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HEALTHY EATING & LIFESTYLE GUIDELINES

Consider **Intermittent Fasting** (8 hour eating window with 16 hours of only water or herbal tea)

Keep **regular meal times**. **Sit** and **chew** thoroughly in a relaxed manner. Avoid snacking.

Focus on nutrient dense **complex carbohydrates**.

Attempt 1-3 **fruits or vegetables** with a variety of colors with every meal.

Eat a ratio of 2-3 vegetables to every 1 fruit.

Prioritize **raw foods** or **lightly steamed** or **sautéed** (prefer fresh or frozen over canned).

Consider daily **veggie juice** or smoothie for concentrated nutrition.

Drink **purified water** (at least ½ body weight in ounces) – also herbal tea, lemon water.

Avoid **brown drinks** – coffee, black tea, cola, soda, etc.

Eat **high fiber** foods with every meal (30g/day) –

Avoid **inflammatory foods** – sugar, dairy, red meat, refined foods (white carbs...rice, pasta, bread), etc.

Avoid **sugar** (minimize natural sweeteners) – minimal stevia, natural maple syrup, raw local honey.

Avoid all **artificial sweeteners and additives** – aspartame, food colorings, etc.

Severely limit **processed foods**--

Avoid all **tobacco, alcohol, & recreational drugs** – Limit over-the-counter and prescription drugs.

Eat **plant protein** at every meal. Include nut & seeds (walnuts, almonds, sunflower, chia, nut butters).

Eat **healthy fats** at every meal; avocados, olive oil, coconut oil, flaxseed oil, sesame seed oil, etc.

Avoid or severely limit **dairy & meat** (only non-hormone, non-antibiotic, non-GMO, free-range, clean).

Avoid **unhealthy fats** – animal fats, lard, partially hydrogenated, saturated fats, hydrogenated fats.

Eat **green & multi-color fruits and vegetables**: **cruciferous** – cabbage, broccoli, brussel sprouts (sinigrin) kale (sulforaphane, isothiocyanate); **greens** – spinach, wheat grass (chlorophyll), seaweed; **reds** – tomatoes (lycopene); **oranges** – yams, carrots (carotenoids, facarinol); **yellows** – peppers (leutin); **citrus** (limestone, flavonoids); **blues** (antioxidants), blueberry, red raspberry (anthocyanin, ellagic); **apples** (quecetic); **purples** – grapes (reservatol, ellagic acid), beets (nitrite); **other** – cucumber

Include these food groups: **Garlic, Onions, Leeks** (sulfides, allium), **Cayenne** – immune boost

Tumeric (curcumin) & **Ginger** (antioxidants) – immune and anti-inflammatory

Parsley (cilantro, parsley, watercress, fennel, caraway, dill) – excellent detox

Common herbs like oregano, basil, thyme, dandelion, & mints - immune support

Eat **whole grains**: brown rice, oats, quinoa, bulgar, millet, barley, spelt, etc.

Eat **legumes** (beans, peas, lentils): chickpeas, moderate non-GMO soy, etc

Legumes have (isoflavones, sapins, protease inhibitors, oligosaccharides).

Avoid **GMO corn/wheat** – most are genetically modified. Phytic acid from non-GMO wheat is helpful.

Learn about **Nature's 8 Doctors = NEW START**

Focus on **restful sleep** (7-9 hours of regular rest).

Prioritize **daily mild exercise** 20+ minutes twice daily (walking is good and stretching / weight lifting).

Utilize **hydrotherapy** – hot & cold shower cycles, skin brushing.

Build a **positive mood** daily (emphasize thankfulness and forgiveness) and resolve old conflicts.

Build a **positive social support** network (distance yourself from negative people).

Find a way to serve and **help someone** less fortunate on a regular basis

Strengthen your **personal faith** and spirituality (seek peace, assurance, and hope).