

10 Keys to Healthy Eating

{ Celebrity Holistic Nutritionist &
Healthy Eating Coach Sonia Marie

10 Keys to Healthy Eating

1. Why what you're eating could actually be the thing that's making you hungry!
2. Why you might want to take a magnifying glass with you to the grocery store!
3. How changing one common ingredient can help you get control, boost your energy and prevent disease.
4. **What foods to avoid, as well as what foods to eat, to help our kids and loved ones aid the progression of their vision loss.**



1. Sleep!

Step #1 - Sleep

How many hours of sleep do you get per night?
Eight? Seven? Six?

What does sleep have to do with healthy eating?

Well....

Have you ever noticed that you're hungrier when you're tired? Why do you think that is?

Research shows that appetite increases 25% when you're tired!

Leptin vs. Ghrelin

Ghrelin



Leptin





2. Hydrate

Step #2 - Hydrate

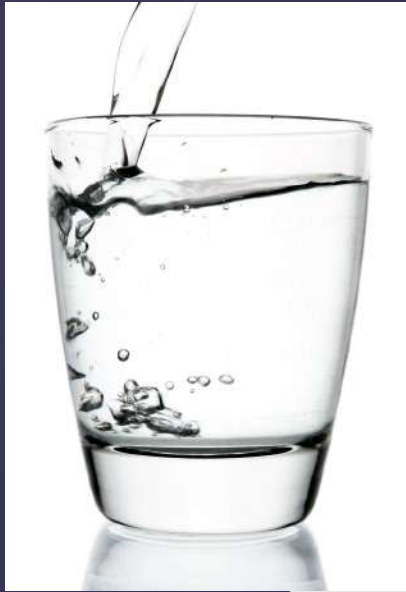
Did You Know?

75% of Americans are chronically dehydrated.

Symptoms of Dehydration:

- Low energy
- Headaches
- Muscle cramps
- Digestive issues
- Poor concentration
 - Illness
 - Hunger

How *much* water should you drink and *when* should you drink it?



$\frac{1}{2}$ Your Body
Weight in
Ounces Per
Day





3. Don't Diet

Step #3 – Say No to Diets

Diets Don't Work:

- Creates a **bad** relationship between you & food
- Deprivation
- Not sustainable
- Takes the joy out

Not All Calories are Created Equal!

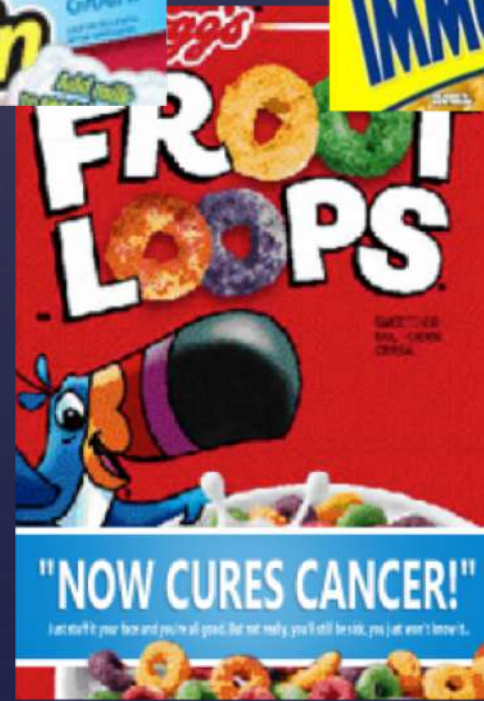
The **quality** and **nutrient density** of the foods are more important than calories!

Food contains information for
your cells.



4. Beware of Hype

Beware – Fact vs. Fiction





5. Read The Labels!

Step #5 - Read The Ingredient Label!

1. If you can't pronounce it, don't eat it!
2. Avoid "health" claims
3. Avoid more than 5 ingredients
4. Avoid "Lite" or "Low Fat"
5. Avoid chemicals, preservatives, artificial flavors, and colors.
6. Avoid sugar, High Fructose Corn Syrup, Trans Fats, etc. – Especially Important!
7. Ingredients listed in order of quantity

Look For These On a Label...

HFCS: Crystalline Fructose

- Depletes vitamins and minerals
- Runs down immune system
- Leads to insulin resistance
- Increases ghelin, lowers leptin

Artificial Sweeteners Neurotoxic Carcinogens

Symptoms:

- Headaches
- Fibromyalgia
- Anxiety
- Seizures
- Cancer

Look For These On a Label...

Artificial Colors

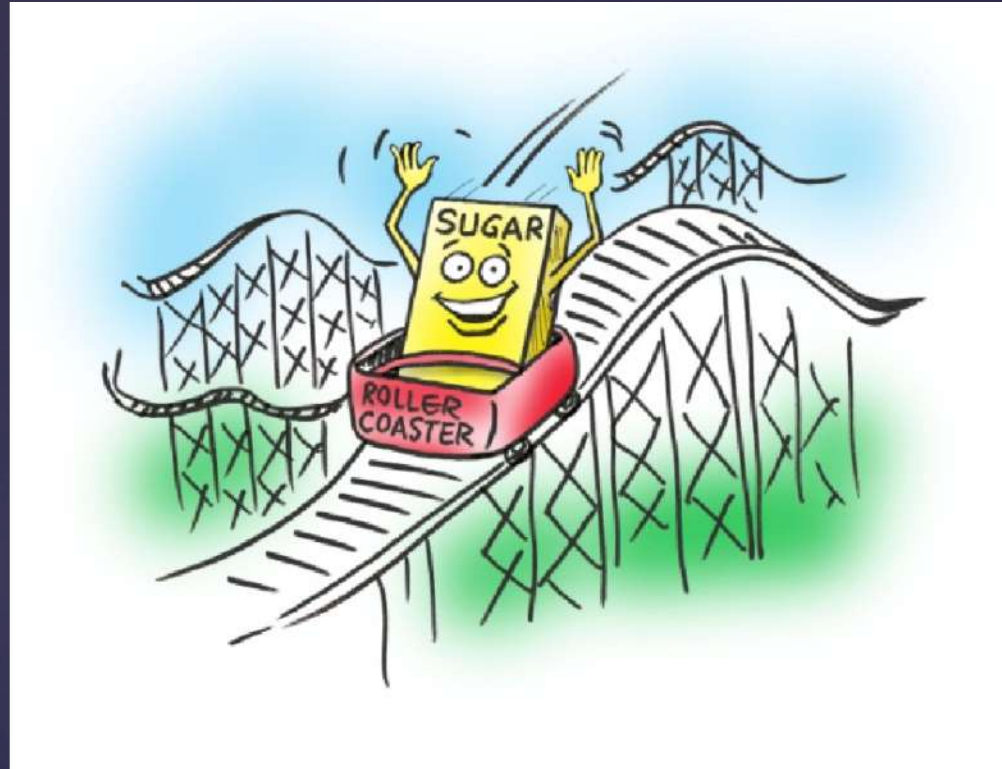
MSG: Excitotoxin

Symptoms:

- Migraines
- Lethargy
- Itchy skin
- Dizziness
- Respiratory issues
- ADD
- Alzheimer's
- Seizures
- Coronary issues

Symptoms:

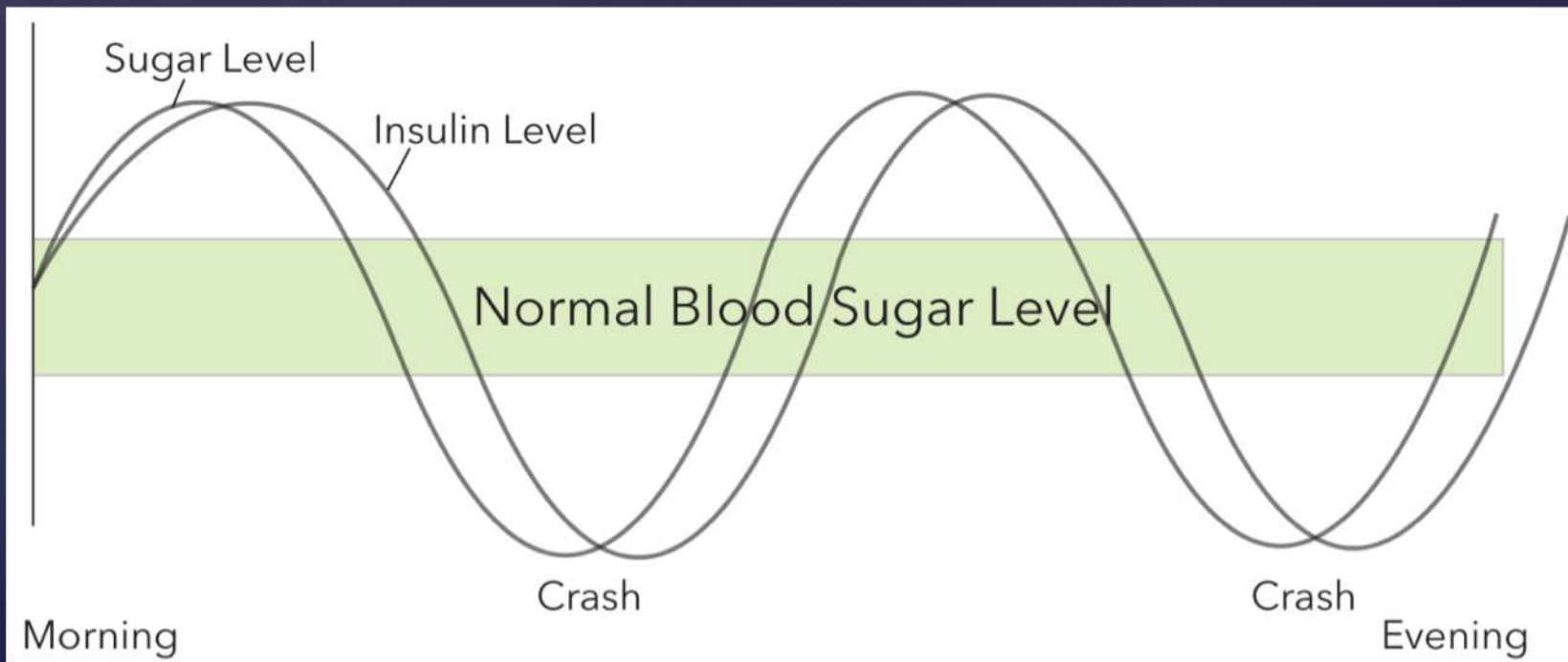
- Allergic reactions
- ADD
- Nerve damage
- Cancer



6. Get Off the Sugar Rollercoaster

Step #6 – Get off the Sugar Rollercoaster!

Sugar is an addictive, destructive substance. Eating only a little bit creates the desire for more.



Step #6 – Get off the Sugar Rollercoaster!

The average American consumes 142 lbs. of sugar per year.



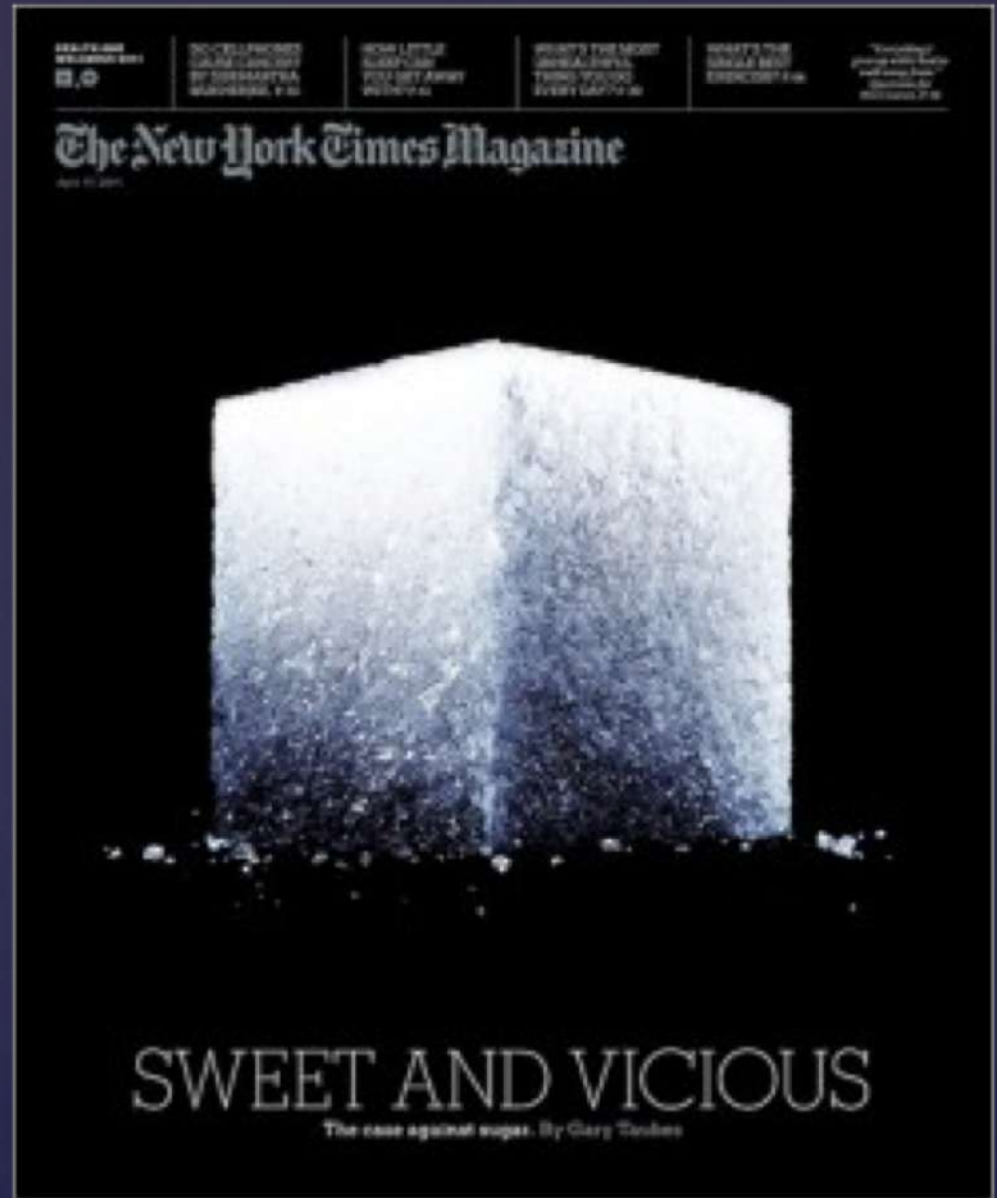
“I have eliminated refined sugar from my diet,” the president of Memorial Sloan-Kettering says.

“Ultimately, it’s something I can do to decrease my risk of cancer”.

New York Times Magazine

April 27, 2011

“Sweet and Vicious, Is Sugar Toxic?”



Is Your Body Alkaline or Acidic?

Why is this important?



7. PH Balance: Alkaline vs. Acidic

Step #7 – Alkaline vs. Acidic

Cancer, and most other diseases cannot exist in an alkaline body.

We want our body to be alkaline instead of acidic so that we can avoid disease!

Eating Alkaline Foods

- Purifies the body of toxins
- Boosts immune function
- Prevents disease
 - Parasites, germs, and disease cannot survive
 - Slows the aging process
 - Reduces inflammation
 - Increases energy
 - Increases your longevity

Alkaline vs. Acidic

- ✓ Leafy Greens
- ✓ Veggies
- ✓ Whole grains
- ✓ Fruits
- ✓ Water
- ✓ Green/Herbal Tea

- ✓ Sugar
- ✓ Artificial Sweeteners
- ✓ Processed/Chemical Foods
- ✓ Meat
- ✓ Dairy
- ✓ Alcohol
- ✓ Coffee



8. Eat Real Food

Step #8 – Eat Real Food



Whole, real, nutrient-dense, unprocessed, ONE ingredient foods.





9. Documented Beneficial Food for MD & RP

Step #9 – Foods for MD & RP

- Dark, leafy green vegetables **clean & alkalize** our bodies, **kale** being especially great for eye health support.
- Consumption of carotene-rich foods, such as vegetables and fruits, are full of lutein and Zeaxanthin, **which help increase vision health**. They also include Omega-3 fatty acids, which contain Astaxanthin, which protects healthy vision.

Color Pigmentation Matters!

For vision, look
for red, orange,
and yellow
foods
specifically!

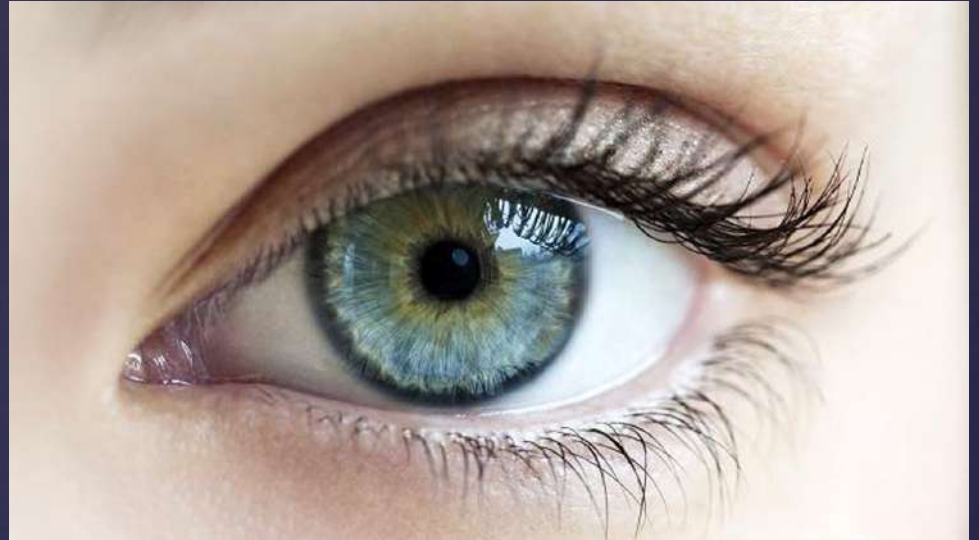




10. Good News....

New Research!

Foods that are good for your brain are good for your eyes!



The study showed Vitamin C and E, Carotene, Zinc/ Copper, as well as Omega-3, given daily, actually helped aid the progression to late stages of ARMD.

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