is experienced in the stomach and intestine, but it is caused by spleen imbalances.)
- If under pressure at meals, take deep breaths, chew, and let the simple act of chewing relax you. Taking the time to chew will help you to enjoy the whole spectrum of tastes and aromas that make up the meal.

Good Chewing Suggestions

Before eating

- Shower or wash hands and face.
- Turn off the television, radio, telephone.
- Do not read.
- Find a clean quiet place to eat.
- Light a candle or play soft music.
- Stretch, breathe.
- Say a prayer.
- Align your posture and breathe.

During your meal

- Place a bite of food in your mouth.
- Put your utensil down.
- Place your hands together while chewing.
- Begin chewing and deep breathing.
- Concentrate on what you're doing.
- Look at your food or something attractive, or close your eyes partially or fully.

After eating

- Say thanks.
- Sit and talk after your meal. • Take a light stroll.

Excerpted from Power Eating Program: You Are How You Eat by Lino Stanchich.



Cleaning up your Skincare Routines – another place to become a label detective!

Most of us are well aware of the myriad health tips available for clean eating and have a good general idea of what we need to do to avoid things like heart disease, diabetes, and obesity. However, many Americans have yet to learn about the import role of skin care in overall health. Did you know that your hot flashes, allergies, eczema, hormone dysfunction, infertility problems, immune disorders, and cancer could be due to your body care products?

Surveys show that on average, women use 12 products containing 168 ingredients every day, men use 6 products with 85 ingredients, and children are exposed to an average of 61 ingredients daily.

Your skin is your largest organ and is designed to protect your insides from the outside environment. It's a powerful interface between the mind, body, and the external world. Many cosmetics ingredients penetrate the skin. People ingest those used on lips and hands and inhale sprays and powders.

Federal Laws: Why they don't help:

Our current cosmetics laws in the U.S. date back to 1938. There are significant loopholes in U.S. federal law allow the cosmetics industry to put unlimited amounts of chemicals into personal care products with no required testing, no monitoring of health effects and inadequate labeling requirements.

Would it surprise you to know that cosmetics are among the least-regulated products on the market? Unfortunately, the FDA currently has very little power to regulate cosmetics. The FDA does not review – nor does it have the authority to regulate – what goes into cosmetics before they are marketed to salons and consumers.

In our opinion, some of the best skin care techniques have very little to do with the products you use. They involve how you take care of your skin with nutrition, adequate hydration, decreased stress, exercise, sun protection and getting enough sleep. The REAL FOOD Rescue program of course encourages all of this and you will likely find your skin glowing (and may start getting compliments too!) around week two.

Since we are already asking you to ditch the processed foods and clean out your pantry, here's a list of ingredients to avoid on your personal care and household products as well!

Toxic Ingredients 101:

Parabens:

A preservative with anti-bacterial and anti-fungal properties.

Linked to breast cancer, hormone disruption, allergic reactions, and infertility.

Found in: shampoos, moisturizers, shaving gels, personal lubricants, topical pharmaceuticals, spray tanning solutions, makeup, and toothpaste. They are also used as food additives.

Other names: methyl-, ethyl-, propyl-, butyl-, and isobutyl-paraben

Petrochemicals:

Carcinogenic. Produced as a byproduct of the distillation of gasoline from crude oil and toxic to the nervous system. Suffocates and ages the skin and disrupts the skin's ability to eliminate toxins.



Found in: most packaging and commonly used in cosmetics including foundation, moisturizer and lipsticks. It's also used to make antifreeze and brake fluid.
Other names: paraffin, mineral oil, polyethylene glycol (PEG), diethanolamine (DEA), methanolamine (MEA), butylene glycol, ethanol, ethylene glycol, EDTA (ethylene-diamine-tetracetatic acid), propylene glycol, propyl alcohol, cocamidopropyl betaine, parfum or fragrance

Artificial/Synthetic Colors:

Carcinogenic.

Found in: toothpaste, mouthwash, lipstick, shampoo, hair dyes, lip balms, lip pencils, lip gloss, foundation, skin cream, mascara, etc.

Labeled as: FD&C or D&C, followed by a color and a number. Example: FD&C Red No. 6 / D&C Green No. 6.

Artificial/Synthetic Fragrance:

May contain hundreds of chemicals that are neurotoxins.

Considered to be among the top five known allergens and are known to both cause and trigger asthma attacks. Also linked to immune system damage, sensitization, brain damage, hormone disruption, and cancer.

Found in: shampoos, deodorants, shaving creams, lotions, etc. Even items advertised as "unscented."

Labeled as: parfum, perfume, fragrance.

Warning: "Unscented" products may still have artificial fragrance!

Sodium Lauryl Sulfate & Sodium Laureth Sulfate

Detergents and surfactants that damage the skin's immune system by causing the layers to separate, inflame and age. Allow 40% more toxins to enter the body through the skin. Also contribute to yeast infections and hair thinning. Build up the heart, liver, lungs and brain.

Found in: 90% of personal care products that foam as well as engine decreasers, car washes, and garage floor cleaners.

Labeled as: SLS and SLES.

Triclosan

A synthetic antibacterial ingredient registered by the EPA as a pesticide. Causes cancer in humans and creates "super-bugs" that it cannot kill.

Found in: Antibacterial hand soaps and some toothpastes.

Labeled as: triclosan.

Phthalates

Used in combination with artificial fragrances as a solubilizer or denaturer. A known endocrine disruptor – mimic hormones and cause reproductive and neurological damage.

Found in anything that contains artificial fragrance, including: deodorant, perfumes, shampoos, soaps, detergents, nail polish, hair spray, lotion, body sprays, etc.

Labeled as: phthalates, fragrance.

The Good News --- Naturally Nourishing Ingredients

Essential Oils:

- Essential oils – replace artificial fragrances and preservatives.
- Essential oils are the safest way to fragrance any product.
- Many essential oils are known for their anti-bacterial, anti-fungal, and immune supporting properties.



- They can heal many skin conditions, kill germs, treat sore muscles and joints, ease or lift the spirit, promote restful sleep, enhance concentration, boost immunity, ease lines and wrinkles, and so much more!

Carrier Oils

- Carrier oils replace petrochemicals.
- Carrier oils are rich in vitamins, fatty acids and antioxidants. They can stimulate cells, moisturize the skin, aid in the absorption of essential oils, promote healing, etc.
- Carrier oils include apricot oil, coconut oil, extra virgin olive oil, grapeseed oil, jojoba golden oil, sea buckthorn oil, tamanu oil, etc.

Other important ingredients:

Butters and emollients – heal and moisturize the skin, protect against the sun, soothe skin irritation (ex. cocoa, shea, mango, aloe vera gel/juice, vegetable glycerin).

Natural deodorants – arrowroot powder, baking soda.

Exfoliants – jojoba beads, salt, sugar, sand, clay, etc.

Antioxidants – prevent the formation of free-radicals which cause cancer (ex. vitamin E/tocopherol, rosemary extract).

