

# Take the Whole Foods Pledge

Dear Body,

I promise to listen to you. I promise to eat foods to support your energy and health. To the best of my ability, I promise to gradually shift my food choices toward following the guides below. I completely understand that we are imbalanced and that “others” may tempt, yell, and demand we break our agreement to ourselves (including friends and associates, family, yeast and bacteria living in me, my emotions...) Tough.

Let's do it!!

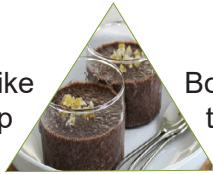
Name: \_\_\_\_\_ date: \_\_\_\_\_  
(post this on the fridge)

## Step One - Give your body the tools it needs.

Whole foods: meaning they look like a product of nature not a product of industry and lots—half your weight in ounces—of good, clean, spring water or filtered water—no fancy waters!

### I WILL EAT:

Only tiny amounts of all natural sweeteners like raw honey or 100% grade B maple syrup (once a week is OK)



The occasional starchy food will be sprouted. Any breads will use raisins or other fruit sweeteners not sugar.



Snacks of nuts, cut veggies, and fresh fruit



**Living foods** with probiotics for digestion. **Fats**; healthy, satiating, calming, fats.



Commercial dairy products like milk, sweetened yogurt, or cheese (truly pastured eggs or butter are healthy foods for most)

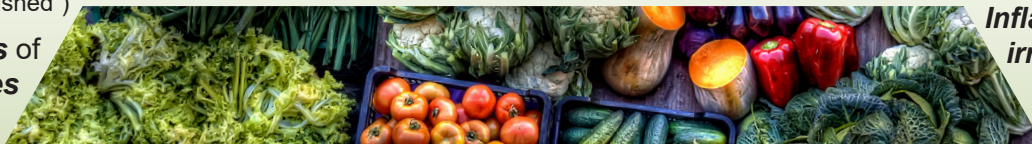
**Seafood** (wild caught never farm-raised)  
**100% pasture-raised meats** (not even “grain finished”)



Avoid deep fried foods

No “fast foods”

**Lots of vegetables** (preferably from local farmers)



**Inflammation = irritating foods**

**Step Two ►**

Check out the whole foods recipes & info at [www.OurNutritionKitchen.com](http://www.OurNutritionKitchen.com)

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# Heal and Calm Inflammation

## Step Two - Eliminate Irritating Foods

What foods are irritating you? What foods are nourishing you? Practitioners around the globe agree that we don't get enough nourishment to heal and repair from the daily stressors. Re-balance by crowding out potentially allergenic or irritating foods with wholesome and nutrient dense vegetables, proteins, and fats. Make an enormous difference in everything from emotions and energy level to joint aches and weight.

Common and seemingly unrelated symptoms including "puffiness", chronic inflammation, opportunistic infections (like yeast, for example), anxiety, migraines or other headaches, fatigue, joint aches especially neck and low back, as well as indigestion, heartburn, nausea, cramps, etc. may be due to the food you are eating. The tricky part is that symptoms can appear up to three days after the food is eaten, and may not be true allergies.

**Cut back and then eliminate irritating foods, one group at a time, in this order unless directed otherwise:**

1. sugar
2. wheat
3. corn
4. other grains
5. dairy (except butter from grass-fed cows)
6. soy
7. protein sources that are fed soy, wheat, grains, corn... and, therefore, are acidic and sick and, therefore, given hormones and antibiotics.

Your first response might be "but I've eaten that all my life!" Well, that is exactly the point—your body has been extremely patient. It's just now protesting more loudly.

Start by filling your pantry with the items on this list (unless a known allergy).

Head to [www.OurNutritionKitchen.com](http://www.OurNutritionKitchen.com) for recipe ideas.

### Eat lots of...

- \*dark leafy greens (dandelion greens, kale, collards, chard, bok choy, mustard greens...)
- avocados
- cabbage (all varieties)
- beets & beet greens
- \*lettuce
- arugula
- \*cucumbers
- broccoli
- cauliflower
- watercress
- Brussels sprouts
- carrots
- \*celery
- yams or sweet potatoes
- summer squash
- winter squash
- kohlrabi
- lemon
- turnips
- onions
- peppers
- ginger
- garlic
- [wakami](#) and [nori](#) seaweeds

### Eat these proteins...

- wild salmon or cold water fish
- [grass fed meats](#) (not grain-finished)
- [free range chicken](#) (best if organic)
- [free range ground turkey or turkey jerky](#) (best if organic)
- [organic lamb](#)
- eggs from pastured hens

### Enjoy these healthy fats...

- [olive oil](#) (best is Virgin)
- [coconut oil](#)
- [avocado oil](#)
- [flax oil](#)
- [pasture butter](#) (from pastured, humanely raised cows or goats)
- [coconut milk](#)
- [almond milk](#)

### Eat some...

- \*blueberries
- \*cherries
- \*raspberries
- \*pears
- \*apples

### Eat just a little...

**note:** soak rice, most seeds and all legumes overnight in water, cook as usual

- [flax seeds](#)
- [chia seeds](#)
- [buckwheat groats](#)
- \*[wild rice](#) (avoid brown or white rice)
- [adzuki beans](#)
- [mung beans](#)
- [lentils](#) (beware gluten cross-contamination)
- colored potatoes
- [raw almonds & almond butter](#)
- [raw macadamia nuts](#)
- [raw pecans](#)
- [raw \(sprouted\) pumpkin seeds](#)
- [almond flour](#)
- [arrowroot flour](#)
- [buckwheat flour](#)
- [coconut flour](#)

Please remember, too much fruit, sweet or starchy foods will go against any weight loss or sugar handling goals.

\*Best to choose ORGANIC based on contaminant monitoring by the Environmental Working Group at <http://www.pbs.org/wnet/need-to-know/health/the-dirty-dozen-and-clean-15-of-produce/>