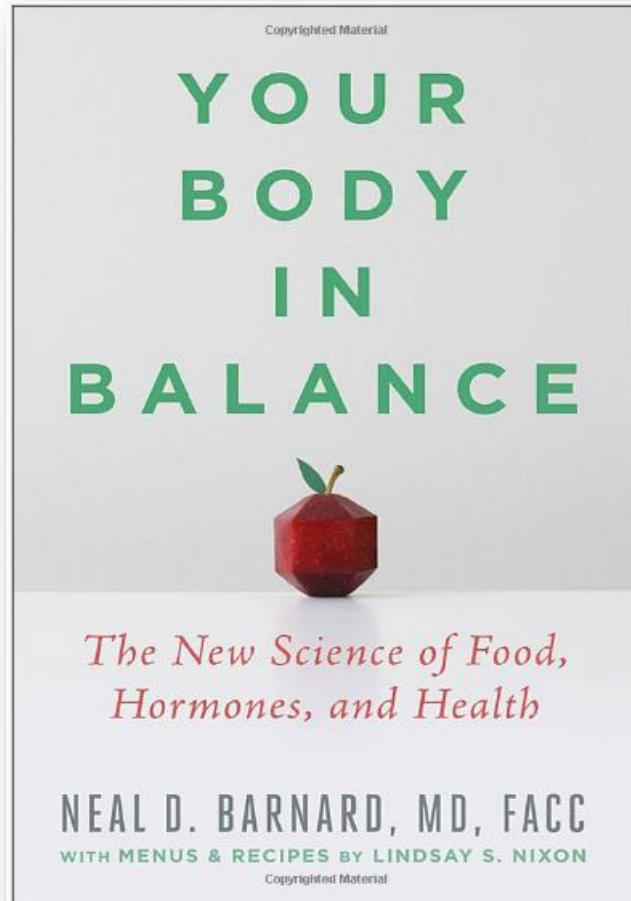




Your Body in Balance

The New Science of Food, Hormones and Health

Your Body In Balance



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- Recommends whole food plant based nutrition and lifestyle medicine.
- Must read – Your Body in Balance, Foods that Fight Pain, Food's that Cause you to lose weight and/or Vegan Starter Kit. Many more available.
- www.pcrm.org

Your Body In Balance

- You have the power to change your hormones through the food choices you make.
- Your body in balance provides step-by-step guidance for understanding what's at the root of your suffering, and provides a practical plan for feeling better fast.
- Certain foods cause your body to produce more hormones. Other cause you to eliminate them. You need to know which are which.
- This book/presentation explains the latest research and offers a new approach to treating, preventing, and even curing many of the most common and persistent health problems.

Foods for Fertility

- Planning for pregnancy and childbirth can bring up some complicated issues. But with the right foods on your side, the biological aspects become much simpler.
- Plant-based diets allow you to:
 - Trim excess body fat, a source of unwanted hormones.
 - Keep excess hormonal activity in check, through SHBG.
 - Have plenty of fiber to eliminate excess hormones through the digestive tract.
 - Avoid dairy products and the fat, calories, hormones, and galactose they harbor.
- The healthiest eating plans of all are those that skip animal products and focus on four healthy food groups: fruits, vegetables, whole grains, and legumes (beans, peas, lentils).

Tackling Pain and PMS

- Consider these steps to prevent menstrual pain and PMS:
 1. Avoid animal products completely. This means meats, dairy products, and eggs.
 2. Have plenty of high-fiber foods (i.e. all plants)
 3. Keep oils low. Avoid oils in cooking.
 4. Take advantage of plant-protein rich foods, like tofu or tempeh.
 5. Avoid sugar and chocolate.
 6. Minimize caffeine and alcohol.
 7. Take vitamin B12 daily or weekly.
 8. Get regular exercise.
 9. Get plenty of sleep
 10. Get sunlight.
- Do it 100%

Tackling Cancer for Women

- Simple dietary steps for tackling cancer for women:
 1. Avoid animal products.
 2. Minimize the use of added oils.
 3. Eat for color, including orange and red fruits and vegetables and plenty of cruciferous vegetables (e.g. broccoli, cauliflower, cabbage, kale, collards, and Brussels sprouts).
 4. Have tofu, tempeh, soymilk, or other soy products regularly.
 5. Aim for 40 grams of fiber per day.
 6. Plan for two and a half to five hours of moderate-intensity physical activity every week.
 7. When it comes to alcohol, the less, the better.
 8. Avoid chemical exposure.
 9. Be sure to take a vitamin B12 supplement. This is important for everyone, and especially those on a plant-based diet.

Tackling Cancer for Men

- Simple dietary steps for tackling cancer for men:
 1. Avoid animal products.
 2. Minimize the use of added oils.
 3. Take advantage of lycopene-rich foods, such as tomatoes and watermelon.
 4. Have soy products regularly: soymilk, tofu, tempeh, edamame, miso, etc.
 5. Go for 40 grams of fiber per day. Beans, vegetables, fruits, and grains will get you there easily.
 6. Be sure to take a vitamin B12 supplement. This is important for everyone, especially those on a plant-based diet.

Tackling PCOS

- You want to lose weight, raise in your hormones, and control your blood sugar. Here are steps that can help you accomplish each of these goals:
 1. Avoid animal products
 2. Avoid fatty foods and added oils.
 3. Favor low-glycemic index foods
- Tackling PCOS means trimming away weight in a healthful way, and using foods to tackle androgen excesses and insulin resistance.
- It pays to draw your nutrition from plant sources, keep fats low, and choose healthful, low-GI foods that keep their fiber intact.

Tackling Menopause

- In North America, many people no longer think of menopause as a natural stage of life. It has become a diagnosis, due in large part to the pharmaceutical industry.
- The research demonstrates that when women follow a mostly or entirely plant-based diet during their reproductive years, the menopausal transition is more gentle.
- Some helpful things you can do:
 - Consume a whole-food plant based diet
 - Avoid Hormone Replacement Therapy as it increases your risk of cardiovascular disease and cancer.
 - Trim away extra weight.
 - Favor soy products.

Curing ED and Saving Your Life

- If a healthy diet and lifestyle can reopen arteries in the heart, the same thing can happen in arteries throughout the body. Here are the steps for reversing artery disease:
 1. A plant-based diet
 2. Moderate exercise
 3. Stress management
 4. No smoking
- If this sounds challenging, remember: It beats surgery, chest pain, and chronic impotence. Soon you'll come to appreciate how great it feels to be healthy again.

Conquering Diabetes

- Conquering Type 2 Diabetes:

1. Avoid animal products
2. Keep oils to a minimum
3. Favor low-Glycemic Index foods
 - Instead of table sugar, have fruits.
 - Instead of wheat breads, favor rye or pumpernickel.
 - Instead of typical cold cereals, have bran cereal or old-fashioned oatmeal.
 - Instead of white potatoes, favor sweet potatoes.
 - Beans and pasta – even white pasta – are surprisingly gentle on your blood sugar.

- Conquering and Type 1 Diabetes

- The diet changes above are also helpful for people with Type 1 Diabetes.
 1. A healthy diet can reduce your insulin requirements substantially. A plant-based diet can reduce insulin needs by 30%.
 2. A healthy diet protects your blood vessels.

A Healthy Thyroid

- Foods affect the thyroid gland in many ways. For some people, a diet change seems to have been a cure for thyroid problems.
- Here are some simple tips for keeping a healthy thyroid:
 1. Iodine: not too much, not too little.
 - Iodized salt has you covered. If you are avoiding salt (not a bad idea), sea plants are a great source of iodine (Nori and Wakame are healthy choices).
 2. Avoid animal products.
 - People who avoid meat, dairy products, and eggs have been shown in research studies to have the lowest risk of hypo and hyperthyroidism.
- The good news is that, with appropriate attention to your diet – and medical attention when you need it – it is usually an easy matter to get your thyroid in good balance.

Healthy Skin and Hair

- Keeping Healthy Skin and Hair. To maintain healthy skin and hair, consider the below tips:
 1. Avoid animal products.
 2. Avoid adding oils in cooking, and favor oil-free foods at restaurants.
 3. Avoid oily foods (e.g. peanut butter, avocados) until you know how they affect you.
 4. Avoid added sugars. In anecdotal evidence reports, for whatever reason, sugary foods seems to make hair lifeless.
 5. Have adequate protein from plant sources.
 - Beans and bean products, such as tofu, tempeh, and soy milk, give you plenty of protein without the negatives of dairy products or meat. Anecdotally, some people have found that having extra plant protein helps keep their hair fuller.
 6. Have plenty of vegetables and fruits. Their antioxidants will help protect their skin.
 7. Protect your skin from excess sun exposure.
 8. Although hormone shifts can have profound effects on your skin and hair, a healthful diet can be powerful, too.
 - See what healthful foods can do for how you look, in addition to how you feel.

Foods that Fight Moodiness and Stress



- Foods for better moods.
 1. Avoid animal products.
 2. Favor high-fiber foods.
 3. Keep oils low.
 4. Have plant-protein rich foods, like tofu, tempeh, or beans, especially at breakfast.
 5. Avoid sugar and chocolate.
 6. Minimize caffeine and alcohol.
 7. Take vitamin B12 daily or weekly.
 8. Exercise.
 9. Get plenty of sleep.
 10. Sunlight.

A Healthy Diet

- The recommendation is to avoid, dairy and egg products.
 - Step 1. Take a week and explore the plant-based foods available to you.
 - Step 2. Now that you know your favorites, your job is to actually eat these foods for the next three weeks. During this time avoid animal products completely so that you can follow a completely vegan diet over the next 21 days.
- After three weeks on a healthy vegan diet, you will find the prospect of healthful eating much more approachable. If you stick with it, you will find the experience very rewarding and even life-changing.

A Healthy Diet

- On the road and on the town, here are some healthful tips:
 - Think international: Italian, Mexican, Chinese, Japanese, Thai, Vietnamese, Korean, Indian, and Ethiopian restaurants all have many plant-based choices.
 - Ask for oil-free foods.
 - If you eat at a diner, ask for a vegetable omelet without oil and with potatoes and many vegetables; but, hold the eggs and cheese. Add rye toast (no butter), oatmeal or grits on the side. Many diners have veggie burgers that you can top with mushrooms, onions, tomatoes, and lettuce any time of the day.
 - If it's fast food you are looking for, submarine sandwich shops can easily build a sandwich from lettuce, tomato, spinach, cucumbers, olives, pickles, and hot peppers, drizzled with red wine vinegar, on a toasted bun. Taco restaurants offer bean burritos, and many burger outlets have veggie burgers or baked potatoes.

Avoiding Environmental Chemicals

- Here are some simple steps that go a long way toward protecting us from chemical exposure:
 1. Avoid animal products. Many environmental chemicals bio-accumulate in animal tissues.
 2. Favor organic produce, especially for fruits and vegetables that are frequently pesticide treated.
 3. Favor fresh or frozen foods over canned. Some manufacturers (Eden Foods and Muir Glen) make a point of using BPA-free cans.
 4. Prepare beans from scratch. It is easy, amazingly inexpensive, and chemical-free.
 5. In the microwave, use glass containers, not plastic.
 6. If you buy plastic products, look for BPA-free labels or check the recycling number at the bottom. A 3 or 7 indicates that the product may contain BPA.

Avoiding Environmental Chemicals

- (Continued) Here are some simple steps that go a long way toward protecting us from chemical exposure:
 7. Drink clean water. Spring water beats tap water. If your spring water comes from plastic bottles, keep them away from heat. If you use tap water, filters can remove many pollutants.
 8. Skip thermal receipts if you don't really need them, and wash your hands after touching them. If you handle receipts in your daily work, wear gloves.
 9. Check labels on personal care products. The fewer additives the better.
- Avoiding chemical exposures is a good idea. But this step should be taken in addition to a healthful diet, not instead of it.

Summary

- You deserve to achieve vitality.
- You can positively change your hormones through your lifestyle and the food choices you make.
- Get started today!