



Recommendations for a Heart-Healthy Lifestyle

KEY RESOURCES

Video: [Forks Over Knives](#) – available on Netflix
Book: [The Spectrum](#) – by Dr. Dean Ornish

KEY CONCEPTS

- There is an ounce of prevention and also a pound of cure. The more serious a health condition is, the greater degree of lifestyle change is required.
- God's original diet was plant-strong (Gen. 1:29). The more you shift towards a plant-strong diet, the quicker the body will heal.
- Our bodies were created to heal 24/7, yet require the proper conditions that promote health: quality nutrition, exercise, stress management and positive attitude, loving relationships.
- Nutrition plays a much larger factor in overall health than exercise. Both are necessary yet focus on nutrition first and foremost.
- Strive for a whole food based diet and avoid processed foods: i.e., foods in packages, boxes, bottles – anything with a label.
- When purchasing packaged foods, ignore everything on the package except the Nutrition Facts label and ingredients list.
- A whole foods, plant-based diet consists of vegetables, fruit, beans and legumes, whole grains, nuts and seeds.
- Best to eat at least half of foods raw (uncooked); salads, smoothies, raw vegetables.
- Avoid dairy and oils.
- If choose to eat meat or fish, minimize frequency and amount (couple times a week and serving size of 4 oz) and best to eat organic to avoid antibiotics and growth hormones. Avoid red meat. Even leaner meats such as poultry and fish are only slightly less fat than red meat. Avoid processed meats: bacon, sausage, hot dogs, etc.
- Drink lots of good, filtered water. Rule of thumb: ½ ounce per pound of body weight; e.g. if weigh 200, strive for 100 ounces per day.
- Drinking more water and eating a more plant-strong diet promotes an alkaline environment as opposed to acidic. Animal products (meat, dairy, eggs) are acidic. Weight loss is unsustainable when body is acidic. Cancer cannot thrive in an alkaline environment.
- Focus on foods that have highest ratio of nutrients per calorie. This will satisfy hunger and cravings and keep you from overeating or grabbing for less nutritious snacks. <http://www.drfuhrman.com/library/andi-food-scores.aspx>

- Incorporate GBombs as you can, as they are anti-cancer foods (credit to Dr. Joel Fuhrman).
 - G**reens
 - B**eans
 - O**nions
 - M**ushrooms
 - B**erries
 - S**eeds
- As you shift to a more plant-strong eating plan,
 - Drink plenty of water. Water is necessary to process all the fiber you will be getting and will help keep you regular.
 - Take a B12 sublingual tablet. Most are deficient in B12 and this is the one supplement that is advised for vegetarians.
 - You will notice that even though you will seldom be hungry or experience cravings and feel satisfied, you will not feel full or bloated!

SUGGESTIONS FOR HEART-HEALTHY EATING PLAN:

Eat a good breakfast!

- First thing, drink 12-20 ounces of water with half a lemon squeezed into it. Hydrates, alkalizes, and promotes detox and digestion.
- Green smoothie sample:
 - 1 cup of water or almond milk
 - Big handful of spinach (1-2 cups)
 - 1 banana
 - ½ - ¾ cup frozen strawberries
 - ¼ - ½ cup frozen blueberries
 - ¼ cup ground flax seed
 - Optional:
 - Plant-based protein powder. I use Lifetime Life's Basics (available on Amazon)
 - ½ teaspoon raw cacao powder
 - Other recipes available online:
 - <http://www.myhdiet.com>
 - www.healthyblenderrecipes.com
 - NOTE: highly recommend a Vitamix blender. Vitamix.com. Basic model 5200 is \$449 plus shipping. Reconditioned (great value) \$299-349. If purchase online, use my Affiliate Code 06-007789 to get free shipping.
- Cereal
 - Oatmeal with water or non-dairy milk
 - Whole grain dry cereal. Good blend is Rip's Big Bowl by Engine 2 Diet available at Whole Foods Market.

Lunch and Dinner

- Start with a good sized garden salad. The more color you can add with other vegetables, the better.
- Try to include:
 - Darker greens (spinach, romaine, kale)
 - Beans (black beans, pinto beans, chickpeas are good basics)
 - Whole grains such as brown rice, whole grain breads, tortillas or pita bread
 - Good starches - baked white or sweet potatoes

- Vegetables particularly cruciferous such as broccoli and cauliflower (cancer fighting).
- Good plant-strong, non dairy options can be...
 - Mexican - rice, beans, grilled veggies
 - Brown rice, vegetables, tomato sauce
 - Veggie lasagna
 - Black bean burgers - Morningstar is a good one.
- Condiments
 - Salsas
 - Mustard
 - Hummus is a great dip and condiment - made from chickpeas so is way to eat beans. Can make very simply with a Vitamix and flavor to taste: garlic; roasted red pepper, etc.
- Snacks
 - Whole fruit
 - Handful of nuts (almonds, walnuts are good options)
 - Baby carrots and hummus
 - Popcorn - best if use organic corn in air popper
- Soups
 - Vegetarian chilis
 - Bean soups
 - Some excellent recipes using Vitamix

Desserts

- Frozen fruit sorbets; e.g. frozen bananas and berries, vanilla extract in Vitamix.
- Many great recipes at myhdiet.com/recipes

OTHER RESOURCES:

- <http://www.ornishspectrum.com>
- <http://www.pcrm.org/health/>
- <http://www.drfuhrman.com>
- <http://drmcDougall.com>
- Other Netflix movies:
 - Fat, Sick, and Nearly Dead
 - Hungry For Change
 - Fed Up
- YouTube about Bill Clinton's plant-based diet: <http://www.youtube.com/watch?v=p4hbV4Rgzl8>

HEALTH MINISTER CODE:

Hallelujah Acres (<http://www.myhdiet.com>)

If you create a new customer account (<http://bit.ly/18jUFtc>), please include my Health Minister Referral Code, GZD, where asked. This will connect you with me for better service.

