

# 10 Steps To Optimal Health

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## Lets start with the 4 R program.

We need to do some research to find the individual challenges of your body chemistry. The blood type diet or the Zyto food sensitivity tests are guidelines but an actual Alcat blood test will find the foods that your body is finding inflammatory.. A comprehensive stool test will find the ph, positive and negative bacterium and give us a full picture of the health of the gut. We then repair the tissue with nutrient support, support the digestive system with digestive factors and/ or enzymes and repopulate the gut with positive bacteria. These steps will go a long way in getting your body towards optimum health.

- Remove pathogens, parasites, toxins, and allergic foods.
- Repair tissue with nutrient support.
- Replace digestive factors and/or enzymes.
- Repopulate positive bacteria.

**Here are 10 steps to begin in any order to help you move toward optimal health.**

**Remember, progress is the goal, not perfection!!**

1. **Eat according to your blood type and individual body chemistry.** There are books and lists on this topic. I highly recommend Genetic Nutritioneering by Jeff Bland, Ph.D. It tells us why some foods nourish some bodies and are inflammatory to others. Understanding the WHY is vital to the doing. The blood type lists are excellent guides but the best individualized way is an Alcat food sensitivity test.
2. **Chew food to the point of liquid before swallowing.** All digestion begins in the mouth. If you skip this step, the food is too hard for the stomach fluids to break down to the correct molecular size for absorption. The food then tears through the intestinal lining and becomes an 'enemy' of the immune system. To get the nourishment from the food you spend your money on, we must first chew it properly.
3. **Regular exercise 10,000 steps a day and toning/firming with weights.** Our body is a machine and needs to be 'run' in order to keep working properly. Exercise is needed to cleanse toxins, maintain a healthy weight. Start by getting a pedometer. See how many steps daily you walk. Slowly increase it by 100 steps daily or 1000 steps weekly. Exercise keeps the liver clean, increases the brain endorphins reducing depression, helps us to sleep better and that in turn increases our Leptin values which reduces our appetite. The list is

too long to document here. Just know exercise is vital to good health!

4. **Eating hormone and chemical free foods** compatible with your blood type and rotated according to your food sensitivities. It is important to understand that our immune system was not built to handle the synthetic chemicals that are in our food. They cause a myriad of medical problems and the best way to contribute to living a long and healthy life is to eat hormone, chemical, pesticide, food colorings and flavorings free food. It is amazing how much better we feel when we 'go organic' Organic is how our grandparents ate.
5. **Avoiding packaged or fried foods.** Every step of processing reduces the nutrient value of food by 10 %. Live by the 80 – 20 rule. If 80 % of our diet is organic and healthy according to our blood type and food sensitivities, then we have a better chance of eliminating the toxins of the other 20%.
6. **Avoiding Sugar, Caffeine, Nicotine and Mental Stress.** Sugar, Alcohol in excess, Caffeine, Nicotine and Mental Stress, all overtax the adrenal glands putting out too much adrenalin, that stimulates the liver to put out too much glycogen and that stimulates the pancreas to put out too much insulin to control the glycogen. A large part of degenerative disease process stems from this over stimulation of the adrenals.
7. **Alcohol in moderation.** 4 ounces of wine or hard liquor is the max for not overtaxing your immune system. It is important to not abuse the immune system with this way. Insomnia, weight control, fatigue and depression are common outcomes of too much
8. **Sleep 7-8 hours uninterrupted.** Sleep is vital to health. Without deep uninterrupted sleep, the body cannot cleanse itself. Carrying toxins in the tissue due to lack of cleansing sleep increases the chance of cancer, inflammatory diseases and other problems. Work at not having food within 2 hours of bedtime. Find a stress technique to help you relax. Some are. Massage, Reiki, Yoga, Tai Chi Bringing balance, joy and peace into your life. Relaxing is as important as sleep and exercise. The body needs time to rest.
9. **Supplementing according** to your individual body chemistry as needed with organic food concentrates that guarantee no contaminants, are 100% absorbed and what is on the label is in the product and have a money back guarantee. Go to ConsumerLabs.com to find the companies that meet these standards..
10. **Start with baby steps.** It is not easy to incorporate all the above principles into your life. Take one item at a time. What is the easiest thing for you to do to get started. You choose... Work on that for a while then add another. Soon you will be marching right along toward optimal health. This is a long term process. Perfection is not the goal, progress is the goal. A list of helpful book can be found on [www.NutriEd.com](http://www.NutriEd.com).

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