

5 Steps to Better Health

by Kristen Acesta, ND

#1 Support Your Liver

- Get adequate amounts of the fat soluble vitamins A, D, E (and K).
 - Vitamin A = 6000IU of beta carotene per day
 - Vitamin D = 1000-5000IU per day
 - Vitamin E = 20-25IU per day
- Eat enough fiber
 - 2Tbsp of flax, hemp, or chia seeds
 - 2Tbsp of psyllium husks (main ingredient in metamucil)
 - Eat your fruits and vegetables
- Reduce excess hormone and toxin exposure
 - Buy all dairy products organic
 - Avoid the consumption of harmful chemicals (artificial sweeteners, pesticides, plastics, and solvents)
- Eat bitter foods (Brassica family members) to stimulate digestion and proper enzymes release
 - Eat a cabbage family member everyday (cauliflower, broccoli, cabbage, Brussels sprouts, kale, kohlrabi, mustards, mustard greens, bok choy, rutabega, turnips)
 - These foods also contain ample glucosinolates, a known class of compounds that have cancer fighting properties.
- Drink your coffee (but not in excess!)
- Make better alcohol choices
 - Switch to dark beers and red wine
 - Limit sugary mixers, syrups, and flavorings in cocktails

#2 Move Everyday

- Get at least 15 minutes of movement a day
- Aim for 2 minutes of resistance and weight bearing activity per hour. If you did this every hour while at work you would be up to 16 minutes by the end of your day!
 - Wall sits
 - Plank poses
 - Leg lifts
 - Calf raises
 - High knees

#3 Manage Your Stress

- Wake up 15 minutes earlier than you normally would every day for one week.
- Take 10 minutes of that 15 to sit and concentrate on breathing. This is working your focus muscle in your brain. The more often you practice focusing when there is little stimulation around, the more likely you are to be focused when it matters.

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- Concentrate on breathing. Do not try to manipulate your breath. Thoughts will naturally arise. Let them come, but don't allow them to take over. If this happens and you recognize it, congratulations! You have just stumbled on a moment of mindfulness. Let the thought pass and come back to your breath.
- Repetitively coming back to the breath is the act of mindfulness and focus.
- If we can learn to focus our efforts, we can learn to manage our stress.

#4 Eat Your Vegetables!

- Eat half of your plate in vegetables for every meal. Our government also supports this.
- When eating out in restaurants, always order an additional vegetable plate.
- All snacks should be fruit and vegetables.
- The recommended daily intake of fruits and vegetables is 7-9 servings per day.

#5 Stay Hydrated

- Most of us are chronically dehydrated
- Drink $\frac{1}{2}$ your body weight in ounces of water per day, and more if you are exercising.
- Every biochemical reaction in your body needs water. Hydrating your body is the single most important (and easiest) aspect to better health.

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Green Smoothies

"Life expectancy would grow by leaps and bounds if green vegetables smelled as good as bacon." - Doug Larson

Kitchen Appliances needed: Blenders

- Vitamix blender (\$350-450)
- Blendtec blender (\$350-400)
- Ninja blender (\$150) does not liquefy as well
- All other blenders are not comparable, but can work if need be.

My Typical *Smoothie Shopping List*:

- Organic spinach from Costco in a 1lb container (and I then freeze it in its original container)
- Frozen organic blueberries from Costco in a 5lb bag
- Frozen organic berry mix 3lb bag from Costco
- Frozen organic mangos 3lb bag from Costco or Trader Joes
- Organic bananas
- Organic walnuts
- Organic kale from Costco, 1lb bag
- Organic yogurt, Nancy's
- Organic hemp seeds, 15oz bag from Costco
- Organic almond butter or peanut butter (may be allergenic)
- Raw unsweetened cocoa powder (cacao powder)

Additional Supplements:

- Blue/green algae
- Bee Pollen
- Cold pressed flax seed oil
- Chlorella
- Whey protein
- Pea protein
- Mediclear nutritional supplement by Thorne (protein and vitamins)

*Note: All items should be ORGANIC. You can buy most of these items in bulk at Costco. You can also find them at any health food store, PCC, Whole Foods, Trader Joes, and Madison Market.

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| <p><u><i>Basic Green:</i></u> 2c (frozen) Spinach 1c frozen Blueberries 3Tbsp hemp seeds 1 ½c water, or as needed Consider adding: 2tsp chlorella or blue/green algae</p> | <p><u><i>Green (Mustache) Machine:</i></u> 1c (frozen) spinach ½c (frozen) kale ½c green cabbage 1c berry mix ½ apple 10-15 walnuts 2tsp blue/green algae 2c water, or as needed</p> |
| <p><u><i>Love Monkey:</i></u> ½ banana 2 scoops Mediclear or 2Tbsp cacao powder 1Tbsp peanut/almond butter 2c spinach 1c water, or as needed</p> | <p><u><i>Ginga Ninja:</i></u> ½" cube of raw fresh ginger 2c spinach ½ carrot ½ apple (honeycrisps' work the best) 3Tbsp hemp seed 2c water, or as needed Consider adding 2tsp matcha powder</p> |
| <p><u><i>Beetnick:</i></u> ½ red or yellow raw beet ½ carrot 2c spinach 10-15 walnuts 1c water</p> | <p><u><i>Spicy Cocoa Mojo:</i></u> 3Tbsp hemp seeds 2 scoops Mediclear of 2Tbsp raw cacao powder 1tsp cinnamon dash of cayenne powder 1c water</p> |
| <p><u><i>Bee Yourself:</i></u> 1Tbsp bee pollen ½ banana ½ organic apple (honeycrisps' work best) 10-15 walnuts 1c water (or chamomile tea!)</p> | <p><u><i>Avo-cabo-wabo:</i></u> ½ avocado 2c spinach ¼ red bell pepper ½ organic apple 1 stick of celery 1c water</p> |

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Coco-Kale

1Tbsp coconut oil (butter)
2-3 mejool dates, pitted
½ banana
1 cup frozen blueberries
4 de-stemmed kale leaves
2Tbsp hemp seeds
Ice (optional)
1c water

Kiwi Me Softly With His Song

(great for dessert!)
½c organic whole milk yogurt
½c frozen blueberries
2 fresh cut or 1/2c frozen kiwis (or mangos)
½c ice
2tsp match green tea powder
½ - 1c water, organic milk, or milk alternative
Consider adding 1Tbsp of chia seeds after
blending for a thicker consistency