

Healthy Living by Dr. Hansen

Nutritional Program

Following these instructions will help you lose weight and reduce inflammation. As you decrease your waistline, you decrease your risk of diabetes, high blood pressure, and heart disease. As the level of inflammation in your body decreases, pain from arthritis in your spine or joints will decrease.

Eat only the following foods:

- Meat and poultry, preferably free range, (beef should be grass fed and grass finished)
- Any wild game meat or fowl, farm raised buffalo
- Fresh or frozen wild seafood of any kind, but limit large ocean fish to avoid mercury
- Farmed US raised trout, catfish and tilapia are OK, avoid farmed salmon
- Eggs from a local farmer or "omega three" eggs from the supermarket
- Fresh colorful vegetables, plenty of green leafy vegetables and other colorful vegetables
- Fresh Fruits and nuts, but not peanuts, they are a legume, not a true nut.
- Yams and sweet potatoes, OK, but not white potatoes

- Steam or roast your vegetables, or eat them raw without a dip.
- Baking and Crock-pot, slow simmer cooking, or low heat sautéing are the healthiest ways to cook; these methods decrease oxidation of fats, which promotes cardiovascular disease and inflammation. Oxidation occurs with high heat cooking, especially frying in vegetable oil.
- Limit alcohol use to one glass of wine per day or one shot of hard liquor.
- Take 3 fish oil capsules per day with food (one with each meal) to fight inflammation.
- Take 2000-3000 units of vitamin D-3 per day with food.
- If you eat plenty of vegetables you will get enough calcium and magnesium for your bones.
- You must eat at least 5 servings of vegetables per day

Avoid sugar and non-complex carbohydrates (anything made with flour), these cause rapid rise in blood sugar and insulin levels, which cause a chain reaction of fat storage, increased inflammation and insulin resistance. This leads to diabetes, obesity, heart disease, strokes and increases cancer risk.

Read labels do not consume any food product that has

- **high fructose corn syrup (HFCS)**, corn syrup, sugar, maltodextrin, evaporated cane juice.
- partially hydrogenated oil or mono-hydrogenated oil of any kind
- trans fat,

Unfortunately, manufacturers can say "no trans fats" or "zero trans fats" if there is 1/2 gram of trans fats or less per serving. Do not be fooled, read labels. If the ingredients contain any "partially hydrogenated" or "mono-hydrogenated" oil of any kind then it has trans fats, even if the label says no trans fats.

Do not eat or drink:

- Bread, pasta, pizza, crackers, chips, pretzels, granola bars.
- Beans, soy products, peanuts or peanut butter, beer, sweetened mixed drinks
- Breakfast cereal, milk, soy milk, cheese, cake, pie, ice-cream, candy
- Soda, any sweetened beverage, energy drinks, juice drinks, fruit juice drinks
- Potatoes, potato chips, French fries, margarine, oleo-margarine, cool whip.
- Fast food, any fried food, any food with TRANS-FATS, mayonaise.

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- Packaged, store bought salad dressing, make your own (olive oil & vinegar, fresh lemon juice, etc.)
- Non-dairy creamers, these usually contain dangerous trans fats even if it says "no trans fats".

Use only Extra virgin olive oil or walnut oil on salads. Cook only with extra virgin olive oil OR unprocessed non-hydrogenated organic coconut oil. If you need a snack or desert, eat walnuts, almonds, macadamia nuts, fresh fruit. 70% or greater cacao dark chocolate in small amounts taken with a full meal is OK. NO MILK CHOCOLATE- it has too much sugar. Use a tablespoon of whipping cream with coffee or tea if you don't drink it black, do not add sugar or honey. DO NOT USE CALORIE FREE SWEETENERS, THEY INCREASE INSULIN LEVELS.

WALK 30 MINUTES PER DAY, do RESISTANCE TRAINING FOR 20 MINUTES TWICE PER WEEK.

Rent and watch the movie "*Food Inc.*" You will be amazed.

Recommended Reading:

"Good Calories, Bad Calories" by Gary Taubes,

"The Paleo Solution", by Robb Wolf,

"The Paleo Diet" by Loren Cordain, PhD,

"The Omnivores' Dilemma" & " In Defense of Food", by Michael Pollan.

"Know Your Fats", by Mary Enig, PhD.