

DR. CHRISTOPHER'S Herbal Legacy Newsletter

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What do I Eat Now? -Yvonne L. Salcido

Many times as we begin to climb the ladder of truth and learn about nutrition, the effects of what we put into our mouth can become overwhelming. The standard American diet is so far from the whole foods that nature provides for us. Over and over I hear questions like, what can I eat? How can I live eating natural foods? I couldn't live without _____! Finally when someone truly wants to take responsibility for their health and recognizes the consequences of their actions the question changes to, what do I eat now? Thus, they become proactive.

I am going to give you some ideas that helped me on my journey. First let me say I love to eat, a lot, and it has to taste good. I also have a large family with seven children so I had to start with setting what I call a "politically correct" table. It is possible to make changes and make it fun and delicious and easy.

I first started with exchanging white flour for fresh ground whole wheat. My kids still loved the cookies and hot homemade bread with honey is irresistible. I next substituted $\frac{1}{2}$ c. honey for 1 c. of sugar. This works in most recipes. You could also use $\frac{1}{2}$ cup of chopped dates. Once in a while I will use 100% pure maple syrup grade C, or agave. Both of these are also $\frac{1}{2}$ of the sugar amount. These are more processed so I use them more for special occasions. I also started using carob instead of chocolate. By the way, giving up sugar and chocolate got rid of my migraine headaches.



The next change I made was using almond milk, rice milk, or organic soymilk in place of dairy. I began by using ready-made rice milk but now I try to make my own almond milk. Organic soymilk can be used to replace eggs in a recipe; 1T. per. 1 egg or 1T soy flour and 1T. water. (If the recipe you are using includes baking powder you also double that amount).

I then got rid of beef and went to organic turkey or chicken. I cut down to only twice a week then to once a week. Next I substituted poultry with wild salmon or organic scaled fish once a week. Then I went to once a month. I now eat meat very sparingly (which by definition means hardly ever) I reserve it for winter or times of famine.

Other simple changes are brown rice instead of white, whole oats instead of instant, healthy fats such as olive oil and coconut oil instead of butter or vegetable oils, and sea salt or celtic sea salt in place of regular table salt.

Wherever your diet is now, start with these changes and eat lots of fresh greens, vegetables and fruits. You can make a big impact on improving your health without a lot of effort.

(See Dr. Christopher's Herbal Home Health Care, Eat to Live by Dr. Joel Fuhrman, and Fave's Cookbook by Melissa Chappell)

Yvonne Lunt Salcido is a Student Advisor for and a Master Herbalist Graduate of the School of Natural Healing. She is a current student at Utah Valley University majoring in Health and Wellness Education.