

FOOD HEALTH NUTRITION

Hosted by: Kathy Robinson, Tina Gallas, & Lea Ann Hirth

Saturday, April 24th
10:00 am–12:30 pm
Grace Community Church

Speaker Biographies:



Rhonda A. McKinney

Rhonda A. McKinney is an Integrative Certified Nutritionist, Board Certified Holistic Nutritionist and Certified Cancer Consultant Professional. She is a graduate of American Health Science University and founder of Healthy Solutions since 2007. She is a selected member of the National Association of Nutrition Professionals (NANP) and member of National Association of Professional Cancer Coaches (NAPCC). She received advanced training by International Health Technologies to utilize the BioScan MSA/SRT technology.

She is a functional medicine trained nutritionist analyzing the biochemistry of individuals to guide them to optimal health

through nutritional therapy and natural health using supplementation, herbal formulas and homeopathic therapies. She focuses on her clients using functional testing for disorders such as autoimmune diseases, chemical sensitivities, nutritional status, cancer, adrenal fatigue, thyroid disruptions, diabetes, digestive problems, chronic fatigue, fibromyalgia, skin disorders, hormone imbalances, insomnia, low energy, detoxification and food sensitivities.

Rhonda's passion is to get to the root of the problem and achieve optimal health through nutrition and natural therapies.

Dr. Joseph Nawrocki M.D. retired from his Family Medicine practice in 2000 and started working in the emergency room as well as devoting his time to serving those less fortunate. Dr. Joseph Nawrocki M.D. is board certified in Family Medicine and practiced until 2000 when he decided to go work in the ER so he could also devote more of his time helping those less fortunate. In 2020 he retired to serve in a free clinic and became the full-time caregiver to his wife Mavis. He is the Medical Director and Administrator of Rock's Medical Outreach, traveling all over the world bringing medical care and supplies to those in need. He is also the author of the book *Staying Young Through Healthy Living*. He is a grandfather to ten grandchildren and four great grandchildren.



Dr. Joseph Nawrocki MD



Lea Ann Hirth

Lea Ann Hirth was diagnosed with breast cancer in April of 2016. After researching the traditional medical response to a cancer diagnosis and undergoing surgery, she and her husband chose to pursue a nutritional response over traditional treatment and have found that food actually is medicine. She was introduced to nutritionist Rhonda McKinney and has been following a nutritional lifestyle ever since, which has brought about her being cancer free today. She enjoys helping others discover the role and value of nutrition for their health.



UPDATED 2020

Dirty Dozen

1. Strawberries
 2. Spinach
 3. Kale
 4. Nectarines
 5. Apples
 6. Grapes
 7. Peaches
 8. Cherries
 9. Pears
 10. Tomatoes
 11. Celery
 12. Potatoes
- + EWG's Dirty Dozen Plus:
- Hot Peppers
 - Sweet Bell Peppers

Clean 15

1. Avocados
2. Sweet corn
3. Pineapple
4. Onions
5. Papaya
6. Sweet peas (frozen)
7. Eggplants
8. Asparagus
9. Cauliflower
10. Cantaloupes
11. Broccoli
12. Mushrooms
13. Cabbage
14. Honeydew melon
15. Kiwi

* A small amount of sweet corn, papaya and summer squash sold in the US is genetically engineered (GE) seed stock. Buy organic varieties of these crops if you want to avoid GE produce.

5

Keys for **BEATING CANCER**

- ◆ Eliminating toxins from your body and environment
- ◆ Making your body as inhospitable to cancer as possible
- ◆ Eating and living as healthy of an anti-cancer diet and lifestyle as possible
- ◆ Building and maintaining a healthy immune system
- ◆ Taking strong anti-cancer and immune boosting herbs and other supplements

The **TRUTH** About
CANCER™



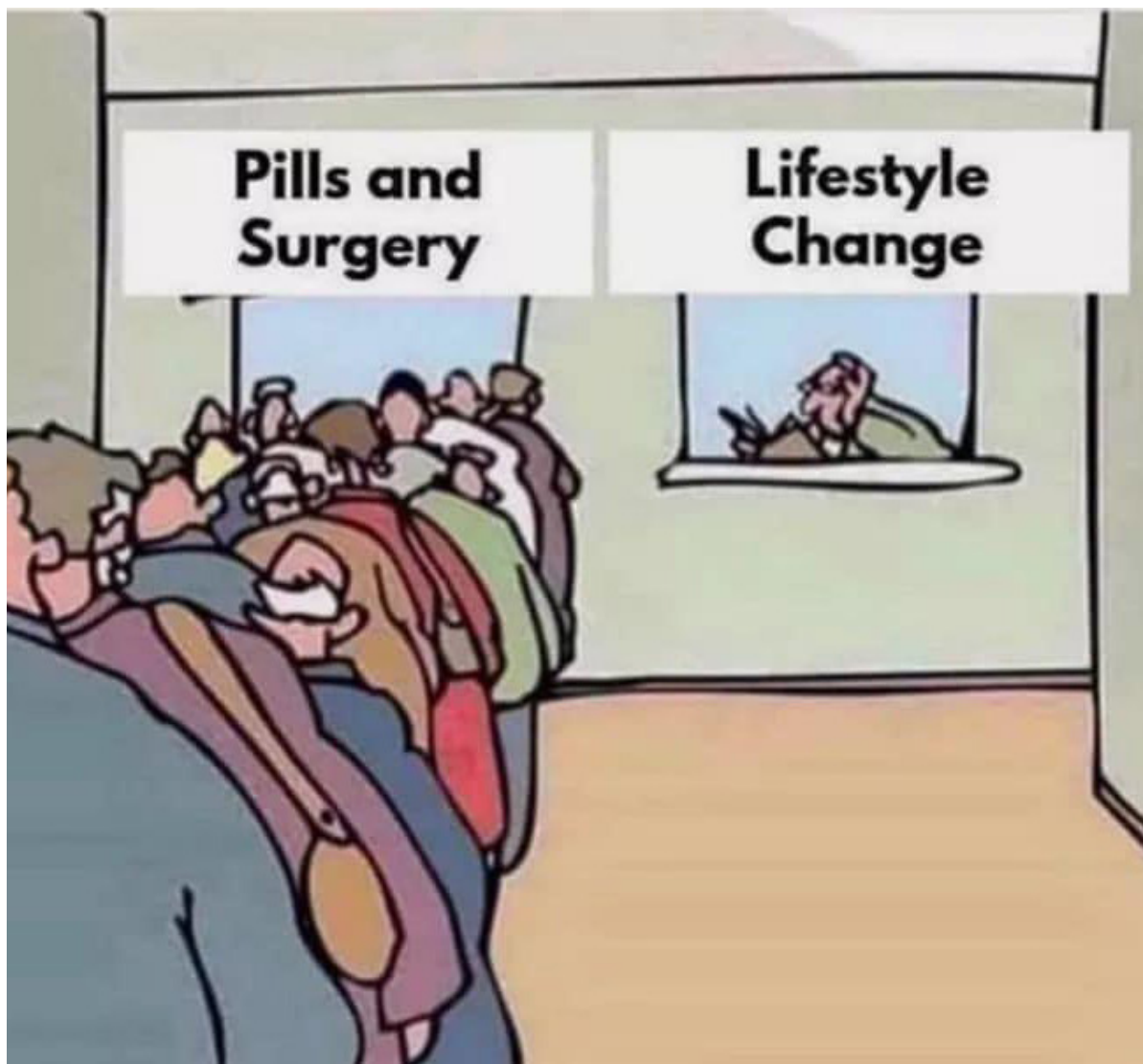
Today more than **95%** of all chronic disease is caused by food choice, toxic food ingredients, nutritional deficiencies, and lack of physical exercise.

- Mike Adams, The Health Ranger

The TRUTH About
CANCER™

**Pills and
Surgery**

**Lifestyle
Change**



Dr. Nawrocki

Two Wolves

One evening an old Cherokee told his grandson about a battle that goes on inside people.

He said, "My son, the battle is between two "wolves" inside us all.

One is Evil. It is anger, envy, jealousy, sorrow, regret, greed, arrogance, self-pity, guilt, resentment, inferiority, lies, false pride, superiority, and ego.

The other is Good. It is joy, peace, love, hope, serenity, humility, kindness, benevolence, empathy, generosity, truth, compassion and faith."

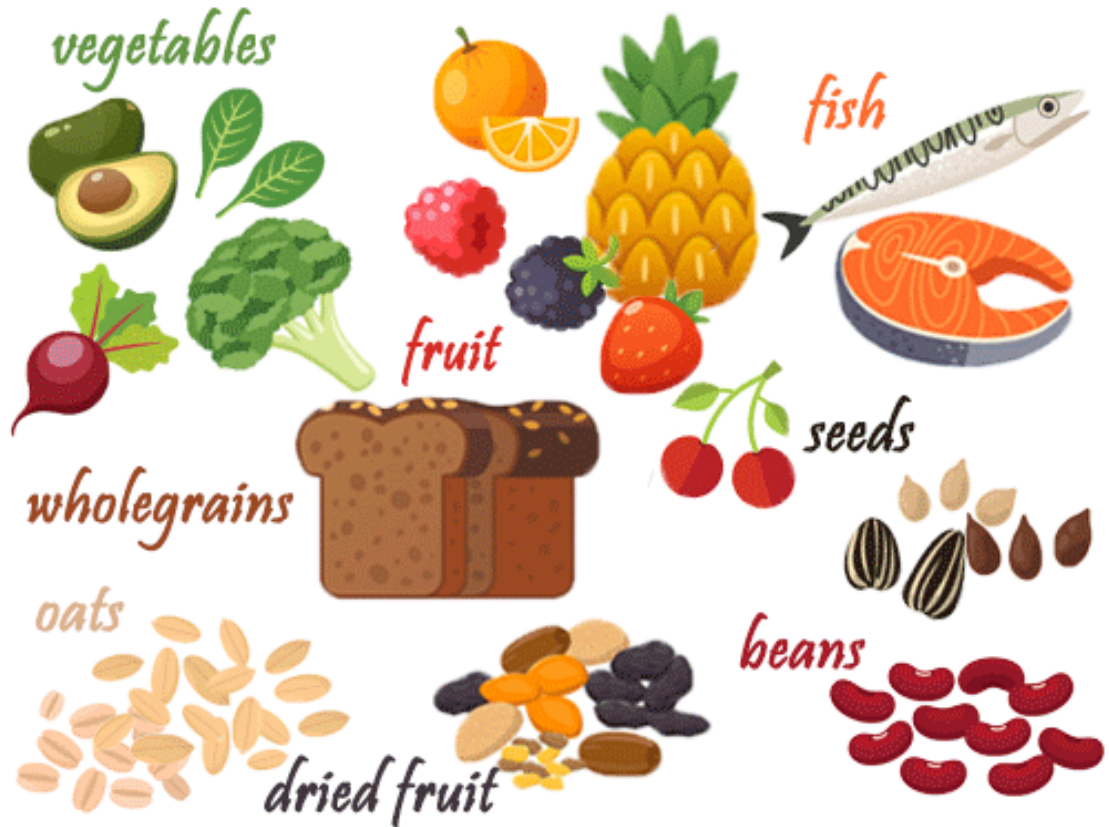
The grandson thought about it for a minute and then asked his grandfather: "Which wolf wins?"

The old Cherokee replied, "The one you feed."



FIGHTING INFLAMMATION

ANTI-INFLAMMATORY FOODS



INFLAMMATORY FOODS



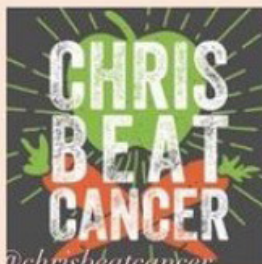


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THE TOP 5 MOST-DIAGNOSED CANCERS

in Women

- BREAST
- LUNG
- STOMACH
- CERVIX
- COLORECTAL

in Men

- LUNG
- STOMACH
- LIVER
- COLORECTAL
- PROSTATE

What if there was something you could do right now to cut your cancer risk in half?

DISCOVER HOW: www.thetruthaboutcancer.com/cancer-causing-foods-2

TOP 5 SOURCES OF ADDED SUGAR:

Sweetened Beverages
Baked Goods
Dairy Desserts
Candy
Cereal.



READING LABELS FOR ADDED SUGAR: THE BASICS

4G
**= 1 TEASPOON
OF ADDED
SUGAR**



It is important to be able to spot added sugars on the ingredient list and labels of packaged foods.

Here are some key things to remember!

Check ingredient list for added sugar (there are 60 different names!). The higher up the ingredient list, the more added sugar there is!

LOOK FOR FOODS UNDER 5G TOTAL SUGAR/100G



#6SPOONSINJUNE



Limit intake to **6 teaspoons**
(25g) of added sugar per day

Resources:

(*Some of the content is advocating for a complete plant-based diet. That is a personal choice for each person to decide for their own health. The information is still valuable.)

Netflix

- The C Word—How lifestyle and societal changes may help beat the disease
- What the Health—the link between diet and disease and the healthcare system
- Game Changers—James Wilks travels the world on a quest for the truth about meat, protein, and strength. Showcasing elite athletes, special ops soldiers, and visionary scientists to change the way people eat and live.

Amazon Prime

- Food as Medicine—Using food to heal chronic illness and disease
- Forks Over Knives—empowers people to live healthier lives by changing the way the world understands nutrition.
- King Corn (on YouTube also)—Two recent college graduates travel to Iowa to investigate the role that corn plays in an increasingly complicated and dysfunctional American food industry
- How Not to Die—The majority of premature deaths can be prevented through simple changes in diet and lifestyle. In How Not to Die, Dr. Michael Greger examines the fifteen top causes of death in America—heart disease, various cancers, diabetes, high blood pressure, and more. He explains how nutrition and lifestyle can sometimes trump prescription pills and other approaches, freeing us to live healthier lives.

Vimeo

- Food Matters—Uncovers the secrets of natural health to help you achieve optimum wellness!

Other

- Food Inc (watchdocumentaries.com/food-inc)—Food, Inc. unveils some of the somber practices underpinning the American food industry, exploring how corporations place profits before consumer health, worker safety and the environment.
- Burzynski: The Cancer Cure Cover-Up (YouTube)—The story of a pioneering biochemist who discovered a unique and proprietary method of successfully treating most cancers.

Websites/Facebook pages/Recipes

- Flav City—flavcity.com (Has a YouTube channel for videos.)
- The Truth About Cancer—thetruthaboutcancer.com
- Chris Beat Cancer—Chrisbeatcancer.com
- Just Eat Real Food
- Paleo Hacks
- The Roasted Root
- Against All Grain—Danielle Walker
- The Paleo Running Mama

Books

- *Chris Beat Cancer* by Chris Wark—Chris beat a stage-3 colon cancer diagnosis through nutrition.
- *The China Study* by T. Colin Campbell, PhD and Thomas M. Campbell II—“The science is clear. The results are unmistakable. Change your diet and dramatically reduce your risk of cancer, heart disease, diabetes and obesity.”
- *In Defense of Food* by Michael Pollan—The author tackles the question: What should I eat? He distinguishes real food from the “edible food-like substances” available today, talks about “nutritionism” and how its gotten us where we are (obese and chronically sick) and gives a few choice food rules for picking real food.
- *Adrenal Fatigue: The 21st Century Stress Syndrome* by James Wilson—Everything you need to know about adrenal fatiguhue and how to treat it with diet and lifestyle changes.
- *Cancer Free: Your Guide to Gentle, Non-Toxic Healing* by Bill Henderson and Dr. Carlos Garcia.

Nutritionist

- Certified Nutritionist and Board Certified in Holistic Nutrition
Rhonda McKinney
Healthy Solutions
Healthysolutionstoday.com

Paleo Chocolate Chip Blondies

Ingredients

- ½ cup almond butter
- ¼ cup coconut oil, melted
- ¾ cup coconut sugar
- 1 large egg
- 1 tablespoon vanilla extract
- 1 cup almond flour
- 1 teaspoon baking soda
- ¼ teaspoon kosher salt
- 4 ounces dark chocolate chunks

Instructions

- 1.** Preheat oven to 350°F. Line an 8×8" square baking pan with parchment paper and spray with nonstick spray. Set aside.
- 2.** In a bowl, whisk together the almond butter, coconut oil, coconut sugar, egg, and vanilla extract until smooth and combined. Stir in the almond flour, baking soda, and salt. Fold in the chocolate chunks.
- 3.** Spread evenly in prepared pan and bake for about 20 minutes, or until lightly browned.
- 4.** Cool completely, and then cut into 16 squares.

Coconut Oil No Oatmeal Cookies

Ingredients

- 1 ½ cups almond flour
- 1 cup finely shredded unsweetened coconut
- 1 teaspoon cinnamon
- ½ teaspoon salt
- ½ teaspoon baking powder
- ½ cup coconut sugar
- ½ cup Coconut Oil room temperature
- 1 large egg room temperature
- 1 teaspoon vanilla extract
- ½ cup raisins or craisins

Instructions

- 1.** Preheat the oven to 325°F and line 2 sheet trays with parchment paper. Set aside.
- 2.** In a medium bowl, combine almond flour, shredded coconut, cinnamon, salt, and baking powder. Mix well.
- 3.** In a large bowl, combine coconut sugar and coconut oil until completely combined. Add the egg and vanilla and stir until smooth.
- 4.** Add the almond flour mixture to the sugar mixture and stir until fully mixed. Fold in the raisins.
- 5.** Scoop balls 1 heaping tablespoon big, roll them and place them on the sheet trays. It should make 16 cookies, so 8 per tray.
- 6.** Bake 1 tray at a time for 14–16 minutes, until the edges are brown. Let cool 5–10 minutes on the sheet tray before removing.

Berry Scones

Ingredients

- 2 ½ cups Almond Flour
- ½ tsp salt
- 2 eggs
- 4 TBL honey or maple syrup (I used maple syrup)
- ⅓ cup melted butter, Ghee or coconut oil (I used coconut oil)
- ½ cup fresh or frozen berries

Instructions

- 1.** Preheat oven to 350°F
- 2.** Grease a baking sheet with butter or coconut oil
- 3.** In a medium bowl, mix together dry ingredients. In a separate bowl whisk eggs until combined.
- 4.** Add melted oil and syrup
- 5.** Combine wet and dry ingredients
- 6.** Fold in berries of your choice
- 7.** Drop ¼ cup of dough onto a baking sheet like a biscuit round
- 8.** Bake 15–20 minutes (times may vary based on desired consistency)

*Store in the freezer and thaw them as needed, if you like.

Ultimate Paleo Trail Mix

This Ultimate Paleo Trail Mix is full of healthy deliciousness! It is ready in only 5 minutes prep time and has the perfect blend of crunchy, salty and sweet flavors a traditional trail mix delivers.

This trail mix has a good balance of fats, proteins, sugars and salts. Which is just what you need when you are active or are in need of a healthy snack between meals.

Ingredients

- 1 cup raw walnuts
- 1/3 cup raw pecans
- 1/3 cup raw pumpkin seeds
- 1/2 cup raisins or craisins
- 1/4 cup dairy free chocolate chips (I use Enjoy Life)
- 1/4 teaspoon salt

Instructions

1. Mix all ingredients in a bowl and toss together.
2. Pour into a sealed container and store at room temperature until ready to use.

*Yields one quart

7 Simple Detox Water Recipes



Pineapple + Turmeric + Black Pepper + Water



Cucumber + Watermelon + Water



Grapefruit + Rosemary + Water



Raspberries + Lime + Water



Ginger + Lemon + Water



Strawberries + Basil + Water



Blackberries + Mint + Water



Which Path Are You On?

The Sickness and Disease Path

Sugar/High Fructose Corn Syrup
Grain/Flour Products
(Bread, Pasta, Baked Goods)
Deep Fried Food
Vegetable and Seed Oils
(Trans Fats/Hydrogenated Oils,
Corn, Safflower, Sunflower,
Soybean, Peanut, Cottonseed,
Grapeseed, and other oils)
Grain-Fed Meat, Dairy Products
Most Packaged & Processed Foods
Soda and other Sugary Drinks
Dairy Products
Aspartame, Sucralose, MSG
No Exercise
Bad Posture

CHRONIC INFLAMMATION
Reaction Throughout The Body

The Wellness and Health Path

Fish, Grass-Fed Meat, Chicken,
Omega-3 Eggs
Fruits and Vegetables
Raw Nuts
Potatoes and Root Vegetables
Olive Oil, Coconut Oil, Butter (Ghee)
Dark Chocolate
Red Wine and Stout Beer
Balsamic Vinegar
Ginger, Turmeric, Garlic and
all other spices
Plenty of Filtered Water
Green Tea
Regular Exercise
Chiropractic Adjustments

LOW INFLAMMATION
Throughout The Body

6 GREAT WAYS TO USE CITRUS OILS

- Sniff on some citrus oil when you feel stressed or depressed.
- Use a diffuser to diffuse citrus essential oils for mood improvement and clarity of thought.
- Substitute lemon oil for lemon juice to flavor your favorite recipes.
- Speed up the healing process of mouth ulcers by rubbing citrus essential oil into the affected spot.
- To make veggies or fruits last longer, wash them in water with 2-3 drops of lemon or orange oil.

Citrus essential oils stimulate lymphatic circulation, improve immunity and have anti-cancer properties.

The TRUTH About
CANCER
educate • expose • eradicate

Carrageenan: The chemical hiding in your organic foods!



National Organic Standards Board votes to remove carrageenan from the list of approved ingredients for organic foods.

LEMON

Essential Oils



Health Benefits

- Digestive benefits
- Cleansing benefits
- Supports a healthy immune system
- Supports healthy respiratory function

What Studies say:

- ➔ A study published in 2015 in the journal Archives of Biochemistry and Biophysics reveals that citronella terpenes in lemon essential oil stop the growth of cancers, including those of the liver.
- ➔ A 2010 review published in the Journal of Medicinal Plants Research identified essential oil of lemon as possessing the capacity to stop human cervical cancer cells in their tracks.
- ➔ Lemon and other essential oils, a research team found, utilize multiple pathways and mechanisms to thwart cancer. They do this through cell cycle arrest, apoptosis (cell suicide), increased levels of reactive oxygen and nitrogen species, and anti-metastasis and anti-angiogenic (stopping tumors from growing blood vessels) activities.



CLICK TO DISCOVER MORE ABOUT THE CANCER-FIGHTING LEMON ESSENTIAL OIL BENEFITS:
[HTTPS://THETRUTHABOUTCANCER.COM/LEMON-ESSENTIAL-OIL-CANCER-FIGHTER](https://thetruthaboutcancer.com/lemon-essential-oil-cancer-fighter)

