

1 **Food & Supplements**

Semester A: Basics | Class # 2
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2 **Content**

1. Food As Raw Material
2. Food Choices
3. Amino Acids
4. Anti-Oxidants
5. Supplements

3 **Food As a Raw material**

Food is the materials your body uses to build and repair itself. Choose wisely.

Concept

Given the proper raw materials, your body is a self regulating, self nurturing organism, which is "designed" to heal and look after itself with a minimum of intervention.

We humans have difficulty with this concept.

4 **Raw materials**

- 1 Amino acids
- 2 Vitamins, minerals and phytonutrients
- 3 Water
- 4 Oxygen

5 **Reasonable environment**

- Clean air
- EMF's to a minimum
- Proper sleep
- R & R (Rest and Recreation)

6 **Reasonable environment**

Electro-magnetic Fields:

The nervous system works by creating a "very tiny" electrical charge that is easily interfered with by any larger EMF, such as:

- *Cell phones
- Hydro transmission lines
- Unshielded electrical Devices

** While scientists are not in agreement on how much time is necessary, they all agree that excessive use does irreparable damage to the neural network of the brain adjacent to the phone.

7 **Food Choices**

Cooked vs Uncooked

- Every raw/fresh food contains all of the enzymes, vitamins, minerals, and nutrients that it needed to grow.
- Heat destroys all the enzymes and some of the vitamins and nutrients. Varies according to food.

Concept:

- We get our energy from food in reverse proportion to the energy expended by our body in order to digest it. The more energy our body spends to digest it, the less energy (net) is left us to use.

8 **Amino acids; The building blocks of proteins**

- All of the elements in and of your body are called protein which in turn are a complex made up of amino acids. Amino acids are the building blocks of protein.
- It is the different complex and length of the amino acids which make up the protein that dictates its function, i.e.. muscle, enzymes, blood cells, immune system proteins and hormones to name a few.

9 **Amino acids:
The building blocks of proteins**

Best sources

- Dark greens (Chlorophyll)
- Shiitake mushrooms
- Fish and other seafood
- Meat
- All other food – part only

10 **Anti-oxidants**

Needed to counter the free radical damage caused by the body's natural processes.

- Best source is green leafy vegetables.
- Good source is fresh fruits.

11 **Supplements**

- In bygone days, most human activity required physical work and food provided the energy.
- Today our physical output is much less. Therefore our caloric need is less, but our bodies need for micro nutrients is the same. The easiest way to balance these needs is to supplement and avoid obesity.

12 **Supplements**

Three Groups of Supplements:

1. Vitamins, minerals and phytonutrients
2. Food concentrates or distillates
3. Nutraceutical extracts or distillates.

13 **Hand-out of Healthy Living Presentations**

You can download this (and previous handouts) from Life Transformation Institute's Website:

<http://tinyURL.com/healthhandouts>

More on the subject:

WebMD <http://www.webmd.com/food-recipes/dietary-supplements-topic-overview>

Office of Dietary Supplements (Part of National Institute of Health, USA)

https://ods.od.nih.gov/HealthInformation/DS_WhatYouNeedToKnow.aspx

14 **Resources**

Life Transformation Institute's website

<http://tinyURL.com/healthhandouts>

- Glossaries (Health, Heart, Heart Diseases)
- List of Health Magazines, Books
- Articles, Presentations ... more

Appendices of Book: "7 Steps to Dental Health"

<http://7stepsdentalhealth.com>

- Health Websites
- Health Organizations
- Glossary of Holistic and Dental Terms
- Dental Knowledge Test

15 **Learning Guide to Classic Books**

A Learning Guide provides:

- ▶ Synopsis of the book and its Author
- ▶ What Others Say About the Book
- ▶ Quotes from the Book
- ▶ Key Insights from the Book
- ▶ Discussion Points
- ▶ Full text of the Book or short summary of the book
- ▶ Audio recording (if available) .

The following learning Guides are published by the Life Transformation Institute and available at <http://tiny.cc/bookguides>

- Learning Guide - *As a Man Thinketh* by James Allen
- Learning Guide - *The Prophet* by Kahlil Gibran
- Learning Guide - *Secrets of Millionaire's Mind* by Harv Ecker
- Learning Guide - *Thoughts Are Things* by Prentice Milford (TAB)

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