

Eating for a Healthier Body and Cleaner Physical and QUANTUM Energy

When I say the word “nutrition” where does your mind go? Does it go directly to dieting and counting calories? Do you immediately start to think, “Oh that’s something I need to do better”? Or do you think of nutrition as a means of supporting and loving your body? Do you see it as showing yourself the care and prioritization that you deserve? Your outlook on nutrition is shaping the reality of your body’s health and wellbeing. And negative thoughts and low frequency beliefs about what we eat can actually harm us.

All of this is unfortunately quite normal for our society. We live in a world that puts an emphasis on physical “perfection,” and we put our body through hoops everyday as we try to Fix, Manage & Control our bodies to fit into that impossible mold. I used to be on that very same treadmill, and I believed that my choices were going to earn me not only a fit body, but also a healthy, long life.

Of course, I found out that my body had different ideas. And, as I learned more about nutrition and diet, I also discovered that some of my previous “healthy eating” choices actually were not so healthy after all—at least, as far as my quantum energy went. I learned that different foods require different energy to digest. Whereas I had previously done my best to maintain a lower-carb, high-protein lifestyle, I soon found out that much of these diet staples (meat, eggs, cheese, etc.) actually took quite an energetic toll on the body. Digesting these foods meant ingesting the hormones, antibiotics, and other un-natural and harmful ingredients that are pumped into meat and dairy products, but I also learned that different foods require different energy to digest. For example, a meat-heavy diet requires plenty of effort and energy from the liver, as meat is high in uric acid that must be broken down as it is digested. This means that the liver has less available energy to process other toxins that are being put into your body via polluted air, chemicals in our beauty and grooming products, chemicals in our dishware, etc.

That’s not all. A diet that is heavy in meat and dairy products has actually been linked to an increased likelihood of cancer. “The China Project,” a study led by researchers at Oxford University and Cornell University,¹ and funded by the National Institutes of Health and the American Cancer Society, found a strong relationship between a person’s likelihood of developing their cancer and their diet. The study, which ran for 30 years and is considered one

¹ Campbell II, Thomas M. *The China study: the most comprehensive study of nutrition ever conducted and the startling implications for diet, weight loss and long-term health*. BenBella Books, Inc., 2004.

of the premier studies on cancer causation of our time, found that animal-based diets (including both meat and dairy) were linked to a higher incidence of breast cancer while plant-based diets were linked to a lower incidence of breast cancer as well as a lower incidence of cancer in the digestive tract.

As a woman battling breast cancer at the time, learning this information was shocking and eye opening. I always knew that fruits and vegetables were good for you and that a lower-fat, lower-calorie diet was the key to staying trim, but my diet still featured things like yogurt, egg-white omelets, chicken breast, and dairy-based smoothies. I was surprised to realize that many of my favorite “healthy” foods might actually be difficult for my body to break down, and might even lead to cancer down the line.

Once I learned that, I was on a mission. So much of my treatment was in the hands of my doctors, but as a “recovering type A,” I made it my business to learn about everything I could (or not do) that would prevent cancer and help make sure it doesn’t come back. What I learned was that the two keys are immune support and reduced inflammation of the cells.

We can’t control our genetic pre-disposition to cancer, but there is growing evidence that we actually might be able to play some role in whether or not those genes turn on and whether or not we get cancer again if we’ve already had it. But regardless of your genetic disposition, cancer cells are born every day in everyone’s body. Growing evidence supports the idea that reducing inflammation in your cells and supporting your immune system not only helps in fighting cancer, but in preventing it as well. Let’s examine some of the facets of our nutrition and key areas of our body further. Below are some keys I have learned to keeping the energy vessel that is your body strong and clear and optimized for Quantum Love. Please be sure to talk to your doctor before making any dietary or supplement changes.

The Liver is Key

When the liver is stressed out with the toxic workload we’ve handed it or just under stress processing food and drink that requires a lot of energy and work, it get's tired and inflammation occurs in the tissue which we now is believed to put you at risk for cancer as well as a number of degenerative diseases. The key is to focus on foods that support liver function. I obtained most of the information I am sharing with you primarily from two amazing books: *Crazy Sexy Cancer*, by cancer survivor and activist, Kris Carr, and *Beauty Detox*, by nutritionist Kimberly Snyder.

What is Liver supporting and friendly?

Vitamin B

Especially vitamin B-12, which significantly reduces jaundice, serum bilirubin, and recovery time.

Lots of veggies and greens

The fiber and abundant nutrients in vegetables are great for the liver. Vegetables are essentially fat-free. And, they are rich in the B-vitamin folic acid.

Eat less fat

Your liver normally makes 250 to 1,000 ml (over a quart!) of bile DAILY. Most (about 80%) of your bile salts are reabsorbed by the intestinal tract and returned to and recycled by the liver. This is how your body, with about 3.6 grams of total bile salts in it, can secrete 4 to 8 g of bile salts per single fatty meal. Saturated and trans fats are especially difficult for the liver to process. Fatty liver is much more common than you would expect. 25% of people have this condition

Stay away from dairy

Dairy is also very difficult for the liver to process and has some of the unhealthy fats. Better to get calcium from Coconut milk (evidently also really good for pH-see below), almond milk, hemp milk etc. As well as all the leafy greens you are eating for reasons above.

Eat foods containing short chain fatty acids: These include foods like root vegetables, legumes, asparagus, oats, and apples. They have lots of nutrients and are easy for the body to process.

PH is also a biggie: The pH scale goes from 0 to 14, with 7 being neutral. Below 7 is acid and above 7 is alkaline. The blood, lymph and cerebral spinal fluid in the human body are designed to be slightly alkaline at a pH of 7.4. The higher your body's pH, the less stress on the liver as

well, the less inflammation, less health risks including cancer. There is a growing body of research supporting that a pH slightly above 7.4 cancer cells become dormant and at pH 8.5 cancer cells die while healthy cells will live. This has given rise to a variety of treatments based on increasing the alkalinity of the tissues such as vegetarian diet, the drinking of fresh fruit and vegetable juices, and dietary supplementation with alkaline minerals such as calcium, magnesium, potassium, cesium and rubidium.

Stay away from sugar: Turns out cancer cells have 9 times the glucose receptors than other cells have! Better to use Stevia or agave nectar as sweeteners. Mark Hyman is the director of the UltraWellness Center and author of *The Daniel Plan* and *10-Day Detox Diet* has a great outlook on sugar. He says that sugar isn't evil; we just have to treat it like a recreational drug. In other words, it's not the end of the world if you have it every now and then but you have to be careful with it. You can make a conscious choice to eat sugar but do so with an understanding that's it's really not the best thing for your body.

Eat cultured foods: These include non-dairy yogurt, sauerkraut, miso, tempeh, kimchi, and kombucha. These all have been shown to support immune and healthy cell function.

Water! Try to drink half your weight in oz. Each day. Water keeps our systems flowing and that includes our energy! Increasing your water intake can yield a number of benefits in everything from your internal organs to your skin.

Supplements: I'm giving them all to you, but don't feel compelled to take them all. It's an insanely long list! They have all been shown to provide numerous benefits to liver function, PH and immune support. Here's what I have learned you can eat or take in the form of supplements to support your health, and fight cancer. I have mentioned where a specific dose or delivery system has been recommended. Don't forget to show this list to your doctor and make sure he or she is on board before you start any supplements because there can be dangerous interactions with medications you are already taking, or other side effect if you have different medical conditions!

- **Blue Green Algae**
- **Spirulina**
- **Chlorella**
- **Aloe Juice**

- **L-theanine** (500mg 3 times a day). The main benefit found in green and white teas
- **Orthomega** (3,000 mg EPA/DHA-4 daily!)
- **Probiotics**
- **Magnesium glycinate** (120 mg 3 before bed)
- **Melatonin** 3mg (a few studies have found it may help prevent breast cancer and definitely works great as a natural sleep aid!)
- **B6 complex** (250mg a day)
- **Vitamin D3**
- **Modified Citrus Pectin**. It can be expensive but is made from the seeds of citrus fruits and is a powder you mix with water. Pectin in its natural form cannot be absorbed by the body and is considered a type of soluble dietary fiber, whereas modified pectin can be absorbed into the bloodstream. Animal studies and a couple of human studies have found that Modified Citrus Pectin (MCP) may inhibit the spread of prostate and breast cancer and melanoma to other organs. Proponents claim that a compound found in MCP strengthens the cancer cell-killing ability of T-cells, cells that also protect against germs and helps protect against the spreading of cancer.
- **Vitamin C 10000mg:** 1 capsule 3 times daily

Work your Nutrition into your Daily Routine: I have found that it is easiest for me to incorporate good nutritional support in my life if I work it into my daily routine. For example, I like to start every morning with what my kids like to call “Mom’s Green Gloop.” It’s a green smoothie that includes veggies, fruit, and even fresh herbs to give my system a kickstart at the beginning of my day.

My Favorite Green Smoothie Recipe (from Kimberly Snyder’s book) Use organic produce and filtered water if possible! Organic is best with everything you eat and drink, if possible. If cost is a concern, check out your local farmer’s market or keep an eye on coupons

Ingredients

1 ½ cups water

1 head romaine lettuce chopped

½ head large bunch of spinach

1 apple, cored and chopped

3-4 stalks celery

1 pear, cored and chopped

1 banana

Juice of ½ lemon

Optional: Any fresh herbs you like—Cilantro, parsley, mint, basil, etc.

Put the water and the lettuce and spinach in the blender. Mix until smooth. Add the celery, apple and pear. Add the fresh herbs if you are using. Add in the banana and lemon juice last. You can even throw in the Spirulina, chlorella and aloe juice if you want!

Make it your goal to have a green smoothie everyday. While the digestive enzymes in the drink are most active right away, most nutritionists agree that most of the benefits remain for a couple of days if you want to store it in (ideally) a glass container in the refrigerator. If you are short on time like me, you can make a big batch at the start of each week and store it in smaller glass containers in the freezer, then just thaw it out in the fridge overnight. Not only is it delicious (yes, trust me, it really is good!) but it will also make you feel awesome, energized, and satisfied. It can also help improve your skin and outer appearance (they don't call it the glowing green smoothie for nothing). Soon you will find that you start craving your smoothie—no, really. When you're feeling hungry and tired your mind will think "smoothie" instead of "candy bar," and when that happens, you know you're on the right track!