

# Natural Roots Medicine

Naturopathic Wellness Center

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## Are you what you eat?

You might have heard the saying “You are what you eat.” I want to speak a little about what that means and how nutrition is important in your health and wellbeing. If you have any of the following symptoms, chances are you are what you eat.

- Fatigue
- Headaches
- Irritability
- Allergies
- PMS
- Constipation
- Many more!!!!

Food has more than you think to do with how you feel. Not only is it the innate properties of the foods, but we also need to take into consideration the manufacturing process. Is what you are organic?

*Healthy Eating Tips: Add some nutrition spunk to your diet.*

- Variety is key: This means don't eat the same foods on a daily basis. Mix up your protein options, your grains and vegetables.
- Organic/natural must haves: Dairy, eggs and meats are all organic must haves.
- Whole grain doesn't mean just whole wheat. Try other grains to increase your fiber and nutrition content; Quinoa, millet, brown rice are high in different minerals, vitamins and fiber content.
- Protein is must have. Avoid excess animal and soy sources. Most people do not get enough nuts or beans, legumes in their diet.
- Vegetables and fruits are not the same. Most SAD diets (standard American diets) are high in sugar. This means you need more vegetables high in fiber and less of the fruits, which are high in sugar. Frozen berries are a good fruit choice. Avoid

## 15-minute Free Consult

Is it in a can, or wrapped in plastic. Did you microwave your dinner? How many food colorings and preservatives, sulfates, nitrites did you eat today? Is your food from an animal who was fed hormones or antibiotics. Is your drinking water clean and safe to drink? Do you use a water filter for drinking and showering? Do you buy water in plastics, which leach estrogenic properties into your water?

All these are ways chemicals get into the food we eat on a daily basis. The big debate about the “super-sized” portions is only part of the problem. Were you asked if you wanted a side of chemicals to go with your meal?

Many simple decisions about the food you eat will make a difference in your health. For example, switching from dairy to goat milk can make a big difference in how you feel. If you have an allergy to dairy, removing dairy may reduce sinus congestion, reduce sinus infections and reduce headaches.

- All vegetables are not equal. Add more reds, oranges, blues and purples and dark green leafy veggies. If all you get are tomatoes, lettuce, carrots and celery, you have some work to do to add some nutrition spunk to your diet.
- See [www.nutritiondata.com](http://www.nutritiondata.com)
- See [www.mypyramid.gov](http://www.mypyramid.gov)

## Natural Roots Medicine Naturopathic Wellness

Come see what other health tips we have for you.

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