

Take the Whole Foods Pledge

Dear Body,

For the next seven days... (*What? Only 7 days!!!*) please don't interrupt... For the next seven days I promise to listen to you. I promise to eat foods to support your energy and health. To the best of my understanding, I promise to follow the guides below. I completely understand that we are imbalanced and that "others" may tempt, yell, and demand we break our agreement to ourselves (including associates, pathogen overgrowths...) Tough.

Let's do it!!

Name: _____ date: _____
(post this on the fridge)

Step One - Give your body the tools it needs.

Whole foods: meaning they look like a product of nature not a product of industry and lots—half your weight in ounces—of good, clean, spring water or filtered water—no fancy waters!

What I WILL eat:

Tiny amounts of all natural sweeteners like raw honey or 100% grade B maple syrup (once a week, max)



The occasional starchy food will be sprouted. Any breads will use raisins or other fruit sweeteners not sugar.



Snacks of nuts, cut veggies, and fresh fruit



Living foods with probiotics for digestion. **Fats**; healthy, satiating, calming, fats.



No commercial dairy products like milk, sweetened yogurt, or cheese (truly pastured eggs or butter are healthy foods for most)

Seafood (wild caught never farm-raised)



100% pasture-raised meats (not even "grain finished")



No deep fried foods

No "fast foods"

Lots of vegetables (preferably from local farmers)



Inflammation = Fat
What other foods are irritating you?

Step Two ►

Check out the whole foods recipes & info at www.OurNutritionKitchen.com



Step Two - Eliminate Irritating Foods

What foods are irritating you? What foods are nourishing you? Fancy allergy tests aside, practitioners around the globe agree that we don't get enough nourishment to heal and repair from the daily stressors. Re-balance by crowding out potentially allergenic or irritating foods with wholesome and nutrient dense vegetables, proteins, and fats. Make an enormous difference in everything from emotions and energy level to joint aches and weight.

Many people suffer from various *food intolerances*—a series of seemingly unrelated symptoms including “puffiness”, chronic inflammation, opportunistic infections (like yeast, for example), anxiety, migraines or other headaches, fatigue, joint aches especially neck and low back, as well as indigestion, heartburn, nausea, cramps, etc. The tricky part is that symptoms can appear up to three days after the food is eaten, and may not be true allergies.

True *food allergies* affect the immune system and usually cause immediate symptoms such as hives, rashes, puffy eyes, vomiting, and even anaphylaxis. Shellfish, nut allergies, even bee stings are common examples.

Common allergenic foods to remove are soy, wheat, corn, grains, dairy, eggs, shellfish, caffeine, and nuts (and protein sources that are fed soy, wheat, grains, corn... and, therefore, are acidic and sick).

Unfortunately, because sensitivity develops over time, your first response might be “but I've eaten that all my life!” Well, that is exactly the point—your body has been extremely patient. It's just now protesting more loudly.

If you now find yourself sensitive or allergic to a lot of foods, that usually stems from an unhealthy (leaky) digestive tract. To restore and heal digestion, you must remove all sources of cane/corn sugar, all irritants, and go sparingly on starchy foods, fruits, and honey or anything else that converts to sugars.

By eliminating suspect foods for a period of time (usually two-three weeks) we can observe if your symptoms improve. If they do, then we reintroduce key foods one at a time back into your diet while monitoring to see whether the symptoms reappear. This is called the re-introduction phase.

Start by filling your pantry with the items on this list (unless a known allergy).

Then head to www.OurNutritionKitchen.com for recipe ideas.

Need guidance? Check out my solutions at <http://successhealthcoach.com>

Eat lots of...

- *dark leafy greens (dandelion greens, kale, collards, chard, bok choy, mustard greens...)
- cabbage (all varieties)
- *lettuce
- *cucumbers
- broccoli
- cauliflower
- Brussels sprouts
- carrots
- *celery
- yams or sweet potatoes
- summer squash
- winter squash
- onions
- ginger
- garlic
- avocados
- [wakami](#) and [nori](#) seaweeds
- wild salmon or cold water fish

- [grass fed meats](#) (not grain-finished)
- [free range chicken](#) (best if organic)
- [free range ground turkey or turkey jerky](#) (best if organic)
- [organic lamb](#)
- [olive oil](#) (best is Virgin)
- [coconut oil](#)
- [avocado oil](#)
- [flax oil](#)
- [pasture butter](#) (from pastured, humanely raised cows or goats)
- [coconut milk](#)
- [almond milk](#)

Eat some...

- *blueberries
- *cherries
- *raspberries
- *pears
- *apples

Eat just a little...

note: soak rice, most seeds and all legumes overnight in water, cook as usual

- [flax seeds](#)
- [chia seeds](#)
- [buckwheat groats](#)
- *[wild rice](#) (avoid brown or white rice)
- [adzuki beans](#)
- [mung beans](#)
- [lentils](#) (beware gluten cross-contamination)
- colored potatoes
- [raw almonds](#) & [almond butter](#)
- [raw macadamia nuts](#)
- [raw pecans](#)
- [raw \(sprouted\) pumpkin seeds](#)
- [almond flour](#)
- [arrowroot flour](#)
- [buckwheat flour](#)
- [coconut flour](#)

I've done the work! These hyperlinks are high quality low cost online vendors