



# The Foundation of Nutrition

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## **The Foundation of Nutrition: Protein, Fat, and Carbohydrates**

While trendy diets come and go, what does not change is how the human body functions and the nutrients required for optimal health. There are disagreements and various interpretations of how much of each nutrient one should consume. Search the internet and you can find a study to support most any opinion. Ultimately this has led to mass confusion. As one of my clients recently said to me, “It’s kind of interesting when you think about it – how we are the only animals that do not know what to eat!”

In the spirit of helping you to understand what to eat and why I am offering this short eBook. It begins with a quick overview of the three critical macronutrients – protein, fat, and carbohydrates.

### **INTRODUCTION**

Let us begin with protein. Protein is the structural basis for our body - our muscles, ligaments, tendons, organs, glands, nails, hair, vital fluids (blood, hormones, neurotransmitters), and enzymes are all protein based. Protein builds and repairs all our cells and tissues.

We can obtain protein from both animal (meat, fish, poultry, milk, cheese, eggs) and plant sources (whole grains, legumes, nuts, and seeds). When we eat protein, we are consuming amino acids. Different proteins have different amino acid compositions. Since our body is constantly building and repairing itself, it requires a constant supply of protein. Therefore, we recommend protein is consumed with each meal.

The human body is an amazing instrument. There are thousands of things happening simultaneously, every second. To do everything the body does requires energy. The source of the body’s energy is food. Without food the body simply cannot continue to operate for a significant period. Both fats and carbohydrates provide energy. But they do it differently. Think of a fire. A carbohydrate is like a piece of paper. You put it in the fire, and it burns up quickly and to keep the fire burning more paper is needed quickly. Fat is like a wood log. It burns smoothly, steady, and for a much longer period.

Carbohydrates are one of the more controversial elements of food. You will see heated debates illustrating the benefits of both low and high carbohydrate diets. The Standard American Diet (SAD) has become a high carbohydrate diet. The federal government’s recommended diet calls for 60% of calories from carbohydrates. We all know that has not produced a healthy population as obesity, diabetes, cancer and heart disease are at record rates. We are believers in a low carbohydrate diet. Two of today’s most popular diets – Paleo and Keto – are low carbohydrate diets.

Carbohydrates provide quick energy. They are converted into blood glucose which feeds our brain and red blood cells. Ever notice how irritable you get when hungry? The brain does not operate very well without nourishment. When most of us think carbohydrate, we think grains. They are not the only choice. Vegetables and fruits contain carbohydrates and roughly 30% of protein converts to carbohydrates.

Remember this simple equation. To your body: CARBOHYDRATE = SUGAR! That's all you need to know. If you consume lots of carbohydrates (like 60% or more of our diet) you consume lots of sugar. While sugar can be used for energy, excess sugar is converted into fat and stored. The bottom line is - it is sugar that makes you fat!

Speaking of fat, it is fat that has been unjustly demonized. We have been suffering from a low-fat craze for the last forty years. Again, the Paleo and Keto diets challenge that assumption. Everybody (well not really everyone!) has been convinced that fat is bad for us and should be avoided at all costs. So, what has happened? We got fatter! Obesity rates are going through the roof.

Therefore, we need fats. They make up cell membranes and hormones, are required for absorption of the fat-soluble vitamins (A, D, E, and K), are critical for infant brain development and the female reproductive system and provide energy.

There are two types of fats – saturated and unsaturated (further defined as monounsaturated and polyunsaturated). Saturated fats are solid while unsaturated fats are liquid at room temperature. Unsaturated fats are much more sensitive to light and heat. When heated they oxidize forming “free radicals” that damage cells and are linked to a variety of diseases including cancer and heart disease. Therefore, particularly when cooking we want to use saturated fats such as butter, ghee, red palm oil, or coconut oil. The latest information is that avocado oil can tolerate higher heats so can also be used for cooking. For salad dressing or other room temperature uses, olive oil and avocado oil are best.

Another fat we hear of are *trans* fatty acids. These are formed during the process of hydrogenation. Polyunsaturated oils, usually corn, soybean, safflower, or canola, are heated to high temperatures and injected with hydrogen atoms. During the heating process the nutrients in the oils are destroyed, the oils become solid and have oxidized. *Trans* fats have been linked to many ailments, including cancer, heart disease, and reproductive problems. *Trans* fats are commonly found in commercial baked goods, cookies, crackers, margarines, vegetable shortenings, and processed dairy products.

## **THE POWER OF PROTEIN**

Let us begin a deeper exploration of protein.

Protein provides the structural basis for our body: building and repairing our muscles, ligaments, tendons, nails, hair, organs, glands, blood, hormones, neurotransmitters, cell receptor sites, antibodies, and enzymes. As you read and learn about what protein does in your body, please consider this question – are you eating enough protein?

### **Let’s take a closer look at the functions of protein:**

Building and repairing muscles, ligaments, and tendons – this is obviously extremely important for all of us. Be aware that building and repairing is a continuous process. Exercise breaks down muscle and then the body builds newer, bigger, and stronger muscle in its place via the repair process. Protein is essential for a strong body. One of the key proteins utilized is collagen.

Nails and hair – for beautiful glowing hair and robust nails protein is important. Collagen also plays an important role here. Let’s take a closer look at collagen.

### **Bone Broth and Collagen – The “Hottest Trend” in Health**

It seems all you hear about on all the leading health sites these days is bone broth and collagen. Celebrities and athletes are endorsing it and bone broth cafes are becoming part of coffee shops in major cities. Dr. Oz, Dr. Axe, Dr. Mercola are all on the bandwagon. Of course, those of us who are members of the Weston Price Foundation have known about all the benefits of bone broth for years!

Let’s start with bone broth. Quite simply it is made from simmering bones for 12-24 hours. Predominantly beef, chicken, and fish are used. Bone broth is rich in nutrients which are typically not a major part of modern diets including key minerals, collagen, gelatin, glucosamine and chondroitin. Thus, it supports a wide range of the body systems including the digestive system; the immune system; joints and muscles; skin, hair, and nails; and our overall metabolism.

Among these nutrients are the glycosaminoglycans (aka GAGs) which include glucosamine, hyaluronic acid, and chondroitin sulfate. Glucosamine supports the integrity of our cartilage providing joint health, flexibility, and comfort. Hyaluronic acid is found in our connective, skin, and neural tissues. This supports healthy aging, cell rejuvenation, and skin firmness. Chondroitin is found in cartilage. It supports joint health and comfort and is needed for a healthy inflammation response. The key minerals found in bone broth include calcium, magnesium, potassium, and phosphorus. These support a variety of functions including circulation, bone density, nerve signaling, heart health, and digestive health.

And then there's collagen! Collagen is the main structural protein found in our bodies. It forms connective tissue, protects our mucosal lining and acts as a sealant to the gastrointestinal tract. There are 19 amino acids in collagen. It is important to understand that for full digestion of collagen the stomach must be able to reach proper acidity! This is critical to understand! If you are taking acid reflux medications or other acid reducing over the counter products your stomach is not reaching the proper pH to digest proteins and specifically collagen!

The four main amino acids in collagen are: proline, glutamine, glycine, and arginine. Proline supports the integrity of the skin, hair, nails, and gut lining. It is used for tissue repair in the joints and arteries.

Glutamine maintains muscle tissue and supports the gastrointestinal tract lining. It is essential for gut repair. It also plays a role in the methylation process in supporting the synthesis of glutathione.

Glycine is one third of the protein found in collagen. It helps form muscle tissue and is found in the muscles, skin, and other tissue. One of its key roles is to convert glucose into usable energy. It also promotes detoxification and cleansing.

Arginine breaks down nitric oxide which is important for cardiovascular and arterial health. It improves vasodilation – the widening of arteries and the relaxation of muscle cells and blood vessels for better circulation. It helps to repair muscles, heal wounds, and supports proper growth and development.

There are at least 16 types of collagen in the human body. 80-90% of it is Types 1, 2, and 3. Type 1 is the most abundant and strongest in our bodies. It is found in tendons, ligaments, bones, skin, and various organs. It is used to form bones and support wound healing. The best source of Type 1 collagen is beef.

Type 2 collagen is the cartilage within our joints. It is the main collagen of our connective tissues. It supports gut healing and the immune system as well. The best sources of Type 2 collagen are chicken and turkey.

Type 3 collagen is in the extracellular matrix that comprises organs and skin. It provides the elasticity and firmness to the skin, and forms blood vessels and tissue within the heart. The best source of Type 3 collagen is beef.

While collagen is one of the ingredients in bone broth, we are also seeing many companies market collagen separates from bone broth. These are often called collagen peptides. These come from the hide of the cow, the scales of the fish, or the skin and beaks of chicken and turkey.

We are seeing bone broth available in liquid form and powder (dehydrated form) as well. Collagen peptides are only in a powder form. All the powders can be added to a variety of liquids to consume. We are also seeing some companies combine protein powder (generally whey) with collagen or a bone broth protein powder combined with collagen.

It is becoming quite confusing with the vast array of products available in the market. Our main piece of advice would be to make sure the products you are consuming come from organic, pastured and grass-fed animals or wild raised fish. Like the meat of the animals, if the animals are not clean neither will their bones or skin and you will be consuming the traces of antibiotics, hormones, pesticides, and fungicides that are toxic to your body.

We recommend our clients use a mixture of chicken, beef, and fish collagen so they can obtain a nice variety of collagen.

Organs and glands – these are at the basic operating systems of your body. The heart and lungs for breathing and circulation; the stomach, small intestines, large intestines, and pancreas for digestion; the liver for hundreds of functions including keeping the blood clean; the endocrine glands for producing the hormones that regulate and monitor how your body functions. Protein keeps these systems up and running! For more information about digestion, you can read the Digestion eBook.

Hormones – regulating and controlling all the key processes of your body. This includes blood sugar control, stress response, metabolism, and the menstrual cycle to name a few. Along with neurotransmitters the hormones determine how you feel physically, mentally, and emotionally at any given moment. For more information about hormones, read the Meet Your Hormones eBook.

Neurotransmitters – neurotransmitters are very important for our mental health. There are two types of neurotransmitters. Excitatory neurotransmitters energize, excite, and stimulate us helping us to focus, learn, and remember. Inhibitory neurotransmitters keep us happy, relaxed, and peaceful. As with most areas of life, it is all about balance.

There are six key neurotransmitters: For focus - dopamine, epinephrine, and norepinephrine; for learning and remembering – acetylcholine; for feeling relaxed – GABA; and for being happy - serotonin.

Let's take a closer look at neurotransmitters.

## **Neurotransmitters – What Makes You Feel Good, Happy, and Focused**

Ever wonder what really makes you feel good?

While many people will answer “sugar” because they notice the “high” as sugar is flowing into their blood stream and giving them energy. Of course, we all know what follows – the “low” as the sugar runs out and we crave more sugar to feel good again. As you may have guessed, the correct answer is protein and the neurotransmitters which are made from it. Neurotransmitters help you feel good for the long haul.

We can certainly see the physical nature of proteins – a healthy and strong body contributes to how we feel. But that alone does not do it. We need the mind as well. This is where the neurotransmitters come in to play – the “messengers” from the brain to the body. Protein is essential for building neurotransmitters and their receptor sites on cell membranes.

Think of receptor sites as parking spaces and the neurotransmitters as cars. Without a place to park you just keep driving around in circles. Once you are parked you can go about your business. The same goes for neurotransmitters and receptor sites. You need the message to be sent and for it to reach its destination – the cell.

Quite simply – neurotransmitters give us the ability to be happy, alert, remember, and focus.

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There are six key neurotransmitters: For focus – dopamine, epinephrine, and norepinephrine; for learning and remembering – acetylcholine; for feeling relaxed – GABA; and for being happy – serotonin.

Perhaps the most significant of all is serotonin, the “feel good” neurotransmitter. Low levels of serotonin have been linked to depression. The major anti-depressant medications (Prozac, Zoloft, and Lexapro) are known as SSRIs (or serotonin selective reuptake inhibitors). These drugs work by making serotonin last longer in the nervous system so that you feel good longer.

Of course, this is not addressing why one would be low in serotonin in the first place. Low serotonin is also linked to cravings, anxiety, obsessive-compulsive disorder, aggressive behavior, and headaches.

Another important feature of serotonin is that it converts into melatonin. This hormone regulates sleep and is an important antioxidant. Some sleeping disorders may be from lack of melatonin. Serotonin is made from the amino acid tryptophan which is found primarily in turkey and seafood. Also note that serotonin is depleted by high sugar (carbohydrate) diets.

Dopamine is our pleasure and reward neurotransmitter. It is responsible for keeping us focused and alert (thus allowing us to receive our reward!). Dopamine is made from the amino acid tyrosine, which is found in poultry, fish (particularly tuna), eggs, beans, nuts and seeds.

Epinephrine and norepinephrine work with dopamine and are stimulating and energy-giving. They are made from the amino acids tyrosine and phenylalanine. Low levels of dopamine are associated with attention and behavior disorders (such as addiction).

Acetylcholine supports our memory, attention, and ability to think. One of the key ingredients is choline – found in highest quantities in eggs, beef, and beef liver, but also in broccoli and Brussels sprouts.

GABA is our calming neurotransmitter. It is made from the amino acid taurine. Taurine is a non-essential amino acid that can be manufactured from cysteine in the liver, but vitamin B6 must be present. Taurine is found naturally in seafood and meat. Low levels of GABA are associated with panic attacks, anxiety and insomnia.

As you can see protein (and mainly animal based protein) is a key source of the nutrients required to build our neurotransmitters. Unfortunately, many of our diets lack enough protein. Does yours? This is one of the many reasons we recommend protein is consumed with each meal.

Antibodies – a critical part of our immune system to keep us healthy. For more information on the immune system, read the Immune System eBook.

Enzymes – the catalyst to all the chemical reactions in our bodies.

### **Where does protein come from?**

Proteins come from both animal (meat, fish, poultry, milk, cheese, eggs) and plant sources (whole grains, legumes, nuts, and seeds). When we eat protein, we are consuming amino acids. Different proteins have different amino acid compositions.

Among the amino acids there are nine that are considered “essential.” Anytime you hear the word “essential” in nutrition it means we need to eat that specific nutrient because our body does not manufacture it. Other “essentials” are some fatty acids, Vitamin C, and minerals.

You will also hear the term “complete” as it relates to protein. This means that the specific protein source contains all the essential amino acids in enough quantities to sustain human life. With few exceptions, only animal-based proteins are complete. Non-animal-based proteins considered to be complete include spirulina and quinoa. Therefore, vegetarians are advised to combine foods (such as rice and beans) to receive all the essential amino acids.

Since our body is constantly building and repairing itself, it requires a constant supply of protein. Therefore, I recommend protein be consumed with each meal.

### **What proteins should I eat?**

It is best to consume grass fed meats, free range fowl, wild fish, and organic foods. Also, these are general guidelines. If you have a food sensitivity or allergy to any of the following food(s) you should not eat them. For further specific guidance we recommend you consult with a qualified nutrition consultant.

Eat these foods for protein:

**MEATS:** Beef, bison, lamb, veal, lean pork; **POULTRY:** Chicken, turkey, duck; **SEAFOOD:** Any wild caught fish or shellfish, fresh or frozen. Bone broth from any of the above.

**OTHER PROTEINS:** Legumes (beans and peas); **NUTS & SEEDS:** Nuts and seeds such as: almonds, Brazil nuts, cashews, walnuts, pecans, pumpkin seeds, sunflower seeds, raw or dehydrated. Natural nut butters where oil rises to the top - avoid commercial brands (containing hydrogenated oils and sugar), best is almond butter.

**DAIRY:** Eggs; Butter; Cheese, Cottage cheese; Yogurt without added sugar.

Practice balance and moderation of these foods for protein:

**GRAINS** (Limited quantities ONLY – 1-2 times per day maximum): Sprouted grain bread; Whole grain breads/crackers; Whole grains - brown rice, quinoa, bulgur, millet, wild rice; Whole grain cereals, pastas - i.e. oatmeal, health store cereals. Organic is best as conventional grains contain pesticides.

Avoid these protein sources: Lunch meat or cured and processed meats with nitrites or MSG; All soy that has not been fermented (miso and tempeh are okay); Wheat if you are gluten intolerant or sensitive.

### **How much protein should I eat?**

This is a difficult question to answer. You will see all kinds of answers depending upon the belief system of the practitioner. The USDA’s guidelines tell you protein should be about 10% of daily calories which works out to about 45-50 grams of protein per day.

We recommend the following rule of thumb: you should consume one-third of your body weight in grams of protein for the average person and one-half body weight for an active person. And the simplest rule of thumb is to have some complete protein with each meal. For an individualized program we recommend you see a qualified professional.

## **CUT THE CARBS**

Now let us turn our attention to carbohydrates. The amount of carbohydrates to have in our diet is probably the most controversial question of nutrition. You will see heated debates illustrating the benefits of both low carbohydrate diets and high carbohydrate diets. The Standard American Diet (SAD) has become a high carbohydrate diet.

Yes, we use carbohydrates for energy. They provide quick energy. Carbohydrates are converted into blood glucose (blood sugar) which feeds our brain and red blood cells. Ever notice how irritable you get when hungry? The brain does not operate very well without nourishment.

However, carbohydrates are not the only source of energy. Fat (as will be detailed in the next article) also provides energy. When most of us think of carbohydrates we think grains, breads, and sweets. They are not the only choice. Vegetables and fruits contain carbohydrates and roughly 30% of protein converts to carbohydrates.

Remember this simple equation. To your body: CARBOHYDRATE = SUGAR! That's all you need to know. If we consume lots of carbohydrates (like 60% or more of our diet as recommended by the USDA) we consume lots of sugar. While sugar can be used for energy, excess sugar is converted into fat and stored and has many adverse effects on the body. The bottom line - it is sugar that makes us fat!

Not only does sugar (excess carbohydrates) contribute to weight gain, after a time insulin resistance occurs. Insulin is the hormone produced by the pancreas to move the excess sugar out of the blood stream. When the body can no longer keep up with sugar consumption it will become insulin resistant. This condition blocks the burning of fat, causes fat storage around the abdomen, and causes inflammation. Inflammation creates another long list of possible symptoms. Unless there are dietary changes, the next steps are pre-diabetes, diabetes, and according to some experts, Alzheimer's.

Here are some of the various consumption guidelines for carbohydrates. As we stated previously you will see there is quite the variation! The USDA/Federal Government's 2000 calorie per day diet includes 300 grams of carbohydrates, the American Diabetes Association recommends about 150 grams of carbohydrates per day for diabetics, while alternative/holistic practitioners will recommend about 50-60 grams per day. Many holistic practitioners have found their clients blood sugar levels come into balance at that level of carbohydrate intake.

So, to gain control over your carbohydrate consumption, we recommend you eat these foods for carbohydrates:

- VEGETABLES
  - Raw or steamed vegetables, preferably low carbohydrate veggies (leafy greens, broccoli, cauliflower) with two meals per day and snacks
  - LIMIT starchy veggies (potatoes, yams, corn, squash, peas) to 3-4 times per week
  - SALADS: Raw vegetable salads

Practice balance and moderation of these foods:

- GRAINS (Limited quantities ONLY – once per day maximum):
  - If you are gluten sensitive or intolerant you must avoid all gluten containing grains and foods. It is best to consume only organic grains to avoid pesticides.
  - Sprouted grain or sourdough bread.
  - Whole grains - brown rice, quinoa, bulgur, millet, and wild rice.
  - Use brown rice or quinoa for pasta.
- FRUITS:
  - Fresh grown fruits
  - Limit to 25g of fructose per day. See my web site for your fructose in fruit guide - <https://brwellness.com/fructose-burden/>
- SWEETENERS: Not advised at all. But if you must, limit to limited amounts of the following
  - Stevia (a natural sweetener)
  - Raw Honey
  - Pure Maple Syrup

Avoid these foods as best as possible:

- Refined/White flour
- Refined/White grains
- Cookies, cakes, pastries
- White sugar, brown sugar, all sweeteners not listed above
- Processed refined grain cold and hot cereals
- All artificial sweeteners

While it would be ideal not to eat the foods listed on the avoid list, we recognize reality. So, since most people will continue to eat these foods, it is even more important to consume the foods listed as healthy!!

## FABULOUS FATS

*Everybody knows that fat is bad for you. Right?* Well, not exactly. It is fat that has been most unjustly demonized. We have been suffering from a low-fat craze for the last thirty years. Everybody (well not really everyone!) has been convinced that fat is bad for us and should be avoided at all costs. So, what has happened? We got fatter! Obesity rates are going through the roof.

So yes, we need fats. They make up cell membranes and hormones, are required for absorption of the fat-soluble vitamins (A, D, E, and K), are critical for infant brain development and the female reproductive system and provide energy. Ever wonder why everyone seems to have a Vitamin D deficiency these days? Perhaps because they are not consuming the right fats for Vitamin D metabolism.

There are two types of fats – saturated and unsaturated (further defined as monounsaturated and polyunsaturated). One of the easiest ways to tell them apart is that saturated fats are solid while unsaturated fats are liquid at room temperature. Unsaturated fats are much more sensitive to oxygen, light and heat.

This sensitivity underlies the critical nature of fat you need to understand. When fats are heated or exposed to excess light and oxygen they oxidize. It is dangerous when we consume oxidized fats. Oxidation leads to inflammation which damages cells and is linked to a variety of diseases including heart disease.

Saturated fats can withstand greater temperatures before oxidation occurs. The most susceptible fats to oxidation are the unsaturated fats, particularly the polyunsaturated ones such as vegetable oil, corn oil, soybean oil, canola oil, and cottonseed oil. Note that margarine is made from various combinations of these oils.

Therefore, when cooking with fats and oils we want to use saturated fats such as butter, clarified butter (ghee), avocado oil, or coconut oil. For salad dressing or other room temperature uses olive oil is best, followed by flax oil, pine nut oil, sesame oil or hempseed oil.

Another fat we hear of are trans-fatty acids. These are formed during the process of *hydrogenation*. Hydrogenation is used to “stabilize” vegetable oils so they will not oxidize and was initially developed to lengthen shelf life of processed foods.

In the hydrogenation process polyunsaturated oils, usually corn, soybean, safflower, or canola, are heated to high temperatures and injected with hydrogen atoms. During the heating process the nutrients in the oils are destroyed, the oils become solid and have oxidized.

Trans-fats have been linked to many ailments, including cancer, heart disease, and reproductive problems. Trans-fats are commonly found in commercial baked goods, cookies, crackers, margarines, vegetable shortenings, and processed dairy products.

A very important classification of fats are the essential fatty acids, specifically Omega-3's and Omega-6's. These are polyunsaturated fats (so remember you do not want to heat them to high temperatures). We need all the essential fatty acids. The issue (like much of nutrition) is balance. The essential fatty acids are the precursors to prostaglandins – a form of hormones that support many functions including normal growth and the inflammatory response. They also assist in blood coagulation and circulatory functions.

Omega 6's are generally considered “pro-inflammatory” while Omega 3's are “anti-inflammatory.” Too much inflammation is linked to many chronic diseases, yet at the same time, our body requires inflammation as a normal function. Our body was designed to consume the Omega 3's and 6's in relatively equal amounts (you'll see anywhere from 1:1 to 2:1 Omega 6's to 3's in the nutrition literature). Unfortunately, many Americans are in the 20:1 to 50:1 ratio. Why? Omega 6's are found heavily in grains which we eat and feed to our animals and form the base of these diets.

Many of us have been encouraged to increase our consumption of Omega 3 essential fatty acids (found in fish oil). These are EPA and DHA which are beneficial to the nervous system and the cardiovascular system. They are important for normal growth of our blood vessels and nerves. Omega 3's have been found to decrease blood clotting, lower triglyceride levels, decrease blood pressure, and reduce inflammation in the body.

Omega 6's are equally important. The specific Omega-6 oils to consume include linoleic acid (LA), alpha-linoleic acid (ALA), gamma-linolenic acid (GLA), and conjugated linoleic acid (CLA). These fats are known to fire up your metabolism, enhance cell membrane structure and function, and synthesize eicosanoids.

If you want to learn more details regarding the Omega 6's we strongly encourage you to read Ann Louise Gittleman's *Radical Metabolism*.

We recommend you eat these foods for healthy fat (organic preferred):

- Butter
- Extra Virgin Olive Oil
- Virgin Coconut Oil and MCT Oil
- Avocado Oil
- Fresh Flaxseed oil or ground flax seeds
- Hemp/hempseed oil
- Chia seeds
- Additional nuts and seeds: almonds, cashews, walnuts, pumpkin seeds, sunflower seeds, sesame, hemp - raw or dehydrated
- Grass-pastured meat, poultry, eggs, and dairy (avoid dairy if lactose sensitive)
- Wild caught cold water fish

Best sources of the essential fatty acids include: black current seed oil, evening primrose oil, flaxseed, lecithin, linseed oil, seafood (halibut, salmon, scallops, shrimp, snapper, and tuna), sesame seeds, sunflower seeds, walnuts, wheat germ, and winter squash.

Avoid these foods (the trans-fats and oxidized oils):

- Margarine and other trans-fats
- Vegetable oil, corn oil, soybean oil, canola oil, safflower oil, sunflower oil
- Any highly processed and/or GMO oils

### **Disclaimer**

This eBook is designed to educate people about diet, a lifestyle approach to health and well-being, natural remedies, options, and dietary supplements. None of this should be construed as a substitute for medical attention. Rather, individuals with specific medical concerns or symptoms should seek advice from a physician.

Neither Bernard Rosen nor Susana Rosen is a medical doctor. They do not prescribe pharmaceutical drugs, they do not provide medical diagnosis, nor do they treat or cure any disease. They provide holistic nutritional consulting and education utilizing assessments, tests and counseling. The holistic health care philosophy is to do no harm, work on prevention, work on the root of the problem, and work on the whole person. Holistic health care is not intended as diagnosis, prescription, treatment or cure for any disease, mental or physical, and is not a substitute for regular medical care. All recommendations provided by Bernard Rosen or Susana Rosen are not intended as treatment or prescription for any disease, or as a substitute for regular medical care.