

# NUTRITION INFORMATION

---

FRONTIER NEUROHEALTH  
CODY, WYOMING



FRONTIER  
NEUROHEALTH

NeuroHealth is holistic and neurological well-being. It is general health, happiness, relations, and performance. Its absence is mental and physical dysregulation and disease.

The body is wise. The body's internal environment is created to support the workings of DNA, cells and systems to support life. This internal balance is aggressively monitored and maintained by the mind and body working together.

We believe quality sleep, nutrition, movement and mindfulness are core elements. When we get people sleeping, moving (gently), eating well and understanding and addressing mindfulness, diseases are more easily treated or delayed.

NeuroHealth is our focus to assist the mind and body on this endeavor. At The Healing Space we are encouraging people to utilize the NeuroHealth services for their overall well-being and not just for a disease.



LIVING HEALTHIER

## DETOXIFIED DIET SUMMARY

To follow the anti-inflammatory nutrition plan,

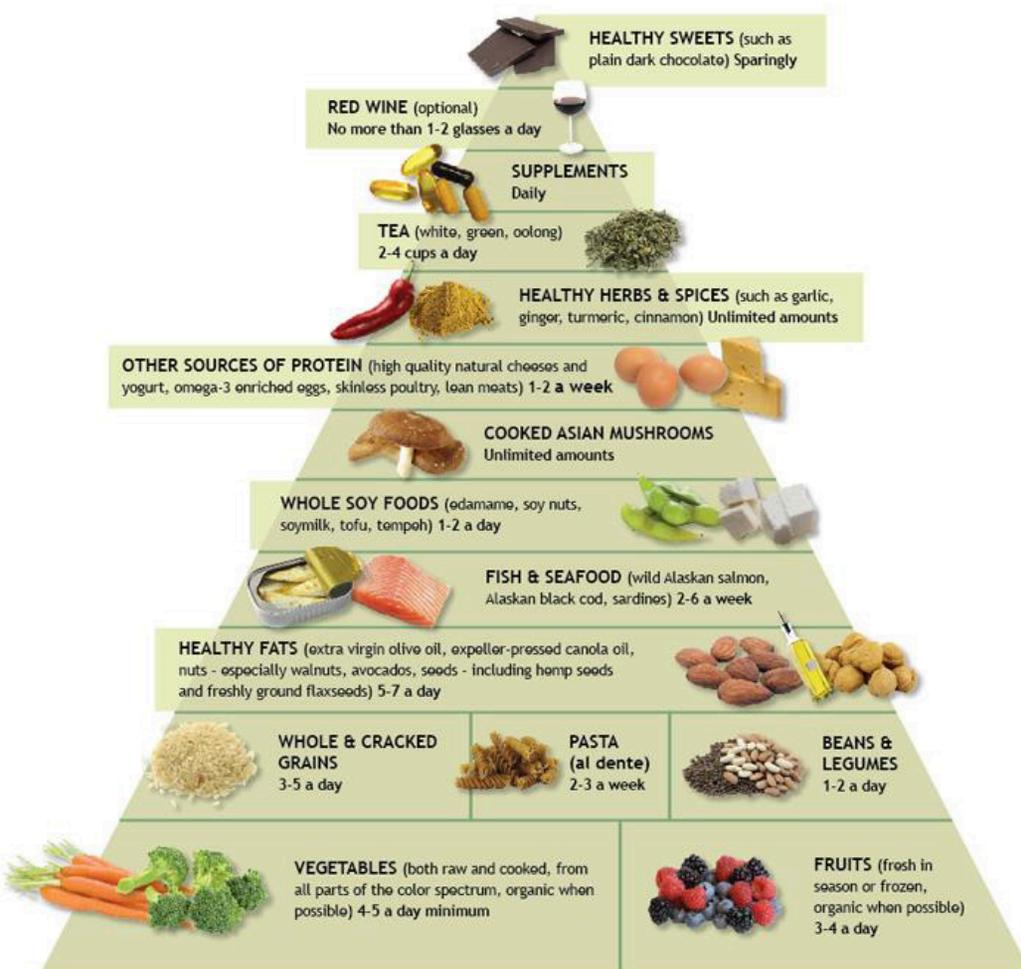
### Reduce:

- Foods with a high glycemic index
- Hydrogenated or partially hydrogenated (trans) oils
- Sunflower, soy, and corn oil
- Conventional dairy products (too rich in Omega-6)
- Fried food and chips
- Nonorganic red meat, poultry skin
- Skins of Nonorganic fruits and vegetables (pesticides cling to their skins)
- Tap water in areas of intensive farming

### Replace With:

- Fruit, flour, and starches with a low glycemic index
- Olive, canola, or flaxseed oils
- Organic grass-fed dairy products, or soy milk, or soy yogurt
- Hummus, olives, cherry tomatoes, sliced fennel
- Vegetables, legumes (peas, beans, lentils), tofu, miso
- Organic poultry and omega-3 eggs
- Organic grass-fed red meat (max 300 g/12 oz a week)
- Fish (mackerel, sardines, salmon)
- Fruits and vegetables peeled or washed, or labeled organic
- Liquids exposed to polycarbonate "hard" plastic, especially if heated

## Dr. Weil's Anti-Inflammatory Food Pyramid



## Factors Aggravating Inflammation:

- Traditional Western Diet
- Unmanaged stress, anger, and depression
- Less than 20 minutes of exercise per day
- Cigarette smoke, atmospheric pollution, domestic pollutants

## Factors Reducing Inflammation:

- Mediterranean diet, Indian cuisine, Asian cuisine
- Laughter, lightheartedness, serenity
- 30 minute walk 6 times a week
- Clean environment

“Let thy food be thy medicine, and let thy medicine be thy food.”

-Hippocrates

## Anti-Inflammatory Shopping List

### Proteins

- Fish and shellfish, especially salmon, mackerel, whole anchovies, sardines, eel, cod liver, and occasionally white albacore tuna
- Organic meat and poultry (in moderation)
- Vegetable proteins (lentils, peas, beans, chickpeas, mung beans)
- Organic soy: tofu, tempeh, miso, soy steak, soy sprouts, soybeans, soy milk, soy yogurt

### Grains and Carbohydrates

- Multigrain or sourdough bread
- Whole grain rice (or basmati or Thai rice)
- Quinoa
- Bulgur
- Oatmeal (porridge), muesli, All-Bran, Special K, or combinations of oats, bran, flaxseed, rye, barley, spelt
- Nicola Potatoes
- Sweet potatoes
- Vegetable proteins

### Fats

- Olive Oil, Flaxseed oil, Omega-3 butter, Cod-liver oil
- Canola oil, Omega-3, margarines

### Vegetables

- Cabbages: Brussel sprouts, bok choy, Chinese cabbage, broccoli, cauliflower, etc
- Beta-carotene-rich vegetables: carrots, sweet potatoes, yams, squash, pumpkins, tomatoes, beets, etc.
- Spinach
- Mushrooms
- Shiitake, maitake, enoki, crimini, Portobello, oyster, thistle oyster, or turkey tail

### Herbs and Spices

- Turmeric mixed with black pepper and olive oil, curry
- Mint, thyme, marjoram, oregano, basil, and rosemary
- Parsley and celery
- Alliums: garlic, onion, leeks, shallots, chives
- Cinnamon, ginger

## Choosing Foods Based on Glycemic Index

### HIGH GLYCEMIC INDEX (FOOD TO AVOID)

- Sugar (white or brown), honey, syrup (maple, fructose, dextrose)
- White bleached flours (white bread, white rice, muffins, bagels, croissants, rice cakes)
- Potatoes (except the Nicola variety)
- Leached or sweetened cereals
- Jams and jellies
- Sweetened drinks
- Alcohol

### LOW GLYCEMIC INDEX (FOOD TO USE)

- Natural sweeteners (agave nectar, stevia, acacia honey, coco flower sugar, xylitol, dark chocolate)
- Mixed whole grain cereals, multigrain bread & leavened bread, rice (whole-grain badmati or Thai), pasta cooked al dente, quinoa, oats, millet, buckwheat
- Lentils, peas, beans, sweet potatoes, yams
- Oatmeal, muesli, All-Bran, Special K
- Fruit in its natural state (blueberries, cherries, raspberries)
- Water flavored with lemon, thyme, or sage
- Green tea (without sugar)
- One glass of red wine with a meal
- Garlic, onions, shallots

# Little Changes Make a Big Difference

## Embracing Neurohealth:

### *Diet*

- **Eat grass-fed organic animal products:** meat, milk, cheese, yogurt omega-3 eggs (organic label is preferable but less important than it is for fruits and vegetables)
- **Balance your diet**
  - reduce intake of sugar, white flour, omega-6: sunflower oil, corn oil, soybean oil, safflower oil, margarine, hydrogenated (trans) fat, nonorganic animal fat
  - Increase omega-3 intake (found in fish, grass or flaxseed-fed animal products, flaxseed and oil)
  - Increase your intake of anticancer products (turmeric, green tea, soy, specific anticancer vegetables and fruit)

### *Exercise*

- **Spend 20 to 30 minutes doing physical activity per day**
- **Expose yourself to sunlight for 20 minutes each day**

### *Mindfulness*

- **Practice a method of relaxation and self-centering (such as yoga, cardiac coherence, qigong, tai chi, etc)**

### *Practice Positive Mental Health*

- **Resolve past traumas**
- **Learn to accept your emotions, including fear, sadness, despair, and anger**
- **Find someone with whom you can share your emotions**

### *Sleep*

- **Prioritize learning healthy sleep habits and practice them**

“Diet can promote or decrease inflammation. Inflammation can, in turn, drive up the risk of cancer, increase atherosclerotic diseases such as heart attacks and stroke and autoimmune disease. Inflammatory cytokines can even affect our perceptions and cognition. Diet modification is one tool to improve our internal physiology.”

Dr. Allen Gee



# IT'S A NEW FRONTIER

