



# EVOLUTION

HEALTH & FITNESS

INCREASE ENERGY - GAIN STRENGTH - DISCOVER FREEDOM

## Introduction to Diet and Hydration



### Section 1 Food Quality

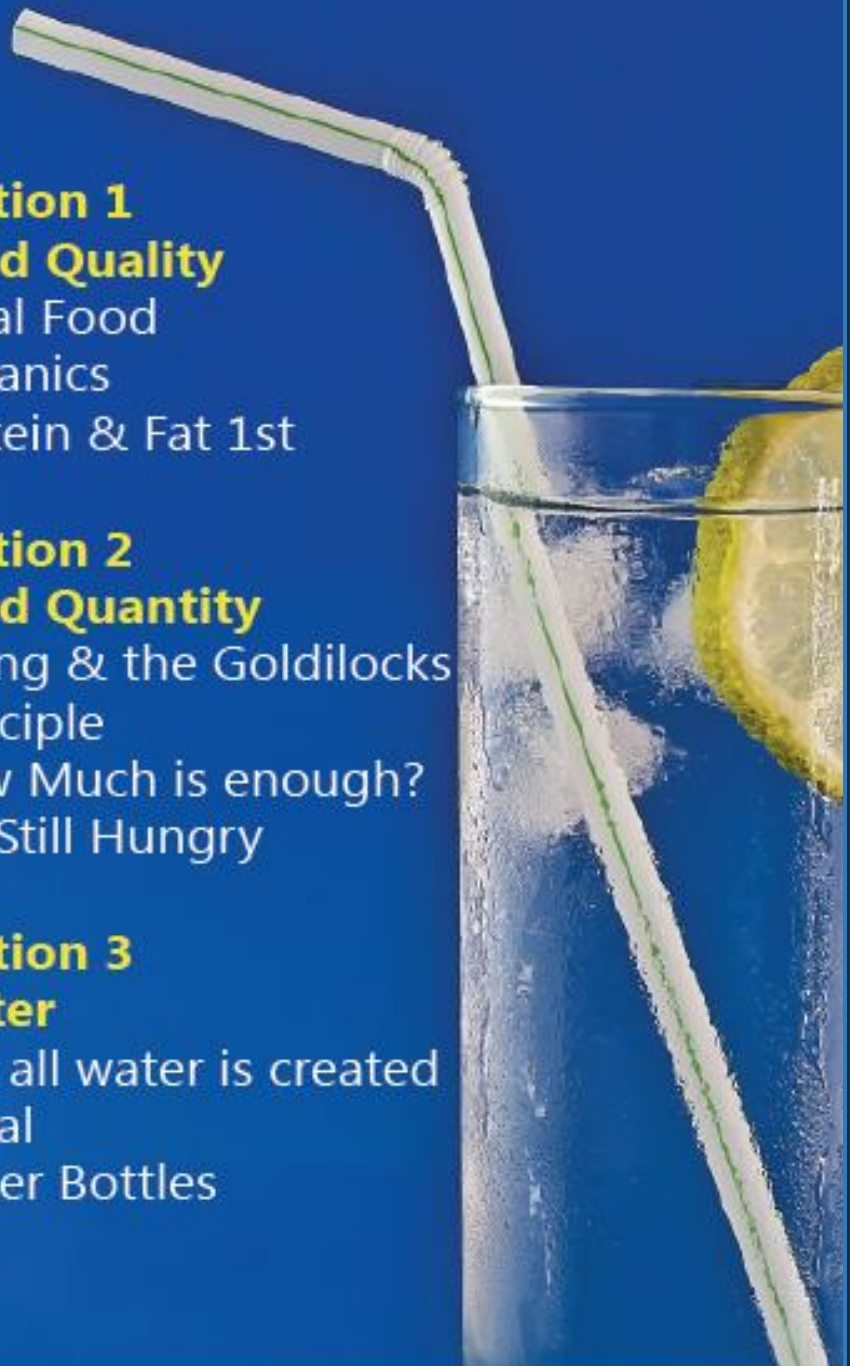
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*“Eat quality food in the right portions when you are hungry and your body will know what to do from there.” ~Nick Horowski*

*Nick Horowski*

## An Introduction to the 6 Foundation Health Principles

Contained in this eBook are brief introductory notes on Diet & Nutrition, providing you a fantastic opportunity to begin your journey of eating for optimum health and vitality.

### DIET & NUTRITION:



#### FOOD QUALITY

I will begin introducing you to the importance of food quality. As we move away from the topic of drinking enough quality water I do not want you to forget that staying hydrated with clean water is a must before you should entertain food quality. Remember that you can only go a few minutes without breathing (don't worry, we will cover how to breathe properly in a few weeks), only a few days without water, but you can go quite a while without food. This does not mean that it doesn't matter however and I encourage you and your families to do your best in all of these.



First and foremost food quality matters because YOU ARE WHAT YOU EAT (ATE)! Yes, whatever you eat makes up your body. Would you rather be made up of some nice veggies and a good cut of meat or a frozen pizza and some soda? Yes, that is right, if you eat junk then your body will not be able to work correctly.

As one of my mentors Paul Chek has said to me "you can't make chicken salad out of chicken shit." Joints, ligaments, organs, muscles, bones, etcetera are made to last around 110 years if we treat them right. This is why it is critical that we eat real whole foods. Anything that is processed and refined won't have all of the nutrition on board that your body needs to replace all of its cells. Your body changes over all of its cells every seven years and that is almost 16 times in 110 years. Starting off right for the first seven years helps to set a great precedence for the next ones.

I also put ate in parenthesis because you are what you eat, but are also made up of whatever that plant or animal ate (and drank). This can be something that is often overlooked. We must make sure that the animals we eat are eating high quality foods as well that do not have pesticides, herbicides, fungicides and other chemicals. This is also very important for the plants we eat as upwards of 90% of the plants we eat are carnivorous. We must make sure that we are taking care of the topsoil for these plants to grow in and the animals to eat so that it has all of the nutrition on board to keep our bodies ready for 110 years old!

### WHY ORGANICS?



Above we touched on the topic of food quality and I want to continue that discussion here with organics. There are several reasons posed as to why organics is a great thing and we should all be doing it. I also see research that says that it is not that big of a deal. I want to explain these to you a little bit today and give you my take on why I do feel that eating organic food is the way to go and to give you a few tips for you and your family to start implementing the highest quality food you can in your routines.

Well first we must touch on what is organic food? This is food that has been grown without the use of pesticides, fungicides, chemical fertilizers, growth hormones, antibiotics, sewage sludge, bioengineering or radiation. Now

I must remind you that all of these will never be eliminated because of what we have done to damage Mother Earth.

There is bound to be some of these in the air, water and soil, but there will be much less of these toxins. This is often the number one point that strikes home with people. Decreasing our toxic burden on both our bodies as well as the environment is critical for our own health and wellness as well as that of our family, friends and future generations.

The environment is also helped by much of the biodiversity associated with organics as well as soil management. Remember that SOIL HEALTH IS KEY TO OUR HEALTH. The soil and sun are where we derive our vitamins, minerals, primary and countless SECONDARY NUTRIENTS from. These secondary nutrients, which we are discovering more of every day, are often overlooked by the primary nutrients; fat, protein and carbohydrate. We kill the soil if we keep spraying it with the newest chemical to hit the market.

This is a big deal as recent studies have shown that there can be up to 50 billion microbe in a single tablespoon of soil!

Next comes taste. Sure you can argue that I am wrong and it really can't taste any better. Well to me it does! That is all that matters to me. I suggest you try it and find out for yourself. I feel part of this reason is because the energy that I can feel from the food when I am around it and when I ingest it. This is very subtle energy that can be difficult to feel for most adults, but it is something that children often notice. Try even by asking your kids what they think of conventional and organic foods when side by side.

Of course we cannot bring up organics without talking about price. Yes, it will be more expensive because these organic farms are not receiving the same government subsidies that conventional farmers to grow their sub-par food. You now have to think about the skyrocketing rates of disease when comparing this price. I am sure that many of the big agricultural conglomerates will not want you to know that all of the toxins that they are adding to the food supply is increasing this epidemic. In a study at Rensselaer Polytechnic Institute it takes roughly 10% of a population to believe strongly enough in something that the rest of that society will adopt it. With enough of us on board we can drop those prices and make organic food the norm for all.

In the following section we will look into locally sourced foods as a great way to keep fuel usage low as well as get high quality food at a discount as well.

## Local Foods

Having already discussed the importance of finding organic foods for their lower or non-existent level of toxins, increased nutrient profile, TASTE and soil health and preservation. Now it is time to explore the growing local food movement, which is just as important. We must first know where to start. In the above section I



showed how you can find a local farmer's market and today I am providing a link with another great site to also find farmer's markets, farm and restaurants. It is my Buy Fresh Buy Local page (<http://www.buylocalpa.org/lehighvalley>). I encourage you to go and explore and find where are great local places for you to go and visit.

Now it is important to be aware when you are searching out these local places to talk to the farmer. I say this because we talked about the importance of getting the highest quality food possible and when you do talk to your local farmer they might say that they are organic because they don't believe in the certification or cannot afford it. However, they may still follow methods consistent with your beliefs on growing food. This is what I have done with places I go to at the farmers market as well as my local CSA (more on a CSA in a minute).

I go and ask them about what they put down on their soil and plant, the types of seeds they buy, how they rotate crops and just the overall vibe that I get when speaking with them or the vibe I can feel off their food and how it makes me feel. Do not suppress this if you get a great or a bad feeling. It is your soul guiding you to the truth and is something to embrace.

Using community supported agriculture (CSA) is a great way as well to eat locally (<http://www.localharvest.org/csa/>). I use one and how it works is that I pay a fee upfront in the spring as well as sign a contract with my farmer (<http://www.reederfarmsllc.com/>). This allows me to go and pick up once a week for a specific time of year a huge box of beautiful vegetable and or fruits from a great local farm that I know and trust. It can be a great way to get a discount and feed a variety of sized families. It also allows you to eat seasonally so you get to rotate foods and get a lovely variety of colors and allows your body to rest from always consuming the same foods on a daily basis.

All of these options are great as they help to keep fossil fuel emissions down as well as support the local economy. They are also great because you get to eat food that was grown in the soil that is native to your area.

Those local microbes will help you to combat any allergens in your area instead of those half way around the world. If food and soil are of high quality I don't mind eating a little dirt with them to get these beneficial microbes inside my body to help out.

Finally FRESHNESS. Nothing beats a just picked fruit or veggie. Plus with all of the nutrients still on board you get even more benefit. Get ready for the next section where we look into purchasing high quality protein and fats.

### PROTEIN AND FAT FIRST

Now you may be wondering "Nick, first when? First at a meal, first in the day, first at the Farmer's Market?" Well it certainly could be all of the above if they work for you, but what I am referring to here is that protein and fat products should always be bought organic and or grass-fed first!!! This is when you are first starting out or on a budget, but if you can get everything organic and grass-fed then I certainly encourage you to do so.



It is very important to understand something about raising beef and that is the ADG or average daily gain. This is the amount of weight an animal will put on in a day. This comes out to be about two pounds. In order to gain those two pounds it needs to eat about 20-25 pounds of grass, hay or grain feed. Let's call it 12 pounds of vegetable matter in order to make one pound of meat. I hope that you can now understand the importance of starting with higher quality protein and fat before plant matter as the ratios are quite different.

This will end up being a lot more toxins (herbicides, fungicides, pesticides, hormones, antibiotics, etc.) that end up in your body if you eat commercially raised proteins and fats.

### Toxins are stored in the fat!

That is right for any animals as well as yourself. The body is going to put away toxins in the adipose tissue that is being stored and since it takes a lot of plant matter to make up animal tissue you can see it would be a more important place to start. Do not fear for those that are eating pastured organic animals. The toxins are not going to be present. If this is still trouble you can make sure to get the leanest cuts possible of commercially raised meats so that they have less toxins, however, many of the antibiotics and hormones may still be present. You must find the best starting place for you.

### Cooking Fat

Don't forget about the fats that you use to cook. These must be of the highest quality as well and will be needed if you are getting leaner cuts of meat. There are plenty of grass fed butters and organic coconut oils among others that you can find. Go ahead and start with protein and fat!

### EATING AND THE GOLDILOCKS PRINCIPLE

We can take the Three Little Bears analogy of too hot, too cold and just right to eating as well, with a slight twist. It would be more about amount eaten instead of temperature of the food, but it works just the same. As promised I will explain to you the principles of the Metabolic Typing Diet and Primal Pattern Typing Diet (found in How to Eat Move and Be Healthy) as I have come to understand and use them.

I want to remind you that these are very simplified and I encourage you to click on the links and check out both of these books to get a better understanding of how to use them as there are extensive questionnaires to figure out your type.

The following types are all generalizations of where a person should start eating before fine tuning their meal plans. Before addressing the types I want to let you know what portion sizes are considered.

- 1 serving of protein=palm of hand
- 1 serving of fat=1 Tbsp.
- 1 serving carbohydrates=size of fist

Fat and proteins are considered foodstuffs from something that had "eyes" and carbohydrates are "no eyes" foods. Nuts would be an exception as they are fats. Please let it be understood that all of these foods are meant to be of the highest quality as we addressed over the past few weeks.

### Carbohydrate or Equatorial Type

This is called the carb type for good reason, they thrive on mostly carbs. It can be referred to as equatorial as people living closer to the equator have always eaten a diet higher in carbohydrates based on what could be grown there.

Plate Breakdown (% of each food that makes up your plate/meal)\*

- 70% Carbohydrate
- 20% Protein
- 10% Fat



### Protein/Fat or Polar Type

Here is where I thrive. Give me those fats and proteins and I will be golden. Now you see the name polar as those closer to the poles would fit in here. Their ancestors often ate less carbohydrates and more protein and fats since they were not able to grow the same foods as those near the equator.

#### Plate Breakdown\*

45% Protein

20% Fat

35% Carbohydrate

### Mixed or Variable Type

Good luck because you can go either way. Your ancestors may have been somewhere in the middle or you may have one parent from the equator and one from a polar region.

#### Plate Breakdown

50% Carbohydrate

40% Protein

10% Fat

\*All plate breakdowns are just guidelines for where to start. You will have to tweak the numbers up and down based on some of the following reasons:

- Everybody is different
- Stress level
- Amount of sleep
- Time of day
- Activity level
- Season

Good luck finding your type!

### THE TRUTH ABOUT FOOD QUANTITY

I just wanted to let everybody know today that I am going on a diet. I'll let that sink in for a moment. First, I am on a diet every day of my life based on what my body needs. Second, I did not say a weight loss diet which is a specific type of diet of which there are many different types. I included a definition of diet below from Mirriam-Webster online as I think it is important to understand that a diet is just the food that we regularly eat.



### Definition of DIET

Definition from: <http://www.merriam-webster.com/dictionary/diet>

- a : food and drink regularly provided or consumed
- b : habitual nourishment
- c : the kind and amount of food prescribed for a person or animal for a special reason
- d : a regimen of eating and drinking sparingly so as to reduce one's weight <going on a diet>

We have recently looked at why the quality of food that makes up our diet matters and now it is time to see why the quantity that we eat matters.

### Eating Too Much

By consuming too much food on a daily basis we are severely stressing out our digestive systems. We must remember that our digestive tract is a tube from mouth to anus that we must take care of. This was something Hippocrates was critical of as he stated "all diseases begin in the gut." If we keep consuming foods that overwork our digestive system then how can we fight these diseases that are always lurking?

### Eating Too Little

I came up with a great title for a weight loss diet book and want to run it by everybody. Please leave your feedback below. "Lose Muscle, Stay Tired and Mess Up Your Hormones in One Easy Step: Don't Eat Enough!" I think it should be on the bestsellers list in no time. In all seriousness not eating sufficiently for your body will cause a lot of stress and often leads to a rebounding effect of gaining more weight and often eating too much. Let's just find that right amount.

### Eating Just Right

This is the sweet spot that we all strive for and is certainly different for each and every person walking this earth. That is exactly why NO ONE DIET IS RIGHT FOR EVERYBODY! Next week I will be discussing William Wolcott's The Metabolic Typing Diet as well as Paul Chek's Primal Pattern Typing Diet. Both of which are very simple to use, but are specific to each individual and can help you find the right amount for yourself.

### Why Am I Still Hungry?

The last two weeks we have been discussing food quantity and ideal ratios to eat, but even after going over that I still often get the questions about still being hungry all of the time or ready to eat again within two hours of eating (you should comfortably be able to go four hours between meals). I want to give you some troubleshooting tips that can really help you dial in on the right amount for you to not be hungry. This is critical as it will



help to regulate your weight, help you sleep better, recover better, perform better, as well as keep a clear head.

#### Tip #1: Not really eating your Metabolic or Primal Pattern Type

Just because you were a protein type 2 months ago it doesn't mean you still are. Go back and take the questionnaires again to make sure you haven't changed or try the 333 challenge. For three days eat as a carb type, do three days as a protein type and three as a mixed type. Then see which one you feel best with. Make sure to keep a food log during this time.

#### Tip #2: Not eating high quality foods

Making sure that you consume the highest quality foods is a must. The higher quality organic and grass-fed foods are going to have more nutrition on board as the soils they are growing in or eating have tons of nutrition and this is still what the body is looking for. If foods are void of quality nutrition that void will still be present within you.

#### Tip #3: You are still low on life force

Call it what you want; life force, chi, qi, prana. It is how you stay vital and if you are dumping it like crazy by not sleeping, using negative thoughts, etc. then you are still going to be hungry because they body is looking for life force from external sources. Much more on this in the months to come, so be sure to stay tuned.

#### Tip #4: Brain isn't processing signals

If you have been eating the incorrect ratios of foods for 10, 20 or 30+ years then your body is still learning some of the new signalling that it is being sent. See above for the 333 challenge to see what works best. Also, take time as adapting to eating well is going to take time.

#### Tip #5: You are thinking and not listening/feeling what the body is saying

Here is the creme de la creme. You must be able to hear or feel what your body is telling you, especially if you have been ignoring it for a long time. It may be difficult, but you will have to take your time, close your eyes and gradually you will notice if you have more energy, feel better and are not hungry when eating right.

There you have it. Eat quality food in the right portions when you are hungry and your body will know what to do from there.

## HYDRATION



### WATER

I want to start off this topic with a quick conversation that I have on a daily basis with my clients and patients. This will take place the first time I see somebody in the clinic and usually goes something like this:

Nick: "How much water did you drink today?"

Client: "Oh, don't worry. I drink a ton of water."

Nick: "That's great. How much is that?"

From here this conversation goes one of two ways. I'll give you both scenarios.

#### Scenario 1:

Client: "Well it ends up being two or three of those (insert generic 16.9 ounce plastic grocery store bottles here)."

#### Scenario 2:

Client: "Well, I drink tea/coffee all day long, so I'm hydrated."

In both of these cases the clients are SEVERELY dehydrated so if it sounds like you at all then please read this next statement very carefully. You need to drink  $\frac{1}{2}$  of your bodyweight in ounces of water every single day. This is critical according to Dr. Batmanghelidj in his book "Your Body's many Cries for Water." He feels so strongly about his that he has written a series of books falling under the category "You're not sick; you're thirsty."

I want to quickly share with you what dehydration can do to the body by explaining water rationing. During water rationing the body will take water and divert it away from your muscles and towards your organs. First this leads inability of the muscles, joints, ligaments, tendons and nerves (just to name a few) to be under stress and not be able to function properly. This leads to breakdown over time (i.e. joint pain/inflammation, muscle cramping/shortening, stiffness/poor movement).

That is just the movements that you can feel. This water rationing occurs here first because the organs are higher in order than the muscles and joints and therefore get the water first.

If you think that is bad, now comes the crazy part. There is an order to which organs get water and blood first and as you may have guessed the brain is up there at 1/50th of bodyweight, but gets 18-20% of the blood flow.

This will lead to damage and improper functioning of all of the other organs under it. As you can guess this is a situation for disaster. On top of that your total body composition is about 75% water and the brain is about 85%.

According to Dr. Batmanghelidj your urine should not have color if you are properly hydrated. The only thing that should cause coloring would be food colorings and additives, but those are for another day. Do not wait to have a dry mouth or feel thirsty.

By then it is too late as many people have lost their sense of thirst and often mistake it for hunger.

"But Nick, that's just too much water. I'll be running to the bathroom all day."

Yes, you would if you jumped into it too quickly and that is why I have come up with my 4X4 system for introducing water back to the body. It is that you add four ounces of water every four days until you are at half of your bodyweight.

This allows the body to acclimate to the new life elixir. You can also add a pinch of Celtic Sea Salt so that your water is fully mineralized, but not so much that you can taste it.

Be sure to check back next week when we go more into the quality of the water that you are drinking. Since we are putting so much in our bodies, we must be sure that it is up to par to keep us healthy.

### Not All Water is Created Equal

Just imagine that you walked into the store and were about to quick pick up a case of water. Which one would you pick? The cheapest? The one that caught your eye? The one in the glass container? There are tremendous differences between all of these waters even if they all look like clear H<sub>2</sub>O.

You need to know the differences and which one you want to get for you and your family whether you go and buy water or get it from your faucet. Even that which comes out of your kitchen sink may not be right for you, so let's help you pick!



### Choice #1: Tap vs Filtered Water

Whether or not you have city or well water there are going to be contaminants in it. Well water has been thought of as very clean, but with over 2 billion pounds of pesticides sprayed in the U.S. alone each year the runoff is endless. That doesn't even include the fluoride, chlorine, bacteria, poisons and countless medications in our current water supply.

I think that a whole house filtration system is the best you can do. By checking out <http://doultonusa.com/> or <http://www.friendsofwater.com/> you can find a great system for your home. Another great option are the under counter filters that these places carry as well. Since these remove minerals as well as the toxins it is a good idea to put a small amount of unprocessed sea salt (<http://www.celticseasalt.com/>) back in the water. You should not be able to taste it.

Quality filters are an absolute must as we are made up of around 75% water.

This is why I think making sure you are drinking the highest quality water you can is something that needs to be done even before making an investment into higher quality food. Please don't take the miracle of water lightly.

### Choice #2: Glass vs Plastic

There are going to be a million and one choices when choosing water to buy at the store. I always start by looking at the ones in glass. The reason is I know it is cheap flimsy plastic that can be leaking all sorts of estrogens into that water that I am going to be putting right into my body. This coupled with sitting in the back of a tractor trailer as it goes across country in the middle of the summer will cause more toxins to leach out.

Now that it is down to the glass containers there are still lots of choices. Let's start with reading the label. We want to look at the hardness factor and total dissolved solids (TDS).

This will let us know if our water is naked (no minerals) or not. I like to see a hardness factor 170mg/L and a TDS of 300 or greater.

I like artesian water by Fiji myself, but brands like Evian and Volvic can be great as well. If this is too expensive, then see filtered water above and get your own glass or quality stainless steel bottles.

### Choice #3: What water to bathe in?

Did you forget about the water you surround your body with? I hope not. For those of you that aren't able to get a whole house filtration system I still want to keep you from ingesting chlorine from a hot shower or letting it through your pores. Chlorine has been linked to increased allergies and asthma.

I know it certainly dries out my skin and don't want to think about how that affects me internally. I feel that the solution is simple. Get a shower filter. My favorite is the Rainshower's (<http://www.rainshowermfg.com/>) ones. They fit on easily and do the trick. Plus it is an inexpensive way to keep you hair and skin nice and clean.

To get more water education I recommend listening to some of Sean Croxton's Underground Wellness podcasts with guest David Getoff. I am a big fan of his and think the information he presents is great for you and your families' health.

## WATER BOTTLES

In the previous article we talked about the quality of water and touched a little on the types of containers the water is in.

I want to expand on that topic for you so that you know what the best option is for you and your family.

It is a very big deal what you are drinking out of because anything your water comes in contact with can leach into it and thus goes into your body. Remember that anything you are putting into your mouth is making up your body. Since it is the only one you get, give it the best.

Let's get into what to look for and what to avoid when choosing a water bottle. (More than 60% of plastic water bottles are thrown out in the garbage)

First, I want you to find a sustainable option. Something that you know you will use over and over for the years to come. We will explore different options that will be able to last for you, unlike those in the picture above.

### Glass

This is my favorite choice hands down. Glass is completely inert. You can heat it, chill it and your water will not react with it. This is tremendously important if you have gone through the process of getting a great filter for your home. Now you have nice clean water and you don't want to pour it into something that will contaminate your water. I know glass can break, but that is not an excuse anymore.

There are alternatives like <http://www.lifefactory.com/> that offer glass bottles in a silicone sheath to help protect it for kids and us big kids who drop things too. You can even reuse water bottles you bought at the store where the water was already in glass. The problem with these is the metal tops often begin to lose their ability to prevent leaks.

### Metal Bottles

I think that this is another great option provided you stick with a high quality food grade stainless steel bottle. This will ensure that there are no heavy metals leaching into your water that you have already made sure is clean.

By sticking with food grade stainless steel versus aluminium there is no need for a liner. This is the drawback for me with aluminium bottles. Similar to plastic they often claim BPA and phthalate free, but I would still rather stick with something that I don't have to worry about being around plastics.

My favorite here is Klean Kanteen (<http://www.kleankanteen.com>).

### Plastic

And finally we have the plastic options. Going back to earlier blogs that I gave about optimal and sub-optimal choices, I think this would be sub-optimal. Sure there are ways bisphenol A (BPA) free bottles that are going to be less toxic as they are supposed to leach less estrogen mimicking compounds into the water, but many do not talk about the bisphenol S (BPS) that is used to replace the BPA. Both bisphenols can affect our hormones by exposure to them. I will agree that it is better than some of the very flimsy plastic bottles that claim nothing, but will still be sticking with my glass and occasionally stainless steel