

# “Living to 100” Quick Start

([www.HealthyLivingforBusyPeople.com](http://www.HealthyLivingforBusyPeople.com) Click On Tab → “Living To 100”)

## YouTubes

[The 103 Year Old Vegan: Dr. Ellsworth Wareham | Loma Linda Blue Zone \(7:05\)](https://youtu.be/Qdmb0_XXnGE) [https://youtu.be/Qdmb0\\_XXnGE](https://youtu.be/Qdmb0_XXnGE)  
[104 Year-Old Heart Surgeon Dies – Share Longevity Secrets \(1:41 min\)](https://bit.ly/2LOQa4w) <https://bit.ly/2LOQa4w>  
[Healthy Lifestyle and Diet \(mostly plants\) and Okinawan Longevity \(3:00 min\)](https://youtu.be/ZwX9L119cX0) <https://youtu.be/ZwX9L119cX0>  
[It's Your Lifestyle Not Your Genes - The Okinawan Longevity Paradox \(3:44 min\)](https://youtu.be/lxFxLttsCzw) <https://youtu.be/lxFxLttsCzw>  
[Longevity Secrets of The Loma Linda Blue Zone 2015 \(3:45 min\)](https://youtu.be/zhJl-T_AB6A) [https://youtu.be/zhJl-T\\_AB6A](https://youtu.be/zhJl-T_AB6A)  
[TODAY Visits 'Blue Zone' Of Costa Rica Where People Live To 100 \(5:25 min\)](https://youtu.be/V8Opil6j-ac) <https://youtu.be/V8Opil6j-ac>  
[We Know What a Healthy Diet Is. Now Can We Stop Arguing About It? \(5:21 min\)](https://youtu.be/lW8C1W1Iefk) <https://youtu.be/lW8C1W1Iefk>  
[Fasting: Awakening the Rejuvenation from Within, Valter Longo, PhD \(19:13\)](https://youtu.be/dVArDzYynYc) <https://youtu.be/dVArDzYynYc>  
[Dan Buettner: How to live to be 100+ TED Talks 2009 \(22:11\)](https://youtu.be/I-jk9ni4XWk) <https://youtu.be/I-jk9ni4XWk>  
[Dan Buettner at TEDMED 2011 \(16:17\)](https://youtu.be/waGHI6aMzh8) <https://youtu.be/waGHI6aMzh8>  
[Your Personal "Blue Zone", Nick Buettner, TED Talk \(13:54\)](https://youtu.be/zmYygsxoR9o) <https://youtu.be/zmYygsxoR9o>

## Podcast/ Interviews – Staying Healthy Today Show ([StayingHealthyToday.com](http://StayingHealthyToday.com))

[The Okinawan Centenarians – A Model of Healthy Aging to Study and Learn From – An Interview with Bradley Willcox, MD](http://www.stayinghealthytoday.com/video-okinawa-healthy-aging-bradley-willcox-md/) <http://www.stayinghealthytoday.com/video-okinawa-healthy-aging-bradley-willcox-md/> [The “Longevity” Foods of the Okinawan Centenarians – An Interview with Craig Willcox, PhD](http://www.stayinghealthytoday.com/longevity-foods-okinawa-craig-willcox-phd/)  
<http://www.stayinghealthytoday.com/longevity-foods-okinawa-craig-willcox-phd/>  
[Heart Protective Foods of Okinawa and the FoxO3 Gene – An Interview with Craig Willcox, PhD](http://www.stayinghealthytoday.com/heart-foods-okinawa-craig-willcox-phd/)  
<http://www.stayinghealthytoday.com/heart-foods-okinawa-craig-willcox-phd/>  
[What is the Real Longevity Diet of the Okinawan Centenarians? – An Interview with Craig Willcox, PhD](http://www.stayinghealthytoday.com/what-is-the-real-longevity-diet-of-the-okinawan-centenarians-an-interview-withcraig-willcox-phd/)  
<http://www.stayinghealthytoday.com/what-is-the-real-longevity-diet-of-the-okinawan-centenarians-an-interview-withcraig-willcox-phd/>

## Books

[The Blue Zones Kitchen, 100 Recipes to Live to 100](#), Dan Buettner, 2019  
[The Blue Zones, 9 Lessons for Living Longer from the People Who've Lived the Longest](#) by Dan Buettner  
[The Blue Zones Solution](#) by Dan Buettner  
[The Longevity Diet](#) by Valter Longo, PhD  
[The Okinawa Program: How the World's Longest-Lived People Achieve Everlasting Health--And How You Can Too](#) by Bradley J. Willcox, D. Craig Willcox, Makoto Suzuki  
[The Okinawa Diet Plan](#) by Bradley J. Willcox, D. Craig Willcox, Makoto Suzuki  
[Healthy at 100](#) by John Robbins

## Courses & Handouts

[Blue Zone Courses](https://bluezones.thebigknow.com/) <https://bluezones.thebigknow.com/> Staying Alive Part 1 & Part 2  
[10 Blue Zones® Food Guidelines \(Food Guidelines - Blue Zones\)](http://bit.ly/2oARMja) <http://bit.ly/2oARMja>  
[Power 9® Reverse Engineering Longevity](https://www.bluezones.com/2016/11/power-9/) <https://www.bluezones.com/2016/11/power-9/>

## Websites

[BlueZones.com](http://BlueZones.com)  
[Okinawa-Diet.com](http://Okinawa-Diet.com) [ProlonFMD.com](http://ProlonFMD.com)  
<http://www.healthylivingforbusypeople.com/living-to-100/>

# Power 9®

## Reverse Engineering Longevity

By Dan Buettner

Life expectancy of an American born today averages 78.2 years. But this year, over 70,000 Americans have reached their 100<sup>th</sup> birthday. What are they doing that the average American isn't (or won't?)

To answer the question, we teamed up with National Geographic to find the world's longest-lived people and study them. We knew most of the answers lied within their lifestyle and environment (The Danish Twin Study established that only about 20% of how long the average person lives is determined by genes.). Then we worked with a team of demographers to find pockets of people around the world with the highest life expectancy, or with the highest proportions of people who reach age 100.

We found five places that met our criteria:

- Barbagia region of Sardinia – Mountainous highlands of inner Sardinia with the world's highest concentration of male centenarians.
- Ikaria, Greece – Aegean Island with one of the world's lowest rates of middle age mortality and the lowest rates of dementia.
- Nicoya Peninsula, Costa Rica – World's lowest rates of middle age mortality, second highest concentration of male centenarians.
- Seventh Day Adventists – Highest concentration is around Loma Linda, California. They live 10 years longer than their North American counterparts.
- Okinawa, Japan – Females over 70 are the longest-lived population in the world.

We then assembled a team of medical researchers, anthropologists, demographers, and epidemiologists to search for evidence-based common denominators among all places. We found nine:

### 1. Move Naturally

The world's longest-lived people don't pump iron, run marathons or join gyms. Instead, they live in environments that constantly nudge them into moving without thinking about it. They grow gardens and don't have mechanical conveniences for house and yard work.

### 2. Purpose

The Okinawans call it "Ikigai" and the Nicoyans call it "plan de vida;" for both it translates to "why I wake up in the morning." Knowing your sense of purpose is worth up to seven years of extra life expectancy.

### 3. Down Shift

Even people in the Blue Zones experience stress. Stress leads to chronic inflammation, associated with every major age-related disease. What the world's longest-lived people have that we don't are routines to shed that stress. Okinawans take a few moments each day to remember their ancestors, Adventists pray, Ikarians take a nap and Sardinians do happy hour.

### 4. 80% Rule

"Hara hachi bu" – the Okinawan, 2500-year old Confucian mantra said before meals reminds them to stop eating when their stomachs are 80 percent full. The 20% gap between not being hungry and feeling full could be the difference between losing weight or gaining it. People in the Blue Zones eat their smallest meal in the late afternoon or early evening and then they don't eat any more the rest of the day.

### 5. Plant Slant

Beans, including fava, black, soy and lentils, are the cornerstone of most centenarian diets. Meat—mostly pork—is eaten on average only five times per month. Serving sizes are 3-4 oz., about the size of deck or cards.

## **6. Wine @ 5**

People in all Blue Zones (except Adventists) drink alcohol moderately and regularly. Moderate drinkers outlive non-drinkers. The trick is to drink 1-2 glasses per day (preferably Sardinian Cannonau wine), with friends and/or with food. And no, you can't save up all weekend and have 14 drinks on Saturday.

## **7. Belong**

All but five of the 263 centenarians we interviewed belonged to some faith-based community. Denomination doesn't seem to matter. Research shows that attending faith-based services four times per month will add 4-14 years of life expectancy.

## **8. Loved Ones First**

Successful centenarians in the Blue Zones put their families first. This means keeping aging parents and grandparents nearby or in the home (It lowers disease and mortality rates of children in the home too.). They commit to a life partner (which can add up to 3 years of life expectancy) and invest in their children with time and love (They'll be more likely to care for you when the time comes).

## **9. Right Tribe**

The world's longest lived people chose—or were born into—social circles that supported healthy behaviors, Okinawans created "moais"—groups of five friends that committed to each other for life. Research from the Framingham Studies shows that smoking, obesity, happiness, and even loneliness are contagious. So the social networks of long-lived people have favorably shaped their health behaviors.

To make it to age 100, you have to have won the genetic lottery. But most of us have the capacity to make it well into our early 90's and largely without chronic disease. As the Adventists demonstrate, the average person's life expectancy could increase by 10-12 years by adopting a Blue Zones lifestyle.

- See more at: <https://www.bluezones.com/2016/11/power-9/#sthash.dauqgwGF.dpuf>

# **10 Blue Zones® Food Guidelines**

We distilled more than 150 dietary surveys of the world's longest-lived people to distill the average longevity diet. These 10 simple guidelines reflect how the world's longest-lived people ate for most of their lives. By adopting some of the healthy eating principles into your daily life, you too can live longer, better.

### **95/5 RULE...**

Eat Plants. 95 percent of your food should be fruits, vegetables, grains, greens, beans, and fruits. Use olive oil to sauté and spices flavor vegetables. Feel free to eat a cup (cooked) of whole grains daily.

### **LIMIT MEAT...**

Think of meat as a celebratory food. Portions should be no larger than a deck of cards, once or twice a week. Avoid processed meats such as hot dogs, bacon and sausages.

### **FISH IS FINE...**

Enjoy fish up to three times weekly. Wild-caught salmon or smaller fish like sardines, trout, snapper, cod, and anchovies are okay choices. Limit portion sizes to 3 ounces (about the size of the palm of your hand.)

### **DIMINISH DAIRY...**

Avoid dairy when possible. If cheese is a must, try ice-cube size portions of sheep (pecorino) or goat (feta) cheese to flavor foods. If you eat eggs, limit intake to 3/week.

### **DAILY DOSE OF BEANS...**

Eat a cup of beans daily spread out across breakfast, lunch or dinner. All beans count, including tofu. They contain high quality protein and fiber. If you buy canned beans, avoid added salt, sugar and chemicals.

### **SLASH SUGAR...**

Consume only 28 grams (7 teaspoons) of added sugar daily. Reserve cookies, cakes, and candies for special occasions. Read labels and avoid foods with more than 8 grams of sugar. Make honey your go-to sweetener.

### SNACK ON NUTS...

Eat a handful of nuts daily: almonds, pistachios, walnuts, hazelnuts, sunflower seeds, pumpkin seeds, Brazil nuts, and peanuts. Try different nuts so you don't tire of them. Avoid sugar-coated nuts.

### SOUR ON BREAD...

Eat only 100% whole grain breads or authentic sourdough bread made from live cultures. Limit bread to two slices daily. Choose whole grain corn tortillas over flour tortillas. Avoid white breads and wraps.

### GO WHOLLY WHOLE...

Try to eat only whole foods or processed foods with fewer than 5 ingredients: If it's manufactured in a plant, avoid it. If it comes from a plant, eat it.

### DRINK MOSTLY WATER...

Drink six glasses of water daily. Feel free to drink unsweetened teas and coffee. Enjoy Wine at 5 with friends or with Blue Zones inspired meals. Avoid all sugar-sweetened and diet sodas.

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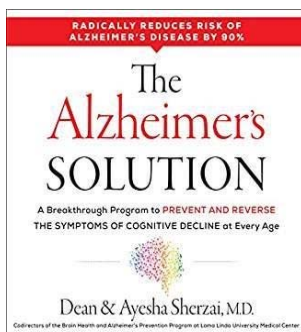
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## SUPER “BLUE“ FOODS

- Beans – black beans, pinto beans, garbanzo beans, black-eyed peas, lentils
- Greens-spinach, kale, chards, beet tops, fennel tops
- Sweet potatoes – don't confuse with yam's
- Nuts – all kinds
- Olive Oil – green, extra green
- Oats – slow-cook or Irish steel-cut are best
- Barley either in soups, as a hot cereal, or ground in bread
- Fruit – all kinds
- Green or herbal teas
- Turmeric - as a spice or a tea

\*\*\*Integrate at least 3 of these items into your daily diet\*\*\*

“The Blue Zones Solution” by Dan Buettner, National Geographic Society, 2015;180



## TOP TWENTY “BRAIN AND ARTERY NOURISHING” FOODS

HEALTHY ARTERIES IS KEY TO LONGEVITY, INDEPENDENCE AND BRAIN FUNCTION (The Alzheimer's Solution, 2017:95-98)

- Avocados
- Beans
- Blueberries
- Broccoli
- Coffee
- Dark Chocolate
- Extra-Virgin Olive Oil
- Flax Seed
- Herbal Tea – Mint, lemon balm, hibiscus
- Herbs – cilantro, dill, rosemary, thyme, oregano, basil, mint, parsley
- Leafy Greens
- Mushrooms
- Nuts
- Omega-3 Fatty Acid (algae)
- Quinoa
- Seeds (Chia, sunflower)

- Spices – Cinnamon, cloves, marjoram, allspice, saffron, nutmeg, tarragon
- Sweet potatoes
- Tea – green
- Turmeric – curcumin
- Whole grains

## THE NEURO PLAN - LIFESTYLE MEDICINE FOR PREVENTION AND HEALING

- **Nutrition** – mostly plant-based, whole grains, whole starchy and non starchy vegetables, legumes, fruit, nuts, seeds, olive oil, EPA-DHA from algae. (81)
- **Exercise** – Exercise is ESSENTIAL to cognitive health. Prevents dementia and Alzheimer's, repairs memory centers, and grows new brain cells. Build your life around movement. (141)
- **Unwind** – Reduce uncontrolled stress which can reduce neurotransmitter production, impair synaptic connections, shrink the brain, increase beta-amyloid, oxidation, inflammation, alter gene function, etc. by meditation, walking, yoga, listen to music, simplifying your physical environment, have healthy relationship, have a sense of life purpose and exercise. (179)
- **Restore** – Restorative sleep, a minimum of 6 hours, with 7-8 being optimal, can increase BDNF (brain-derived neurotrophic factor) which repairs the brain at night; neurons and glia regenerate at night; the brain clears out toxins at night reducing amyloid build-up; helps maintain hippocampal and brain volume size. Deep sleep is where the brain organizes and cleanses. (201)
- **Optimize** – **“Build Cognitive Reserve** - “Chunking”, association, method of loci, music, navigation (cab drivers), second language, music, dance, formal education, complexed professions, uncomfortable challenges, social interaction. (231) *he Alzheimer's Solution*, 2017:79-270

### NEUROLOGISTS DRS. DEAN AND AYESHASHERZAI, LOMA LINDA

Teamshertzai.com ; Facebook.com/TeamSherzai/

## THE LONGEVITY DIET, VALTER LONGO, PHD, Director USC Longevity Institute & Gerontologist at USC

- Pescetarian diet – plant-based with fish 2 to 3 portions per week avoiding high mercury fish (tuna, swordfish, mackerel, halibut)
- Past 65 years of age increase fish, eggs, feta and pecorino cheeses, goat's milk yogurt 0.31 to 0.36 grams of protein per pound bodyweight. 130 lbs = 40-47 gms protein per day with 30 grams consumed in single meal
- Increase protein 10-20% or 5-10 grams extra over 65 years of age • Free of animal proteins from red meat, white meat, cheese
- Vegetable protein intake high – legumes, nuts, etc.
- Minimize bad fats (saturated, hydrogenated and trans fats)
- Increase complex carbohydrates from whole bread, legumes and vegetables
- Low in sugars, limited pasta, rice, bread, fruit and fruit juices
- Eat nutrient dense foods
- Get omega-3 and omega-6 fatty acids from diet
- Eat variety of foods from your ancestry
- Eat twice a day plus a snack (older than 65 eat 3 meals daily with evening meal the smallest)
- Eat all meals/snacks within 11 to 12 hours
- Practice periodic fasting – health 2 5 day fasts yearly; some may do monthly fast
- Maintain weight and abdominal circumference

“The Longevity Diet” by Valter Longo, PhD, 2018;49-54;84-86;214-216

### **“FASTING MIMICKING DIET” ProlonFMD.Com**

- 5 day modified fast with mixed whole plant foods that provide 1100 calories the first day and 800 calories each day thereafter
- Mimics the physiologic effects of a water fast
- More tolerable than water fasting. Allows more people to benefit from the improved metabolism from fasting

### **WHAT ARE THE BENEFITS OF THE “FASTING MIMICKING DIET” ProlonFMD.Com**

- Cholesterol reduction
  - Blood pressure reduction
  - Weight loss - central weight/adipose reduction
  - Inflammation reduction
  - Blood sugar reduction
  - Immune system enhancement
  - Enhanced chemotherapy effectiveness
  - Reduction of chemotherapy side effects
  - Stem cell enhancement – tissue regeneration
- 

### **KEY LABORATORY TESTING WITH AGING, Kirk Hamilton PA-C Integrative and Lifestyle Medicine**

- CBC, Chem Panel, Lipids (fasting 12 hours)
- Cleveland Heart Lab – Inflammation Panel, Omega Check (omega 3/6 fatty acids)
- PULS Cardiac Test
- Hemoglobin A1C, Insulin (fasting)
- Homocysteine (B6, B12, folate), Methylmalonic Acid (B12)
- Hormones – Test (f & T), E2, P, DHEA, Preg, Cort a.m.
- Iron Panel (Fe, Ferritin, TIBC, % saturation)
- Minerals – Copper, Mg, RBC Mg, Se, Zinc
- PSA (male)
- Thyroid – TSH, T4f, T3f
- Urinary toxic metal screen
- CIRS markers for mold toxin disease ([www.survivingmold.com](http://www.survivingmold.com))
- Vitamin As, B1, B6, B12, D, E, RBC folate

### **KEY SUPPLEMENTS, HORMONES, INJECTIONS THAT CAN HELP WITH AGING**

- Aged Garlic Extract 600 mg 4 per day
- Arterasil 2 per day
- Berkeley Life Nitric Oxide Support 2/d
- Calcium 500 mg/ Magnesium 500-1000mg/d
- Coenzyme Q10 (ubiquinol) 200-400 mg/d
- EPA/DHA from algae (400 – 1000 mg DHA)
- Flaxseed 1-2 tablespoons ground or Chia seeds
- Methyl folate 500 – 5000 mcg/d
- Testosterone (m)? Est/Pro/Test (f), DHEA & Preg (m&F)
- Vitamin A 5000-10000
- Vitamin B1 50-100 mg (Heart failure, neuropathies)
- Vitamin B6 25-50 mg or B complex
- Vitamin B12 (methyl) 1000-5000 mcg
- Vitamin C 1000 mg/d
- Vitamin D 5000 – 10000 IU/d
- Zinc 25-75 mg/d
- IM B shots (B1, B12, folic) and/or IV vit C with vits/min; glutathione, chelation therapy

## Anti-Aging Benefits of Strength Training

Research from the Penn State College of Medicine, the University of Sydney, and Columbia University has determined that regular strength training has major benefits for longevity.

[Moving naturally](#) is an integral part of a Blue Zones lifestyle. Most centenarians did not belong to gyms, run marathons, or pump iron. Instead, natural movement like walking to work and climbing stairs and working their muscles by doing manual labor like gardening and household chores were built into their daily lives. Unfortunately for most of us, natural movement has been engineered out of our lives. The below advice from Marilynn Preston has some good ideas for those looking to start doing some weight-bearing exercise.

Marilynn Preston spent 40 years as a journalist, with 18 years at the Chicago Tribune. She has been a regular commentator on NPR and PBS and is the founding chair of Girls in the Game, a non-profit that helps girls get the support they need to become strong, healthy women. This is adapted from Preston's latest book, [All Is Well: The Art \(And Science\) of Personal Well-Being](#), and takes a look at how to make healthy lifestyle changes and what you need to know to make positive changes in your life.

There are good reasons for strength training beyond looking good in a bikini. Strong bodies are linked to strong minds. Strength training builds confidence, muscle and healthy tissue. It's also good for stable joints, injury prevention and weight loss. And yet—slugs that we are—fewer than 25 percent of Americans over the age of 45 work with weights or do strength training on a regular basis. A whole lot fewer, I'm guessing.

Blame it on our sedentary lifestyles. The heaviest thing most of us lift is our laptop. Nothing we do requires us to raise our arms over our heads. So for all those reasons and a superset more, here are eight strength-training truths to consider—as you decide how and when you'll get started:

### **There's No Age Limit...**

Little kids have to wait until their bodies and bones are strong enough to take the stresses of weight training, but the rest of us can start where we are, and can expect to see big improvements over time. The body is magnificent that way. People in their 90s are pumping iron and getting stronger, and so will you, once you understand the basics.

**Technique Is Everything...** This is a weighty matter, because if you don't learn to lift consciously, with awareness of your breath, posture, core, and limitations, you can strain a muscle or tear a tendon. Find an evolved teacher/trainer, or teach yourself from books or online videos.

### **Lift Heavier Weights...**

You won't get stronger lifting the same five- or ten-pound weight day after day, rep after rep. For your muscles to grow stronger, you need to challenge them—gradually, over time—with heavier weights. The “right” amount of weight will always vary, but this principle remains the same: You should be able to do ten or so reps with perfect form, with the last two being a real struggle.

### **In Or Out Of The Gym...**

Both will build strength. Using machines in a gym usually come with a price tag. Free weights speak for themselves: anytime, anywhere. Machines have a limited range of motion; free weights have infinite possibilities. Both can work if you work, intensely, consistently, thoughtfully, with proper attention paid to form and breathing. Body-weight exercises—squats, pushups, lunges—should also be part of your routine, which is why it's smart to consult with someone knowledgeable when you're first starting. (Lifting your body weight in yoga builds strength, too!)

### **Expect Soreness...**

It's called DOMS—delayed onset muscle soreness—and it's what you can expect after a good workout. Pain is different. “No pain, no gain” is no way to approach a sustainable strength-training practice. If your trainer thinks otherwise, find one with a bigger brain.

### **Know Your Body...**

Spend a little time looking at anatomical drawings so you'll know your kidney from your colon, your patella from your pubic bone. Developing better body awareness will help you create and execute a balanced workout: front to back, side to side, pushing and pulling, expanding and contracting.

**Be Efficient...**

A 20-minute workout can be just as good as a 40-minute workout, if you know what you're doing and why. Compound movements, for example—a bicep curl combined with a lunge—will give you twice the benefit in half the time. So will super-slow lifting and high-intensity interval training. Again, study up and experiment until you find a routine that sparks joy. If you manage to do it two or three times a week, over time your body will change in remarkable ways, unless you celebrate every workout with two granola bars and three beers.

**Use It Or Lose It...**

It's an inconvenient truth that as we age, we lose muscle and grow weak unless we make the effort to stay strong, flexible, agile, and juiced. It's about working with what you've got for as long as you've got, and being grateful in between.

*“Humans evolved as a species that walks, runs, climbs trees and hills, and uses a variety of muscles all the time. Now people use elevators and escalators instead of stairs, drive instead of walk, use dishwashers and washing machines instead of washing dishes and clothes by hand, buy food instead of growing it, and hire people to do even minor repair work around the house instead of fixing things ourselves.”—[Dr. Valter Longo](#) Source: Bluezones.com*

<https://www.bluezones.com/2018/03/science-says-older-adults-should-consider-strength-training/>

Rev 1/15/20



# Kirk's 21 Day "Healthy Living" Program for Busy People

➤ Read "Staying Healthy in the *Fast Lane*" **TRIAD Wellness Program** pages 133-193 (1-3/wks.)

## Week 1

## Add: Week 2

## Add: Week 3

- **1 large salad daily** – as the meal (oil free dressings only) (81-88, 135-7, 140, 144-148)
- **No dairy products AT ALL** (10, 89-94, 115-117)
- **Greens/Fruit (75/25) Smoothie 64 oz with ¼ cup flax or chia seeds or 2-3 fruits daily (1 cup berries),** (140, 142, 144-145, 153)
- **Walks 15-30 minutes daily** (39, 159-167)
- **½ - 1 cup cooked beans daily** (145-146)
- **No Oils** (4, 5, 9, 12, 139, 143, 149)
- **No processed carbohydrates** (only whole or sprouted grains, starchy vegetables, fruit & no added sugars) (6,11,12, 24, 37-38, 94-100, 106-114, 116, 136, 140-142,148)
- **Sit still for 15-30 minutes daily** (188-193)
- **Eat off BED Diet food list x 2 weeks** (118,119, 135, 201-204)
- **No more than a palmful or 'deck of cards' of animal food daily (Preferably None)** (xvii-xviii, 5, 6, 9, 38, 67-88,135)
- **1-2 palmfuls of raw nuts or seeds daily** (142, 147-148)
- **Strength training 3-4 days weekly 15-30 minutes** (167-177)

**Super Salad:** Commit to eating one **LARGE** salad every day for 21 days (even if it takes all day). Use Tupperware type container 3 inches deep and 8 X 8 inches square.

**Leafy Greens** - Mix 1 to 3 different kinds of organic greens – Romaine, mixed or spring greens, spinach, kale, arugula, etc. into container (above).

**Vegetables** – add at least 4-5 different vegetables – bell peppers, carrots, celery, cucumber, parsley, snap peas, green onions, leeks, tomatoes, Jicama, olives (actually a fruit), etc.

**Fruit** – add 1-2 fruits to the salad - berries (blue, black, raspberries, pomegranate, grapes, etc) and whole fruit sliced (apples, pears, nectarines, peaches, orange, tangerine, grapefruit, etc).

**Legumes/Beans** – ½ - 1 cup organic beans (garbanzo, black, kidney, pinto, edamame, canned are acceptable). Rinse beans off in strainer before use.

**Nuts/Seeds** – 1-2 tablespoons of raw nuts or seeds (plus 1 tbslp ground flax or chi seeds) are optional in salad.

**Dressing** - Cut up wedges of oranges, lime, lemons or grapefruit – 4-6 wedges per salad. Can freshly squeezed juice directly onto salad – or - add to these juices that are freshly squeezed – dill, sea salt, garlic pepper, curry powder, bay leaves, sesame seeds. Vinegars may be used.

**Super Green "Hyper-Nourishing" Smoothie** (in strong blender) – (For healing, energy, weight loss and increased metabolism) - 75% compressed greens / 25% raw or frozen berries, banana, mango, pineapple; 1 palm full (1/4 cup) raw flax or chia seeds (start with 1 tbslp/d and increase by 1 daily); water to fruit line – 64 oz to be consumed in a day. If muscle building can add tofu, edamame, almond butter, non-soy vegan plant protein, organic nut milks (almond, oat, rice) – water total (including smoothie) 96 oz per day.

**Super Simple Soup** - 2-4 quarts of organic vegetable broth; chop up 3-5 different kinds of vegetables; ½ -1 cup of beans; herbs and spices (garlic, onion, sea salt, dill, basil, etc.); simmer 10-20 minutes; add 5 minutes before serving a palmful of cooked brown rice, quinoa or other non-glutinous grain. The grains may be precooked. Simmer for 5 minutes and serve.

**Super Simple "Lifesaver" Bean Dip to Smooth Your Blood Sugar, Reduce Cravings and Provide Good Carbs, Protein and Fats** – 1 – 2 cans of organic cooked beans (pinto, black, kidney, garbonza, etc.) poured in Quisinart (food processor) or hand mash in bowl. Add juice from lemon, lime or orange (or vinegar) to taste with garlic powder (or real garlic), dill, and any other herbs and spiced to taste. Can add avocado if weight is under control, or any other juicy vegetable (tomatoes, etc.) for texture. **Blend to desired smoothness.** Use for vegetable dips, sandwich spreads, finger food, between meal hunger! (No added oils!). **NO MORE CREAMY, CHEESEY, FATTY, GOOEY DIPS!**

It is also recommended that you:

Use the **Diet-Exercise-Symptom Diary** sheet under **Educational Handouts** (on the home page, [www.KirkHamiltonHealth.com](http://www.KirkHamiltonHealth.com)) to follow foods eaten and how you feel on **page 6** of this handout.

- **Weigh yourself daily** in the morning and evening and log weight on your **Food-Diary**.
- Do some form of **aerobic exercise** daily for a minimum of 15-30 minutes (pgs. 166-167).
- **Sit physically still** 15-30 minutes twice daily (pg. 188).
- Do some form of **strength training** (i.e. circuit training) 3-4 days per week (pgs. 167-177).

# Basic Elimination Diet (BED)

## (Shopping List)

### Vegetables (75% raw/greens)

Alfalfa Sprouts  
Artichoke  
Asparagus  
Avocado  
Beans (string)  
Beets  
Bok Choy  
Broccoli  
Brussels Sprout  
Cabbage  
Carrots  
Cauliflower  
Celery  
Chard  
Collard Greens  
Cucumber  
Daikon Radish  
Endive  
Escarole  
Jicama  
Kale  
Kelp  
Kohlrabi  
Leeks  
Lettuce  
Mushrooms  
Mustard Greens  
Okra  
Onions  
Parsnips  
Radishes  
Rutabaga  
Seaweed  
Snow Peas  
Spinach  
Squash  
Sweet Potato  
Swiss Chard  
Tar  
Turnips

Water Chestnuts

Yams

Zucchini

(add night shades back in 2 weeks –  
tomato, eggplant, peppers,  
potatoes)

### Fruit (add citrus back in 2 weeks)

Apples  
Apricots  
Banana  
Blackberries  
Blueberries  
Grapes  
Kiwi  
Mango  
Melon  
Nectarine  
Papaya  
Peaches  
Pears  
Pineapple  
Plums  
Pomegranate  
Prunes  
Raspberries  
Strawberries  
Watermelon

### Grains

Amaranth  
Buckwheat  
Millet  
Puffed Rice  
Rice Brown  
Rice Bread  
Rice Cakes (plain)  
Rice Cereals (plain)  
Rice Milk  
Rice Pasta  
Quinoa

### Beans/Legumes

Dried Beans  
Dried Peas  
Edamame  
Lentils  
Miso  
Soy Milk  
Tempeh  
Tofu (Soy Bean)

### Nuts and Seeds

Almonds (& almond milk)  
Cashews  
Chia seeds  
Flax seeds  
Hazelnuts  
Pecans  
Pumpkin Seeds  
Sesame Seeds  
Sunflower Seeds  
Walnuts

### Animal Foods (optional)

Beef  
Chicken  
Lamb  
Pork  
Poultry  
Turkey  
Wild Game  
Cod  
Halibut  
Mackerel  
Salmon  
Sole  
Trout  
Tuna

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