

Roland’s Happy Home Healthy Living Guide

Less

Less big meals and large servings. Less overeating. Less eating when you are not really hungry. By eating too much, you gain weight and put extra stress on your heart and organs. Remember – your body needs to detoxify. Small meals and less food permit your body to get rid of bad things and detoxify.

Less pesticides. Most store bought fruit and vegetables have pesticides on them. If you buy produce that are not organic, then buy fruit and vegetables with peels (like oranges, avocados, squash, grapefruit and bananas). Wash all your fruit and vegetables, and peel as many as you can. Processed foods are usually made with food with pesticides in them.

Serve and eat less cooked food. High cooking heat damages enzymes and other vital nutrients. Enzymes are very important. Your body needs enzymes. Raw fruit and vegetables contain living water.

Avoid anything with monosodium glutamate (MSG) in it. Neurosurgeon Dr. Russell Blaylock calls MSG an excitotoxin. Unfortunately most processed food—canned, packaged or boxed--contains this chemical. It is often hidden under other names, such as: Calcium Caseinate, Gelatin, Hydrolyzed Plant Protein, Hydrolyzed Vegetable Protein, Sodium Caseinate, Textured Protein; Yeast Food or Nutrient, and even “Natural Flavoring.”

Less meat. Most meat today, the kind we buy in the store, comes from unhealthy animals grown in unhealthy conditions. The animals are also injected with hormones and fed unhealthy food. Meat, especially ground meat, may have salmonella on it which can make you sick. If you have meat, cook it well. Avoid farm raised fish and fish from polluted waters.

Less Teflon non stick pots and pans. They contain PTFE’s which can even kill your parakeet or canary. When heated to a high temperature non stick Teflon pans may release toxic polymers in the air which you breathe in.

Less artificial sweeteners. Substances like Aspartame (Equal and NutraSweet) and sucralose (Splenda) are chemicals or altered, unnatural substances. These chemicals and engineered foods are not natural, but are put in most diet and lo cal items, such as diet soda.

Less white sugar and high fructose corn syrup. We all know to cut back on white sugar, but be aware that soda pop, canned fruit, and many canned, boxed and frozen processed foods contain high fructose corn syrup. Watch your waist line by avoiding high fructose corn syrup. It is not your friend. Less fast food.

Less microwave cooking. Microwaves change the molecular structure of the food, possibly damaging enzymes or cancer fighting anti oxidants. Your body likes natural food not altered food.

Less tap water. Drink only filtered water. Beware that some of the bottled waters are just tap water. Many areas also dump in fluoride which causes unsightly fluorosis (developmental damage to the enamel of the teeth). The fluoride in your water and toothpaste is a toxic waste product of aluminum smelting and does not sound good for your pet either.

Less genetically engineered food. Also called genetically modified organisms or GMO, it is dreamt up by big corporations and not something I want to serve to my family. Most corn today is corporate grown and genetically modified, and used in taco shells and corn chips, and at fast food outlets. Less GMO soy and soybean oil.

Less white flour and white rice. Less food in boxes and cans. Less vegetable oil and canola oil. Less soy. Less plastic bottles, containers and wrap with BPA

Less cell phone use. Scientists are taking another look at the cell phone - cancer connection, especially brain cancer. Less WiFi too. Protect, don’t expose, your family to controversial electro smog.

Less colds and flu by washing your hands frequently. Fewer tummy upsets with safe food handling. Clean hands, clean counter. Boil the kitchen sponge and your wash rag in an old pan. Less harsh chemicals.

More

More conscious eating. More small meals. Go for quality, not quantity. It is better to eat a small amount of organic fruit and vegetables with nutrients than a large amount of produce from depleted soil. Remember: your body needs to detoxify. Eat less food, so your body has time to detoxify. Eat food without pesticides and chemicals.

More organic vegetables and fruit. The best are from your garden, your neighbor’s garden, or certified organic from the store. If you shop at the grocery store, look for certified organic. If you have to buy fruit or vegetables that are not organic, then buy fruit and vegetables with peels or skins (like oranges, avocados, squash, grapefruit and bananas). Even 20% organic is better than eating all pesticide laden food.

More raw fruits and vegetables, and less cooked. More raw fruit, vegetables, and nuts gives your body the enzymes it needs. A good rule of thumb is 50 percent raw and 50 percent cooked.

Eat more raw and home cooked food without MSG, other chemicals, food additives, and food coloring. MSG can be found in the popular canned soup, frozen dinners, sauces, soy sauce, salad dressing, the flavoring on nuts, packaged snacks, etc., often hidden under other names. MSG causes obesity in laboratory mice. Read labels.

More vegetables, grains and fruit. Eat organic eggs, nuts, and vegetables like beans, instead of meat as sources of protein. Prefer eggs without hormones. Cut back on meat. When you eat meat, choose meat not fed hormones. Cook your meat well to get rid of salmonella.

Use stainless steel cookware, enamel clad, and clay pots. Throw your Teflon type non stick cookware away. Looking for a substitute? Enamel covered pans and skillets are easy to clean and attractive too.

If you need artificial sweetener, try saccharin (Sweet N Low) which has been around since 1879. Be aware that diet soda often has aspartame or sucralose in it. Research and read labels carefully, as they keep changing the artificial sweetener names.

Sweeten with raw honey, brown sugar, real unaltered Stevia, or fruit juice. Try fruit juice as a sweetener or Grade B maple syrup. Eat raw honey, since processed honey is heated which damages the nutrients and enzymes. Use fresh squeezed fruit juice – store bought juice has been pasteurized (heated).

Use your stovetop and oven to heat food. Microwaving is destructive to food. For quick heating and small items use a toaster oven! Toaster ovens are safe and heat the food naturally. Toaster ovens save electricity too.

Drink only filtered water. Use filtered water for cooking too. Use water filters such as Brita and Pur. Your Brita or Pur filters are excellent, but can’t get rid of the fluoride. So, if you can, get a reverse osmosis system. Sometimes your health food stores sell water (for 5 gallon containers) that is filtered by reverse osmosis.

Eat natural produce. Check the PLU barcode. Genetically engineered produce has a five digit number that begins with 8. Use this verse: “If it begins with 8, I prefer to wait. If it starts with a 4 or 5, give me a high five. If it begins with organic 9 it’s fine.”

More whole wheat flour and brown rice. More food from money saving bins. More olive oil and coconut oil. More reading the labels (look for the short list). More glass, stainless steel, and BPA free containers.

Use your land line phone at home. Limit cell phone use. Emergency use only for developing kids and teens. Use a wire headset, hands free, or speaker. Get WiFi out of your house or at least unplug it at night so your body can rest.

More hand washing. More sleeve and shoulder coughing. Cool down food quickly for safe storage. More natural soap, detergent, cleaners and cosmetics without artificial perfumes and harsh chemicals.