

## Suggestions for a Healthy Lifestyle

I focus on food, but there are some other elements that I think are just as important if not more important. Disclaimer: This is not medical advice.

I believe the saying “You can’t blame the foods we’ve been eating for thousands of years for the diseases that have become common in the last 100 years.” My framework for a healthy lifestyle is rooted in the concept of the quote above, but also influenced by reading scientific studies, books about nutrition and lifestyle, resources on regenerative agriculture, Biblical references, and to some extent, my personal biases.

**Protein sources:** Try to eat “nose to tail” which is an attempt to use all the nutrition an animal provides—both to provide optimal nutrition for us, but also to avoid waste. Optimal sources are beef, lamb, goat, and other animals that eat mostly grass. Fish and eggs are also excellent sources of nutrition including protein. Pork and poultry are acceptable as well.

Tips to eat well on a budget:

- Utilize cheaper cuts of meat such as hamburger or cheaper roasts. Braising ribs or other less tender cuts allows you to experience a more robust flavor and is a lot cheaper than ribeyes.
- Use the soup bones to make stew.
- Use the bones to make bone broth.
- Many fish such as sardines or mackerel (yes, the canned kind) are harvested far out in the ocean and are a better source of nutrition than the beautiful filets of salmon that you see in the store.

**Fat sources:** Saturated fat is not the cause of heart disease. Consider using the fats that we’ve been accustomed to over the last several thousand years such as Tallow, Suet, Butter, Ghee, Olive oil, Coconut oil, and Avocado oil. Liquid oils such as Olive oil and Avocado oil are often contaminated with “vegetable” oils so be careful with your sourcing. Lard and fat from poultry are okay, but try to source them from animals that are free to roam pasture and eat the things they would have eaten many years ago.

**Dairy:** “As for butter vs margarine, I trust cows more than chemists.” Not sure who came up with that quote, but I agree with it. Milk and butter from grass fed cows is likely better. Milk, butter, yogurt, and cheeses are all okay, but they need to be limited for some people to help with weight loss. For some people, dairy can be an inflammatory and may need to be minimized or avoided.

**Fruit and berries:** Note that for people with optimal metabolic health, you don’t need to worry about the sugar in whole fruit. Most adults in the United States, however, are not healthy. A recent study (<https://pubmed.ncbi.nlm.nih.gov/35798448/>) showed that as of 2018, over 93% of adults did not have optimal cardiometabolic health. So for the vast majority of American adults, fruit that are higher in sugars can be factors in worsening chronic metabolic disease. An easy way to evaluate your personal response to sugar in fruit and other food is by trialing a continuous blood glucose monitor. Berries such as strawberries, raspberries, and blackberries are low in sugar. Blueberries and boysenberries are a bit higher in sugars, but also contain other substances that are likely quite important in living a long healthy life. Olives, coconuts, and avocados are technically fruit low in sugar, so I include them here as healthy for most people. Feel free to see how you respond to other fruit such as apples, pears, oranges, mangoes, and pineapple, but there are many people who cannot eat these in significant quantities and be healthy.

Avoid fruit juices. They have lots of sugar and cause greater blood sugar and insulin spikes compared to eating the whole fruit. Use the Environmental working group’s dirty dozen and clean fifteen lists to determine which fruit and berries are more important to eat organic vs which ones aren’t as important. Like many vegetables, it may be better to buy frozen fruit and berries when they are not locally in season rather than fresh as the ones that are “fresh” in the middle of winter were often picked long before they were ripe and then “ripened” on the long voyage to the store.

**Vegetables:** In general, these are quite variable as far as their health effects. If you like them, eat them. There's probably significant benefit in getting vegetables from local sources while they are in season. The greater benefit is probably in the process of growing and harvesting them from your own garden. Like fruit and berries, you can buy vegetables frozen rather than trying to buy "fresh" vegetables in the middle of the winter. They're not "superfoods." Some people are not able to tolerate certain foods that are commonly called vegetables. An example is the nightshade family which includes tomatoes, eggplant, peppers, and other common foods. These plants contain lectins which can cause significant intestinal inflammation. Consider using a continuous glucose monitor to see how your sugar responds when you eat starchy vegetables like corn, potatoes and squash.

When making dressings for your salad, try making a vinaigrette from olive oil and add apple cider vinegar. The vinegar can have significant impact on blood sugar processing.

**Grains:** These cause problems for many people and are not necessary in a human diet. Note that corn is actually a grain.

**Nuts and seeds:** Eat some of them if you want. The literature is mixed. I know that it's quite hard to extract the nuts and seeds from the shell without modern machinery, so I keep that in perspective and try to keep my intake reasonably small. Most people find these easy to overeat, particularly if salted.

**Drinks:** Water is likely best. Tea and coffee are fine. The main concept for most people is that drinking unsweetened beverages is probably the most important. Alcohol should be avoided. Consider flavoring your water with fruit such as a few cut strawberries or some lemon if you don't like plain water. Bone broth is another nutrient dense beverage that is great for sipping warm.

**Sweeteners:** These should be used sparingly. Things like Allulose, erythritol, xylitol, stevia, monk fruit, and inulin generally have little effect on blood sugar. If you're metabolically healthy, then eating honey is probably fine.

### **Complementary habits:**

- Keep God first. "What good is it for someone to gain the whole world, yet forfeit their soul?" Mark 8:36
- Give yourself permission to put your health first. Include elements of mind, body, and soul here.
- Family, particularly immediate family, is important. "Anyone who does not provide for their relatives, and especially for their own household, has denied the faith and is worse than an unbeliever." 1 Timothy 5:8
- Sleep at least 7 hours. Getting good sleep is key in so many areas in life. It keeps your hunger and fullness hormones balanced, resulting in less food cravings. You'll sleep better if you avoid blue light (or use blue light blockers) in the afternoon/evening.
- Resistance exercise (lifting weights) helps build muscle mass, increasing calories burned at rest and improves metabolism over the long term. Adding high intensity interval training is extremely valuable for lots of people, but consider discussing this with your doctor first. It's important to allow your muscles to recuperate between sessions of exercise.
- Breathing exercises, meditation, yoga, and social activities are important in hormonal balance and overall metabolic health. These can be used as tools to reduce stress.
- Go out in the sun. Avoiding "vegetable" oils and other PUFA's (poly unsaturated fatty acids) is associated with a decreased risk of sunburn. The infrared and near-infrared light from the sun has tremendous benefits.
- Try to reduce snacking. Eating fewer meals reduces the number of times you spike your insulin. It also gives your gut time to rest and regenerate.

- Time restricted eating, or intermittent fasting, in which you eat only during a certain timeframe each day (e.g. from noon to 8 pm) can help some people control their food intake.
- Don't settle for mainstream healthcare and don't settle for a doctor or other provider who pushes you to accept medical interventions that you know are not right for you.
- Learn how the global fiat monetary system works and how to think about this from a Christian Worldview. A good place to start this journey is the book *Thank God for Bitcoin: the Creation, Corruption, and Redemption of Money*.

## More Resources Related to Food/Nutrition

### Websites:

- [www.dietdoctor.com](http://www.dietdoctor.com): This website is the best nutrition centric website I have found. They also have an app that you can download which has many tasty recipes! There are many videos explaining the science of low carbohydrate living, testimonials of people who have improved their lives a lot by changing how they eat, and food preparation. Many of their resources are free, but they have additional resources if you pay a fee. Dietdoctor also has a podcast with a lot of helpful information.
- <https://beefinitiative.com/>: Learn why it's important to connect with the source of your food.

### Books – Many of these authors have other books and websites where you can get more information

- “The Obesity Code” and “The Diabetes Code” by Dr Jason Fung
- “Super Gut” and “Wheat Belly” by Dr William Davis
- “End your Carb Confusion” by Dr Westman and Amy Berger
- “The New Atkins for a New You” by Dr Westman
- “Deep Nutrition: Why Your Genes Need Traditional Food” by Dr Cate Shanahan
- “Metaboficial: The Lure and the Lies of Processed Food, Nutrition, and Modern Medicine” by Dr Robert Lustig
- “Fork in the Road: A Hopeful Guide to Food Freedom” by Jen Unwin
- “Why We Get Sick: The Hidden Epidemic at the Root of Most Chronic Disease and How to Fight It” by Benjamin Bickman, PhD
- “The P:E diet” by Dr Ted Naiman
- “The art and science of low-carbohydrate living” by Dr Stephen Phinney and Jeff Volek PhD
- “The Big Fat Surprise” by Nina Teicholz
- “Good Calories, Bad Calories” “Why We Get Fat” and “The Case Against Sugar” by Gary Taubes
- “The Lore of Nutrition” by Prof. Tim Noakes
- “Eat rich, live long, use the power of low-carb and Keto for weight loss and great health” by Ivor Cummins and Dr Jeffrey Gerber
- “Brain Energy” by Dr Christopher Palmer – planning to read when it is available

### Podcasts

- “Peak Human” with Brian Sanders
- “Low Carb MD” with Dr Brian Lenzkes and Dr Tro Kalayjian



### **Movies/video**

- FAT: A Documentary - \$1.99 on Amazon video
- The Magic Pill - \$1.99 on Amazon video
- Fat Fiction- free on YouTube
- Food Inc – free on Amazon video
- Sacred Cow - \$2.99 on Amazon video

### **Favorite Quotes relating to food:**

- “You lose weight in the kitchen, you get fit in a gym.”
- “As for butter vs margarine, I trust cows more than chemists.”
- “You can’t blame the foods we’ve been eating for thousands of years for the diseases that have become common in the last 100 years.”

**Avoid:** Food-like substances to avoid entirely in my opinion starting with the most important:

- Trans fats
- High Fructose Corn Syrup- yes, I realize it’s in many processed foods
- Soybean oil and other “vegetable” oils

My website [www.foodasmedicine.org](http://www.foodasmedicine.org) is a work in progress but has some other resources listed as well.

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