

YOU ARE WHAT YOU EAT

Are you eating balanced meals everyday?



BY SIMONA STEPANCIC

You are what you eat is a profound expression that has crossed generations and cultures. Food not only shapes your body, it affects your mind and spirit. Foods rich in nutrients and enzymes, grown without chemicals, will nourish your body and rejuvenate your cells.

Are you eating balanced meals every day? Guess what! You still may not be getting enough of the vital nutrients important to good health. The solution... choose the foods that will energize you, give you beautiful skin, and reduce stress, so that you can cope better

with the demands of everyday life.

Feel a little stressed? Stress gobbles up the nutrients, which leads to digestive problems and malabsorption. You can eat nutritious food, but if it is not being used, you can still feel hungry. Nourishing your body before and during a stressful event will help you handle stress better.

I suggest a slow transition to a healthy diet to allow your body to shift automatically into the new pattern. By incorporating the following tips you will start to look and feel better.

- Become conscious of the nutritional value of the food you are eating. Connect with it, smell it, have a relationship with it. Incorporate super bio-energetic foods one at a time, such as raw or sprouted nuts, seeds, grains, grasses, fruits, vegetables, legumes, sea vegetables, and herbs. These foods are sources of minerals, vitamins, enzymes, protein, fiber and Essential Fatty Acids that detoxify and cleanse the body. Life-force food allows you to feel lighter, balanced, clear minded, peaceful and in touch.
- Eat your fruits and vegetables! Unfortunately

many people do not consume enough of the recommended daily intake. If you have a fast paced lifestyle, I suggest you make organic green foods concentrate part of your daily routine. They work best on an empty stomach, preferably first thing in the morning.

- Green foods concentrate is nourishing and easy to prepare. Made of barley grass, wheat grass, alfalfa, blue-green algae such as chlorella, spirulina and dulse, soy lecithin, pytonutrients, chlorophyll, fiber, such as brown rice and apple pectin, protein and antioxidants, they have a positive effect on

blood PH, detoxify the body, have anti-inflammatory effects, and give you abundant energy and stamina.

- Protein keeps you energized, alert, and is needed for healthy cells, muscle building, and formation of happy hormones such as serotonin and dopamine so you can cope better with stressful situations. Parsley, green cabbage, arugula, chlorella, spirulina, Goji berries, hemp seeds, bee pollen, Maca, almonds and sprouted grains are all easy digestible sources of protein building blocks. You can also use rice or whey protein in



shakes. Mix with the protein water and add some fresh or frozen berries. Wild Sockeye salmon is an excellent source of animal protein for non-vegetarians.

- Goji berries, Hemp protein and Maca are three very important sources of vegetable protein that are new on the market but have been around for thousands of years. Goji berries (Wolfberries) can be added to smoothies and protein shakes, eaten as a snack, or drunk as a juice. Hemp protein can be mixed in shakes with fresh or frozen berries. This type of protein provides you with energy, reduces food

cravings and improves the immune system. Maca, a nutrient-packed root vegetable, is a natural energizer and stress-adaptor. It works to energize the body and combat fatigue. Maca is available in powder, liquid and capsules. It can be mixed in shakes with fruit and other vegetables.

- Foggy memory? Try blueberries – they're known as brain food, and are rich in antioxidants. And by the way, antioxidants are anti-aging. Green tea, legumes, beans, nuts and seeds have phyto-nutrients that are anti-aging, anti-inflammatory, and provide



protection against heart disease, arthritis, cancer, and wrinkling of the skin.

- Garlic, onions, leeks, radishes, Brussels sprouts, watercress, arugula, bee pollen, chili peppers, broccoli and spirulina are sources of sulfur, the most abundant mineral in the body. Sulfur gives your radiant, glowing skin, shiny, lustrous hair, and strong, healthy nails. An anti-inflammatory, it detoxifies your body and balances blood sugar.
- Hot chili peppers contain capsaicin, which burns fat (thermogenic), curtails acne (antiseptic), relieves and prevents headaches, relieves sinuses, and improves circulation.
- Consider fiber as part of your daily regimen especially in times of stress. Eat apples, flaxseeds, grains, beans, nuts and seeds to balance blood sugar and relieve constipation.
- Essential Fatty Acids (EFA's) are a must for a radiant complexion - the glowing aura around your face. They nourish your skin, hair and nails. EFA's cannot be made by the body; they must be supplied in the diet. EFA's lower blood pressure and triglycerides (bad cholesterol). They are a source of energy, are anti-inflammatory, relieve stress and depression, balance mood and help strengthen cells.
- Omega-3 and Omega-6 are two primary forms of EFA's. Omega-6 is found in plant sources and Omega-3 is found in flaxseeds and cold-water fish such as wild salmon, tuna, sardines, mackerel etc. Mix flaxseeds in protein shakes, salad dressings and dips. Spirulina, hemp and black currant oil are plant sources of omega 3 and evening primrose and borage oil are plant sources of Omega-6.
- Remember to drink water! Recommended is approximately ten glasses of reverse osmosis water every day. The amount depends on climate, stress and exercise. Coffee and colas dehydrate your body, and are aging! Water gives you more suppleness, youthful skin.

Get the best nourishment for your body. Let your physical, emotional, mental and spiritual bodies achieve harmony and internal peace.