

Eating Healthier – 12+ rules for Greater Health.

By Peter Brodhead CN

questionspeterbrodhead@gmail.com

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1. **Eat your colors!** – Eat as wide a variety of deeply colored vegetables, fruits, berries, nuts, 100% whole or sprouted grains and beans as possible. Each color signifies a different anti-oxidant either from the carotenes or flavanoids in fruits and vegetables. Red means lycopene, yellow lutien, purple and blue anthocyanidins, green carotenes. Polyphenols are found in colorful foods and are very powerful anti-oxidants. **Eat a mixture of carotene rich foods – *Beta and Alpha Carotene*:** Carrots, Kale, Collards, Sweet Potatoes, Winter Squash, Yellow Squash (Spirulina a micro algae is an excellent source of carotenes) ***Lycopene*:** Persimmons, Red Bell Peppers, Tomatoes and all tomato products, Red Delicious Apples. ***Lutein and Zeaxanthin*:** Egg Yolks (free range eggs can contain up to 11x more), Spinach, Kale, Collards. 2b. **Eat some sulfur** – eat garlic, onions, shallots, leeks and green onions. The sulfur containing vegetables are very good for detoxification and supporting the cardiovascular system. Sulfur helps the body repair and build connective tissue. Learn all you can about foods that are high in Polyphenols - these are the super stars in healing foods.
3. **Be Berry Good to Yourself!** Eat a mixture of flavonoid rich foods, eat generous amounts of berries – if they are out of season buy unsweetened frozen berries – the bio-availability of the flavonoids are increased when frozen. Flavonoids fight inflammation and glue you together – they help all connective tissue in the body resist aging. Blueberries are one of the easiest frozen berries to find and contain a stilbene compound comparable to resveratrol – they protect the eyes and the brain. Eat whole fruits – apples, pears, plums, peaches, mangoes, kiwi, persimmons, and mangoes. Carry fruit and berries with you to work as a snack.
4. **When eating meat – try to choose free range pasture raised, grass fed beef and certified organic whenever you can or can afford. If buying milk only use grass fed full fat organic milk.** Look for hormone and anti-biotic free and as lean a cut as possible. When a cow is grass fed only or a chicken eats outside their meat is high in the anti-inflammatory fat CLA. Feeding animals corn increases the amount of inflammatory compounds found in the meat. Keep arachidonic acid levels as low as possible by eating lean (AA – arachidonic acid is the precursor to series 2 prostaglandins which are inflammatory). Series 1 prostaglandins (GLA the fat found in primrose oil, borage oil or black currant oil) are very good as well as series 3 prostaglandins (omega 3 fats) found in fish oil and flax oil are also very good because they fight inflammation. Bison – tends to be much leaner than beef. Lamb although fattier are usually raised with less hormones and anti-biotics. Ostrich is leaner than any other meats much leaner than chicken or turkey with a flavor of beef. Take the skin off chicken and turkey – and especially for chicken

look for anti-biotic and hormone free meat – free range or organic if possible. Eat free range or organic eggs also.

5. **Get Cultured!** – Add sauerkraut (real sold only in the refrigerator), Kim chi, Fermented vegetables, eat Miso, Tempeh, Kombucha. If eating dairy choose only full fat cultured dairy products such as yogurt, kefir is much better and contains way more probiotic bacteria than yogurt. Probiotic bacteria prevent yeast and fungal overgrowth, prevent constipation and diarrhea and support the immune system. The probiotics in kefir support the production of serotonin in the intestines – which the brain uses as an anti-depressant. Kefir supports a good mood. Cottage Cheese that contains live cultures is one of the most outstanding sources of high quality protein you can get – it offers more bang for the buck in terms of protein per serving of just about any food and is incredibly convenient.
Read my handout
“Let’s get Cultured” for more specific info on the microbiome.
6. **Go Nuts!** Nuts contain high amounts of quality protein, essential fatty acids both good omega 6’s & omega 3’s. They are exceptionally high in the mineral magnesium. Brazil nuts are the highest source of selenium of any food. Seeds are also high in the same good things but have greater amounts of zinc – especially pumpkin seeds they are the richest source of magnesium too. Studies have shown that people who eat nuts frequently don’t get as fat as other people – even though they are high in calories on a weight basis.
7. **Change your oil** – keep oils refrigerated or in the dark. Use a lot of 100% Extra Virgin Olive Oil (make sure its not been adulterated) – make it your top oil to use,. Avocado oil is the second most important oil after olive oil - it is tasteless and has a very high smoke point for higher temperature cooking. It also like olive oil is an omega 9 fat high in oleic acid. Coconut oil can be used in smaller amounts (it can handle heat without breaking down – it’s a great popcorn oil !). Never eat margarine or any fat that contains the work partially-hydrogenated in it – use butter instead (Grass Fed pasture raised) , Ghee is even better and easy to make. Keep oils high in linoleic acid omega 6 fats out of the diet as much as possible ! Soybean Oil, Corn Oil in particular. (Only use very small amounts of Sesame, Grape Seed, High Oleic Sunflower or High Oleic Safflower
8. **Eat Omega 3 foods** – Walnuts, flax seeds, hemp seed products, sardines, wild salmon – most canned salmon is wild – look for the word wild Alaska on the label – substitute salmon for tuna in sandwiches and salads. Other cold water fish – such as sardines (that are not on the decline get the list from the Monterey Aquarium website), fresh water trout, avoid tuna because of mercury..
9. **Fiber Out** – Fiber is the food for your probiotic biome !! This is what your beneficial bacteria feed on. Eat whole apples, pears, kiwi, whole fruit, whole carrots, sweet potatoes and 100% whole grains or sprouted 100% whole grains. Fiber is critical to normal detoxification and cholesterol reduction. Get the extra estrogen out. There is a lot of estrogen in our environment coming from pesticides

and plastics such as BPA and BPB. The Broccoli Family ie, Cruciferous Vegetables are hugely helpful to heat they contain the compounds ***DIM and indole-3 carbinols*** that removes excess unwanted estrogen out of our bodies. These vegetables contain these – Cabbage, Broccoli and Broccoli sprouts, Brussels Sprouts, Kale, Arugula and Radishes. Flax Seed meal is loaded with lignans (compounds that bind to estrogen receptor sites in the body) very supportive for women (breast cancer) & men (prostate cancer). Chia seeds are another incredible fiber source.

10. **Spice up your life!** Spices are high in anti-oxidants (which is why they were used in the middle ages to protect food from spoiling) and many are high in anti-inflammatory agents and polyphenols in them. Rosemary for example has a compound in it called carnisolic acid that is a **“Redox”** anti-oxidant that can recycle an anti-oxidant activity 3 to 4X before getting used up (Olives also have hydroxy tyrisol a very potent redox anti-oxidant). Rosemary is very supportive to the liver and to detoxification of the liver and is great for the brain in supporting memory function. Rosemary’s anti-oxidants are considered much more powerful than vitamin E in protecting the fat elements in the body from going rancid. Cloves have the highest polyphenol content of any food add 1/4 tsp periodically in your food or beverage. Turmeric and Ginger roots are in the same plant family and have strong COX-2 inhibiting effects and may work as well as prescription medicines in this regard. Black Pepper helps our absorption of the vitamins and minerals in our foods. All spices have numerous benefits – use them liberally and frequently in your diet.
11. **Drink a little Red Wine, eat a little Dark Chocolate and drink a lot of Green Tea and some Black Tea as well.** These are all polyphenol rich foods. Red Wine contains a compound called resveratrol one of the strongest COX-2 inhibiting factors found in nature. Resveratrol is also strongly cancer inhibiting. Dark Chocolate contains anthocyanidins which protect the cardiovascular system. Green Tea contains catechins and flavanoids that are anti-inflammatory, cancer protective and Green Tea contains an amino acid compound called Theanine that calms you and puts your brain in an alpha wave state (more calm and meditative). In green tea you get small amounts of caffeine which gives you a boost while calming you down with the Theanine. Think of the combination of calming + energy = great for the American lifestyle. Black Tea contains Theafins that help with cholesterol reduction – the Theanine has been fermented out so its effects aren’t calming like green tea. Don’t put milk in your black tea – it binds the anti-oxidants
12. **Get out in the Sun – Set your circadian rhythm** - early morning sun exposure in your eyes sets your biological clock and helps your thyroid function better and helps your sleep cycle. Eat lunch outside so you get noon sunlight and try to catch the sunset - orange light this helps synchronize your biological health.

13. Make Vitamin D from sun exposure. Be smart don't burn yourself but expose yourself for 20min a day if you can. Do 20 minutes before applying sunscreen. The research on Vitamin D is coming at us in avalanches – besides being critical for bone health it is a massive regulator of cellular function in the body. It helps prevent cancer, regulates blood pressure, is an anti-depressant especially winter depression, helps auto-immune function, and helps other hormones such as testosterone in men and estrogen in women.

Don't forget to drink plenty of filtered or purified water daily also ! Start your day with a fresh squeezed lemon in 12oz of water. Stay Hydrated – if you drink coffee add a glass of water for every cup you drink.

Seriously consider buying a juicer – This is the easiest way to consume lots of colorful vegetables and fruits – raw with all the live enzymes and get massive amounts of nutrients - carotenes, flavanoids, vitamins and minerals in a single glass of juice.

Sleep Rules – **get to bed a little earlier – 10pm – 10:30pm** – The liver does its major detoxification work between 10pm and 2am simultaneously melatonin production is at its peak. Sleep in complete darkness to optimize melatonin – melatonin is a powerful anti-oxidant – it has powerful effects on helping the immune system and preventing cancer. If you take supplements to support liver function such as Milk Thistle extract take a dose at bedtime to support liver detoxification.

Remember this - Your brain has its own lymphatic system named the Glymphatic System - and when you are in the deepest sleep it clears out the old cellular debris - like a garbage collector. You need deep sleep to keep the brain cleaned out and working optimally. Turn your computer and phone to night mode ie. Orange light and cut out blue lights so the natural production of melatonin can happen.