

The Top 5 Secrets to Looking & Feeling GREAT!

Deb Harrell, ND – www.embraceparadise.com - drdeb@embraceparadise.com - 904-567-6313



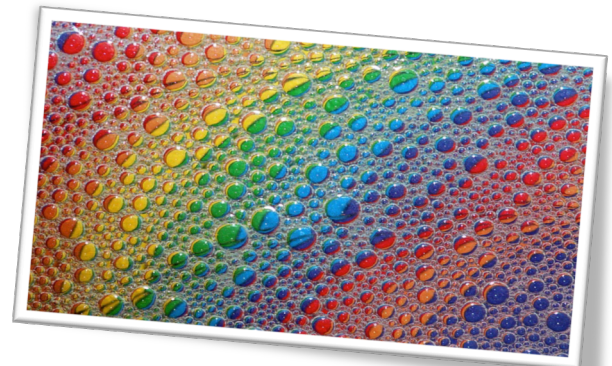
#1 Eat the Rainbow Daily!

People often ask me what is the very best thing they can do to improve their health. My answer: Eat the rainbow every day! There have been thousands of studies done on the subject of health and disease prevention that demonstrate that fruits and vegetables are crucial in the prevention of disease. Unfortunately most Americans fall severely short of doing this simple thing. The USDA is so convinced of the importance of plant food consumption that it recommends one-half of your plate be filled with fruits and vegetables. That is about 9-13 servings per day. A serving is a piece of fruit such as an apple or banana, ½ cup of berries, ½ cup of dense vegetables such as carrots, and one cup of leafy vegetables such as lettuce. Fruits and vegetables are important because they are nutrient dense – high nutrient per calorie consumed, high in vitamins and minerals, and filling due to high fiber content. Ways to get more in:

- Eat a salad every day incorporating all of the colors-green, red, orange, yellow, & purple
- Drink a green smoothie for breakfast (see www.embraceparadise.com for recipes)
- Keep a log to make sure you get all of the colors every day. Color your plate & experience vitality!

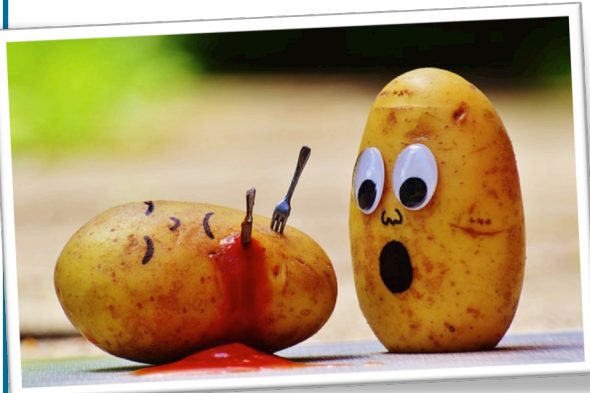


For optimal health we need to eat a rainbow diet with foods from each color group every day. Each color group has its' own unique benefits. Choose foods with the deepest hues because the deeper the color, the more nutritious the food. Eating a variety of colors makes sure that we get the variety of the nutrients that we need every day.



Carb It Up for Energy!

I know, I know. You keep hearing that carbohydrates are bad for you. I've got great news for you – they are the fuel your body needs so eat up! Carbohydrates have been maligned as the root of all health issues in our country, wrongly! Heart disease, the #1 killer of both men & women, is not caused by carbs. As a matter of fact, the **only** diet proven to reverse cardiovascular disease in people is a whole-food plant-pure diet high in complex carbohydrates. Carbs are your friends so eat them in their purest form – whole & minimally processed – potatoes, legumes, whole grains, fruits and veggies. They



Move Your Body!

I love this cartoon because it emphasizes how important it is to move your body. What is the best exercise? The one you will do! Just get out & move! What I found to work for me is that as soon as I get out of the bed each morning, I exercise. I grab the hubby & dogs for a 25-minute walk, unless it's raining. If I put it off, it doesn't get done because there is always something else that seems to take precedence. At night while I'm watching a little TV, I grab my 8 lb. weights & do arm exercises. I look for ways to get in more steps. Get a tracker and/or a buddy & move! You will feel much better! Keep it simple!



Satisfy Your Sweet Tooth With Fruit!

Fruit is the easiest fast food on the planet. Grabbing a piece of fruit on the way out the door is easy & nutritious. Say no to sugar and yes to fruit instead. Sugar has many health consequences including weight gain, cavities, weakened immune system, and it's acidic to the body. Fruits cleanse your body & provide vital vitamins & minerals. They contain beneficial fiber too. Include 1-4 fruits in your diet daily & say no to processed sugars! Once you wean yourself off of sugar, you will lose the taste for it. I promise!

Ditch the Dairy!

Say what? Believe it or not, milk is for baby cows, not people. Do you realize we are the only species that drinks another species milk? Dairy, including milk, cheese, yogurt, and ice cream, is not a health food, contrary to what the dairy industry wants you to believe. Dairy causes acne, acidosis, bloating, weight gain, hormonal imbalances, mucous, and has been proven to turn cancer on in the body (read The China Study by Dr. T. Colin Campbell.) Use almond, cashew, & other plant-based milks, cheeses, ice cream, yogurt, etc. instead. Many people notice immediate results when they ditch dairy! Try it & leave the milk to its rightful owner, the baby calf. You will reduce the suffering in our world dramatically, including your own!

