

Stay Strong

Food Freedom

March 16, 2022

with Cheryl Townsley

“You don’t have to have an eating disorder to have disordered eating.” Let’s learn what you can easily do to improve the quality of your food, the health of your ‘temple’, and your overall outlook on life.

“You also don’t have to have a diagnosis to know you can be in better health.” Instead of waiting until have a diagnosis issue, invest in yourself, your health, and your future by creating the best health that you can.

Clean Foods from Leviticus 11

Animals

Antelope
Bison/buffalo
Cattle (beef, veal)
Elk
Gazelle
Giraffe
Goat
Moose
Ox
Sheep (lam, mutton)

Clean Fish

Anchovy
Bass
Bluefish
Bluegill
Cod
Crappie
Flounder
Grouper
Haddock
Hake
Halibut
Kingfish
Mahi-mahi

Perch
Pike
Pollack
Rockfish
Salmon
Sardine
Snapper
Sole
Sunfish
Trout
Tuna
Turbot
Whitefish

Birds

Chicken
Duck
Goose
Guinea
Pheasant
Pigeon
Quail
Swan
Turkey

Unclean Foods from Leviticus 11

Animals

Swine (pig, hog, bacon, lard, pepperoni)

Coyote

Dog

Fox

Wolf

Felines (cat, cheetah, leopard, lion, tiger)

Equines (ass, donkey, horse, mule, zebra)

Other (bear, beaver, camel, elephant, hare, kangaroo, monkey, rabbit, rhinoceros, snail, worm)

Fish (catfish, eel, marlin, shark, squid, swordfish)

Shellfish (abalone, clam, crab, crayfish, lobster, mussel, prawn, oyster, scallop, shrimp)

Soft body (jellyfish, octopus, squid)

Sea mammals (dolphin, otter, porpoise, seal, whale)

Birds of Prey (albatross, bat, condor, crane, crow, eagle, flamingo, hawk, osprey, ostrich, owl, penguin, raven, sandpiper)

Reptiles (alligator, crocodile, snake, turtle)

Amphibians (frog, salamander, toad)

Processed Foods to Avoid

Additives

Alcohol

Aspartame/

Carbonated beverages/Sodas

Coffee

Distilled/white vinegar

Food dyes (i.e., #5)

Foods with Preservatives

GMO Foods (read labels carefully) *

Margarine

MSG

Shortening

Smoked foods (containing nitrates and nitrites)

Solvent-derived oils (expeller pressed oils)

Table salt

* **8 Common US Genetically Modified Foods include:** corn, soybeans, canola, cottonseed, sugar beets, Hawaiian papaya, some zucchini, some yellow squash

* **Invisible GM Ingredients:** aspartame, baking powder with aluminum, canola oil, citric acid, condensed milk, corn flour, corn syrup, dextrin, dextrose, glutamic acid, glycerin, high fructose corn syrup, hydrogenated starch, modified food starch, NutraSweet, oleic acid, stearic acid

* **Dirty Dozen foods to avoid:** strawberries, spinach, nectarines, apples, grapes, peaches, cherries, pears, tomatoes, celery, potatoes, sweet bell peppers

Easy Tips

Eat slowly and Chew Food

Add a Digestive Enzyme (i.e., OHS Digestion)

Get good Cookbooks

Plan Menus

Invest in good Cookware

Enjoy Herbs

Enjoy Herbal Teas

Quality/ Whole Based Supplements

Have Fun Playing, Discovering & Noticing

12 Baby Steps to Food Freedom

Tour a Health Food Store	Eat Organic, Free Range, Wild when Possible
Keep a Food Journal	Reduce White Sugar Intake
Read Labels	Increase intake of Good Fats
Eat more Veggies and Fruit	Increase intake of Seeds and Sprouts
Store Foods Correctly to Avoid Spoilage	Increase intake of Pure Water
Eat More of what God Created and Less of what Man has Manufactured	
Avoid the No-No Foods	

Over 30 years we have used a lot of supplements personally and through our clinic, Lifestyle for Health.

The reason OHS (Optimal Health Systems) is our #1 choice includes these reasons:

- Their formulas contain whole food culture nutrients.
- They use 4 levels of testing.
- They are FDA and GMP compliant.
- They use patented ingredients and formulas.
- They use Opti-Blend processing which creates up to 300% increased absorption.
- They use a nutrient/enzyme delivery system to get to cells.
- Formulas include whole food culture and fermentation to increase potency and still be whole food (done with probiotics and organic minerals).

Examples of Synthetic:

Synthetic C – ascorbic acid

Synthetic D – sheep lanolin

Inorganic minerals, which are minerals are not in glycine form (naturally occurring form of our bodies is glycine)

For More Education:

- ***Cooking for Life Cookbook*** by Cheryl Townsley, Naturopath
- ***Holy Cow*** by Hope Eagan
- ***Nutritional Manual*** by Annette Reeder and Richard Couey
- ***Treasures of Healthy Living*** by Richard Couey