

CELLULAR NUTRITION

10 Simple Rules Everyone Can Follow



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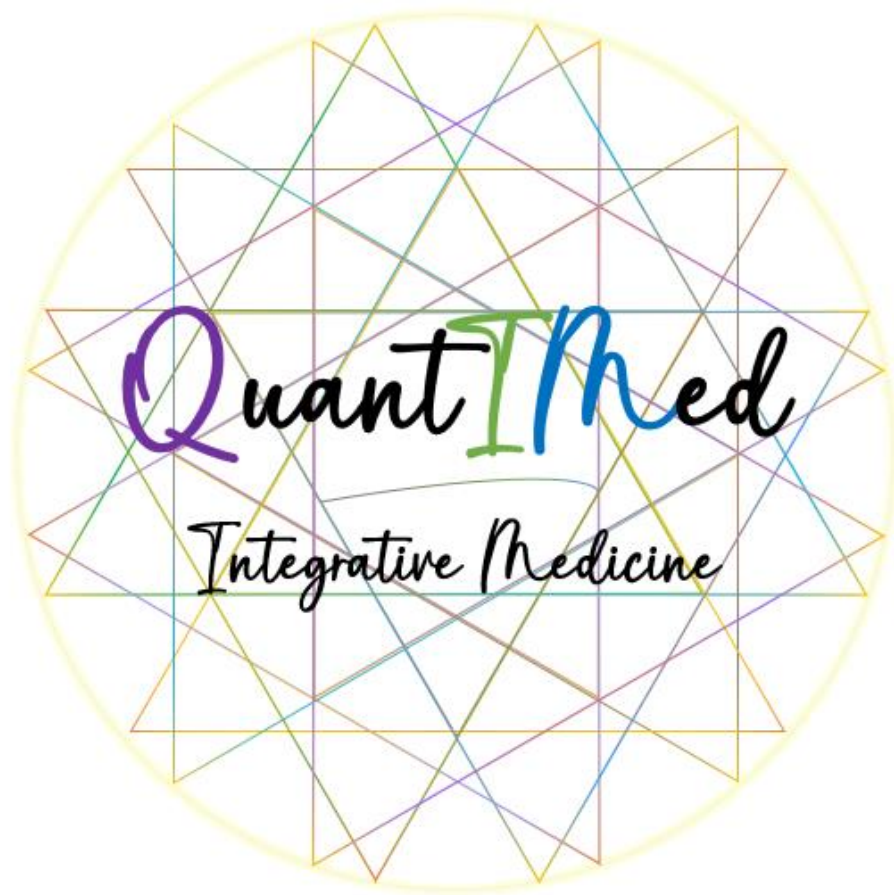
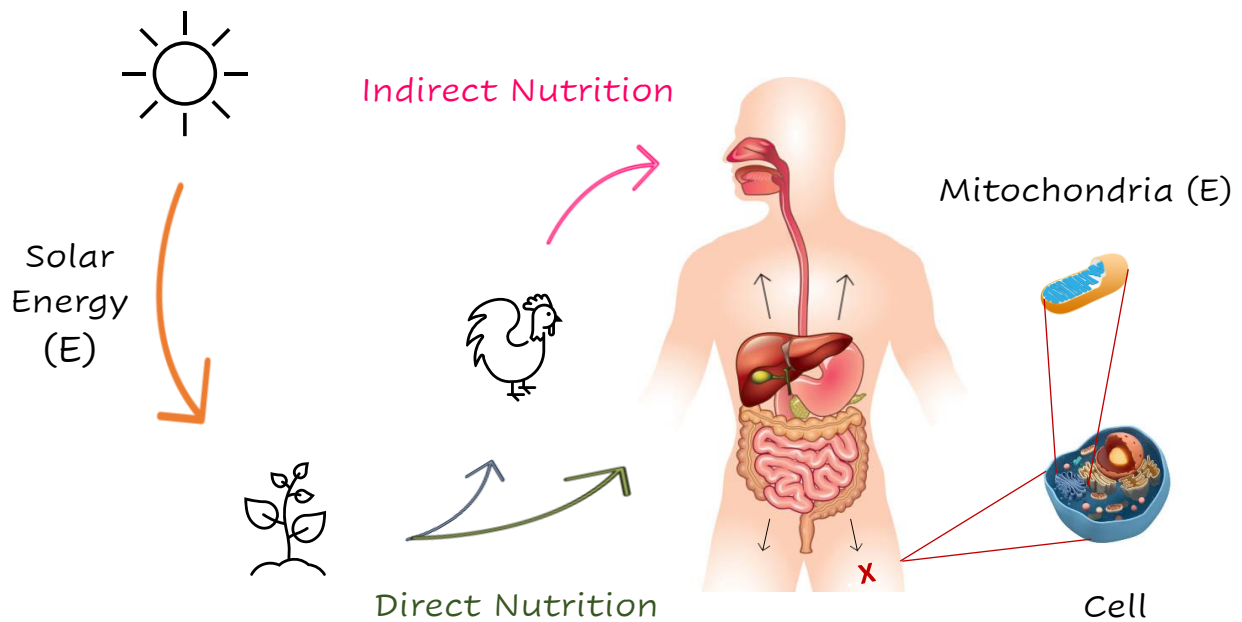


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What is Cellular Nutrition?

Cellular Nutrition is the process by which essential nutrients reach and get absorbed into each human cell, where the Energy necessary for human life is released.



Plant Nutrition is the intake of water, minerals, nitrogen, and carbon dioxide to pack up Solar Energy into the nutrients that all animals (including humans) feed on: macronutrients (carbohydrates, lipids, protein) and micronutrients (vitamins, minerals).

Direct Nutrition is the intake of **plant**-derived nutrients by herbivores.

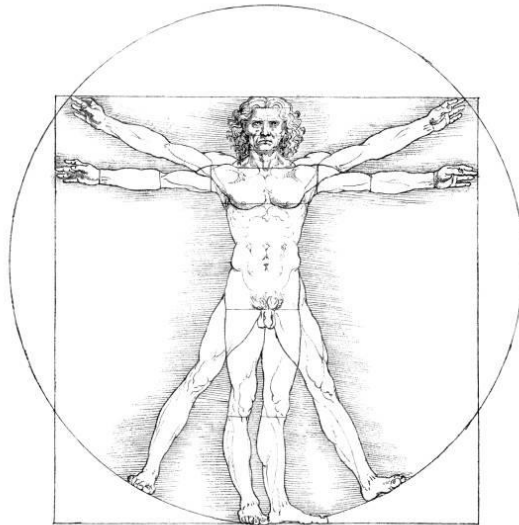
Indirect Nutrition is the intake of **animal-derived** nutrients by carnivores. It is an indirect source of nutrition, as the usable energy is recycled from the plants the first herbivore in the animal chain fed on.

Why Focus on Cellular Nutrition?

The human body requires a very specific set of *essential nutrients* in order to maintain its *homeostasis* (steady internal conditions, which are kept within a very narrow range of parameters).

These essential nutrients should be mainly supplied via direct nutrition and - in a smaller proportion - via indirect nutrition.

When cells receive compatible essential nutrients from Mother Nature's basket, they function as intended, can repair themselves to prevent disease and delay aging, as well as provide the whole organism with increased levels of Energy.



- ✘ AVOID eating the wrong foods (such as products with added sugar / synthetic chemicals, processed, refined, or heat-treated), as they do not provide the proper nutrition for your body. Instead, they can increase oxidative stress, chronic inflammation and even promote premature aging and illness.

Preamble

Have you ever been to the doctor and been told to “eat healthier” if you want to “feel better” – but don’t know how to do that?

Does the topic of nutrition seem like a big book with too many pages, sometimes written in a different language?

Well, if that is the case, then this document is the right place for you to start learning!

The next pages will explore 10 rules anyone can follow when choosing a healthy nutritional regimen.

The information is presented in short, simple paragraphs, but contain lots of practical tips and advice.

While there are no “one-size-fits-all” rules, the following are general guidelines most people can implement in their daily routine with minimal effort and time investment.

Please remember to check with your medical doctor or nutritionist if you have been diagnosed with any medical conditions, or if you believe that certain foods are not right for you – *before* trying them.

Let’s get started!

#1. Eat Fresh Food

Grow your own food supply: plant a garden, an orchard, go fishing, or raise animals for their meats and meat by-products.

Get your food directly from farms, butchers' shops, farmers' markets and fish markets. Choose merchants with fresh produce that is grown/raised sustainably.

If buying from a store, shop for fiber-rich fresh fruit & vegetables, legumes, whole grains, fresh meat & plain dairy products, herbs & spices, skipping the middle lanes filled with processed options.



AVOID foods that lack freshness:

- ✘ Processed / Refined / Hydrogenated – as they are stripped of their naturally-occurring essential nutrients, heat-treated, or tainted with chemicals like herbicides, pesticides, antibiotics, hormones, bleaching agents, etc.
- ✘ Packaged with added sweeteners, additives, artificial colors, fat stock, monosodium glutamate (MSG), preservatives, salt, etc.

#2. Eat Simple Food

Eat food items as found in nature, as often as possible. Fruits and vegetables, for example, offer the most nutritional value when eaten raw. If edible, consume the peel as well.

When food processing is needed – as with legumes, grains, or animal products, do it yourself and always choose the lightest cooking method possible at the lowest temperature setting.

This not only preserves the nutritional value of the food you are eating, but it also saves you time and makes the cooking process more enticing even for unexperienced cooks.



AVOID foods that are:

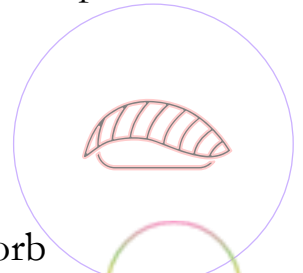
- ✘ Overcooked – as this process typically destroys valuable nutrients (for example, vitamins and minerals are lost through heat processing)
- ✘ Browned / Charred – as this process has been scientifically proven to produce carcinogens

#3. Eat Seasonal Food

Eat mainly foods that are in season in your geographical area. This local nutrient biodiversity in your food intake pattern helps to strengthen your immune system.



Include culturally accepted foods in your diet.



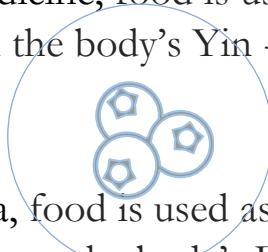
Your body has inherited the ability to digest and absorb nutrients from the foods your genetic ancestors ate over many generations.



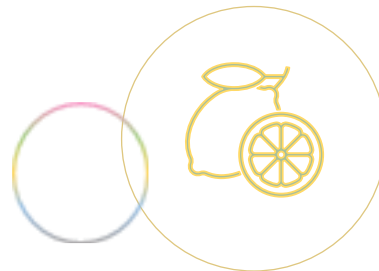
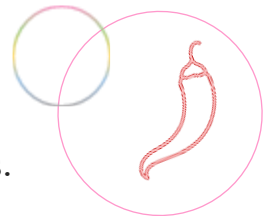
Traditional cultures in the East have long incorporated a season-based system of nutrition in their philosophies of life and wellbeing.



In Traditional Chinese Medicine, food is used as a remedy to restore the Qi balance between the body's Yin - Yang subtle energies.



Similarly, in Ayurveda, food is used as a remedy to restore the Prana balance between the body's Dosha subtle energies.



#4. Focus On Food Quality

Eat fiber-rich whole carbohydrates from vegetables, legumes, grains, and fruits.

Eat plant-based protein from beans, peas, nuts, seeds, whole grains, vegetables.

Eat animal-based protein from animals raised in their natural environment, on their natural diet (i.e., grass, hay, insects, worms, algae, fish, etc.).

Consume plant-based oils raw by eating nuts, seeds, legumes, and small amounts of cold-pressed, non-refined oils (i.e., olive, coconut, canola).



AVOID low quality foods:

- ✘ Simple carbohydrates (such as sugar, artificial sweeteners) from prepackaged food, confectioneries, pastries, sweet/carbonated beverages, alcohol, etc.
- ✘ Animal protein from farmed animals kept in confined spaces and fed a non-typical diet (like corn)
- ✘ Trans fats, refined oils, margarine, shortenings, animal fat, marbled meats, sausages, poultry skin, etc.

#5. Eat For Your Activity Level

Your daily food intake should be sufficient to cover your metabolic nutrient needs (for basic functions such as breathing, circulation, or cell repair), as well as the additional energy needed for your activity level (like walking or exercising).

Consequently, your nutrient intake should be lower on “lazy” days and higher on “active” days.

While eating a meal, listen to your body for the satiety signals it sends you, such as the *feeling of fullness* or the *deep sigh* that is usually followed by the repositioning of the torso or garment unbuttoning.

Finish your episode of eating by brushing and flossing your teeth!



AVOID the extra food intake, as it:

- ✘ Clogs down your gastro-intestinal system creating symptoms such as nausea, vomiting, acid reflux, bloating, gas, diarrhea, constipation, or toxicity
 - ✘ Puts unnecessary pressure on your wallet
 - ✘ Aids a wasteful food industry mind set

#6. Eat a Wide Variety of Foods

Have you heard of the expression “*eat the rainbow*”? This is good advice, as each food has a different nutritional profile, providing a wide variety of benefits at the body’s cellular level.

Diversify the grains and cereals you consume – add oats, buckwheat, millet, rye, quinoa, or barley to the usual wheat and rice North American staples.

Rotate your protein periodically between fish, crustaceans, mollusks, meats, poultry, but also plant-based items such as beans, rice, lentils, peas, or tofu.

Choose different fruit, vegetables, herbs, and legumes based on what is in season, thus the freshest!



AVOID eating the same foods all the time, as:

- ✘ Their nutrient profile may be too narrow to supply all your body needs, causing persistent hunger and even undernourishment or malnourishment
- ✘ This may trigger food sensitivities and even allergies

#7. Hydrate, Hydrate, Hydrate!

Water makes up about two thirds of the human body and is needed for all essential body functions (like digestion, absorption, excretion, circulation, temperature control, etc.).

While water needs are different for each person, a good measure of adequate hydration is urine that looks light yellow in color.

Thirst is often misinterpreted as hunger by the brain, so try hydration before eating or snacking!

Obtain your daily hydration from non-caloric, plain water, infused water, or unsweetened herbal teas.

Fruits and vegetables are also a great source of hydration, as some of them contain more than 90% water.



- ✘ AVOID drinking juices, carbonated beverages, alcohol, energy drinks, or excessive amounts of coffee, as they do not properly hydrate the body and can have detrimental effects on your health and wellbeing

#8. Practice Intermittent Fasting

Intermittent fasting is a practice that alternates eating and fasting during a specific period of time. This is not harmful to humans, as fasting was a natural occurrence during the hunter-gatherer period of our evolution when food was less available at regular intervals.

While many people have adopted it for weight loss, fasting has far more health benefits: it promotes internal healing at a cellular level through rest and the activation of the hormonal, anti-inflammatory, and gene expression mechanisms in the body.

It has been proven scientifically that fasting can increase one's metabolism and prevent risk factors for heart disease, cancer, or diabetes. It can even help prevent premature aging!



- ✘ AVOID eating or snacking 3 to 5 hours before sleeping and at least 30 minutes to 1 hour after waking up (you should be strictly hydrating your body first thing in the morning!)

#9. Clean Your Food

Modern agriculture uses many toxic chemicals such as fertilizers, insecticides, herbicides, pesticides, even dyes and waxes to make our fruits and vegetables look shiny on the store shelves.

For this reason, it is imperative to properly clean your fruits and vegetables before consumption. Make your own *veggie wash* - there are many recipes on-line, but they all have the same basic ingredients in various proportions and mixes: water, vinegar, salt, baking soda, and lemon juice. Try a few until you find the one that works best for you!

Fruits and vegetables should also be scrubbed down with a *veggie brush*, then eaten unpeeled if possible.

Use utensils made of glass, stainless steel, iron, or wood for cooking and storing your food.



- ✘ AVOID using coated vessels and utensils made from plastic or aluminum to cook, as the chemicals may seep into your food causing toxicities and illness!

#10. Eat Like a Child

Children have a pure heart, unspoiled by societal norms and unhealthy customs. Their innate eating habits tend to fall within lines that promote health and wellbeing.

We, as adults, should follow along!

- ✓ Eat only when hungry, and not simply because it is lunch time on the clock
 - ✓ Eat smaller quantities of food
- ✓ Eat slow, take your time to have a laugh with your eating buddies in between bites
- ✓ Stop eating when full, do not attempt to lick even the last drop of dressing off that plate
- ✓ Take a break from food when feeling ill (the body does not want to be digesting food, but fight the illness instead)



AVOID:

- ✗ Eating in a hurry or waiting until excessively hungry
- ✗ Buying / Keeping hard-to-resist foods in the house

Functional Lab Analysis

The 10 rules we explored above outline general guidelines anyone can follow when choosing a nutritional regimen.

However, *each person has unique nutritional needs* based on individual characteristics inherited at birth (*genetics*), as well as other characteristics acquired throughout life (*epigenetics*). These differences in hereditary and environmental factors are driving the variability between people's predisposition to good or poor health-related traits.

Functional Lab Analysis provides specific, individualized information regarding your body's internal functions and nutritional needs, as influenced by both genetic and epigenetic factors.

By accessing this information regarding your own body, you can take proactive steps to enhance your wellbeing. A healthy nutrition regimen along with supportive lifestyle choices can maximize your body's health potential and enhance your quality of life.



Functional Labs analysis can be prescribed by Integrative Medicine doctors based on your unique needs. If you are ready to know more about the whole, real *You*, please connect with us at www.quantimed.ca

Medical Disclaimer

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