A man in a dark shirt is performing a handstand on a sandy beach. The background features a sunset over the ocean with waves crashing onto the shore. Large, light-colored rocks are visible on the right side of the frame. The sky is a mix of blue and orange from the setting sun.

The Essential Guide
To
**Health
Well-Being
&
Whole-Life
Balance**

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CHIROPRACTOR
NATUROPATHIC PHYSICIAN

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Introduction

The purpose of this eBook is to empower you to make responsible and sustainable choices to experience a meaningful and fulfilling life.

If you want to achieve health, wellbeing and whole-life balance, you need to be selective about where you source your advice or information.

You see, part of the problem is that many of us are unable to look beyond the noise and confusion and often rely on misleading sources. When you start to look deeper, you will see that some people are authentic in the way they do things. Frequently, these people have acquired specialised knowledge that you can learn from to enhance your own life journey.

This eBook provides original, practical and actionable steps to help you implement positive change into your life. It takes you step-by-step through the necessary actions needed to improve your health, wellbeing and achieve whole-life balance.

You will learn to develop a personal nutritional lifestyle plan that's right for YOU. It includes modifying your lifestyle habits with recognising and managing stress to avoid burnout – all tips to help you prevent the onset of chronic disease, and live a healthy, full life.

I would like to express my gratitude for the knowledge and wisdom that I have acquired through my life. This has given me the opportunity to create a fulfilling life and pursue my higher purpose.

I trust you will enjoy and integrate the science and art of living into your life.

Thank you

DR. ALAIN FRABOTTA

Making the most of this eBook

The results you achieve from the suggestions in this eBook will be proportional to the amount of value you place on your health, wellbeing and whole-life balance.

This eBook is by no means to be strictly followed (that would be defeating the purpose). You are best to use this eBook as a reference point as you continue to make comfortable changes in your daily life.

The principles in this eBook have stood the test of time and if used correctly will also help you create a more harmonious relationship between your physical, biological, emotional, ecological and spiritual nature.

The Essential Guide To Health, Well-Being & Whole-Life Balance

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First Edition

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Please consult with your trusted healthcare practitioner if you are uncertain of any underlying health issues.

Step 1: Make the Decision and Explore New Possibilities

Your first step is to clarify and decide what you value most in life. Your values give you a framework when it comes to making decisions, taking action, and leading you towards success.

Those who have created fulfilment set goals that connect with their highest values.

I believe that living an inspired life means stretching yourself beyond your limits and creating new possibilities in your life. Personally, I know that for my entire life there has been a voice within me who wants to break free from all limitations. I now know that when I choose to tune into this voice, I experience the freedom of my authenticity.

If I can make the decision to live at my fullest potential and trust in those before me who are most fulfilled to lead my journey, so can YOU.



Are You Ready To
Embrace the Science
&
Art of Living to Enrich
Your Life?

Step 2. Adapting Successful Lifestyle Habits

Placing value on the decisions that you make is a powerful way of changing habits in your life. The following nutrition tips will help you learn more about knowing, being and loving oneself.

1. BE MINDFULL

Mindfulness is a process of centring yourself in the present moment. You can make mindfulness a habit by remaining conscious when eating, and tuning into how different foods affect your mind, body and behaviour.

Digestion begins with chewing to break food into more digestible pieces. Chewing stimulates the production of saliva to assist in softening food for swallowing and carbohydrate digestion. Chewing also stimulates the stomach to secrete gastric juices and enzymes – complex proteins that are required to breakdown carbohydrates, proteins, and fats in the preparation for absorption.

2. AVOID TOXINS

You can overcome the accumulation of most toxins by following the steps suggested in this eBook, as toxins play an enormous role in disrupting gene expression and neuroendocrine function.

Toxins can enter into our lives from many sources like vaccinations, environment and electromagnetic frequencies (EMF) from wireless technology. This includes chemicals and heavy metals like arsenic, aluminium, lead, fluoride, mercury, plasticisers, pesticides and herbicides, and food additives. **For more information visit [Robert F. Kennedy, Jr. Children's Health Defence](#).**

Gluten toxicity can also play a major role in immune and digestive dysfunction. *See Appendix 3 for more information about gluten and gluten free guidelines. Page 20-21.*

Toxins are the greatest threat to the existence of human survival. **For further evidence on the affects of chemicals download [The Impacts of Endocrine Disrupting Chemicals](#) from the World Health Organization.**

3. DRINK QUALITY FILTERED WATER

Your body consists of seventy percent water. Clean water is required to maintain function, promote detoxification and sustain life. Simply you perish and die without it.

Tap water is contaminated with loads of pollutants like toxic metals, chemicals, bacteria and parasites that will increase your risk of developing serious health problems. The most economical and environmental choice you can make is to install a quality water filter for your home.

Drink water stored in food-grade stainless steel or glass containers. Do not force yourself to drink more water than you need, as your requirements will vary depending on your dietary intake, climate and activity levels.

4. USE SAFE STORAGE AND COOKING METHODS

It is important to use cooking methods that maintain the nutritional content of the produce – as incorrect cooking methods and storage can so often leave food lifeless. Cook your food by means of grilling, steaming, blanching, baking and pressure-cooking. Do not overcook or use microwave ovens, as this will distort the natural structures within the food.

It is best to use stainless steel cookware, and avoid non-stick cookware. When storing foods, try to avoid plastic containers or cling-wrap, as plastic can leak hormone-like chemicals.

According to Rifat J. Hussain and colleagues from the School of Public Health at the State University of New York has shown for over a decade that the exposure to polychlorinated biphenyls (PCBs) has been linked with reduced IQ in children.

5. EAT CERTIFIED ORGANIC or BIO-DYNAMIC WHOLE FOODS

INTERESTING FACT – a certain amount of CHEMICALS are LEGALLY ACCEPTABLE in your food. This is called the Maximum Residue Limit, and refers to the amount of agricultural or veterinary chemical residue allowed in your food. **For more information visit [Food Standards Australia New Zealand](#).**

It is recommended that you **Use CERTIFIED ORGANIC where possible and please READ THE LABELS.**

Take a whole-food approach by eating produce in its most natural form. This means supporting traditional agricultural methods that avoid the use of synthetic fertilisers, pesticides or herbicides, and allow the earth to rest and replenish its nutritional value using crop rotation. In animal production, organic farming avoids the use of antibiotics and growth stimulating hormones, and aims to provide a natural environment that promote the animals natural behaviour.

See Appendix 1 for more information on organic certified standards. Page 18.

See Appendix 4 for more information on reading food labels. Page 22.

6. INCREASE ALKALI BALANCE

Alkali balance refers to the pH levels in your body. The body prefers an alkali internal environment, as acidic pH levels can predispose you to developing disease. To maintain optimum alkali pH levels, consume a minimum daily intake of 60% in green leafy vegetables with low to moderate amounts of animal products and grains.

Consume both a combination of raw and cooked seasonal vegetables. Try juicing, as this is a fantastic way of ensuring a high-intake of vitamins and minerals. Take caution in the quantity of raw fruits and vegetables you consume, as large quantities can weaken digestive function for some individuals.

7. INCREASE THE CONSUMPTION OF FERMENTED FOODS

The small intestine plays an important dual function of being a digestive/absorptive organ, as well as a protective barrier to prevent the penetration of toxic compounds or foreign substances entering the bloodstream.

Evidence has shown that the intake of fermented foods can help create healthy micro-biome balance and protect the function of the gastrointestinal tract. These foods include organic plain fermented dairy products, such as yoghurt and kefir ¹, raw organic sauerkraut, kimchi, fermented beets, miso soup and kombucha.

8. INCREASE PHYTOESTROGEN and PHYTONUTRIENT RICH FOODS

Phytoestrogens are plants that contain oestrogen like compounds. They play a role in reducing the risk of cancer, osteoporosis and managing menopausal symptoms. Phytoestrogens are contained in foods such as tofu, miso, parsley, cucumber, whole grains, seeds, alfalfa and fennel.

Phytonutrients are natural compounds responsible for the vibrant colours found in plants. Evidence has shown that phytonutrients have antioxidant and detoxification properties that protect your cells from damage.

Phytonutrient rich foods include:

- Red, orange and yellow vegetables and fruit (such as tomatoes, carrots, peppers, citrus fruits and berries).
- Dark green leafy vegetables (such as spinach, kale, bok choy, broccoli, Swiss chard, and romaine lettuce).
- Garlic, onions, chives and leeks
- Whole grain products (such as brown rice, wild rice, quinoa, barley, wheat berries, and whole wheat).
- Nuts and seeds (such as walnuts, almonds, sunflower, sesame and flax seeds).
- Legumes (such as dried beans, peas, lentils, soy beans and soy products).
- Dark chocolate, tea and coffee (such as green tea, black tea and other herbal teas).

See Appendix 2 for more information about anti-inflammatory and cancer preventing foods. Page 19.

9. SELECT YOUR PROTEINS, FATS and CARBOHYDRATES

PROTEIN

All living plants and animals require protein to survive. Depending on your requirements the ideal consumption of daily protein is equivalent to 1g of protein to 1-2kg of body weight. This is generally equal to 2-3 servings each day. Each serving is approximately the size of your palm.

Protein can be consumed through the following two sources:

- **Primary proteins:** These are from animal sources and are classified as complete proteins, meaning they contain all the amino acids necessary for DNA replication.
- **Secondary proteins:** These are from plant sources and are classified as incomplete proteins, meaning they do not contain the full range of amino acids.

For vegans, vegetarians or those consuming a diet low in animal sources you will need to combine foods with each meal to complete the protein chain. The best combinations to make complete vegetable proteins are:

- Legumes and grains
- Legumes with nuts and/or seeds
- Animal dairy products (eggs, milk, and other products) with any vegetable.

See Appendix 4 for a complete list of protein foods. Page 23.

FATS

Lifestyle and dietary fats play a crucial role in the cause and prevention of cardiovascular disease, which is a major cause of death and disease.¹ There are several types of fats, these include:

- Trans fats and saturated fatty acids:
- Monounsaturated fatty acids:
- Polyunsaturated fatty acids:
- Essential fatty acids:

Trans fats & saturated fatty acids

The main sources of trans fatty acids (TFAs) are produced through a process called hydrogenation. TFA's are often found in deep-fried foods and packaged foods containing margarine, refined vegetable oils and most bakery products like crackers, biscuits and cookies, which have been associated with an increased risk of heart disease, colon and breast cancer.^{2,3}

Saturated fats are also a source of TFA's. Saturated fats are mainly consumed in dairy and animal foods with the exception of coconut oil that appears to be more comparable to olive oil.⁴ Coconut oil has been found to have anti-inflammatory properties and increase HDL-cholesterol levels or good fats.⁵

It has been shown that reducing intakes of saturated fats from an early age may help to reduce the risk of cardiovascular disease later in life.⁶ A diet predominant in saturated fatty acids can damage intestinal permeability, which stimulates the production of toxins and inflammatory changes.

Monounsaturated fatty acids

Monounsaturated fats are found in large quantities in olives, avocado, nuts and seeds like almonds, pecans, cashews and macadamias. Increasing the consumption of these foods may play a role in reducing your risks of Type 2 diabetes and cardiovascular disease by improving blood vessel function, glucose and lipid metabolism.⁷

Polyunsaturated fatty acids (PUFAS)

Polyunsaturated fats are mainly derived from vegetables, nuts and seeds. Cold pressed PUFA's may benefit insulin resistance, lipid metabolism, inflammation and obesity-related conditions.⁸

Essential fatty acids (EFAS)

In summary, EFA's are necessary in the function of the following:

- Immune and cardio-metabolic function
- Prevent inflammation, support cell division and membrane integrity
- Brain development, oxygen transportation, and haemoglobin and energy production.

Evidence has demonstrated that a high intake of essential fatty acids (EPA & DHA) can balance triglycerides and glucose levels, improve lipid metabolism and reduce inflammation.⁸

EFA's deficiencies and ratio imbalances have also been linked to cognitive and behavioural impairment, and likewise play a central role in human brain development and neuropsychiatric disorders including psychosis, ASD, and ADHD.⁹

SUGARS & REFINED CARBOHYDRATES

Consistent evidence has shown the chronic implications of sugar in numerous diseases. Sugar such as glucose and fructose stimulate the endocannabinoid, opioid, and mesolimbic dopaminergic systems or the reward pathways in the brain. This may explain addictive-like conditions and irregular eating behaviours.¹⁰

10. IMPROVE BOWEL TRANSIT TIME

In the digestive process after one to four hours (depending upon food combinations), carbohydrates, proteins, and fats are ready to leave the stomach and enter the small intestine to be absorbed and move into the final stages of the large intestines for elimination.

Bowel transit time is the time needed for your food to be processed through your digestive system until elimination. An easy self-administered test to determine bowel transit time is to eat beetroot, corn or sunflower seeds, and then observe how long it takes to appear in your stool.

Optimum bowel transit time is 24 to 36 hours. Prolonged or shortened bowel transit times may indicate irregular or irritable bowel function. Improper digestive function can be linked to almost all health conditions.

Through consuming more whole-foods you will naturally increase your intake of dietary fibre, which plays an important role in the prevention of many diseases by:

- Increasing the amount of necessary chewing, thus slowing down the eating process
- Regulating the frequency and quantity of bowel movements
- Reducing inflammation and increasing the excretion of harmful toxins through the faeces
- Improving digestive hormone secretion, microbial balance, immune function, glucose tolerance, and overall intestinal integrity and digestive function.

See Appendix 6 for the nutritional guidelines to reduce toxic overload and inflammatory stress. Page 23-28.

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Step 3. Recognising the Early Warning Signs of STRESS

Did you know that 75% to 90% of diseases are related to stress?

Evidence has proved that stress stimulates an inflammatory response in the brain and nervous system.^{1,2} Stress and inflammation have also shown to effect immune system function and play a large role in the development of cancers and tumours.^{3,4} **This makes stress the primary focus in the treatment and prevention of disease.**

Stress can be defined as a perceived state of threatened survival triggered by a psychological, environmental or physiological stimulus or adverse change. This results in a state of mental, physical and emotional overdrive that eventually leads to an increasing inability to effectively adapt, cope or meet the demands of life, resulting in significant consequences or pathological changes.^{4,5}

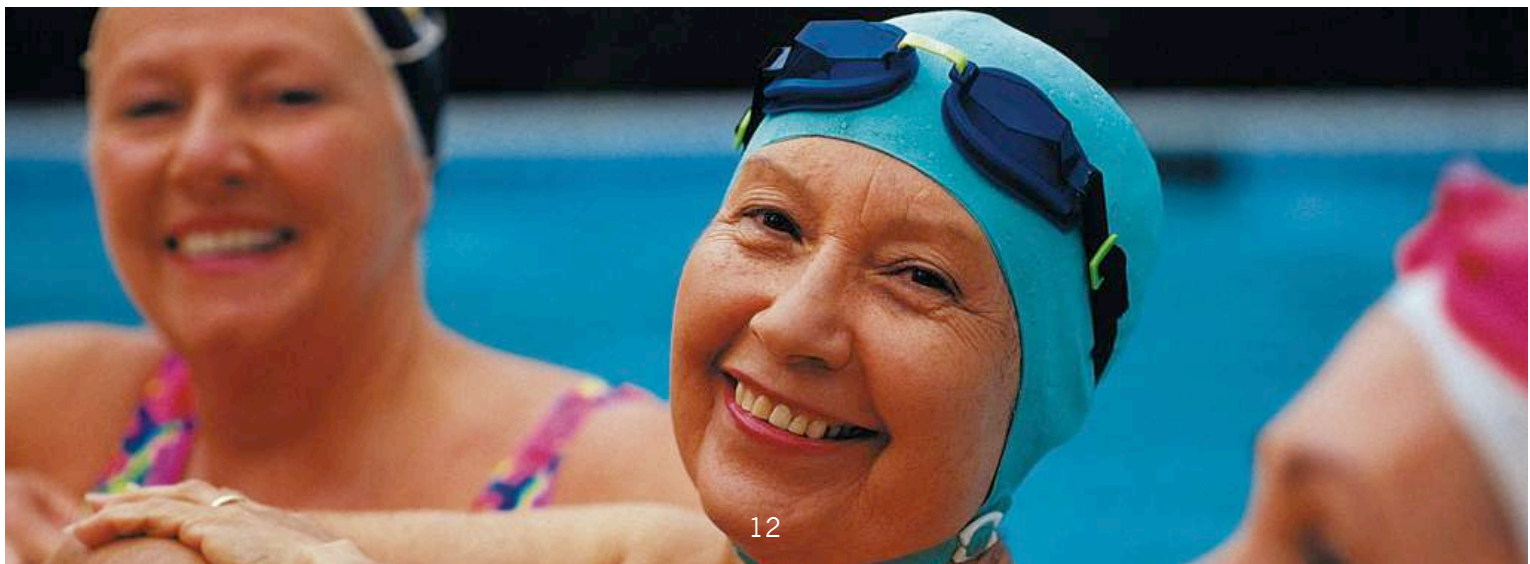
Research has indicated there are four stages of stress. These include:

- **Stage 1:** The alarm reaction to the environmental demand or stimulus.
- **Stage 2:** Your perception of the demand or stimulus, where the perceived threat or fear triggers the fight, flight or freeze response. In this phase your resources are invested in trying to adapt, as your body resets its level of function to deal with the increased levels of demand needed to cope and survive.
- **Stage 3:** The exhaustion phase, where the resources of the body become depleted with time, as you are unable to sustain your response to the perceived threat or fear long-term. This results in progressive dysfunctional and pathological changes or breakdown.
- **Stage 4:** Behavioural consequences, which is a result of the breakdown of the stress response. While the stress continues to manifest there is a collapse in the compensatory mechanisms, which results in poor performance outcomes with more permanent behavioural changes and mental health issues.

The early warning signs of stress

Due to the multitude of factors that can cause stress, burnout and exhaustion, there are no specific diagnostic criteria. The most common early warning signs include:

- Physical and mental symptoms of exhaustion with the need for a longer recovery time
- Impaired memory, physical weakness or fatigue
- Reduced capacity to tolerate demands or to work under time pressure
- Emotional instability or irritability, and/or an increased sensitivity to sounds
- Disturbed sleep patterns – insomnia, hypersomnia, restless sleep, and/or daytime drowsiness
- Physical symptoms such as muscular pain, palpitations and gastrointestinal problems.



Step 4. Managing Your Stress and Avoiding Burnout

Improving how you cope with stress is a continuous process of learning how to transform your mindset to meet your specific circumstances or demands.

So how do you improve your ability to adapt to and manage stress?

Your success is determined by which coping mechanisms you have developed to manage stress. There is a term called 'eustress', in which stress is a positive concept. This means that you require a certain level of stress to maintain a healthy balance, as maximum growth and development happens at the edge of both support and challenge. 'Eustress' motivates you into action to fulfil your most inspired mission.

Proven methods to manage stress and anxiety

It is well acknowledged how mindfulness and meditation training can reduce stress and improve the regulation of emotions.⁷ Meditation has also shown to be beneficial in improving mental health conditions, and when combined with lifestyle factors (such as lifestyle, diet, cognitive and physical activities), it has an even greater impact in preventing conditions related to the ageing brain.⁸

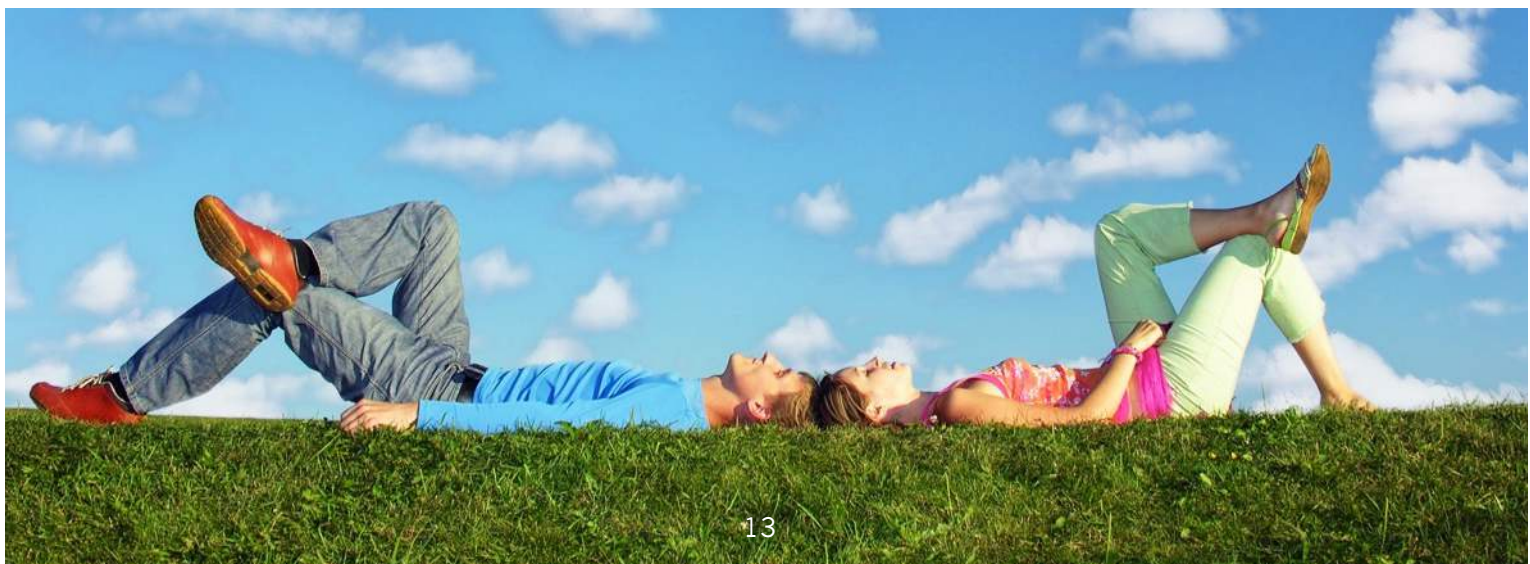
There are a number of strategies that you can integrate into your daily life to significantly reduce stress and burnout. These include:

- Practicing mindfulness, meditation and yoga ^{7,8,9}
- Practicing deep, diaphragmatic breathing and stretching exercises
- Music therapy¹⁰ and guided mental imagery and sounds to induce a sense of elevated emotions ^{11,12}
- Engaging in regular exercise that specifically meets the needs of your present health condition, and embracing and utilising the benefits of green space.¹³

Train yourself to relax...

One of the most effective methods to cope with stress or burnout is relaxation training. Numerous studies have shown the benefits of relaxation training. Some of the findings include:

- Pain reduction with an increase in movement
- More preferable outcomes of high-pressure situations in sport, finances, work and life
- Improved sleep quality and cognitive function, like an increase in mood, memory, focus and ability to concentrate, which resulted in an increase in enhancement of decision-making skills
- Individuals who learn to relax are better able to manage their stress and are more likely to maximise their potential, achieve their desired goals and enjoy life.



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Step 5: Restoring Whole-Life Balance

When you live according to your highest values, you will automatically stretch yourself beyond your limits and pursue the challenges that are most inspiring to you to seek new possibilities and fulfilment.

I believe that you are a result of the decisions and actions you make, and that the degree of whole-life balance you experience is a reflection of your values, beliefs, purpose and vision of life.

Whole-life balance encompasses the following areas:

- **Health and wellbeing** – optimum mental, physical and emotional function
- **Personal and spiritual development** – purpose, mission and vision
- **Gifts, talents, creativity and inspirations**
- **Job, career, business and vocation** – success, accomplishment and service
- **Money and finances** – security and independence
- **Family, friends and relationships** – love, intimacy and connection
- **Social contribution, influence and leadership**

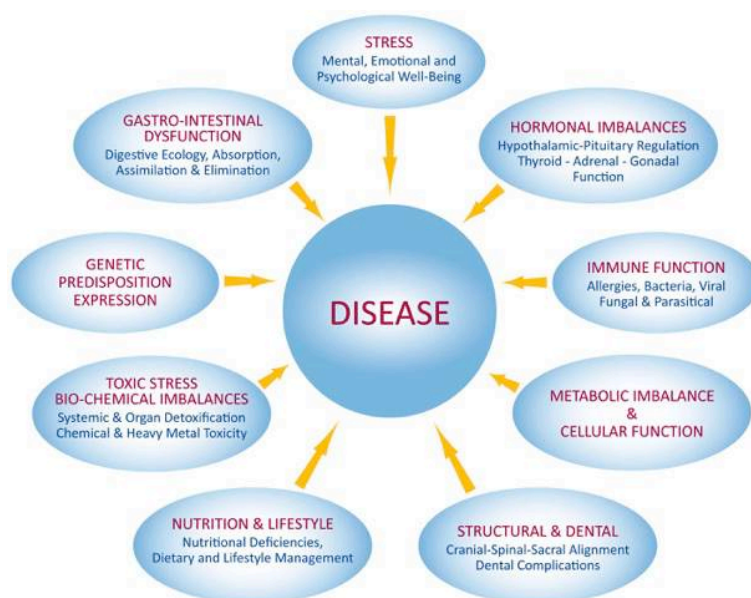
To help you determine your goals with your highest-values in all areas of life, please visit my website and download the **FREE Template to Fulfilment and Whole-Life Balance**.

Why your health is central to maintaining whole-life balance

Your body reflects your minds perceptions. If you have distorted or imbalanced perceptions you will manifest signs and symptoms in your body. This is your body's subconscious attempt to awaken you to restore balance or love in your life.

The diagram below illustrates the multitude of contributing factors in the cause of disease, and to disassemble the illusion that the development of chronic disease is due to a specific cause that can be cured by medication or surgery. In reality, the quality of your health and wellbeing is an expression or reflection of ALL PARTS OF YOUR LIFE. It's the universal law of balance.

The optimum state of health and wellbeing occurs when you are at one with the natural balance of life. When your mind is fully integrated and balanced to govern your autonomic nervous system to maintain homeostasis.



The information provided in this eBook can help support and prevent the majority of health concerns related to the factors listed in the diagram. However, if you are experiencing any specific health issues please consult with your trusted healthcare practitioner.

YOUR KEY TAKEAWAYS

1

Value your Health and Wellbeing. You only have one chance at life.

2

Minimise processed foods, and take a whole-food approach including wholegrain products, beans, nuts and seeds with a plentiful variety of fresh seasonal fruits and vegetables.

3

Learn to shift your mindset and transform imbalanced perceptions to embrace your challenges and create fulfilment. Set goals that connect with your highest-values.

4

Take small actionable steps needed to improve your diet and lifestyle, and implement positive change into your life.

5

An element you must value to succeed is purpose. The common cause of failure is the habit of quitting when overtaken by temporary defeat. If you know what is best for you, be authentic and do it.

NEVER QUIT!

APPENDICES

Appendix 1 : Approved Certified Organic Standards

In Australia, 'organic' labelling is well regulated by the Australian Quarantine and Inspection Service (AQIS). However, when produce is imported or exported, the market is open to exploitation due to corruption and untrusted sources.

For more information visit the organics certification companies that have been approved by AQIS:

- Australian Certified Organic
- National Association for Sustainable Agriculture, Australia
- AUS-QUAL Limited
- Bio-Dynamic Research Institute
- Organic Food Chain
- Safe Food Production Queensland
- Tasmanian Organic-Dynamic Producers

For more information about making more sustainable choices visit [The Environmental Working Group](#). The EWG aims to empower people to live healthier happier lives through protecting human health and the environment.



**Australian
Organic**

Appendix 2: Anti-Inflammatory and Cancer Preventing Foods

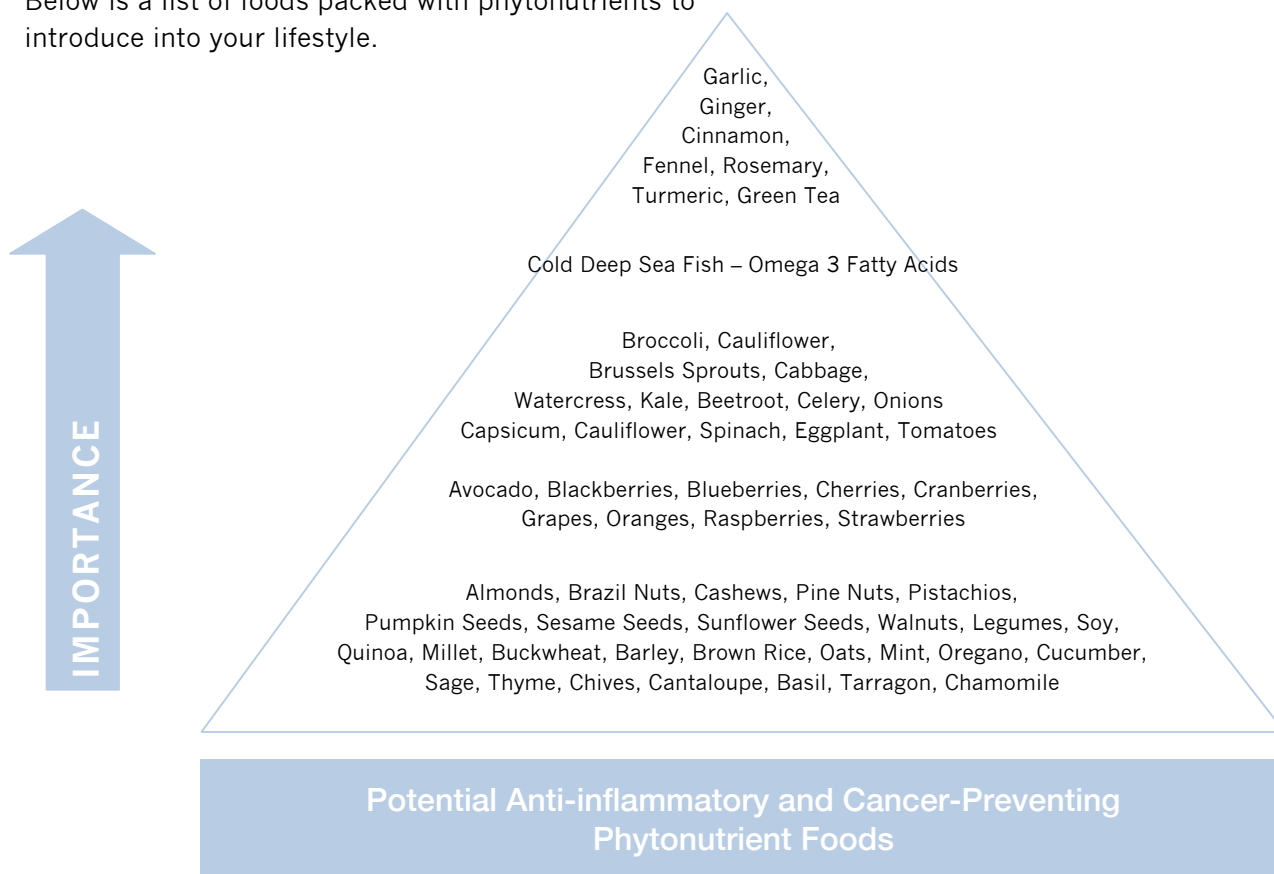
Inflammation is linked to almost all chronic health problems. Evidence has proved that stress stimulates an inflammatory response in the brain and nervous system.^{1,2} Stress and inflammation has also shown to effect immune system function and play a large role in the development of cancers and tumours.^{3,4}

There is an abundance of evidence that supports the beneficial effects of compounds called “phytochemicals or phytonutrients”. These ingredients contained in plants have disease-preventive properties,^{5,6,7} and act as potent antioxidants that can inhibit DNA damage and modulate gene expression.

Phytochemicals may play an important role in the maintenance of health, and in the treatment and prevention of inflammatory related conditions – providing anti-carcinogenic, anti-inflammatory, anti-allergic and cardiovascular protective benefits.^{4,7}

In naturopathic medicine the use of phytonutrients have been used for centuries to inhibit inflammation, along with increasing cognition, improving gastrointestinal integrity, regulating the effects environmental toxins, correcting specific detoxification pathways and reducing oxidative stress.

Below is a list of foods packed with phytonutrients to introduce into your lifestyle.



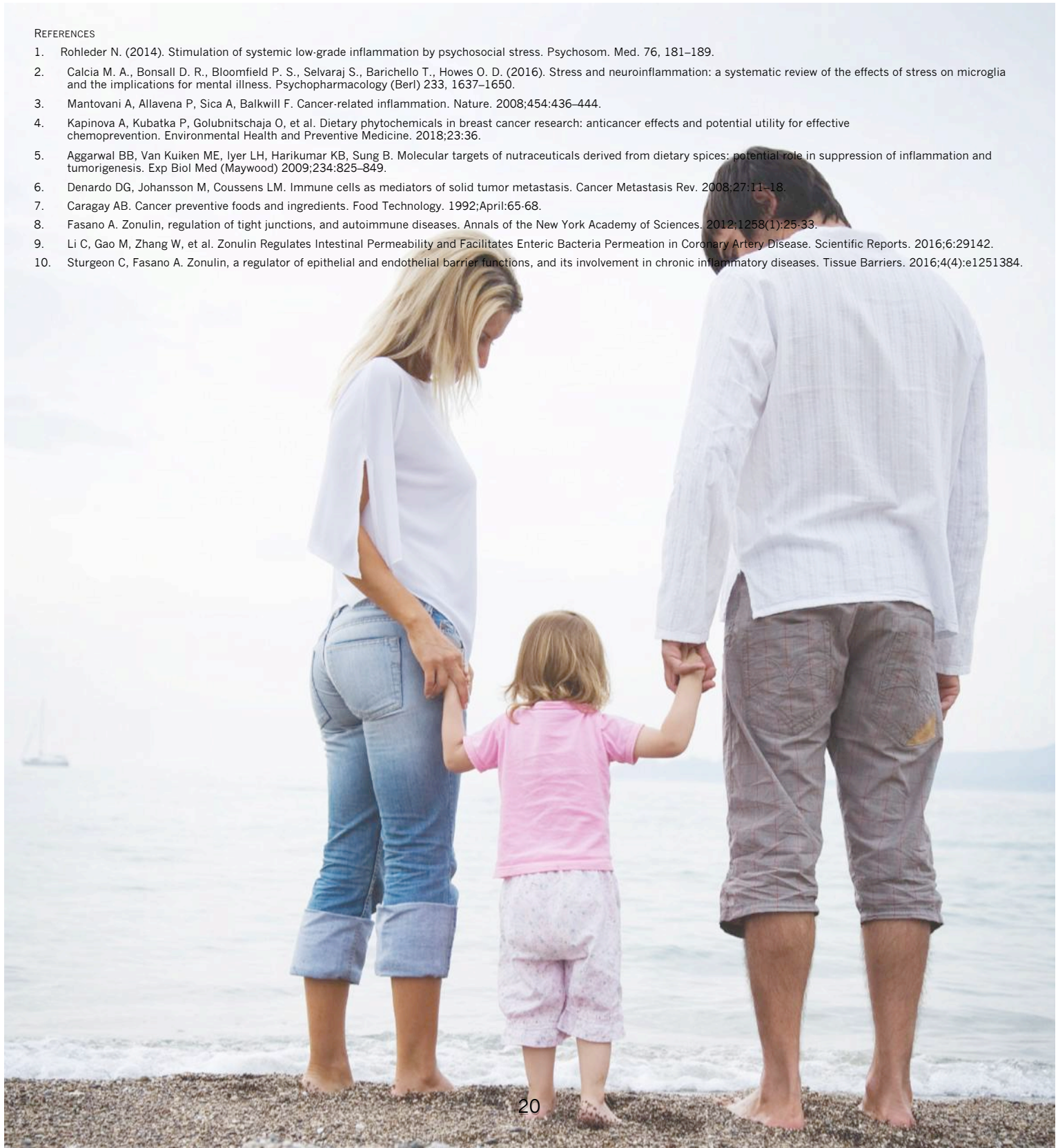
Appendix 3: Gluten-What YOU need to know

In Latin, gluten literally means ‘glue’. Gluten is a protein that is contained in all forms of wheat, rye, barley, kamut and triticale (a hybrid of rye and wheat). Although oats do not contain gluten, clinical observation has shown that gluten-sensitive individuals may also be reactive to oats, as they contain a similar protein to gluten (called avenin), or may become cross-contaminated when processed with other gluten-containing grains.

Conclusive research has shown that the ingestion of gluten increases an enzyme called zonulin. This enzyme damages the integrity of the intestinal wall.^{8,9} The breakdown in the intestinal wall increases your susceptibility to environmental triggers, such as allergens and pollutants. It may also increase susceptibility to certain cancers, and autoimmune, neurodegenerative, cardio-metabolic, and chronic inflammatory related disorders.^{8,9,10}

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Gluten Free Guidelines

FOODS TO INCREASE	FOODS TO AVOID
Grains, Flours and Legumes	
<p>Grains: Buckwheat, brown rice, basmati rice, wild rice, maize (corn), quinoa, amaranth, millet or sorghum.</p> <p>Roots and Tubers: Potato, tapioca, arrowroot, sweet potato, parsnip or jerusalem artichoke.</p> <p>Legumes: Beans, soy, lentils, peanut, pea or chickpea.</p> <p>Flours: Any flours made from the above sources.</p>	<p>Grains: Wheat (including, durum, semolina, triticale), rye, barley, bulgur, couscous and possibly oats. (Spelt and kamut are ancient gluten containing grains but may be tolerated by people with gluten sensitivity or wheat intolerance).</p> <p>Roots and Tubers: French fries (check labels).</p> <p>Legumes: Baked beans unless gluten-free.</p> <p>Flours: Wheat flour, wholemeal flour, baker's flour, semolina, barley or rye (avoid battered or crumbed food).</p>
Breads and Cereals	
<p>Breads: Gluten free breads based on buckwheat, corn, rice, chickpea flour and/or soya flour.</p> <p>Cereals: Gluten free muesli, homemade muesli made from a combination of: brown rice flakes, millet flakes, organic cornflakes, puffed corn, puffed rice, raw nuts and seeds or shredded coconut.</p>	<p>Breads: Wheat breads - wholegrain or white, rye bread, oat bread, barley bread, burritos or pumpernickel bread. (Spelt may be suitable for some people with wheat intolerance).</p> <p>Cereals: Commercial cereals (rice bubbles, weetbix, wheat containing muesli, coco pops etc) wheat germ, wheat bran, porridge oats, oat bran or oat germ. Any cereal containing malt.</p>
Pasta	
<p>Buckwheat noodles, rice noodles, vegetable, corn, spinach or quinoa pasta.</p>	<p>Durum wheat pasta (spaghetti, macaroni etc), egg noodles, hokkien noodles, barley pasta or spelt pasta.</p>
Snacks and Desserts	
<p>Popcorn, dried fruit (limit), fresh fruit, carob, sesame snacks, fruit and nut bars, gluten free biscuits, vegetable sticks or other snacks.</p>	<p>Commercial biscuits, cookies, cakes, scones, pastries, liquorice, some lollies, chocolate and ice creams, some commercial fruit pies, or frozen yoghurts, processed cheeses and creams (check labels).</p>
Stock, Seasonings and Thickeners	
<p>Bouillon stock powder, sesame salt, tamari (check label), mustard seeds, fresh or dried herbs and spices, potato flour, apple cider vinegar, authentic balsamic vinegar, wine vinegar, maize/corn flour, soy flour, arrowroot, kudzu and agar-agar.</p>	<p>Malt, malt vinegar, Vegemite, wheat starch, modified starch, mustard pickles, soy sauce, gravy mixes and seasoning 'rubs', hydrolysed vegetable protein (HVP), texturised vegetable protein (TVP), some binders, fillers, excipients, extenders etc.</p>
Beverages	
<p>Water, fresh fruit and vegetable juices.</p>	<p>Beers, ale and lager, cereal and malted beverages or flavoured milk drinks, instant tea or coffee substitutes.</p>

Appendix 4: Reading Food Labels

Making conscious choices is fundamental to success, so it's worth spending the time and energy learning how to read food labels. To ensure you are eating nutritious food, take note of:

1. The Ingredient List

This is the most important information on the label. Manufacturers are required to list all the ingredients contained in the product in descending in order from the highest to least amount.

2. Misleading Claims

Watch for labels that say 'NO ADDED SUGAR' as this means that no extra sugar has been added over the legally acceptable amount before required to be stated in the ingredient list. Whilst no extra sugar has been added, the food may also still have large amounts of natural occurring sugars, such as fructose, lactose, maltose, honey, molasses, or golden syrup. You will infrequently find labels stating 'NO SUGAR ADDED'.

DON'T FORGET TRANS FATS: These are not required by law to be listed on the nutrition information panel. Manufacturers are only required to list total fat and saturated fat.

3. Serving size

Always check the serving size as some manufacturers give smaller serving sizes. Make sure you are comparing equal amounts and look at the 'per 100 gram' information, rather than the 'per serving' information.

4. Daily intake guide or Recommended Daily Intake (RDI):

You may have noticed labels contain 'Percent of Daily Intake' or RDI. This guide provides no real value as it compares the nutrients in one serving based on the minimum nutritional requirements of an average adult.

5. Salt, sugar and food additives:

The average person eating processed foods consumes 10 to 20 times more salt, sugar and chemical food additives than the human body can tolerate. Research has shown that food colours can also have behavioural effects on children with Attention Deficit Hyperactivity Disorder (ADHD).¹ Furthermore, food sweeteners like aspartame can affect neurotransmitter function and increase irritability, depression, and certain aspects of neurobehavioral performance like spatial orientation.²

For more information visit [Food Standards Australia New Zealand](#).

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Appendix 5: List of Protein Foods

PROTEIN FOOD	Measurement	Carbohydrates	Fat	Protein
FISH ✓				
• Cod (Raw)	100g	0.00g	0.70g	17.50g
• Mackerel (Raw)	100g	0.00g	5.00g	21.00g
• Ocean Perch (Raw)	100g	0.00g	5.00g	21.00g
• Salmon (Raw)	100g	0.00g	7.10g	19.50g
• Pink Salmon (Canned In Brine)	105g	0.00g	6.09g	20.37g
• Red Salmon (Canned In Brine)	105g	0.00g	11.13g	20.37g
• Sardines (Canned In Water)	110g	0.00g	9.68g	19.69g
• Red Snapper (Raw)	100g	0.00g	1.60g	20.30g
• Tuna (Canned In Brine)	95g	0.00g	2.09g	21.00g
MEAT				
Duck (Baked/Roast & Skinless)**				
• Breast	152g	0.00g	29.50g	32.83g
• Leg (Drumstick & Thigh)	46g	0.00g	4.37g	11.18g
Pork***				
• Lean Fillet (Grilled/Bbq/Baked/Roast)	100g	0.00g	3.50g	30.9g
• Leg (Baked/Roast, Fat Trimmed)	28g	0.00g	1.88g	7.64g
• Loin Baked/Roast, Fat Trimmed)	28g	0.00g	1.65g	8.04g
Lean Beef **				
• Minced, Raw, Premium 5% Fat	100g	0.00g	6.90g	20.30g
• Small Steak, Blade, Rnd, T/Side, S/Side, Grilled	111g	0.00g	6.44g	31.52g
• Med Steak, Fillet, Grilled/Bbq, Fat Trimmed	72g	0.00g	5.47g	19.37g
• Small Steak, Rump, Grilled/Bbq, Fat Trimmed	96g	0.00g	7.49g	27.26g
• Small Steak, Rib, Rib Eye, Sirloin, Grill/Bbq, Fat Trimmed	121g	0.00g	11.86g	34.85g
Lamb**				
• Breast, Baked/Roast	120g	0.00g	25.80g	22.56g
• Large Chop, NS Cut, Grilled/Bbq, Fat Trimmed	53g	0.00g	5.62g	16.01g
• Large Leg Chop, Grilled/Bbq, Fat Trimmed	95g	0.00g	9.50g	33.06g
• Lamb, Leg, Baked/Roast, Fat Trimmed	100g	0.00g	10.50g	27.40g
• Lamb Mince, Raw, Premium Trim	100g	0.00g	6.09g	20.40g
• Lamb Shoulder, Baked/Roast, Fat Trimmed	100g	0.00g	4.66g	15.79g
POULTRY				
Chicken **				
• Approx ½ Full Large Breast/1 Small, Grilled,/Bbq, No Skin	230g	0.00g	26.91g	62.95
• Med/large Drumstick, Baked,/Roast, Skinless	75g	0.00g	5.70g	19.30g
• Large Thigh, Grilled/Bbq, without Skin	95g	0.00g	12.6g	24.13g
Turkey (Light Meat)**				
• Breast, Baked/Roast, without skin	75g	0.00g	3.00g	22.05g
• Leg Baked/Roast, Without Skin	85g	0.00g	5.95g	22.78g
Eggs**				
• Large Whole, Boiled	65g-70g	0.18g	6.43g	7.79g
• Large Whole, Poached	65g-70g	0.17g	6.38g	7.01g
• 1 White, Boiled	31g	0.12g	Trace	3.6g
DAIRY				
Cheese**				
• Blue Vein	30g	0.03g	9.72g	6.09g
• Bocconcini	30g	0.00g	4.56g	5.16g
• Camembert	30g	0.03g	7.89g	5.58g
• Cheddar, Low Fat	30g	0.03g	2.16g	10.17g
• Colby	30g	0.03g	9.69g	7.20g
• Cottage, Low Fat	30g	0.57g	0.36g	5.31g
• Ricotta Cheese	30g	0.36g	3.39g	3.15g
• Edam	30g	0.00g	8.16g	8.40g
• Feta	30g	0.00g	6.99g	5.34g
• Mozzarella, Reduced Fat	30g	0.03g	5.37g	9.51g
• Swiss, Reduced Fat	30g	0.03g	6.48g	10.41g
• Goats Cheese	30g	0.30g	4.74g	3.39g
MILK				
• Cows Milk (Full Cream)***	250ml			
• Lite white***	250ml	14.5g	3.5g	10.5g
• Goat's Milk	250ml	9.27g	6.70g	7.98g
• Yogurt (Jalna Creamy Vanilla)	100g	16.9g	4.8g	3.9g
SOY				
• Soy Milk	250ml	50g	18.5g	13.5g
• Tofu(Firm)				
NUTS & SEEDS ✓				
• Almonds, Raw	30g	1.32g	16.52g	6.00g
• Hazelnuts	30g	1.53g	18.42g	4.44g
• Brazil Nuts	30g	0.72g	20.55g	4.32g
• Chestnuts, Roasted	30g	12.03g	0.66g	0.96g
• Cashew Nuts, Raw	30g	5.04g	14.76g	5.10g
• Macadamia Nuts, Raw	30g	1.35g	22.86g	2.28g
• Sunflower Seeds, raw	30g	0.66g	15.30g	6.81g
• Pumpkin Seeds, Raw	30g	4.11g	13.68g	7.32g
• Walnuts, unshelled	30g	0.09g	20.76g	4.32g
NUT SPREADS				
• Almonds	30g	16.53g	5.43g	2.22g
• Tahini, Sesame seed butter	30g	0.30g	18.21g	6.12g

** Limit to 2-4 times per week
 *** Best avoided or limited to 1-2 times per week.
 ✓ These foods are high in the beneficial source of essential fatty acids.

Appendix 6: Nutritional Guidelines to Reduce Toxic Overload and Inflammatory Stress and Disease

PROTEIN - MEAT, POULTRY & FISH

FOODS TO INCREASE	FOODS TO AVOID or REDUCE	PURPOSE
<p>Include deep-sea cold-water fish in your diet 1-3 times a week.</p> <p>Fresh is definitely preferable to tinned or frozen fish and wild is preferable compared to farmed.</p> <p>Cold water fish such as wild salmon, trout, mackerel and sardines approximately contain 30% EPA & DHA, which is an extremely beneficial source of EFAs.</p> <p>Protein sources include:</p> <ul style="list-style-type: none"> Certified Organic Meats Mackerel Mullet Cod Taylor Trevally Sardines Kangaroo Tempeh Tofu Turkey Organic Chicken & Eggs 	<p>Avoid the following fish:</p> <ul style="list-style-type: none"> Tuna Shark (flake) Stingray Barramundi Gemfish Perch Ling King Swordfish <p>Avoid crustaceans or shellfish (prawns, oysters, mussels, and crab), as they are extremely high in toxic metals.</p> <p>Cured, smoked and deli meats such as smoked salmon, salami, ham, etc. are high in nitrates and are best avoided.</p> <p>Reduce or avoid the following:</p> <ul style="list-style-type: none"> Beef Duck Lamb Pork Sausages 	<p>Deep-cold water fish is less polluted and high in essential fatty acids, which has been shown to reduce inflammation.</p> <p>Try to avoid delicatessen meats, organ meats, offal, sausages and hamburger mince.</p> <p>These meats contain high levels of toxins like pesticides, hormones and toxic preservatives.</p> <p>It is best to have your butcher mince your produce on site.</p> <p>Free-range animals are still fed hormones and antibiotics unless the produce is certified as organic.</p>

VEGETABLES

FOODS TO INCREASE	FOODS TO AVOID or REDUCE	PURPOSE
Serving size: Consume a minimum of 3 handfuls vegetables per day.		
Enjoy all fresh vegetables	Avoid canned, dried, dehydrated, frozen and/or pickled vegetables.	Vegetarian diets, soy and gluten free diets shown to reduce inflammation.

DAIRY & DAIRY SUBSTITUTES

FOODS TO INCREASE	FOODS TO AVOID or REDUCE	PURPOSE
Goat's milk products Sheep's milk products Plain coconut yoghurt Organic nut milk Organic rice milk Organic soy milk	Avoid or reduce all dairy products including: Cow's milk Yoghurt Cheese Ice-cream	Dairy products are usually avoided in a clinical detoxification program to reduce inflammation.

NUTS & SEEDS

FOODS TO INCREASE	FOODS TO AVOID or REDUCE	PURPOSE
Serving size: Consume no more than 1 handful of raw, natural nuts daily. Nut and seed spreads are also appropriate, limited to 1-2 tablespoons per day.		
Almonds Brazil Nuts Cashews Chia Seeds Hazelnuts Linseeds/Flaxseeds Macadamia Nuts Pecans, Pepitas, Pine Nuts Pistachios Pumpkin, Sunflower Seeds Sesame Seeds & Walnuts	Peanuts or peanut based products. Roasted and/or salted nuts.	Nuts and seeds are high in minerals, vitamin E, and alpha-linolenic acid. They provide antioxidants and reduce the inflammatory process.

GRAINS

FOODS TO INCREASE	FOODS TO AVOID or REDUCE	PURPOSE
Eat organically certified whole grain breads and pastas. Amaranth Brown, Wild, Red Rice Millet Buckwheat Polenta Quinoa Corn	Consume organic whole grains and avoid processed gluten containing products including: Barley Oats Rye Spelt Triticale Wheat	Refer to the appendices 3: Gluten Guidelines

LEGUMES

FOODS TO INCREASE	FOODS TO AVOID or REDUCE	PURPOSE
Serving size: Consume 1-2 serves per day (1 serve = 30 g cooked).		
Alfalfa Sprouts Azuki Beans Bean Sprouts Black Beans Borlotti Beans Broad Beans Butter beans Chickpeas Kidney Beans Lentils Lima beans Mung Beans Navy Beans Pinto Beans Split Peas	Flavoured and salted canned beans and food products with additives and preservatives. Cans themselves are also a common source of metals and chemicals such as BPA, which are all known to have hidden adverse effects on your health.	Beans and legumes are high in complex carbohydrates, which are beneficial in balancing blood sugar levels and high in soluble fibre.

FRUITS

FOODS TO INCREASE	FOODS TO AVOID or REDUCE	PURPOSE
Eat no more than 2-3 pieces of fruit daily due to their high sugar content. This includes fruit juices (dilute 50/50 with water) though better eaten whole.		
Enjoy all fresh fruits, increasing the consumption of organic: Avocado Blackberries Blueberries Cherries Cranberries Grapes Raspberries Strawberries	Canned fruit due to added sugar and preservatives. Watch for the sulphite content in dried fruits. Note: If fruit is frozen, choose organic with no additives.	Increasing the consumption of these foods have shown to prevent inflammation due to their high content levels of antioxidants and phytochemicals.



OILS

FOODS TO INCREASE	FOODS TO AVOID or REDUCE	PURPOSE
<p>USE ORGANIC COLD PRESSED OILS ONLY:</p> <ul style="list-style-type: none"> Coconut oil Extra Virgin Olive Oil Flaxseed 50% EFA's Pumpkin seed oil 15% EFAs Safflower oil Sesame oil Sunflower Walnut oil 3-11% EFA's <p>Oil that is cold pressed refers to an extraction method that uses a slow mechanical process to press the oil from the fruit or seed. This method preserves the oil to maintain its natural benefits and goodness.</p>	<p>AVOID SATURATED FATS</p> <ul style="list-style-type: none"> Processed vegetable oils Butter & Margarine Deep fried foods Peanut oil Duck fat Ghee <p>Avoid inexpensive supermarket oils, as they are extracted using heat and chemical solvents to strip the oil from the fruit/seed.</p> <p>Avoid margarine as it undergoes a toxic chemical manufacturing process in its production.</p> <p>Avoid heating oils. Oils suitable for cooking at low heat in small quantities include olive, coconut and sesame seed oil.</p> <p>Avoid storing oil in plastic containers because it will absorb the chemicals from the plastic.</p>	<p>Coconut oil has anti-fungal, anti-viral and anti-parasitic properties, and promotes the healthy bacteria in your colon.</p> <p>The purpose of avoiding trans fatty acids is to prevent:</p> <ul style="list-style-type: none"> Inflammation Premature cellular damage Prostaglandin synthesis, and Hormonal and nutrient imbalances. <p>To ensure your oil remains fresh, store oil in brown glass bottles away from sunlight in a cool dark environment, as oil is susceptible to oxidation when exposed to oxygen, light and heat.</p>



BEVERAGES

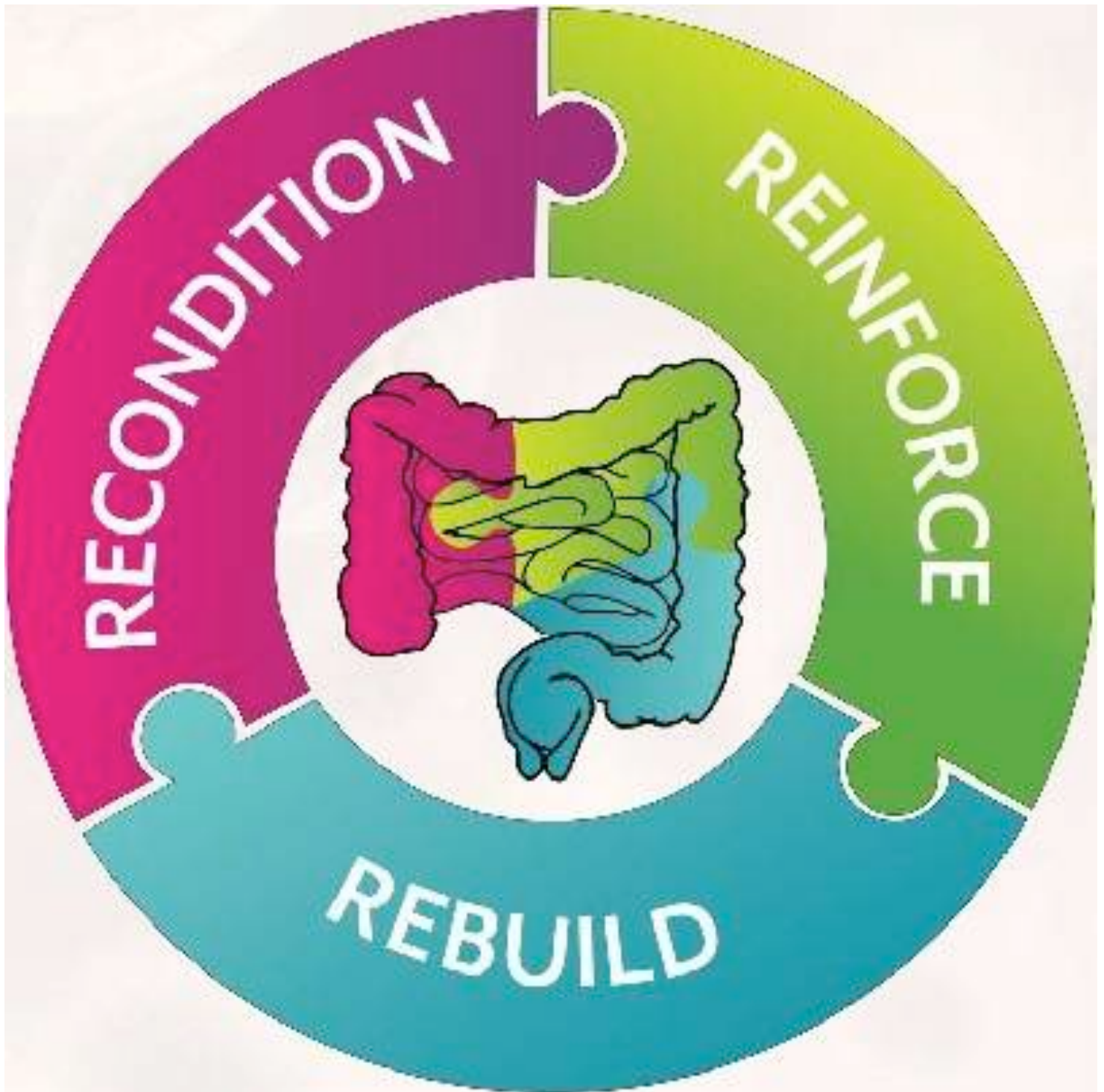
FOODS TO INCREASE	FOODS TO AVOID or REDUCE	PURPOSE
<p>Herbal teas, green tea - not sweetened or flavoured.</p> <p>Freshly squeezed juices</p> <p>Pure filtered water</p> <p>Unflavoured sparkling water</p> <p>Unflavoured kombucha</p>	<p>Alcohol</p> <p>Black tea</p> <p>Caffeinated soft drinks</p> <p>Coffee</p> <p>Fruit drinks and cordials</p> <p>Reconstituted fruit juice</p> <p>Soft drink/carbonated beverages</p>	<p>Fresh vegetable juices are much more easily absorbed and can supply your body with higher levels of nutrients and antioxidants.</p>

DRESSINGS, CONDIMENTS, SWEETENERS AND SEASONINGS

FOODS TO INCREASE	FOODS TO AVOID or REDUCE	PURPOSE
<p>Homemade dressings and sauces</p> <p>Homemade dips and spreads (such as guacamole, hummus, tahini, etc.)</p> <p>Lemon juice</p> <p>Organic tamari</p> <p>Salt – Celtic, sea or Himalayan</p> <p>Stevia and sucralose</p>	<p>Additives (i.e. MSG)</p> <p>Artificial colours and preservatives</p> <p>Sugar, honey, coconut sugar, rice malt syrup</p> <p>Aspartame, saccharine</p> <p>Wasabi</p> <p>Commercially made sauces and condiments</p> <p>Spice/herb blends containing added salts, sugars, and artificial ingredients.</p> <p>Limit the use of honey, sugar substitutes, undiluted fruit juices, cakes, biscuits, soft drinks, and all additives ending in – ‘ose’ (such as sucrose, fructose, glucose, maltose, etc).</p>	<p>Some of the more common harmful affects of food additives are outlined in the section Read Food Labels.</p>



TOTAL DIGESTIVE RESTORATION PROGRAM



The Basic THREE STAGES Needed To Improve Digestive Function

1. Recondition Microbiome

Stage 1: Eliminate threatening pathogenic organisms, and improve the microbial diversity in the digestive system through introducing specific strains of beneficial bacteria, and including a low FODMAP diet with intermittent fasting.

2. Reinforce Microbiome and Improve Bowel Transit Time

Stage 2: The gut microbiome is a **dynamic ecosystem** that is constantly changing. To promote a strong and diverse microbiome a specific prebiotic is selected to feed important key strains, as most prebiotics can feed both harmful and beneficial bacteria.

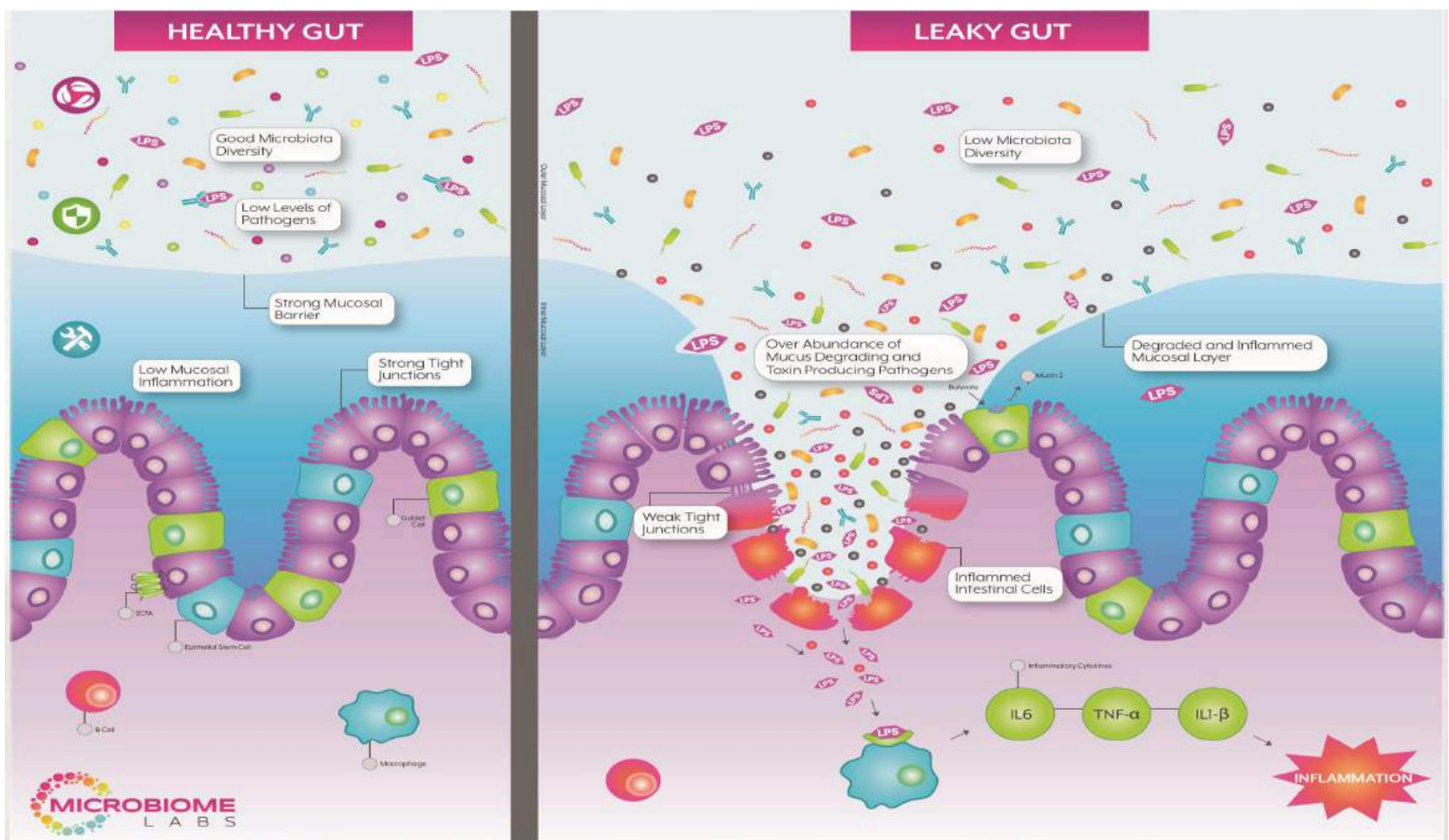
You can improve bowel motility by increasing the intake of insoluble fibre. This includes psyllium husks, oat bran, brown rice, flaxseeds, lima beans, kidney beans, brussel sprouts, broccoli, carrots and prunes.

3. Rebuild Mucosa

Stage 3: Many chronic diseases are linked to the **breakdown of the intestinal mucosa**, which is a thick, **gel-like mucus layer** that protects the intestinal lining from damage. The diagram below illustrates the breakdown of the tight-junctions between the healthy intestinal mucosa versus the leaky gut.

This stage aims to rebuild this intestinal barrier through the modulation of key amino acids to **REBUILD** the glycoprotein structure of the tight-junctions.

Dairy-free immunoglobulin's that have been clinically shown to support a healthy immune response are also introduced to support microbial diversity and repair the breakdown of the barrier of intestinal mucosa.



MAKE THE DECISION TO DEVELOP THE
MINDSET AND TAKE THE NEXT STEP TO
HEALTH, WELL-BEING
&
WHOLE-LIFE BALANCE

WHAT TO DO NEXT

BOOK YOUR COMPLEMENTARY CONSULTATION
TO DISCUSS HOW WE CAN HELP YOU

[CLICK HERE](#)