

## Diet & Nutrition: Third of the Five Factors of Health

In the news these days you'll find an abundance of conflicting and confusing information about diet . With the wealth of information available, it seems we've lost track of many simple truths that should guide us in choosing foods to eat. The most basic rule to live by is "eat foods in their natural, unrefined state." It's far better to concern yourself with the quality of the food you eat, rather than the quantity.

Here are some basic rules to eat by:

- Eat slowly and chew thoroughly (at least 25 times). If you rush this first stage of digestion, your stomach and intestines must work much harder and you don't realize as much of the food value.
- Practice mindful, focused eating. Avoid stress during meals, which diverts energy away from digestion.
- Limit your fat intake to 10-20% of your daily diet. Choose "good" fats, using mostly unsaturated fats. Avoid hydrogenated oils found in most packaged foods (including shortening and margarine)—read the labels!
- Limit your intake of meat (both white and red) to one meal per day and try to keep your protein intake to 15% of your daily diet.
- Choose organically grown foods to lessen your exposure to pesticides and other farming chemicals.
- Avoid shellfish, refined sugar and caffeine.

Enjoy the rewards of a healthy diet: you'll feel good, look good and your body will love you.

Yours in health,

Dr. Rick

*Dr. Rick Schlüssel is a Chiropractor and Applied Kinesiologist providing preventive health care, treatment for pain and injuries, holistic health assessments and a variety of natural therapies. He can be reached at The Healing Place at 530-889-0388 or by email at [rick@mydrnick.com](mailto:rick@mydrnick.com)*