



My Good Health Club
Empowering people to become their own health expert



Welcome to the My Good Health Club Basic Food Plan

This 15-page guide will show you the basics of why the food you eat is so important for your health, and how eating the right foods can help your body to heal from illness.

We will give you information on the foods you should be including in your daily diet, and the ones you really should avoid.

Use these guidelines to ensure your body gets all the nutrients it needs every day to heal and become healthier.

In return, you will feel healthier, more energetic and positive.

Depending on you and your lifestyle, you can integrate all the recommendations into your diet at once, or you can introduce them gradually if you prefer. It is best to choose the right method for you, the one you will stick to best.

The most important thing is that you take action. Because the sooner you take positive action, the sooner your body will reap the benefits!

The content in this guide has been adapted from Step 2 of our My Good Health Club Health Plans.
For more information on all our Health Plans, visit MyGoodHealthClub.com



How The Foods You Eat Can Affect Your Health...

- Chronic illness is caused by inflammation in the cells of your body
- Some foods create and exacerbate inflammation in your body
- You may be making your health worse with the foods you eat
- Instead, you can support your health with the right foods

These Food Habits Adversely Affect Your Health:

✗ **Eating too many starchy carbohydrates and other junk foods**

Starchy carbohydrates such as bread, pastry, biscuits, breakfast cereals, rice, potatoes, pasta, any starchy foods that contains fungus (mycotoxins) create a high level of glucose in the blood stream (higher than 40 on the glycaemic index) and cause inflammation and free radical damage.

They also block the digestive system linings and kill the friendly bacteria in the gut, which means you are not absorbing all the nutrients available in the food you eat.

✗ **Eating too many cooked meals and not enough raw food**

All life and health depends upon enzymes to digest food, assimilate it into tissue and to clean up afterwards. When cooked food is eaten, digestive enzymes are destroyed and also have a harder job to turn that food into energy for the body.

✗ **Not eating enough fruits, vegetables, nuts, seeds and beans**

The majority of people believe the wrong information given out by the food industry that 3-5 portions of fruit and vegetables is ideal. The truth has been established by many studies that 10+ servings of vegetables and fruits considerably increase the antioxidant capacity in humans. Antioxidants protect you against just about every health problem, including respiratory conditions.

Your Basic Food Plan

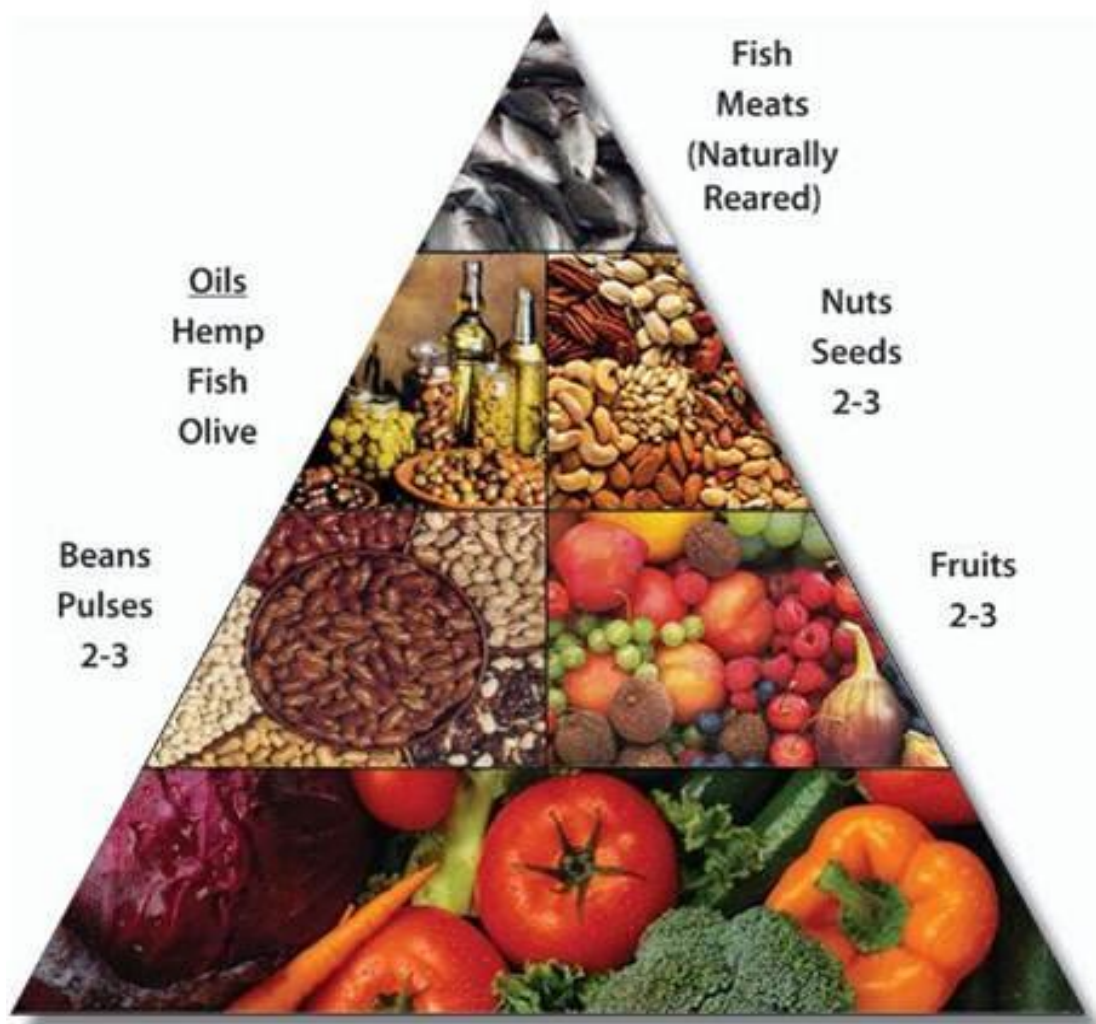
The following guidelines will ensure you get all the nutrients you need to support your body and recover your lung health.

You will have seen the food Pyramid put out by the food industry that encourages you to eat mostly starchy carbohydrates in your diet. Could this be anything to do with the fact that starchy carbohydrates are the easiest and most profitable foods for the industry?

In fact without starchy carbohydrates and other processed junk foods, the industry would hardly exist.

This food pyramid is based upon the Garden of Eden Diet™ that will not only help your recovery from diseases, but also help your Good Health for Life Plan™

The Garden of Eden Food Pyramid™



Vegetables (not root): 8-12 portions per day
At least ½ should be raw, as in salad, etc.

Eat Your Greens



- Eat 9-14 small portions of fresh/frozen veggies every day
Not root vegetables with the exception of beetroot
- Eat at least half of these as raw foods.
Juicing veggies is ideal as blended makes for better digestion
(you can then use the pulp in soups)
- Incorporate veggies in soups, juiced, stir fried, steamed, etc

Q. Why so many portions???

- A. We know what you're thinking...
'Even the government tells me 3-5 portions is enough!'
But the truth has been established by many studies that 10+ servings of vegetables and fruits considerably increases the antioxidant capacity in humans.
Antioxidants protect you against just about every health problem.

Easy ways to boost your veggie intake:

- **It's easy to use SIX different vegetables in a delicious soup
Combine with herbs and garlic & experiment with different veggies**
- **Combine six different vegetables in a stir-fry for dinner**
- **Substitute your pasta with fresh or lightly wilted spinach, spring greens or chard for a new and healthy twist**
- **Another healthier 'twist' instead of pasta is spiralized raw courgette (zucchini). If you don't have a spiralizer, just slice very thinly.**
- **Substitute rice in oriental dishes with beansprouts or other sprouted beans/seeds**
- **Instead of water or wine with your meal, supersize your nutrient intake with a veggie juice 'on the side'**

Eat Dark-Skinned Fruits

- Eat FIVE portions of dark-skinned fruits every day
- These include blueberries, cherries and grapes
- Avocados are the all-time super food!
Eat at least TWO every day



Q. What makes Avocados so special?

A. You mean apart from being delicious and versatile?

Ok, avocados are not only **one of the most nutrient-rich foods** you can eat, they **actually improve the body's ability to absorb nutrients from foods.**

It isn't only the nutrient value of food that matters, it's our bodies ability to absorb those nutrients.

Avocado is rich in healthy monounsaturated fat, which can help improve blood cholesterol levels and may benefit insulin levels and blood sugar.

Anyone on a health recovery plan should be maximising their body's ability to absorb nutrients, to support the body's repair systems

Easy ways to boost your fruit intake:

- **Eat a delicious fruit salad for breakfast**
- **Combine at least three different fruits in a smoothie for breakfast or snack.**
Tip: add cucumber to get a thinner consistency AND extra nutrients
- **Add chopped fruit to home made breakfast muesli or quinoa porridge**
- **Get creative with avocados! Include them in fruit smoothie blends, chop into salads, make guacamole, spread onto sprouted wheat bread, make Banana Avocado Mousse for dessert!**

get the recipe at www.ReallyHealthyFoods.com

Eat Beans, Pulses, Nuts and Seeds

- Eat FIVE portions of beans, pulses, nuts & seeds every day
- Beans can easily be added to salads and soups
- Nuts & seeds can be soaked and even mashed for easy digestion



Q. But aren't nuts high in fat???

A. The fat found in nuts is the healthful polyunsaturated and monounsaturated kind rather than artery-clogging saturated fat, and this is why nuts are considered healthy despite their fat content.

The important thing to remember is portion size – a handful a day is perfect for a snack.

You can eat more than a handful a day, but combine with other foods and make sure you are eating them **instead** of unhealthy foods!

Easy ways to boost your intake of beans, pulses, nuts and seeds:

- **Include beans in casseroles, soups and salads**
- **Lentils are perfect for thickening soups**
- **Puy Lentils and Black Beluga Lentils keep their firmness when cooked so are great in salads and as a side dish**
- **Include chopped nuts and seeds in your homemade muesli mix**
- **Use toasted flaked almonds as a topping for breakfasts and desserts**
- **Include toasted pine nuts in a healthy quinoa salad**
- **Walnuts are perfect in a salad and taste delicious combined with fresh pear and beetroot**
- **Sprinkle a mix of healthy seeds as a salad topping**

Q. But how can beans be good for me when I find them so hard to digest?

A. The high protein content of beans, peas and lentils make them a source of high quality nourishment, enhanced by impressive stores of minerals, including magnesium, potassium, phosphorus, iron and molybdenum, as well as B vitamins such as folate and thiamine. All legumes contain both omega-3 and omega-6 fatty acids, with kidney and pinto beans particularly high in omega-3.

The harder beans, such as kidney beans, black beans or navy beans contain certain oligosaccharides (large, complex sugars) that can completely confound digestion. Mammals do not produce the enzyme **alpha-galactosidase** in their digestive tracts, which is necessary to break down these sugars.

If you are not used to consuming these types of beans it is advised to introduce them gradually in small portions, to give your body chance to adjust to digesting them. Taking a digestive enzyme supplement before eating them will enhance digestion – Essential Digestive Plus contains the enzyme **alpha-galactosidase** needed to digest these beans.

Oily Fish Are Friends!



- Eat 3 – 5 portions of oily fish every week
- Vary your choices with salmon, sardines, mackerel, etc
- Wild caught is best. But most canned oily fish is still good

Q. Why should I eat oily fish over white fish?

A. Although any type of fish is a great lower fat alternative to meat, oily fish specifically contain nutrients vital to good health. Oily fish has exceptionally high content of Omega-3 & 6. Our bodies need these essential fatty acids for almost every function from producing hormones to reducing inflammation. Oily fish is a mainstay of the ‘Mediterranean diet’ that has been proven to promote good health.

Tips to boost your intake of oily fish:

- **Vary your choices of oily fish between sardines, salmon, mackerel, tuna & trout**
- **As oily fish has flesh rich in healthy oils, use cooking methods that don’t require extra oil – grill, bake, steam and stir-fry**
- **Experiment with herbs and flavours – fish stuffed with rosemary, fennel, dill, lemon, lime, garlic, etc and baked in foil is delicious and healthy**
- **You can go traditional and eat grilled fish with lightly steamed veggies**
- **You can go oriental and incorporate flavours such as ginger, garlic, chilli, etc**
- **Try baked fish with roasted courgettes, squash, cherry tomatoes and herbs**

Q. Why is wild caught fish better?

A. Farmed fish (salmon is the most commonly farmed fish) are not fed a natural diet high in omega-rich organisms which give them their healthful properties. This means the fish do not contain the levels of omega 3 & 6 found in wild fish. Their food pellets can contain cheap, unnatural feeds such as corn, soy and other fish containing high levels of toxins. Their food contains colour-enhancing chemicals. Farmed fish are administered antibiotics higher than any other livestock, because their unnaturally crowded conditions cause high levels of disease.

Meat As A Treat

- If you eat meat, limit your weekly intake
- Meat has an acidic effect on the body, bad for cell health
- Choose pasture-fed meats and chicken for optimum



Q. Why is pasture-fed meat better?

A. Animals who can eat a natural diet of grasses and including any insects they may eat along the way will not only be absorbing vital vitamins and minerals from the plants but also natural sources of omega 3 & 6 oils.

Animals raised intensively on a high grain diet do not have a natural ratio of omega 3 & 6 oils. They also contain higher levels of unhealthy, saturated fats and cholesterol. Intensively farmed, grain-fed animals get sick – they are treated with antibiotics that become residual in their meat. As do the growth hormones they are given.

Tips to give your meat intake a makeover:

- **Make a conscious decision to reduce how many portions of meat and poultry you eat per week and alter your shopping accordingly**
- **Remember that once you introduce 3-5 portions of oily fish into your diet, there will be less room for meat and poultry!**
- **Be mindful of portion size – a fist sized portion is plenty**
- **Choose lean cuts and healthy cooking methods**
- **Cooking a stir-fry is an easy way to reduce your meat portion size as you can add lots of healthy veggies**

Q. Can I replace meat with chicken as a healthier alternative?

A. It's not as simple as that...

Fifty years ago, chicken was indeed a healthier meat, in that it was lower in saturated fats and higher in omega oils.

With modern farming methods seeing farmed chickens fed a high-grain diet, this simply is not the case now. There is little difference in saturated fat content between modern, intensively reared beef and chicken.

Farmed chickens do not scratch around for insects and snails which are vital components of their natural diet and impart omega oils into their meat. Even 'free-range' chickens bother less with foraging because they have their food pellets 'on demand'.

Include Healthy Oils

- Healthy oils are high in healthy, mono-unsaturated fats
- Healthy oils are lower in Omega 6
most people have too-high levels of Omega 6



There are some important reasons to exclude unhealthy, unnatural oils:

- ✗ Highly refined oils often involve high heat and hydrogenation in their processing, which leads to the creation of trans-fats that can raise cholesterol levels
- ✗ Unnatural oils do not have a healthy balance of Omega 6:Omega 3 fatty acids
They often contain unhealthy levels of Omega 6 which cause inflammation

Healthy oils for cooking:

Avocado Oil – High smoke point makes it useful for stir-fries

Olive Oil – Buy extra-virgin to keep the Omega-6 value lower. Use it for cooking but not too hot.

Sesame Seed Oil – Packed with anti-oxidants. Be careful of high heat – try adding at the end of cooking to retain flavour and nutritional value.

Hemp Seed Oil - An ideal ratio of Omega 6:Omega 3 and also contains antioxidant Vitamin E. Can be used for light cooking but be careful of high heat.

Coconut Oil - Luscious natural oil full of saturated fatty acids but **see our note below** on this. Good for stir-frying and sautéing, and adds a tropical taste to dishes.

Healthy oils for cold uses:

Olive Oil – Use the best quality oil you can for salad dressings

Avocado Oil – buttery nutty taste for salad dressings

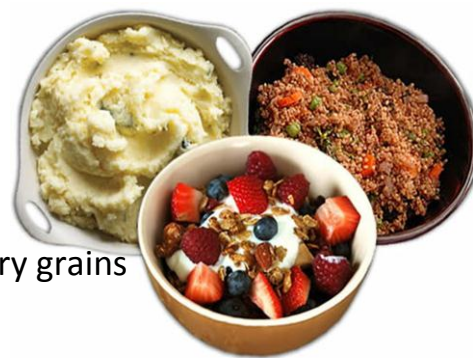
Coconut Oil – delicious added to smoothies, porridge, etc

Q. How can full-fat Coconut Oil be good for me?

A. You may have heard that coconut oil is high in saturated fats, artery clogging and dangerous. The truth is, the medium chain fatty acids (MCFA) found in coconut oil are rare in nature and highly health beneficial. MCFA are digested by the body in a different way than the common long chain fatty acids (LCFA) found in most other foods. MCFA are quickly digested, producing energy instead of body fat and arterial plaque like LCFA. About 50% of the MCFA in coconut oil is lauric acid, which strengthens the immune system and is also found in human breast milk. Caprylic acid and capric acid are also present, contributing to coconut oil's antifungal, antiviral and antibacterial properties.

Consider Healthier Alternatives

- You can substitute starchy carbs with healthier options
- Experiment with healthier seeds instead of inflammatory grains



Q. What is a 'starchy carb' and why are they so bad for me?

A. You may have heard the term 'simple carbohydrates' or 'white carbs'. These are all names for those highly processed carbohydrates that we love so much, especially in the western world:

White rice, pasta, potatoes, bread, pastry, cookies, breakfast cereals, cakes, pizza, etc
Simple, Starchy carbs contain fungus (mycotoxins) and also create a high level of glucose in the blood stream. This causes inflammation and free radical damage in the body. The 'Simple' fact is our bodies are not designed to process the amounts of starchy carbohydrates that most modern diets now consist of.

It can be difficult to give up the modern addiction to starchy carbs, but it is imperative to your health. Not only will you be taking a massive stress off your body, you will be giving it a fighting chance to heal your lung condition.

It is easier to make changes in your life if you can switch your mindset away from 'giving up' something. An effective way to achieve this mindset is to replace those starchy carbs with new, delicious, healthy alternatives.

So, if you are unfamiliar with foods such as Quinoa, Millet, Amaranth, Chia Seeds, etc, look on this as an opportunity to discover new foods and flavours – a 'glass half full' attitude will help you achieve your health goals!

Instead of rice, try: Quinoa (pronounced 'keen-wah') Quinoa can be cooked and used like rice as a side dish, in risottos, etc

Instead of mashed potato, try: Millet Mash (made with fluffy, cooked millet seeds & cauliflower)

Instead of roast potato, try roasting a mix of: Sweet Potato, Butternut Squash, Beetroot, etc

Instead of starchy, sugar-laden cereals, try these ingredients to make tasty alternatives:

- ✓ Quinoa makes a tasty alternative to porridge oats
- ✓ Make your own muesli mix including Quinoa flakes, buckwheat flakes, etc

Instead of regular bread, try: Organic sprouted wheat bread

Instead of pasta, try: Courgette (zucchini) sliced very thinly lengthways into strips similar to tagliatelle pasta. You can pile these onto your plate raw and top with sauce or lightly stir fry to soften them.

Don't Dismiss Salt



- Salt is vital for many critical functions of the body
- Include 3-5 teaspoons (depending upon your body mass and the heat) of Sea or Rock salt daily in food or a little water

It seems like every week there is another news story about how salt is bad for you.

But your body cannot function properly without sufficient salt! And very often the advice to cut down salt intake to lower high blood pressure or for a healthy heart is misleading. Here are just a few of the many vital roles salt (sodium) plays in your body:

- Salt is vital for clearing up catarrh and congestion of the sinuses.
- Salt is a strong natural antihistamine.
- Salt is most effective in stabilizing irregular heartbeats and, contrary to the misconception that it causes high blood pressure, it is actually essential for the regulation of blood pressure - in conjunction with water. Naturally the proportions are critical.
- Salt is vital to the extraction of excess acidity from the cells in the body, particularly the brain cells.
- Salt is vital for balancing the sugar levels in the blood; a needed element in diabetics.
- Salt is absolutely vital to making the structure of bones firm.
- Salt is vital to the communication and information processing nerve cells the entire time that the brain cells work - from the moment of conception to death.
- Sea salt contains about 80 mineral elements that the body needs.

In conclusion: Salt is vital for your body to function properly and a salt deficiency can be very detrimental to your health. So be mindful to include salt (and not exclude it) in your diet in balance with all the other elements of these food guidelines.

Drinking enough water is essential to this balance.

Healthy Foods Shopping Guide - Vegetables

Vegetable	Qty	Done?
Artichoke		
Asian Vegetables – inc Pak Choi, mustard greens, choy sum, etc		
Asparagus		
Avocado		
Beet leaves – chard, swiss chard, etc		
Beetroot		
Beans – runner beans, broad beans, French beans, etc		
Broccoli		
Brussel Sprouts		
Cabbages – all types		
Capsicum (bell peppers) – red is best		
Carrot		
Cauliflower		
Celeriac		
Choko (Chayote)		
Cucumber		
Dandelion leaves		
Garlic		
Kale		
Kohlrabi		
Kumara (sweet potato)		
Lettuce – romaine, cos, etc		
Mushrooms		
Okra		
Onion – red, white, spring, scallion		
Peas – petit pois, sugarsnap, mangetout, etc		
Radish		
Seaweed – kelp, wakame, nori, etc		
Spinach		
Sprouted seeds & grains – alfalfa, barley, wheat, beansprouts, etc		
Squash – pumpkin, butternut, etc		
Zucchini (Courgette)		

Here is a list of really healthy vegetable choices to print out and take shopping.

Try to vary your vegetables as much as possible to ensure a wide spectrum of nutrient intake

Experimenting with different veggies and recipes will help stop you reaching for less healthy foods

Healthy Foods Shopping Guide - Fruits

Fruits	Qty	Done?
Apple		
Apricot		
Avocado		
Blackberries		
Blackcurrant		
Blueberries		
Bilberries		
Cherries		
Cherimoya (Custard Apple)		
Date		
Damsons		
Durian		
Fig		
Gooseberries		
Grapes		
Grapefruit		
Kiwi Fruit		
Lemon		
Limes		
Lychees		
Mango		
Nectarine		
Orange		
Pear		
Plums / Prunes (dried plums)		
Pineapple		
Pomegranate		
Raspberries		
Western Raspberry		
Rambutan		
Salal Berry		
Satsuma		
Strawberries		
Tangerine		

Here is a list of really healthy fruit choices to print out and take with you shopping

Try to vary your fruits as much as possible to ensure a wide spectrum of nutrient intake

Experimenting with different fruits and recipes will help stop you reaching for less healthy foods

It is important to make the right fruit choices and eat only lower sugar fruits such as the ones listed here.

Healthy Foods Shopping Guide – Meat, Fish and Poultry

Here are some guidelines to help you make the healthiest choices.

Print out and take with you shopping

Meat and Poultry

Try to limit your intake of meats & poultry but if you do eat meat and poultry buy the best quality you can afford.

Shopping Tip: Look for the following on labels:

- Organic
- Naturally Reared
- Grass-fed beef

Fish

Most of us should increase our intake of oily fish

Try to eat 3-5 portions per week and vary with the following suggestions

- Salmon
- Mackerel
- Sardines
- Herring
- Trout
- Fresh Tuna

Shopping Tip:

- Look for wild-caught or line-caught on the label as this is best
- Canned fish can be convenient and still has a good nutrient content (except canned tuna – canning destroys most of tuna's omega3 content)

Shellfish

All types of shellfish are good sources of protein and iodine.

Try to include some of the following in your diet:

- Shrimp, prawns
- Langoustines
- Mussels
- Clams
- Oysters
- Cockles
- Crab
- Lobster
- Crayfish

Shopping Tip:

- Look for wild caught as this is better than farmed

Most shellfish have seasons, although cultivated mussels and oysters are sold year-round. As consumers, we're given little information about how and where our shellfish has been caught, landed, frozen and transported.

If you're lucky enough to have a good fishmongers on your high street or at your local market, ask there about what you're buying.

Healthy Foods Shopping Guide – Alternatives to Starchy Carbs

Try these alternatives instead of putting your usual starchy carbs in the shopping trolley. Print out and take with you shopping

Instead of rice, try:

- ✓ Quinoa (pronounced 'keen-wah')
Quinoa can be cooked and used like rice as a side dish, in risottos, etc

Shopping Tip:

Many supermarkets now stock Quinoa in the specialist food section
Many health food stores stock Quinoa as a regular item

Instead of mashed potato, try:

- ✓ Millet Mash (made with cooked millet seeds & cauliflower)

Shopping Tip:

Many supermarkets now stock Millet Seeds in the specialist food section or grains section
Many health food stores stock Millet Seeds as a regular item
Reputable online health food retailers will stock Millet

Instead of roast potato, try roasting a mix of:

- ✓ Sweet Potato, Butternut Squash, Beetroot, etc

Instead of starchy, sugar-laden cereals, try these ingredients to make tasty alternatives:

- ✓ Quinoa makes a tasty alternative to porridge oats
- ✓ Make your own muesli mix including Quinoa flakes, buckwheat flakes, millet flakes, etc

Shopping Tip:

Many health food stores stock Quinoa, Quinoa Flakes, Buckwheat Flakes, etc
Many supermarkets & health food stores stock gluten-free cereal mixes that include these ingredients, but beware the sugar content!
Reputable online health food retailers will stock these ingredients

Instead of regular bread, try:

- ✓ Organic sprouted wheat bread

Shopping Tip:

Many health food stores stock sprouted wheat bread as a regular item
Reputable online health stores will stock sprouted wheat bread, often in various flavours.

