

GUIDE TO HEALTHY LIVING

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GUIDE TO HEALTHY LIVING

“Give us two weeks and we will help you get back the rest of your healthy life!”

We built MD ORTHO SYSTEMS to help our patients get rapid access to orthopedic specialists for their musculoskeletal healthcare needs. We also understand that the human body is a complex system with many different functions that need to work together and are dependent upon one another. We created this Guide to Healthy Living to supplement our orthopedic services with a resource to help restore overall better health for our patients. We highly recommend inviting your family, close friends, work colleagues, and others to join you in this lifestyle change. You will be more successful when you have support from those around you.

This Guide provides information on three pillars of healthy living:

- 1. Good Sleep Hygiene**
- 2. Regular Exercise**
- 3. Healthy Eating**

Thomas S. Weber, MD, Chief Medical Officer

THE HUMAN BRAIN'S PROCESS OF CHANGE



A 6-Step Process for Changing Your Life

If you are reading this, then you are interested in making a change in your life. These are the six steps that must be understood to begin improving our lives for the better.

Precontemplation

This stage is often filled with some denial and not acknowledging that there's any problem. We see nothing wrong in the way we eat, drink or sleep. People may think, "This is just what it's like to get old. I can't feel any better than I do. I used to be able to eat anything I wanted, why is it different now? Why does everything hurt? Why am I so tired all the time? I am constantly hungry and thinking about food."

But in that little corner of your brain, a small voice says, "Maybe I need to think about making a change in my life so I can feel better."

Contemplation

In your teens and 20s your body could often tolerate bad food because of a high metabolism. But now that you are older, you don't feel the same. The old way just isn't working anymore, and you're finally thinking about doing things differently. You might be questioning yourself with, "Can I really change?" You may be making a pros and cons list. You may want to call a healthy living coach for support to continue this journey of change if you need help! **WARNING:** *Many people never get past this stage.*

Preparation

In this stage, you've decided to make a behavior change and are ready to take action. You are making lists of things you want to change, shopping for healthy food, making a menu and planning the start date! All changes in life, whether at work, sports or new hobbies, require preparation before you launch. This Guide can help you with this and steer you towards a better life.

Action

Welcome to the **FIRST DAY OF THE REST OF YOUR LIFE**. You've put the pedal to the metal. You may be attending a support group, telling your family and friends, and keeping track of your progress. It is beneficial for some people to have a team striving for the same goal. We will give you a game plan to follow so you can be successful in your new way of living.

Maintenance

This stage is about continuing on your new pathways. Remember, we must focus on our new routines for weeks and months before they become habits. Most people take 2–8 months to turn routines into habits, when we do things without thinking. Believe in living one day at a time and keep this change in behaviors going.

Relapse

We all stumble along the way. Most of us have had poor eating habits for a long time. However, one stumble does not mean we give in and throw in the towel. Tomorrow is a new day, and we can restart. After a few days we hope that you are already seeing and feeling some of the amazing results of eating the things our bodies are designed to eat. BUT, if you fall off the wagon, you may physically feel pretty lousy and have feelings of defeat and

Need Some Inspiration?

Try these movies to help you understand how important food, sleep and exercise are:

"Super Size Me" (2004)

Subject eats McDonalds for all meals for 30 days

"Food, Inc." (2008)

An inside look into food production in the United States

"That Sugar Film" (2014)

Documents how sugar affects healthy bodies

"Limitless" (2014)

Follow eight women on their journey to becoming runners

"The Gut Movie" (2018)

Understanding how your gut affects your health

"Why Sleep Matters" (2019)

YouTube seminar from Harvard on sleep benefits

"The Game Changers" (2019)

Outlines the benefits of a plant-based diet

"You May Never Eat Processed Again After Watching This"

YouTube video by Dr. Mark Hyman

self-doubt. **We will simply restart.** Unlike other addictions, we can survive without alcohol and cigarettes, but we **MUST** eat to live. We look at a relapse as a learning adventure. Review your choices, and see what made you fall back into old eating habits.

Restart!

Don't accept defeat! It is never too late to return to our healthy eating game plan. We encourage you to lean on your support system of friends and family members. Don't ever give up completely. Family, friends and health coaches can help you get back on track. You and your family will be grateful when healthy living is your new way of life.



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SLEEP

Healthy living begins with a commitment to getting good sleep. Many of us are so busy with work, family and busy lives that we neglect the recovery that our body and brain desperately need. Most humans require 7–9 hours per night (or per day for shift workers). **This is a major part of healthy living.** We guarantee you will feel better and live better if you can improve your sleep habits to help your body recover from the daily grind.

Consequences of Poor Sleep

- Depressed immune system (easier to get sick)
- Elevated blood pressure and stress (higher cortisol levels)
- Increased anxiety (your body is in “fight or flight mode”)

- Increased risk of Type II diabetes
- Reduced energy
- Confused, clouded thinking

The brain is an amazing organ and needs adequate sleep in order to repair itself and get ready for the next day of functioning. The damage to neurons and the accumulation of toxic proteins that occur on a daily basis can only be repaired with good sleep. Long term studies show a possible link between poor sleep and brain diseases like Alzheimer's and Parkinson's.

Tips For Good Sleep

- 1. Caffeine reduction** – Caffeine is the most commonly used drug in the world. Caffeine can remain in your system over 12 hours, so a cup of coffee in the morning can still affect you at night. This is why we recommend no caffeine after 10 a.m. and that you consider lower caffeinated coffee instead of full strength. Please avoid caffeine in drinks during the daytime, such as sodas or coffee drinks, that will affect you when bedtime comes around.
- 2. Light exposure** – The human brain is stimulated by the blue light waves from the sun. Before electricity, humans used to base their sleep schedules on the rising and setting of the sun. Now, we have tablets and cell phones, and their artificial blue light waves affect our brains. Therefore, it's best to use blue light blocker glasses and avoid those light waves at least 2 hours before bedtime. Try reading a book or magazine to unwind before bed.
- 3. Alcohol** – Although you would think the sleepy side effects of alcohol would help with sleep, it is quite the opposite. This sedation slows the transitions into the different stages of sleep. Try not to drink alcohol before bedtime, and we recommend you consume alcohol no more than 1–2 nights per week to improve your sleep hygiene.
- 4. Temperature** – We recommend setting the temperature in your bedroom to under 68 degrees and that you wear light weight clothing. Studies show this improves sleep and even helps to burn fat while you sleep.
- 5. Sound** – White noise can be very helpful as we can be easily awakened by noises in the night. Turn on a fan or use an App on your phone to dilute outside noise.
- 6. Stop working** – Again, at least two hours prior to bedtime, please stop working on computers or doing chores around the house. Use this time to unwind — read a magazine or a book for yourself or to your children, or make a list of tasks to be accomplished tomorrow. This can relieve anxiety about those items and set the stage for a restful sleep.

POWER NAPS:

We recommend a 30-minute power nap midday to help those who did not get a good night's sleep. This is much better than a large cup of coffee or caffeinated beverage that will affect your sleep the upcoming night.

FOUR MAIN STAGES OF SLEEP:

Stage 1 (1–10 minutes)

This stage is essentially when a person first falls asleep. It is a brief time, usually under 10 minutes. Here, the body has not fully relaxed, though the body and brain functions start to slow with periods of brief movements. There are light changes in brain activity, compared to when you are awake, associated with falling asleep in this stage. It is easy to wake someone up during this sleep stage, but if a person is not disturbed, they can move quickly into stage 2. As the night goes on, with uninterrupted sleep, humans may not spend as much time in stage 1 as they move through further sleep cycles.

Stage 2 (10–30 minutes)

Here, the body continues to slow down overall function, including a drop in body temperature, relaxing of the muscles, and slowed breathing and heart rate. At the same time, brain waves show a new pattern and eye movement stops. Overall, brain activity slows, but there are short bursts of activity. Stage 2 sleep can last for 10 to 25 minutes during the first sleep cycle, and later in the night, this stage can become longer. Humans spend about half of their time sleeping in stage 2.

Stage 3 – Delta Sleep (20–45 min)

Stage 3 sleep is also known as deep sleep, and it is harder to wake someone up if they are in this phase. Muscle tone, heart rate, and breathing rate decrease here as the body relaxes even further. The brain activity during this period has an identifiable pattern of what are known as delta waves. Experts believe that this stage is critical to restorative sleep, allowing for bodily recovery and growth. It may also bolster the immune system and other key bodily processes. Even though brain activity is reduced, there is some evidence that this deep sleep contributes to insightful thinking and memory. Most of your stage 3 deep sleep occurs during the first half of the night. During the early sleep cycles, it commonly lasts for 20 to 40 minutes. As you continue sleeping, these stages get shorter, and more time gets spent in REM sleep instead.

Stage 4 – REM (rapid eye movement) (10–60 minutes)

During REM sleep, brain activity picks back up, similar to when you are awake. At the same time, the body experiences atonia, which is a temporary paralysis of the muscles, with two exceptions: the eyes and the muscles that control breathing. Even though the eyes are closed, they can be seen moving under the eyelids which is how this stage gets its name. REM sleep is believed to be essential to cognitive functions like memory. REM sleep is known for the most vivid dreams, which is explained by the significant uptick in brain activity. Dreams can occur in any sleep stage, but they are less common and intense in the Non REM periods.

Usually, you do not enter a REM sleep stage until you have been asleep for about 90 minutes. As the night goes on, REM stages get longer, especially in the second half of the night. While the first REM stage may last only a few minutes, later stages can last for around an hour. REM stages make up around 25% of sleep in adults.

EXERCISE



Modern day life in America is much different than it was 100 years ago. Back then, and for thousands of years before, life was much more physically demanding. People had to farm, hunt, fish, cut wood and walk everywhere just to survive day to day. So, just to live, humans burned calories at a much higher rate than they do today. While some people do have physically demanding jobs that help the human body function in a healthier way, many of us wake up, have a large cup of coffee filled with extra sugar, walk 10 feet to our car, drive to our offices/jobs and often sit for 8 hours in front of a computer. Add in a fat- and sugar-filled lunch and dinner and a few hours on the couch before bedtime, and it is no surprise obesity and diabetes have skyrocketed in the past 40 years.

There is HOPE, however. For those who sit for a living, and even those who may work long hours on their feet, creating an exercise routine at home or at a nearby gym can literally be a life-saver! Even those with physical limitations can find physical activity beneficial.

Benefits of Exercise

- You will feel **HAPPIER!** Exercise releases endorphins which make you feel good
- Improved weight, more muscle and less fat
- Clothes fit better
- Skin shines brighter, fewer wrinkles
- Stronger muscles and bones
- Decreased pain of arthritis
- Lower blood pressure
- Less heart disease
- Better sugar control (lower your A1C)
- Less insulin needs
- Better sleep
- Lower risk of death from ALL causes
- Lower risk of some cancers
- Less anxiety
- Improve depression feelings
- More energy
- Think more clearly, memory can improve

As with all new additions in our life, in order to be successful and turn exercise into a regular part of our lives, we need a plan:



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1. Schedule regular exercise on your calendar.
2. Find a family member/partner/friend who will exercise with you. A partner will help you honor your commitment to your health.
3. To start, we recommend walking outdoors, or riding a stationary bike, elliptical or pedal machine indoors. These simple activities are gentle, free, and fun!
4. If you are new to exercise, start with 15 minutes per day and gradually increase after 1 month.
5. Drink plenty of water before, during and after exercise.

How many calories are used in typical activities?

The following table shows calories used in common physical activities at moderate levels.

Activity	Approximate Calories/30 Min for 154 pound person*	Approximate Calories/60 Min for 154 pound person*
Hiking	185	370
Gardening/Yard Work	165	330
Dancing	165	330
Golf (walking/carrying)	165	330
Bicycling (<10 mph)	145	290
Walking (3.5 mph)	140	280
Weightlifting (general light workout)	110	220
Stretching	90	180

Source: https://www.cdc.gov/healthyweight/physical_activity/index.html

*Calories burned per hour will be higher for persons who weigh more than 154 lbs. and lower for persons who weigh less.



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You can use a pedal machine at home or under your desk at work.



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Stationary bikes are safe for most people, easy on the knees.



iStock.com/Erdoesain

Elliptical machines are easy on the knees and back.



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HEALTHY FOOD

A Story of Food Production in the US (you are what you eat)

American business is about making money. Food companies are no different than shoe or cell phone companies. The main goal of many companies in the processed food sector is to make money by providing food products that result in repeat customers, regardless of their nutritional value. However, the simple truth is that eating processed foods is not the **best** way to feed your body.

In the early 1900's, 40% of Americans lived on farms. Today, it's only 1%. That's a huge change from growing and preserving our own organic food to buying it highly processed from a factory. Our tongues and brains can become addicted to sugar, cheap fats, and salt, with a crunchy sound!

A century ago, an average person in the U.S. consumed about four pounds of cane sugar in a full year. Now, with other sugars like **high fructose corn syrup** found in so many products, the average sugar or sugar-like product consumption is over **160 pounds per year** for each of us, and that includes your 3- and 4-year old children.

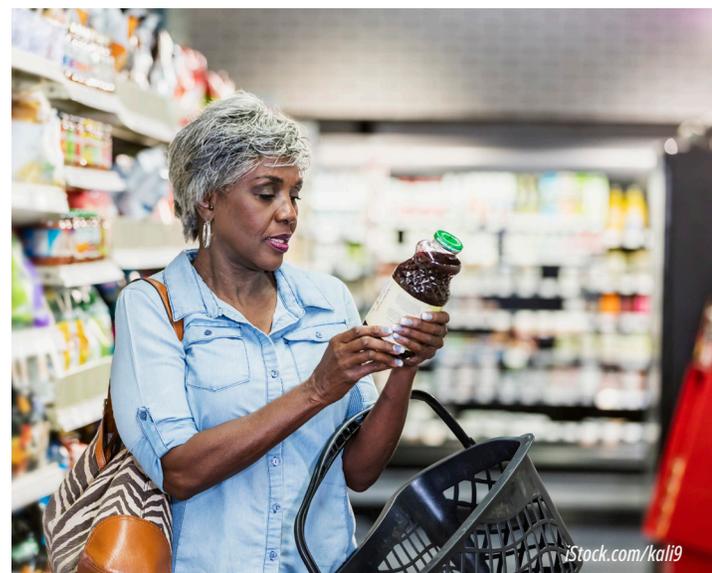
Goal: Never eat high-fructose corn syrup.

This is a critical piece to changing your health for the better. Please read every label on foods you eat. Almost all sodas, many breakfast cereals and many other foods contain this unhealthy form of sugar.

Thanks to folks like Mark Hyman, MD, please see the following videos:

<https://www.youtube.com/watch?v=MOOfdvdgxME>

<https://health.clevelandclinic.org/avoid-the-hidden-dangers-of-high-fructose-corn-syrup-video/>



iStock.com/kali9

Sugar in the US Food System: It's Everywhere!

Lesson: Always read the labels to help stop your sugar addiction. You should aim to eat less than three tablespoons of sugar per day.



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Almost all sodas, many breakfast cereals and many other foods contain high fructose corn syrup.



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Dairy Facts 101:



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Your GI system must be defective to digest dairy... wait, REALLY?

This sounds odd, but it's true. Nearly all mammals become lactose intolerant as we get older. Just like animals in the wild, we humans stop nursing from our moms and begin eating foods from the environment within the first year or two. More than 50% of humans lose the enzyme needed to break down lactose, the form of sugar which is found in milk.

Many digestive issues can be linked to the consumption of milk, cheese, ice cream and yogurt products. It not only can cause stomach upset, but also things like heartburn, gastroesophageal reflux disease (GERD), irregular bowel function and inflammatory conditions. Some studies suggest this chronic inflammation can lead to heart disease. Roughly 65% of all Americans do not properly digest dairy, and in some parts of the world it may be even 100%. Avoiding dairy products can help many people with gastrointestinal issues and even with some skin conditions.

This is why we recommend two weeks of completely no dairy in our diet plan. If you add it back into your diet slowly and you don't feel well or have GI trouble, you likely do not tolerate it.

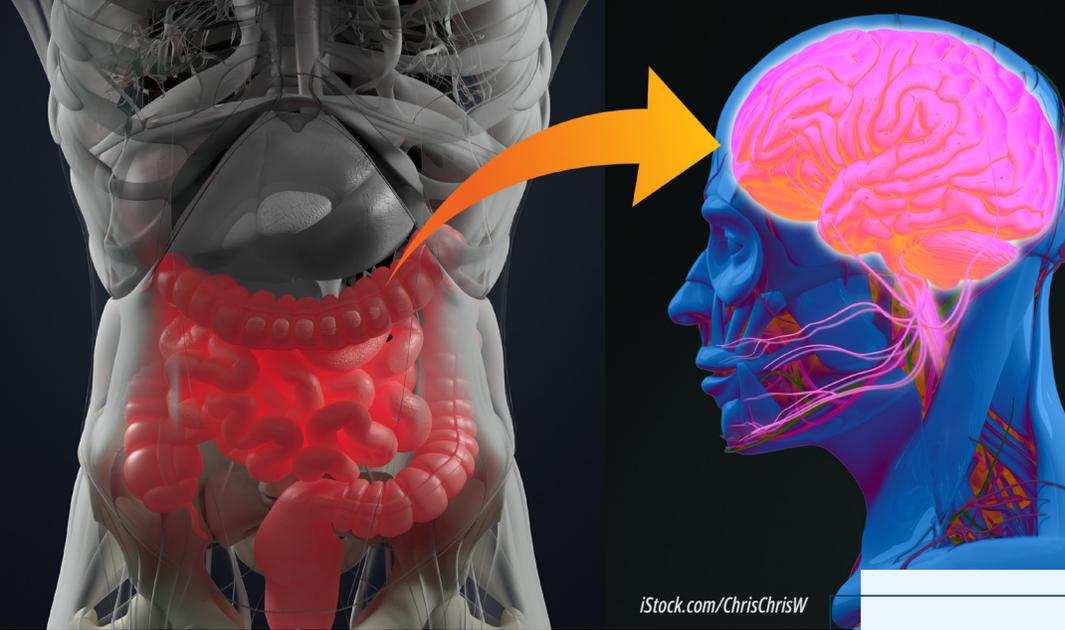
Health Concerns About Dairy

https://www.pcrm.org/good-nutrition/nutrition-information/health-concerns-about-dairy?gad_source=1&g-braid=0AAAAADoK5adKd-jOXpifzyyRrjyZokI-1n

Lactose Intolerance by Ethnicity/Geographic Region

Ethnicity / Geographic Region	% With Lactose Intolerance	Ethnicity / Geographic Region	% With Lactose Intolerance
1. East Asian	90-100% ¹	10. Latino/Hispanic (North America)	51% ²
2. Indigenous (North America)	80-100% ³	11. Indian (Northern India)	30% ¹
3. Central Asian	80% ¹	12. Anglo (North America)	21% ²
4. African American (North America)	75% ²	13. Italian (Italy)	20-70% ¹
5. African (Africa)	70-90% ¹	14. French (Northern France)	17% ¹
6. Indian (Southern India)	70% ¹	15. Finnish (Finland)	17% ¹
7. French (Southern France)	65% ¹	16. Austrian (Austria)	15-20% ¹
8. Ashkenazi Jew (North America)	60-80% ³	17. German (Germany)	15% ¹
9. Balkans Region	55% ¹	18. British (U.K.)	5-15% ¹

Source: https://en.m.wikipedia.org/wiki/File:Lactose_Intolerance_by_Ethnicity_and_Region.png



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THE GUT-BRAIN CONNECTION

How the bacteria in your gut tell your brain what you need.

(i.e., why you are addicted to sugar)

There are billions of microbes that live in our intestines that actually help us digest food. It is a symbiotic relationship, meaning they help us digest foods and we allow them to live inside our gut. They actually “talk” to our brain. The communication goes something like this:

The liver needs some iron so it signals the microbes about low levels in the body. The microbes signal the brain and the brain makes you hungry. The brain thinks that if you eat, the iron from meats, fish or eggs will make its way to the liver eventually. If you eat some of these good foods, then the body is happy so you stop being hungry. If the liver keeps asking for iron, the brain thinks you are starving and continually makes you hungry. If you keep eating processed, low nutrient food, then you will continue to feel hungry as you are not giving your body the fuel it needs.

Processed food can be addicting. When you eat processed food, it lights up the dopamine pleasure centers in your brain. That’s why a sugar-loaded coffee drink makes you sit in a drive-thru for 20 minutes just to get one — that’s ADDICTION. It is designed this way to sell more of the product. Your taste buds get very excited to get another “fix” which excites the brain waiting for another surge of dopamine. With a diet containing sugar-loaded foods, the good microbes in your gut begin to die off, replaced by the bad ones, the ones that thrive on high sugar loads. The cycle continues as those microbes tell your brain, “more sugar please.”

eat well, feel good.



The story continues with the long list of chemicals known as G.R.A.S. (**Generally Recognized As Safe**). The FDA allows over 10,000 additives in our food that they claim in general cause no obvious harm, but that is unlikely. It is very difficult to really determine which of these 10,000 chemicals are truly safe for your body and in what amounts. Some of these foods/chemicals can cause leaky gut. This is a situation where our toxins and chemicals from our food get into our bloodstream due to our bowels being damaged. The lining of the intestines only wants to absorb healthy vitamins, minerals and calories. But, processed food like grated cheese, for example, can have very fine wood shavings added to it so the product doesn't clump together. These types of non-digestible food items can damage our bowel walls and allow unhealthy things to enter our body. This can also contribute to a multitude of diseases.

Fortunately, we heal very quickly when we go back to eating the way our bodies were designed to eat. **Eat Real Food!**

See the list of "GRAS" chemicals accepted as safe right from the FDA website!

- Subpart B—Multiple Purpose GRAS Food Substances
- § 182.1045 Glutamic acid.
 - (a) **Product.** Glutamic acid.
 - (b) [Reserved]
 - (c) **Limitations, restrictions, or explanation.** This substance is generally recognized as safe when used as a salt substitute in accordance with good manufacturing practice.
- § 182.1047 Glutamic acid hydrochloride.
 - (a) **Product.** Glutamic acid hydrochloride.
 - (b) [Reserved]
 - (c) **Limitations, restrictions, or explanation.** This substance is generally recognized as safe when used as a salt substitute in accordance with good manufacturing practice.
- § 182.1057 Hydrochloric acid.
 - (a) **Product.** Hydrochloric acid.
 - (b) [Reserved]
 - (c) **Limitations, restrictions, or explanation.** This substance is generally recognized as safe when used as a buffer and neutralizing agent in accordance with good manufacturing practice.
- § 182.1073 Phosphoric acid.
 - (a) **Product.** Phosphoric acid.
 - (b) **Conditions of use.** This substance is generally recognized as safe when used in accordance with good manufacturing practice.
- § 182.1087 Sodium acid pyrophosphate.
 - (a) **Product.** Sodium acid pyrophosphate.
 - (b) **Conditions of use.** This substance is generally recognized as safe when used in accordance with good manufacturing practice.

<https://www.fda.gov/food/food-additives-petitions/food-additive-status-list>

The Main Reason to Make a Change is for Healthy Living... Not “Losing Weight”

What?? All I’ve read about is if I get to a “healthy weight” all my troubles will disappear! When you feed your body good, whole foods as nature intended, your body will return to a healthier weight. Again, we must create healthy routines that turn into lifelong habits.

If you eat more calories than you burn, you will store them as fat. That’s the plain and simple truth. So many foods available in the U.S. are high in sugars and simple carbohydrates that shoot our sugar levels up very high. The body then secretes a large dose of insulin, driving the sugar into the muscles, and the liver helps store that sugar in fat cells in the abdomen, back and extremities. This program works



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Pearls of Wisdom

Do not weigh yourself. Different people will have different healthy weights, even if they are the same height. Generally, when you eat better, you feel better and your clothes fit better. Healthy eating will lead to healthy weights and you do not have to obsess over it.

Do not count calories or limit food. If you are hungry, please eat. BUT eat good foods and in the right portions. If you use the plate diagram in this section, and each meal is 50% vegetables, your body won’t have extra calories to store.

There’s only one of you. Figure out a plan that works for your body and lifestyle. Everyone’s digestive system and caloric needs are different.

You’re a smart person ready for change. You can learn good habits and you will make the right choices. Fad diets do not work and they never will. Please do not waste your money buying into special food programs that cost thousands of dollars per year. There is no “magic pill” that has been proven to be fully safe long term and keep weight off forever.

Exercise is an important piece of healthy living. We were built to live, walk, gather, travel, garden and work. Our cell phones and TVs have led us to a lack of exercise, so we need to change that part of our life as well. They go together, eat right and exercise more.

well for bears who gorge on salmon and berries and plants all fall, but then sleep in a den for 3 months and use that extra fat to survive. That plan is not good for humans.

If you eat real food like fish, meats, vegetables, and small amounts of fruits/complex carbs, you will likely not over-eat and therefore not store as much fat as you do when your brain thinks you are constantly starving. These good foods do not cause an insulin spike, so your body tells the brain you have enough calories in your system for several hours, as compared to 30 minutes with a fast-food meal. Choosing better foods also lessens the body’s inflammation that comes from a high sugar diet. When your body is less inflamed, arthritis can be less painful which can lead to increased activity like walking or playing with your kids and grandkids.

Take the First Steps Towards a Healthier Life



Weeks #1 & #2

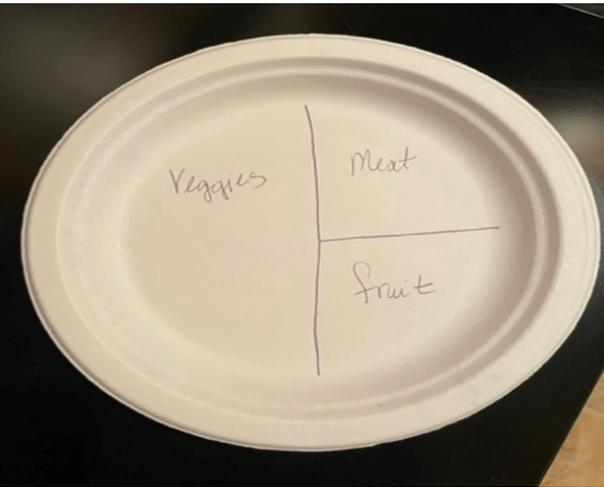
Begin with two weeks of clean eating to curb food addictions and repopulate your gut with good microbes. For each meal, 50% of your plate should contain veggies, 25% a meat/protein, and the remaining 25% fruit. Yes, vegetables are the main star of the meal (even fried potatoes are considered a veggie), and need to be eaten even with breakfast. You can choose which items from each category you would like, just follow the correct proportions. But remember, eating clean means:

- No alcohol
- No sodas
- No added sugar (plain fruit is fine, you need to read every food label)
- No processed/boxed or pre-prepared foods
- No wheat
- No dairy
- No smoothies

Many of the above foods contain numerous chemicals and can cause inflammation. We really encourage you to follow this strict plan for two weeks. If you stumble a lot for several days, please restart the clock and make it a full two weeks. Ask your family to help you. Don't buy those foods or even have them in the house as a temptation!

After these two weeks, you will begin to see and feel some dramatic differences. If you take medications for high blood pressure and/or diabetes, please keep a close watch on these numbers. **Your blood pressure and glucose levels in your bloodstream may drop significantly, and you may need to change your medication doses as a result. Always keep your healthcare provider aware of this program you are following.**

The Good Food Plate Diagram



Always say yes to:

- Fresh fruit and vegetables.
- Canned vegetables with only added salt. Check the label!
- **Olive oil** for homemade dressings with vinegars including balsamic vinegars.
- **Avocado oil** for frying and roasting homemade french fries, fried meats and vegetables, including potatoes, onions, peppers, carrots, etc.
- Roasted vegetables and meats
- Grilled meats and vegetables
- Black coffee and tea and, of course, WATER
- **All meats are not created equal.** Processed meat products, pre-marinated items, and lunchmeats contain a multitude of chemicals and added sugar and salt. Choose wisely: if it has an ingredients label, be sure to read it.

Always read labels!
(so many chemicals here)



Nutrition Facts	
4 servings per container	
Serving size 1 1/2 cup (208g)	
Amount per serving	
Calories	240
	% Daily Value*
Total Fat 4g	5%
Saturated Fat 1.5g	8%
Trans Fat 0g	2%
Cholesterol 5mg	19%
Sodium 430mg	17%
Total Carbohydrate 46g	25%
Dietary Fiber 7g	
Total Sugars 4g	
Includes 2g Added Sugars	4%
Protein 11g	
Vitamin D 2mcg	10%
Calcium 260mg	20%
Iron 6mg	35%
Potassium 240mg	6%

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

You've made a
commitment to
healthy living...
CONGRATULATIONS!

Fortunately, we heal very quickly when we go back to eating the way we were designed to eat. **Eat Real Food!**



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How To Add in a New Food Group Each Week

Week #3

The first food group we suggest to add in is organic rice or NON-WHEAT pasta. There are many types of pastas without wheat, so find your favorite. Whenever you add in a new food, remove fruit from your plate and put this where the fruit goes, 25% of the plate. Continue using the plate as your guide and maybe enjoy some rice stir fry or a pasta salad with some homemade dressing!

Week #4

After you have completed this first add-in, it's time to add another food group. Everyone is different and may want to add something in a different order. Here are the groups from which you can choose:

Sweeteners – in small amounts: cane sugar, brown sugar, honey, pure maple syrup, or molasses.

No fake sugars, including stevia. Our bodies should never eat chemicals. Ketchup, mustard, barbecue sauce, non-dairy mayonnaise (preferably avocado mayo!) are permitted as long as they only list sugar as a sweetener and no chemicals. **No high fructose corn syrup.** Check the labels and find products with the lowest levels of sugar.

Non-dairy Products – Almond or oat milks, and non-dairy butter products such as Miyokas.

Wheat – There are two main forms of wheat, semolina and “common wheat.” The wheat plant has been genetically modified over the past 50 years and may contribute to

some people developing celiac disease. For those looking to incorporate a flour into their diet, we suggest imported **Italian Semolina wheat**, which may be found at Whole Foods, Aldi or Trader Joe's. One benefit of semolina wheat seems to be a lower glycemic index which lessens the sugar spike in the body when it's consumed.

Baked Goods – Substitute nut and oat milks for milk and non-dairy butter for butter. Homemade baked goods, incorporating your chosen flour product, will take the place of fruit on the plate. Eat your baked goods with your meals. This helps your body absorb everything at once, stopping the roller coaster of blood sugar spikes.

As you continue on your journey and add foods back into your diet, follow the **Good, Better, BEST** charts on the next pages to help you make the best choices.

How Is Semolina Different From Flour?

https://www.medicinenet.com/how_is_semolina_different_from_flour/article.htm

Tips For Success!



- Please **Do Not Snack** between meals.
- Try to get the whole family on board. You will help each other succeed.
- Get rid of unhealthy food items in your home; **don't bring them into the house.**
- When cooking on the grill or roasting, make more than you need for that meal. Cook once and eat multiple times that week. Roasted chicken can become chicken soup. Store in the refrigerator with glass containers.
- Since **vegetables** are the stars, be sure to roast and fry as many as you will be eating for the week.
- Don't start your new healthy eating program until you have had time to go grocery shopping and make a date with your kitchen! Having food ready to go makes meals easy and ready to eat after a busy workday.
- Take it one day at a time! Write down what is changing as you begin eating real food.
- This is your journey! If you stumble one day, restart the next day, never throw in the towel.
- Take twice as much food to work as you think you will need. You can always eat it the next day, but it will be there if you get hungry.
- Invest in a good cooler. It will be your best friend on car trips!
- Read your spice labels. They can be full of wood and plastic.
- When reading labels, if you don't immediately know what the ingredient is, put it back.
- "Natural flavors and spices" does not tell you what is in the product. Put it back.

Good, Better, BEST!

GOOD

Meat – nothing processed or pre-marinated

Fruit – fresh or frozen only, or well-rinsed and canned. Look for added sugar!

Vegetables – fresh, frozen or canned but check ingredients to minimize chemicals

Dairy – none with growth hormones

Sugars – only real sugars, nothing with high fructose corn syrups

Breads/Wheat Products – very limited amounts and be sure to read ingredients

Drinks – no sodas or drinks with calories. Coffee, tea sweetened with cane sugar only

Oils – olive oil for dressings, avocado for high heat cooking

Rice – brown or dark rice

BETTER

Meat – locally grown, know your farmer, make your own marinades
Fruit – fresh or frozen only
Vegetables – fresh or frozen, canned without chemicals
Dairy – limited amounts, organic only
Sugars – honey, maple syrup, real cane sugars
Breads/Wheat Products – organic only, one serving per day at most
Drinks – water, coffee, tea
Oils – olive oil for dressings, avocado for high heat cooking
Rice – organically grown



BEST

Meat – Locally farmed, raised organically meats
Fruit – Fresh, organically grown
Vegetables – Fresh, organic, home grown and preserved
Dairy – NONE! Use alternative almond or oat milk, Miyoko's brand products
Sugars – Goal is ZERO, but organic sugar, local honey and pure maple syrup are okay
Breads – NO American wheat. Einkorn or Semolina wheat is okay, but be sure it is not grown in the U.S.A. Try making your own bread — max one slice per day.
Drinks – Highly filtered water, organic coffee and organic tea
Oils – Organic olive oil for dressings, organic avocado for high heat cooking
Rice – Lundgren organically grown rice



NEVER, EVER LIST

Sodas of any kind
Fruit juices – too much sugar, this contributes to the childhood obesity epidemic
Sports drinks of any kind (high sugars and chemicals)
Fast foods have little good nutritional value (high sugars and chemicals)
High fructose corn syrup
Chemicals in any product label
Smoothies or juicing – high sugars and dairy products
American wheat products
Substitute sugars – this includes Stevia, Splenda, Nutrasweet and Equal
Prepackaged baked goods

Recipes

Sounds overwhelming? It's really not. Following are recipes for breakfasts, lunches and dinners, and even a dessert to try after four weeks.

Gather all your favorite veggies! Just a potato fan? That's ok, too! Since it is half of the plate at every meal, you will need quite a bit. Check out your local farmers market for fresh, in-season produce.

Roast or fry your veggies. Prepare several cookie trays at a time for roasting and have prepared vegetables for a quick "go to" for each meal.

Want a simple breakfast? Toss some roasted veggies in a 9" x 14" pan and cover with beaten eggs. Bake for about 35 minutes at 350° and you have a perfect breakfast; just add fruit.

Lunch – Eat your leftovers from dinner. Pack twice as much in case you get hungry at work. **Stay away** from vending machines — they are **not** your friend.

Dinner – Cook whole poultry, grill your favorite meats, or fry them in avocado oil. Always be sure to have lots of approved foods available for when you get hungry. This is not about eating a set number of calories or just three meals a day. **If you are hungry, EAT!**

Desserts – Yes, you can have dessert! Just choose foods that are part the plan. Read ingredient labels to help you make the best decisions. Whenever you splurge on desserts, it takes the place of fruit and only ¼ of your plate. No seconds!



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There are chocolate chips out there that are dairy and chemical free. **Read labels!**

You can microwave them, add in dried fruit, nuts of choice, coconut or all three. Spoon onto a cookie sheet and set in the fridge. These are delicious!

Of course, eat desserts sparingly. However, if you use approved wheat products, milk substitutes, or butter substitutes you can pretty much follow any of your favorite homemade desserts. Just stay in the approved lane! When I am in a hurry, I follow the Nestle Toll House recipe and make it into a brownie with the above chips, farm fresh eggs and einkorn flour.

Grocery Shopping Tip

In general, a good rule of thumb is to shop the outside isles of your grocery store where fresh products are kept. Avoid the dairy and center isles. Or, visit your local farmers market for fresh meats and produce.



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Breakfast Ideas

Oats Oatmeal – Classic, quick meal. Heat in the microwave with water or almond milk for a great breakfast that won't leave you hungry 1 hour later. Sweeten with raisins, cranberries, blueberries or a pinch of brown sugar or honey.



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Veggies and Eggs – Slice up a little summer squash and zucchini and mushrooms. Heat up with avocado oil for 5–10 minutes. Then fry up 2 eggs for a great, complete breakfast. Add in a healthy bacon or non-processed sausage, if desired.

Lunch Idea

Quick Salad – Get a good mix of romaine lettuce, red leaf and spinach, kale, as desired. Add in a chopped apple and baked chicken pieces leftover from dinner the night before. Add fresh veggies to your preferred taste – tomatoes, carrots, peppers – and even some bacon or tuna, too!

Dinner Idea

Pork Tenderloin – Start with an organically-sourced piece of meat. Wrap in 7–8 pieces of bacon. Cook for 45 minutes or so to an internal temperature of 145°. Serve with cooked potatoes, green beans, corn or peas. Snap peas and edamame are another tasty addition.

Healthy Eating Plan Testimonials*

December 2023

Hello to all of you looking for better health,

I was diagnosed with follicular lymphoma three years ago in November 2020. I have had checkups every 3-6 months. In April of this year, my oncologist declared that he was more concerned about my liver numbers than my lymphoma. "Lose weight!" he suggested. "Easier said than done," I thought.

A week or so after this statement, my brother called with a proposal. He had met a health coach and he thought I might like to take advantage of his find. He said to think about it as it was hard work, but he thought it was a good system. I took two weeks to think, and then decided to take the challenge.

I spoke with Jean on Sunday April 23, 2023, a day I will not soon forget. We talked about food and some of the things I liked to eat and drink. She said her focus was that I eat only good food and that she wasn't worried about my weight. She said if I eat healthy foods, my body will take care of the rest.

The number one problem in my mind was how to stop drinking Diet Coke. She said that while many of the foods that I needed to stop eating would someday again be on my plate, Diet Coke should never be in my life again!

I quit smoking 38 years ago with no trouble, BUT, I wasn't sure I could quit that delicious liquid in a can. I typically had 4-5 drinks a day, and while I wasn't a coffee drinker, I LOVED DIET COKE!

So, I decided to give it a try. The food plan was well thought out and Jean was always quick to respond to my texts — and there were many that first month. The next day, I tearfully said to my husband of 44 years, that I didn't think I could do it. He encouraged me to at least give it a few more days to see if I could be successful. I ate more potatoes, onions and peppers in those first months than I had ever eaten before in my entire life. I sent Jean pictures of some of my meals and she was always so positive. The weight started coming off without even trying. I didn't count calories. I just had the same portions of food on my plate each meal. I wasn't hungry in between meals and I was satisfied after each meal. Every few weeks more foods were added back in, one at a time. I read every label, looking for forbidden words and rejoicing when there were none. I tried new vegetables. Olive oil and avocado oil showed up in most meals. I drank water, water and more water. Miraculously, Diet Coke has not touched my lips in almost eight months! No one can believe it. My family and friends thought I would have a can in my hand until my last day on earth!

So far I've lost 25 lbs. and I've been able to keep it off. In August 2023, I saw my oncologist again and had my bloodwork done. My liver numbers were right where they needed to be. For the first time in years, my body was not having to fight off chemicals and high sugar intake.

I'm grateful for the opportunity to try this new way of eating. It definitely works! I continue to follow the plan and have made it work in my life.

Thank you for reading about my journey and I wish you the best in yours!

– M.J., Wisconsin

Jean's services make a huge difference. Use her! I can't say enough good things about the support and services she provided to help heal my husband, who was diagnosed with a very rare type of cancer and was given a dreadful prognosis – three months to live. My family was terrified.

Jean came in and turned our attitudes around, gave us clear direction on behaviors to change in actionable/manageable steps, and was an advocate for us every step of the way. And perhaps most importantly, she gave us hope that we weren't getting from the doctors at the time.

My husband is alive and healthy, 6+ years cancer free! I truly believe so much of this is because of the guidance and support from Jean. I'm forever grateful.

– C.D., California

Several years ago doctors found a 3–4–5 inch (yes, I said inches) tumor in my chest. Understandably, I was incredibly scared and emotionally shut down. I knew Jean thru a co-worker and we began to work with her. She helped me bring my attitude back to a mindset of fighting cancer and she gave me tools to do so. She helped with diet, understanding what doctors were telling, gave advice on the emotions my family would see, including my wife and daughter. Her advice and help proved invaluable in all areas and helped give me the strength and confidence I needed to fight what turned out to be a rare cancer. I went through 46 days of chemo, 25 days of radiation and open heart surgery. I am now approaching eight years from diagnosis and after a year of treatments remain cancer free. Jean was a major part of why I am still with my family and I will always be grateful for everything she did for me and my family. I would recommend Jean to anybody going through a health challenge.

– J.D., California

**The above testimonials are from actual clients and reflect the results they personally experienced. They are not intended to guarantee or represent that these same results will happen in each and every user of this Guide or each and every client of Jean Reynolds.*

Coaching Available

The Healthy Eating Section of this Guide was authored by **Jean Reynolds**. Jean is a Health Coach and is not a medical doctor or a registered dietician. She is not licensed to practice medicine and does not provide nutritional advice. Jean offers personalized health coaching services that are independent of MD Ortho Systems. If you would like to contact her to learn more about her services, she is available at:

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