

# HEALTHY FOOD, HEALTHY MIND, HEALTHY LIFESTYLE, HEALTHY YOU

by Dr. Wayne Jonas

[@drwaynejonas](#) [DrWayneJonas.com](#)



What follows is a summary of some basic behaviors shown to facilitate healing. They involve simple changes you can make in everyday life to feel and function better. Note especially the practices that reduce chronic inflammation in the body.

# BASIC NUTRITION PRINCIPLES

- Eat breakfast. Don't eat dinner too late – don't eat for a period of 10-12 hours, if possible.
- Consume fewer calories and sugar – if you need to gain weight, add calories but not sugar.
- Lower soda and refined carbohydrates – use whole grains when possible.
- Drink more water of various types – juices should be diluted by half.
- See the foods lists below. This pattern of food consumption helps to reduce inflammation, improve health and wellbeing and may prevent several chronic diseases.

## EAT MORE

### PROTEINS AND FAT SOURCES

- Cold water fish such as salmon, sardines, herring, or mackerel
- Fish oil, olive oil, coconut oil, grapeseed oil, flax oil
- Nuts and seeds: pumpkin seeds, ground flax seeds, almonds, walnuts, etc.

### FOODS WITH A LOW GLYCEMIC LOAD\*

- Whole grains: barley, bulgur, brown rice, quinoa, oats (steel cut or rolled)
- Legumes: beans, chickpeas, lentils
- Whole wheat tortillas, pumpernickel bread, 100% whole grain bread

### VEGETABLES AND FRUITS HIGH IN ANTIOXIDANTS

- Make a rainbow on your plate
- Yellow, orange and red vegetables
- Dark leafy greens
- Cruciferous vegetables: Broccoli, Brussels' sprouts, cauliflower, cabbage
- Onions and garlic
- Berries and pomegranates
- Citrus fruits (not juices)

[CLICK HERE TO SEE SOME RECIPES THAT USE FOOD WITH ANTI-INFLAMMATORY PROPERTIES >](#)

### HEALTHY SPICES, HERBS, SWEETS AND OTHERS

- **Herbs and Spices** with anti-inflammatory properties
  - **Cinnamon:** ½ tsp. daily for blood glucose control
  - **Ginger:** 1 gram per day, fresh or dried
  - **Turmeric:** 1-3 grams per day of powder
  - **Garlic:** 1-2 grams per day, fresh, or aged and deodorized
  - **Black, green and white teas**
  - Others: rosemary, cayenne, pepper
- **Dark Chocolate:** 1-2 ounces daily of 70% cocoa content or greater
- **Probiotics**
- **Fermented foods:** kombucha, miso, sauerkraut, yogurt, kefir, and kimchi
- **Some high fiber foods**
  - Split Peas. Fiber: 16.3 grams per cup, cooked...
  - Lentils. Fiber: 15.6 grams per cup, cooked...
  - Black Beans. Fiber: 15 grams per cup, cooked...
  - Lima Beans. Fiber: 13.2 grams per cup, cooked...
  - Artichokes. Fiber: 10.3 grams per medium vegetable, cooked...
  - Peas...
  - Broccoli...
  - Brussels sprouts.

## EAT LESS

### PROTEINS AND FAT SOURCES

- Red Meat
- Dairy products (made with cow's milk)
- Partially hydrogenated oils such as margarine or shortening
- Soybean, corn, safflower and sunflower oils
- Processed and fried foods

### FOODS WITH A HIGH GLYCEMIC LOAD\*

- White bread
- Instant rice and instant oatmeal
- Rice and corn cereals
- High fructose corn syrup

- Soda and sugary beverages
- Fruit juices
- Sweets: cookies, cake, pastries, donuts

### FOODS KNOWN TO TRIGGER INTOLERANCE REACTIONS

- Wheat\*
- Dairy\* (especially from cows)
- Eggs
- Corn
- Artificial colors and flavors
- Sucralose and aspartame

## OTHER HEALTH PROMOTING AND HEALING BEHAVIORS TO CONSIDER

.....

### Exercise (Physical Activity)

- At least 150 min per week of moderate-intensity
- 2 or more days per week of muscle-strengthening activities

### Relaxation (SEE THE HEALTHY MIND SECTION BELOW)

- Work/school/personal life balance
- Relaxation response (prayer, meditation, breathing, yoga, etc.) for 20 min, 1-2x/day

### Addiction Management

- Smoking, alcohol, food, drugs, violence (LESS)
- Fun, laughter, exercise, nature, compassion, art (MORE)

### Social connection

- Good family connections? Good friends you can talk to?
- Do you have people you can trust and rely on to understand you?
- Are you involved in any clubs, prayer groups or art groups, sports or outdoor clubs?

## HEALTHY MIND AND STRESS MANAGEMENT

.....

The goal of this is to learn and practice how to induce the “relaxation response”, sometimes called “mental fitness.” Like physical exercise, mental relaxation and attention practices enhance health across a wide range of conditions and prevent illness. Here are a variety of resources that have been effective for many people that you might consider in order to gain skills in managing stress and improving mental resilience and social happiness:

**Imagery:** <http://www.healthjourneys.com>

**Biofeedback:** <http://www.heartmath.com>

**Meditation/Mindfulness:** There are a number of centers and courses. Some of the best are at:

- *Center for Mind-body Medicine in Washington DC* at: <http://cmbm.org/>
- *Center for Mindfulness at U Mass* at: <http://www.umassmed.edu/cfm/Stress-Reduction/>
- *Mindfulness training for health practitioners and your doctor at U. Rochester* at: <https://www.urmc.rochester.edu/family-medicine/mindful-practice/>
- *Motivated people can do their own training program for free online* at: <http://palousemindfulness.com>

**Multi-method Programs:** Like physical exercise, there are many types of mind-body practices that induce the Relaxation Response (as Dr. Herb Benson, the father of mind-body medicine, calls it) and people need to find the ones they like and can do regularly. Dr. Benson directs an *Institute at Harvard* that gives good introductory and advanced training programs in various methods (including online courses). His site is at: <https://www.bensonhenryinstitute.org/>

**Supplements:** Always be sure to purchase quality supplements from reputable brands. Look for the NSF International, US Pharmacopeia or Consumer Lab seal. These organizations verify what’s inside the product.

## SOME DEFINITIONS

### \*Glycemic Load (GL):

The measure of quality and quantity of a carbohydrate. This uses the glycemic index in combination with the amount of carbohydrate in a serving of that food to assess the impact of eating it on glucose production and insulin release. A goal is to eat more food with low glycemic load and less with a high load. Glycemic Index (GI): The measure of how fast a food turns into sugar once you eat it. You can look up the glycemic index of foods at [www.glycemicindex.com](http://www.glycemicindex.com)

### Intolerance Reactions:

An abnormal physiologic response to a particular food or compound. It can result from an abnormality in the body’s ability to digest or absorb nutrients. It is a non-allergic food hypersensitivity that is different from true food allergies. Best test is to eliminate the food and see how you feel. For many patients they feel much better very rapidly when they are able to do that. This is called an “Elimination Diet” and takes some supervision and guidance. *If you are interested in this, let me know and we can schedule an appointment to discuss it.*