

A close-up photograph of a hand holding a silver knife over a glass tray filled with sliced red and orange bell peppers. The peppers are cut into rings and are arranged in a neat row. The background is a dark, textured surface, possibly a countertop. The lighting is warm, highlighting the vibrant colors of the peppers.

**EAT
BETTER
FEEL
BETTER**

Dr. Malori Tinsley



Dr. T's

Healthy Eating Guide

Welcome to the next 6 weeks that will literally transform your life. Are you ready to become a new person? To feel better, to gain more energy, to be happier, to not only feel lighter but look lighter? Are you excited about the journey to better health? Or are you a tiny bit nervous?

Don't worry most people are **really nervous**. Frightened in fact. We are comfortable with what we know and how we live our lives. We have been living this way all our lives, so we are experts in how we live.

But, what if I told you the way you were living was hurting you? Making your body weaker, more fragile, more susceptible to injury and insult - even disease. In fact many of you reading this, already have a disease. You might already know that you have diabetes, insulin resistance, reactive hypoglycemia, adrenal exhaustion and the list goes on. Did you know that having any of these ailments can lead to worse health problems in the future. If you don't take action NOW, you will soon regret it. Luckily, the body has an amazing ability to heal, it just needs your help in doing so.

So, What can we do about it?



The only thing that is constant is change. Thankfully. Otherwise we would be stuck in the same place for years. Even though it might feel like we aren't changing, we are. Your body welcomes change. It doesn't like to be treated with such dis-respect. Just think if you treated your spouse or close friend the way you treat your body. They probably wouldn't be around any more.

But, your body has no other choice. It is subjected to how you treat it. And it turns, it works extra hard to keep you in balance. All the body wants is some love and attention. Just like your spouse. It wants to have some quality time, some peace, quality movement, and fuel - good quality food. Therefore it can help you live your life with ease and comfort. So you can be the best you that you can be!

"Take care of your body

It's the only place you live in."

-Jim Robin

The Journey

Are you ready?

Week 0: Preparation

Preparation is KEY. Once you have read through this packet entirely. Look at your calendar and set a begin date 6 days from today. That is the day that will begin your journey to better health. Then mark the end date 6 weeks after the begin date. The end date doesn't mark the end of the program, it is really just a day to reflect on what you have accomplished. **Also, it is a date to re-schedule your lab work to see how successful you have been over the last 6 weeks.** Therefore we can analyze where we need to modify your diet. Let's begin.

Going through your pantry: It's time to donate tempting food. Don't even keep it in the house. Anything that is made in a factory that isn't organic and non-gmo - get rid of it. Cookies, candy, chips, pre-packed dinners like tuna helper, mac n' cheese, all of it.

What to Keep in the pantry: Raw nuts, seeds, organic flax seeds, organic local honey, apple cider vinegar, extra virgin olive oil, organic lentils, organic quinoa
If you don't have these yet, start making a shopping list to get them.

Preparation continued....

TOP 5 foods to get rid of: The following are the top 5 foods that cause inflammation that lead to pain disease.

- 1. Dairy - milk:** it consists of casein which is a glue and that glue sticks to your intestines causing inflammation leading to fat, leaky gut, brain fog, and the top culprit in allergies and sinus congestion
- 2. GLUTEN - rye, wheat, barley.** Honestly, if you are serious about this. Get rid of all grains if helpful. Once you put a grain in your mouth - your glycemic index raises tremendously leading you to diabetic land. Trust me on this you don't want to go near the stuff. Plus it is associated with a PLETHORA of other diseases. Get rid of it.
- 3. Sweeteners - ALL.** Sugar, high fructose corn syrup, stevia, xylitol, agave. Don't worry we will satisfy that sweet tooth during the next 6 weeks.
- 4. SOY** - about 99% of soy in the united states is GMO. That means it isn't the real food anymore. Even if it was, soy is a phyto-estrogen. Meaning it is toxic and makes you FAT. Seriously. Replace all soy products, like soy milk with almond milk. or soy sauce for coconut aminos.
- 5. CORN** - same goes for corn, majority of corn in US is GMO. get rid of ALL things containing corn - corn meal, corn syrup, corn chips. Don't worry there are a tons of ways to replace cravings with more healthy foods!

Top 5 Foods to EAT for better health: take this page grocery shopping with you and stock up.

1. HIGH QUALITY FATS:

- Eat **Wild Salmon 2x/week:** frozen or canned is cheaper.
- **Organic Oils:** olive oil, flax seed oil, coconut oil, avocado oil, sesame seed oil
- **Grass Fed Ghee or Butter - best brand is Kerry Gold Butter**
- **Organic Nuts and Seeds:** Eat for snacks or throw into a salad.
- **Avocados:** Eat one whole one every day
- **Olives: All kinds - full of healthy fats**

2. EAT HIGH QUALITY PROTEIN:

- **fresh organic chicken**
- **100% grass fed and finished beef and lamb - best place to get high quality meat is Whole Foods or check out grasslandbeef.com, Costco even has great options. Don't eat if you have iron overload**
- **organic free range eggs - Best brand is VITAL FARMS- it's the black egg carton**

3. VEGGIES- stock up on veggies and eat them with every meal. check out www.farmfresh toyou.com use code MALZ6154 for \$15 off your first order. This is fresh, organic local farm fresh veggies for a fraction of the price at your grocery store.

**If you are diabetic or insulin resistant -The only veggies to AVOID are the high glycemic ones.

AVOID: Potatoes, tomatoes, and eggplants

Overall it's best to limit the consumption of high glycemic foods

4. LOW glycemic FRUIT - if you have hypoglycemia, you can eat all fruits, but LIMIT intake to consuming fruit to ONLY first thing in the morning - followed by protein - like eggs, protein shake (my favorite to have fruit with protein)

- **All Berries:** Strawberries, blueberries, and raspberries. Eat these ONLY in the morning before you eat your high protein breakfast or mix them in with a protein shake.

5. Snacks: this is the fun part. The key with snacks is to eat only foods that DO NOT raise your glucose levels.

- Hummus or Almond butter (with veggies)
- NUTS/SEEDS - raw and organic
- high quality protein shake with almond milk or even water: pick up a sample from our office of our high quality whole food protein shake. We also have protein shakers for a fast easy convenient way to take it on the go.
- Hard Boiled Eggs - best brand VITAL FARMS (comes in black box)
- Olives, Kimchi, cup of quinoa, cup of lentils,

Top 5 Foods to EAT for better health: take this page grocery shopping with you and stock up.

1. DRINKS:

- Drink 1/2 your body weight in ounces of H₂O.
- Add EZ mag to water as a drink before you go to bed. Helps with relaxation. Pick some up at our office or we can ship it to you.
- Enjoy 1 hot green tea /day OR 1 hot earl grey with bergamot - add 1 tsp of coconut oil for antiaging properties
- enjoy 1 chamomile tea at night to help relax
- REPLACE alcohol with Peri "fizzy" water with ice and lemon!
- drinking water during meals will inhibit the release of hydrochloric acid - try to avoid this by limiting consumption of water with meals.

2. EAT HIGH QUALITY PROTEIN:

- fresh organic chicken**
- 100% grass fed and finished beef and lamb - best place to get high quality meat is Whole Foods or check out grasslandbeef.com, Costco even has great options. **Don't eat if you have iron overload****
- organic free range eggs - Best brand is VITAL FARMS- it's the black egg carton**

3. VEGGIES- stock up on veggies and eat them with every meal. check out www.farmfresh toyou.com use code MALZ6154 for \$15 off your first order. This is fresh, organic local farm fresh veggies for a fraction of the price at your grocery store.

**If you are diabetic or insulin resistant -The only veggies to AVOID are the high glycemic ones.

AVOID: Potatoes, tomatoes, and eggplants

Overall it's best to limit the consumption of high glycemic foods

4. LOW glycemic FRUIT - if you have hypoglycemia, you can eat all fruits, but LIMIT intake to consuming fruit to ONLY first thing in the morning - followed by protein - like eggs, protein shake (my favorite to have fruit with protein)

-All Berries: Strawberries, blueberries, and raspberries. Eat these ONLY in the morning before you eat your high protein breakfast or mix them in with a protein shake.

5. Snacks: this is the fun part. The key with snacks is to eat only foods that DO NOT raise your glucose levels.

- Hummus or Almond butter (with veggies)
- NUTS/SEEDS - raw and organic
- high quality protein shake with almond milk or even water: pick up a sample from our office of our high quality whole food protein shake. We also have protein shakers for a fast easy convenient way to take it on the go.

Week 1 - 6 Rules

-Eat protein every 2-3 hours: THIS IS THE NUMBER ONE RULE if you have blood sugar dysregulation aka diabetes, hypoglycemia, or adrenal stress disorders. If you have not been diagnosed with any of these conditions. You can stick to breakfast, lunch and dinner. If you are hungry in between meals - follow the snack guide. If you have blood sugar issues and you don't eat every 2 -3 hours - your blood sugar will drop and you will crave a candy bar. This is crucial. So pack your snacks and have a handful of nuts, a half of a protein bar, hummus with veggies, hard boiled egg, protein shake every 2-3 hours. Trust me, this works.

-DO NOT SKIP BREAKFAST: eat high quality protein based breakfast.

-Avoid all juices

-never consume high glycemic foods without protein

Prepare your meals to have left overs. Make enough to have lunch the next day.

-Buy re-usable water bottle and drink 1/2 your body weight in oz per day

.-Make sure you are consuming electrolytes make sure you are staying balanced. Inquire with me if you need a recommendation

-Get at least 8 hours of sleep

-Create a morning and nightly ritual - like taking a walk in the AM or PM after dinner, taking a nightly bath and stretching, creating a thought journal - writing in it every morning for 5 min with a cup of green tea

-Words of Affirmation: Every day every hour say "I am getting better every day in every way"

-Before you eat - say to yourself "This food will nourish me and allow my body to be the best it can be"

-Mindful Exercises: try Yoga, follow me on instagram for tips @yogadoctor or look me up on youtube - **Dr. Malori Tinsley**

-When you are stressed, take 10 slow deep breaths. breathing 4 counts in and 8 counts out for at least 2 minutes

-Eat until you are 80% full

-take a daily "health walk" or a quiet and reflective noble/meditative walk

-start to meditate - sit with your legs cross, spine straight, close your eyes and let the mind relax. let the thoughts pass and focus on the breath

HAVE FUN!! Enjoy the Journey

Week 1-6 Meal Plans

Breakfast options: Eat within 15min of waking

- protein shake with frozen organic berries, and almond milk.
- 3-4 eggs any style with veggies
- handful of berries with coconut yogurt and raw nuts
- handful of berries 1st then eat eggs
- 1 green apple (it's the lowest glycemic index apple!) with nut butter

Snack: 2-3 hours later

-all snacks should be about the size of your palm. See snack options above.

Lunch Options 2-3 hours after snack: **breakfast and lunch should be your biggest meal of the day**** as your digestive energy is the highest between 7am-11pm.**

- Salad with lots of veggies and high quality protein
- left overs!
- Lunches must consist of veggies, meat and good fats

Snack 2 hours later

Dinner 2 hours after that

- Steamed veggies (best way to cook veggies) pour olive oil and seasoning on when done - **it only takes 10 minutes to steam veggies!**
- baked veggies
- grilled veggies (worst way to cook it due to the high carcinogens)
- **HIGH QUALITY PROTEIN AND FATS!**

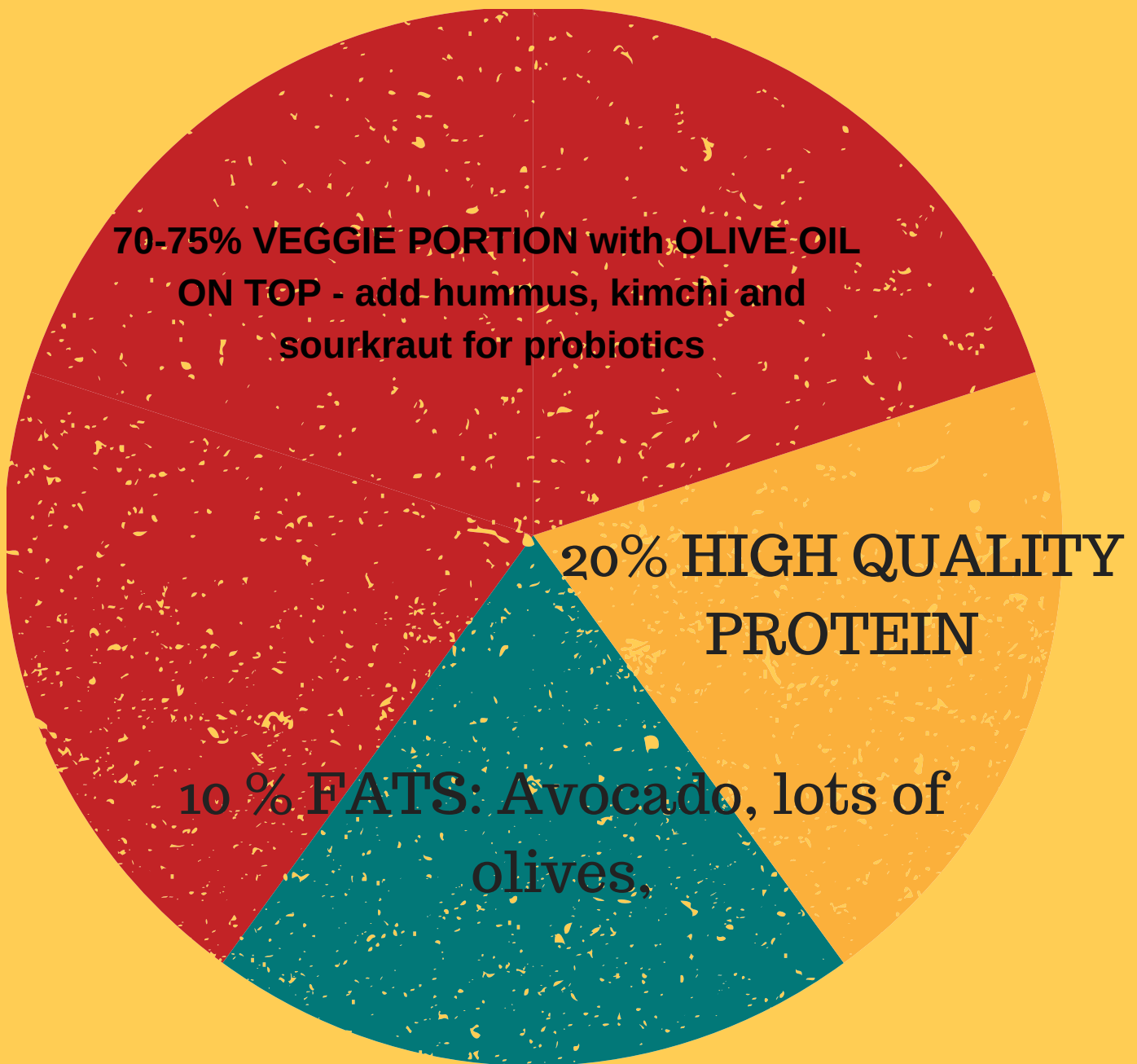
Dessert - did you just smile? try only eating dessert 2 days per week instead of everyday.

-85% dark chocolate with NO SOY. Brand - **green & black** - find it at the nugget, whole foods or health food stores.

-almond milk with **chocolate** protein powder

****try not to have dessert at all. Pretty soon you will not crave it****

Lunch and Dinner Plates Portions



Adrenal Support

Blood sugar and the adrenals go hand in hand. When we are stressed the adrenals release the stress hormone, cortisol.. Cortisol actually increases blood sugar concentration. So, stress can hinder the healing of blood sugar handling problems like diabetes or hypoglycemia. It is important to note that even if you don't have a diagnosed adrenal ailment, you must get a handle on your stress reactions. Otherwise, cortisol will keep increasing your blood sugar, no matter how hard you try to eat right. In addition to diet, below are some changes to help calm the adrenals.

Note: If you have a diagnosed adrenal syndrome, it is vital to your health to be on an additional adrenal supplemental support. Not everyone should be on the same support, so please refer to your lab evaluation.

1. Avoid Adrenal Stimulators:

it is important to avoid certain foods and chemicals that put excess stress on the adrenals. Avoid the following.

- Concentrated sugars
- caffeine
- nicotine
- alcohol
- allergic foods - when you are allergic, the body releases histamine, which is an adrenal stimulant
- partially hydrogenated fats - which inhibit hormone production
- artificial sweeteners- blocks the ability to produce catecholamines by the adrenal.
- over-training
- inadequate sleep

2. Exercise in Aerobic Heart Rate:

We have 2 energy systems in the body - aerobic and anerobic.

- Anerobic; anything that is high intensity, short duration - like face sport/activity that can't be done for a long duration. AVOID THESE adrenals due to the simple sugars being utilized for energy - the adrenals have to normalize blood sugar levels.
- Aerobic: Long duration activities or slow paced. Like, walking, slow for those with adrenal syndromes to focus on aerobic activity. Aerobic leading to a happier, less stressed adrenals and body.

Relaxation Techniques: to further decrease the impacts of stress

- **Positive Mental Imaging:** Think about the stressful events of the day. Put yourself in the moment - use as many senses as possible - smell, sight, hearing, etc. Once you put your mind in that situation that happened, like your boss yelling at you. Imagine that you are in a cartoon, your boss has big goofy ears and a big nose. Do this until the situation becomes humorous and you laugh. Go through all the stressful events of the day and replace them with funny imagery into each one of the scenes
- **Mental Concentration Technique:** Lie on your back with your eyes closed. Contract a group of muscles maximally for 2 seconds. Start with the feet and move up to the facial muscles. Once you finished all muscle groups - continue to lie on your back with your eyes closed - take deep, long breaths.
- **Rhythmic Breathing:** This technique increases parasympathetic nervous system - which further helps you relax. This is also the nervous system where healing happens. Breathe in 4 counts and out for 8 counts. In the beginning the out breath will be more difficult, start with 4 in and 4 out and slowly increase to 8 counts on the exhale.

Have Questions:
admin@wellbalancedfolsom.com

