

# FOOD HEALTH NUTRITION

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September 2023

Saturday, September 30th  
10:00 am–12:00 pm  
Grace Community Church

Hosted by:  
Lea Ann Hirth, Kathy Robinson,  
& Sydney Morgan

**“So whether you eat or drink or whatever you do, do it all for the glory of God.”**

**1 Corinthians 10:31**

**“Or do you not know that your body is a temple of the Holy Spirit within you, whom you have from God? You are not your own, for you were bought with a price. So glorify God in your body.”**

**1 Corinthians 6:19–20**

**“Nutrition is not low fat. It’s not low calorie. It’s not being hungry and feeling deprived. It’s nourishing your body with real, whole foods so that you are consistently satisfied and energised to live life to the fullest.”**

**Anonymous**

**“Choose your hard.”**

**Jennifer Mejia**

# Supplements

## Why do we need supplements?

- 1. Poor quality soil** – a plant is only as nutritious as the soil it is grown in. Modern-day industrialized agricultural practices cause a decrease in nutrient content.
- 2. Nutrient depletion** – there is a decline in nutrient levels with storage, transport, and processing/refinement.
- 3. Environmental toxins** – We are exposed to a deluge of environmental toxins every day (pesticides, xenobiotics, etc.) which increase oxidative stress in the body. Our environment has changed drastically in the last 100 years and our bodies simply require more care than in the past. Supplements provide antioxidant power to support detoxification and combat free radical damage.
- 4. Inadequate fruit and veggie intake** – let's be honest, most people don't get the USDA recommended amount of 3 cups of vegetables and 2 cups of fruit daily. Research shows that only 11% of us actually reach this daily goal.
- 5. "Frankenfoods"** – trans fats, artificial additives (preservatives, flavors, colors, etc.), hormones, antibiotics, pesticides, etc. are nutrient robbers.
- 6. Medications** – many people take pharmaceutical and over-the-counter medications that deplete nutrients in the body (oral contraceptives, antibiotics, statins, etc.).
- 7. Biochemical individuality** – each person is biochemically unique, so one size does not fit all. Everyone needs vitamins and minerals, but in differing amounts based on their biochemistry, genetics, nutrition, etc.
- 8. Gut health** – many people have a suboptimal digestive function which interferes with proper nutrient absorption.
- 9. Chronic stress** – We're a totally stressed-out society, and chronic stress depletes your body's stores of vitamins and minerals (e.g. B vitamins, vitamin C, zinc, and magnesium) more rapidly.

**Nutrient-depleted food, high-stress lifestyles, toxic environments, and gut issues make it difficult to get the necessary nutrients from food.**

**Some essential supplements that can be taken on a daily basis to help you maintain good health.**

- **Vitamin D** - About 4 out of 10 people don't get enough vitamin D. If yours is low, you might not eat enough foods with it. Or you might have a health condition that stops you from absorbing it. Or you might just need more sunlight. The normal range for a Vitamin D blood test is 50-70ng. Vitamin D is essential for maintaining healthy bones and teeth. It also plays many other important roles in the body, including regulating inflammation and immune function.
  - Sources of Vitamin D: Sunlight! Few foods naturally contain vitamin D. The flesh of

fatty fish (trout, salmon, tuna, and mackerel) and fish liver oils are among the best sources. Hence, the need to supplement.

- **Vitamin C** - It's a water-soluble vitamin that is naturally present in some foods, added to others, and available as a dietary supplement. Fruits and vegetables are the best sources. High doses of vitamin C are used to treat illness and disease naturally. Vitamin C is needed for the growth and repair of tissues in all parts of your body. It is used to:
  - Form an essential protein called collagen, used to make skin, tendons, ligaments, and blood vessels
  - Heal wounds and form scar tissue
  - Repair and maintain cartilage, bones, and teeth
  - Aid in the absorption of iron
  - Vitamin C is one of many antioxidants. Antioxidants are nutrients that block some of the damage caused by free radicals.
    - Free radicals are made when your body breaks down food or when you are exposed to tobacco smoke or radiation.
    - The buildup of free radicals over time is largely responsible for the aging process.
    - Free radicals may play a role in cancer, heart disease, and conditions like arthritis.
  - The body is not able to make vitamin C on its own. It does not store vitamin C. It is, therefore important to include plenty of vitamin C-containing foods in your daily diet.
- **Probiotics** - These are live bacteria and yeasts that are good for you, especially your digestive system. We usually think of these as germs that cause diseases. But your body is full of bacteria, both good and bad. Probiotics are often called "good" or "helpful" bacteria because they help keep your gut healthy. 70% of your immune system is located in your gut.
  - When you lose "good" bacteria in your body, for example, after you take antibiotics, probiotics can help replace them.
  - They can help balance your "good" and "bad" bacteria to keep your body working as it should.
- **Methylated Multi-Vitamin** - They are already in their active state, so the rate at which the body can absorb them is much greater than unmethylated vitamins, which means the body can utilize those nutrients faster. It's the switch that triggers many other important chemical processes in your body. If your methylation process isn't functioning well, it can affect your mental health, reproductive health, heart health, detox process-

es, and more. Your liver plays a major role in your detox functions, digestive health, and healthy metabolism, and it relies on healthy methylation to keep those processes running smoothly.

*Note: How do you know if a vitamin is methylated?*

*You can see the word “methyl” within the name of some of these nutrients. In these cases, methylated nutrients are easy to identify. But in other cases, like choline or inositol, you may not realize they are methylated!*

- **Magnesium** - is a mineral your body needs for many of its daily functions. It is used in every cell of your body and is a cofactor for over 300 enzymes used to build proteins, maintain muscle and nerve function, control blood sugar, and regulate blood pressure. It is required for DNA formation, metabolism, energy production, and bone development. It calms nerves, helps you relax and sleep, and relieves constipation.

**Quality Brands of Supplements**

High-quality companies will pay for third-party testing to confirm the presence of ingredients, the potency of ingredients, and the absence of contaminants.



Designs for Health



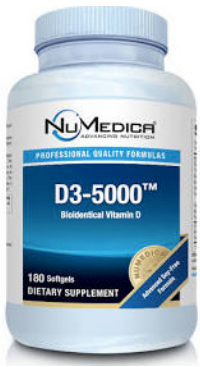
Life Extension



Natura Health Products



Nature's Way



NuMedica



Pure



Standard  
Process



Thorne

*“The New York State Attorney General’s office accused four major retailers of selling fraudulent and potentially dangerous herbal supplements and demanded that they remove the products from their shelves.*

*The authorities said they had conducted tests on top-selling store brands of herbal supplements at four national retailers — GNC, Target, Walgreens and Walmart — and found that four out of five of the products did not contain any of the herbs on their labels. The tests showed that pills labeled medicinal herbs often contained little more than cheap fillers like powdered rice, asparagus and houseplants, and in some cases substances that could be dangerous to those with allergies.”*

# Post Holiday Eating

## 7 Nutritionists Share Exactly What They Eat to Recover From Holiday Excess

By Collen De Bellefonds — *Published November 14, 2017*

Who doesn't enjoy indulging in a little eggnog, turkey, and sugar cookies during the holidays? 'Tis the season, after all. But overindulgences in boozy and sugary, fatty, bloat-inducing foods can take a toll in the form of bloating, breakouts, and gas. What fun!

While nutritionists say your best bet is to avoid those temptations whenever possible, everyone overdoes it sometimes. Here, seven nutritionists offer their favorite foods to help get your system feeling better and back on track.

### Spaghetti squash

"After I overindulge, I crave veggies—but that doesn't mean I eat salads every day. Spaghetti squash is a great option because it has fiber, but is unlikely to cause gas if you aren't used to eating foods like broccoli and cauliflower. Roasted spaghetti squash is simple to prep as a veggie base to use in place of refined carbs like white rice and pasta. I top it with pesto, turkey Bolognese, or even a veggie chili. Low in carbs and high in nutrients, spaghetti squash boasts B vitamins, vitamin C, and vitamin A, in addition to the eye- and brain-health promoting antioxidants lutein and zeaxanthin." —Lindsey Pine, R.D.

### Lemon water

"Since holiday drinking can leave you dehydrated, load up on the water; add lemon peel to help speed up the process of flushing toxins from the body thanks to the nutrient de-limonene. If you're a little backed up and bloated, fiber-filled vegetables can help get you back on your regular bathroom schedule and help you to de-bloat. Cruciferous veggies, in particular (like kale, cabbage, broccoli, and cauliflower) contain sulfur compounds that can help the liver to detoxify." —Isabel Smith, R.D.

### Sweet potatoes

"I absolutely love salty foods like olives, cured meat, and cheese, which can make you feel bloated. To get back on track, I reach for high-potassium foods to counter the effect of all that sodium. Sweet potatoes are one great source of potassium, as are avocado, leafy



greens like spinach, and tomato. The day after a rich meal, my ideal breakfast would be two poached eggs over cooked spinach and tomato with a side of roasted sweet potato. Because it has a mild diuretic effect, asparagus is also a great choice to add in the mix. I also make sure to drink plenty of water.” —Jess Cording, R.D.

### **Cauliflower rice**

“When Stacie and I overdo it during the holidays, we make it a point to resume healthy eating as soon as possible, focusing on meals that include lots of leafy greens, healthy fats like avocados or olive oil, and lean protein, while drinking more water. A light, grain-free alternative to rice pilaf dishes, cauliflower rice is a great option because it’s chock full of bloat-fighting fiber and antioxidants. Pair it with grilled salmon, shrimp, or chicken.” —Jessica Beacom, R.D., and Stacie Hassing, R.D.

### **Leafy greens**

“When it comes to getting back on track after a boozy indulgent holiday, my trick is greens on greens on greens! I’ll scramble spinach into my eggs for breakfast, have a mix of mesclun and romaine lettuces as the base of my salad for lunch, and make a stir-fry with broccoli, zucchini, edamame, and more spinach for dinner. Keeping it green helps me focus on getting vitamins, minerals, and antioxidants to replenish and reset. It also makes sure I get in enough fiber to help push out all the excess sugar and sodium hanging out in my body while also keeping me full and focused between meals.” —Brigitte Zeitlin, R.D.

### **Dandelion tea**

“After a night of too much food and lots of indulging, it’s so important to get right back into your healthy living routine. Take every meal as a ‘Monday morning,’ and get back on track. If you’re really feeling bloated and want to reset and feel refreshed, I recommend dandelion tea. Dandelion roots and leaves have been used to treat liver problems, kidney disease, swelling, skin problems, heartburn, and upset stomach. It also acts as a diuretic to flush unwanted water retention. Slowly sipping a warm dandelion tea can be a mindful way to hit reset button.” —Keri Glassman, R.D.

## Legumes

"Holiday foods are packed with sodium, which can make you retain lots of water. To de-bloat, I like to load up on foods that are rich in potassium, a mineral that helps flush out excess sodium. Legumes give you a hefty dose, so I try to eat at least a half cup of black beans, cannellini beans, lentils, peas, or chickpeas per day. The fact that they're rich in fiber and good-for-you plant protein doesn't hurt either. I love to make them into a patty or burger." —Karen Ansel, R.D.

# Healthy Holiday Eating Tips

Eat regular meals - skipping meals can lead to overeating.

Stay hydrated - drink lots of water.

Eat a protein-packed snack an hour before your holiday meal.

Your mantra: 'Eat the best, leave the rest'

No guilt! Enjoy your favorite holiday dishes, in moderation.

Fill up on salad and fresh vegetables first.

Think color! Colorful food makes a festive looking plate!

Eat mindfully and put your fork down between bites.

Get active! 10 minute bursts of activity boost your metabolism!

More Tips at: [RobinsKey.com](http://RobinsKey.com)

## Healthy Pumpkin Spice Latte

### Ingredients:

- 1 heaping Tbsp of unsweetened pumpkin puree
- 4 oz almond milk
- 1-1.5 tsp maple syrup
- 1/2 tsp vanilla
- 1/4 tsp pumpkin pie spice
- 4 oz hot coffee

### Directions:

Warm the milk in a pan or frother but don't boil it. In a cup add the pumpkin, maple syrup, pumpkin pie spice, and vanilla. Stir together. Add the coffee, stir and enjoy!

**17 DONUTS = THIS ONE COFFEE DRINK!**

**Dunkin' Donuts Pumpkin Swirl  
Frozen Coffee with Cream 32 oz.**



# Food and Mental Health

The quality and the choices of the food we eat affects much more than weight but also our mental health.

In studies where people:

- increased their intake of fish, olive oil, legumes, and seasonal produce,
- switched from white to whole grain and
- decreased sugar intake

many experienced a full remission of depression and other forms of mental illness.

A big factor is knowing there is a connection between our brain and gut. You may have heard of the neurotransmitter serotonin. It helps regulate mood, sleep, memory, and digestion. Although we think of this as a brain issue, 95% of it is produced in the gut! This means we can increase our serotonin levels by eating better and increasing fiber, Polyphenols, and exercise.

Another interesting fact is that our hippocampus (in our brain) grows and shrinks. When people are depressed, their hippocampus is small. This is influenced by diet and exercise. Lower-quality food affects this regardless of socioeconomic background, as we are all exposed to industrialized foods as they are convenient, easy, and readily available.

Bottom line. Eating better will increase mood, memory, obesity, inflammation, and depression.

We must nurture our brain and our gut.

Clinicians are now seeing this connection and are/ or should be prescribing:

- a healthy diet (a variety of colorful foods, vegetables, fermented foods, legumes...)
- movement (a walk around the block daily even)
- sleep
- supplementation

Pregnant women need to be aware that their dietary choices will affect their baby's health, brain and neurological development as well as their own health.

Eat real food in its most natural state.

Your plate would look great if it were:

1/2 plant food, 1/4 protein and 1/4 whole grain

Nourish your gut. Eat the rainbow. Keep your body and mind happy.



# How Stress Affects Our Bodies

## What is Stress?

Stress is a feeling of emotional or physical tension. It can come from any event or thought that makes you feel frustrated, angry, or nervous. Stress is your body's reaction to a challenge or demand. In short bursts, stress can be positive, such as when it helps you avoid danger or meet a deadline. But when stress lasts for a long time, it may harm your health.

## Chronic Stress

This is stress that lasts for a longer period of time. You may have chronic stress if you have money problems, relationship issues, or trouble at work. Any type of stress that goes on for weeks or months is chronic stress. You can become so used to chronic stress that you don't realize it is a problem. If you don't find ways to manage stress, it may lead to health problems.

## What Are the Symptoms of Stress?

Emotional symptoms of stress include:

- Becoming easily agitated, frustrated, and moody
- Feeling overwhelmed, as if you are losing control or need to take control
- Having a hard time relaxing and quieting your mind
- Feeling bad about yourself (low self-esteem), and feeling lonely, worthless, and depressed
- Avoiding others

Physical symptoms of stress include:

- Low energy
- Headaches
- Upset stomach, including diarrhea, constipation, and nausea
- Aches, pains, and tense muscles
- Chest pain and rapid heartbeat
- Insomnia
- Frequent colds and infections
- Loss of sexual desire
- Nervousness and shaking, ringing in the ears, and cold or sweaty hands and feet
- Dry mouth and a hard time swallowing
- Clenched jaw and grinding teeth

Cognitive symptoms of stress include:

- Constant worrying
- Racing thoughts

- Forgetfulness and disorganization
- Inability to focus
- Poor judgment
- Being pessimistic or seeing only the negative side

Behavioral symptoms of stress include:

- Changes in appetite -- either not eating or eating too much
- Procrastinating and avoiding responsibilities
- More use of alcohol, drugs, or cigarettes
- Having more nervous behaviors, such as nail biting, fidgeting, and pacing



Lessons learned:

- The value of solitude and silence  
*But for me it is good to be near God;  
 I have made the Lord God my refuge,  
 that I may tell of all your works. — Psalm 73:28*
- The most important thing I can do is seek God in the depths of my soul.  
*What good will it be for someone to gain the whole world, yet forfeit their soul?  
 Or what can anyone give in exchange for their soul? — Matthew 16:26*
- What lies beneath the surface of our lives really does matter  
*Search me, God, and know my heart;  
 test me and know my anxious thoughts.  
 See if there is any offensive way in me,  
 and lead me in the way everlasting. — Psalm 139:23-24*



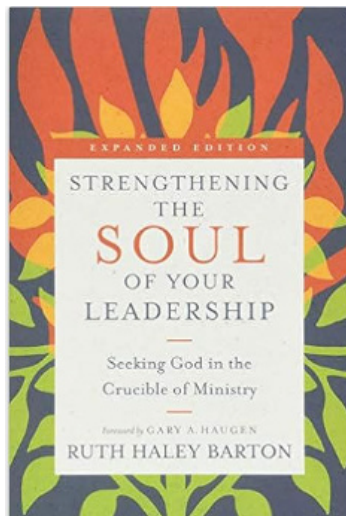


- **Stop, pause, notice, and turn aside**  
*So Moses thought, "I will go over and see this strange sight—why the bush does not burn up." When the Lord saw that he had gone over to look, God called to him from within the bush, "Moses! Moses!" And Moses said, "Here I am." — Exodus 3:3-4*
- **I needed help seeing the reality of my current situation**  
*Plans fail for lack of counsel,  
but with many advisers, they succeed. — Proverbs 15:22*
- **Situations/issues create a turning point where we are finally willing to do something about it.**  
*Trust in the Lord with all your heart and lean not on your own understanding;  
in all your ways submit to him, and he will make your paths straight. — Proverbs 3:5-6*
- **Recognize I have limits**  
*He understands how we are made; he remembers that we are dust. — Psalm 103:14*
- **I was worn down and welcomed the rest**  
*Come to me, all you who are weary and burdened, and I will give you rest. Take my yoke upon you and learn from me, for I am gentle and humble in heart, and you will find rest for your souls. For my yoke is easy and my burden is light. — Matthew 11:28-30*
- **What needs to die in me for the will of God to come forth**  
*I have been crucified with Christ; it is no longer I who live, but Christ lives in me; and the life which I now live in the flesh I live by faith in the Son of God, who loved me and gave Himself for me. — Galatians 2:20*

*"In silence, we consciously trust ourselves to God rather than our human impulses to fix, control, or put people in their place. Cultivating silence and stillness that eventually gives way to well-chosen words and right actions is a pattern that teaches us to wait on God."*

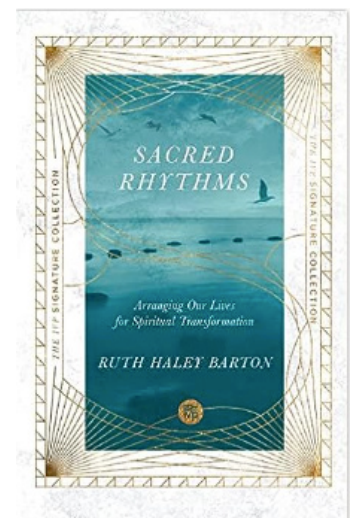
# More Resources

## Books



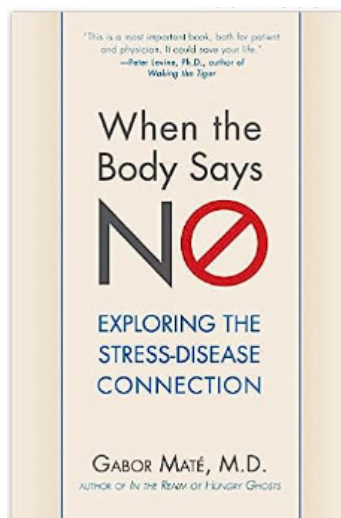
### *Strengthening the Soul of Your Leadership*

By Ruth Haley Barton



### *Sacred Rhythms*

By Ruth Haley Barton



### *When the Body Says No*

By Gabor Maté, M.D.

## ***Websites***

Here are some various websites that are trusted to purchase supplements besides Amazon. You are encouraged to visit multiple sites to find the best price!

- [iherb.com](http://iherb.com)
- [swansonvitamins.com](http://swansonvitamins.com)
- [professionalsupplementcenter.com](http://professionalsupplementcenter.com)
- [pureformulas.com](http://pureformulas.com)

## ***Docuseries on Netflix:***

- **Live to 100** - Travel around the world to discover five unique communities where people live extraordinary and vibrant lives based on the foods they eat, being connected to a community of people, and keeping active.
- **Rotten** - a look at the heart of the food supply chain to reveal unsavory truths and expose hidden forces that shape what we eat
- **Poisoned: The Dirty Truth About Your Food**

# More Resources



EWG'S 2023

# DIRTY DOZEN™

- |                                   |                       |
|-----------------------------------|-----------------------|
| 1. Strawberries                   | 7. Apples             |
| 2. Spinach                        | 8. Grapes             |
| 3. Kale, Collard & Mustard Greens | 9. Bell & Hot Peppers |
| 4. Peaches                        | 10. Cherries          |
| 5. Pears                          | 11. Blueberries       |
| 6. Nectarines                     | 12. Green Beans       |



EWG'S 2023

# CLEAN 15™

- |                    |                    |
|--------------------|--------------------|
| 1. Avocados        | 9. Kiwi            |
| 2. Sweet Corn      | 10. Cabbage        |
| 3. Pineapples      | 11. Mushrooms      |
| 4. Onions          | 12. Mangoes        |
| 5. Papayas         | 13. Sweet Potatoes |
| 6. Sweet Peas      | 14. Watermelon     |
| 7. Asparagus       | 15. Carrots        |
| 8. Honeydew Melons |                    |







Made with ❤️ at Grace Community Church