

# What about . . . 10 DIET TIPS?

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For those with busy schedules and sparse free time, we have developed this “top ten” list on how best to improve your life-time diet and perhaps to balance your weight. Since this is just a quick list, you will have to read our various articles to obtain reasons, references and ruminations!

## 1. Drink more water

Most people are running on empty. Researchers suggest consuming approximately 1 quart of water per 50# body weight. To be specific, take your **pound** weight and drink that many **ounces** per day of PURE water. The only exception to this would be very obese individuals where perhaps a gallon and a half would be max. Since water bottles are now considered a fashion accessory, carrying your water with you should be easy. Coffee, pop, “electrolyte” drinks, fruit juice, milk, soup, etc. are NOT water, but you *can* add 1-2 herbal tea bags to your gallon jug to both color and flavor your water slightly. *Ideally add DYNAMITE® Elixir and Catalyst Water to your daily water amounts.*

## 2. Take your daily vitamins

Daily supplements can erase subtle deficiencies that make you more prone to infections and chronic diseases, including cardiovascular disease, cancers and fractures. In fact, many leading authorities now urge all adults to take a daily supplement. *The basic DYNAMITE® Regular or Plus and TriMins are the finest, most bio-available all-purpose supplements we know of.*

## 3. Increase your produce

Research has shown that antioxidant-loaded produce, especially if organically grown, can cut your risk of heart disease, diabetes, and cancer. Avoid fruit juice entirely and, if you are very prone to gain weight, limit even whole fruit. Tops in nutrients are the dark colored vegetables (especially greens for chlorophyll) such as kale, spinach, romaine lettuce, broccoli, green beans, red peppers, yams, etc. and all berries; limit white potatoes. Higher levels of produce help achieve and maintain a more alkaline pH in our bodies, especially as we head for a 60-80% alkaline (mainly produce; virtually all else is acidic) diet. *Taking DYNAMITE® Herbal Green and Hiscorbodyne+ can dramatically boost chlorophyll and anti-oxidant intake.*

## 4. Eat only “good” carbohydrates

Carbohydrates should consist of vegetables rather than grains which can not only cause digestive difficulties but also increase insulin production leading to weight gain. Avoid all processed grains (regular breads, pastries, etc.) including corn and avoid combining grains and proteins (sandwiches). Whatever grains are eaten should be whole such as minimal amounts of brown rice or sprouted grain tortillas. Instead of that breakfast cereal or bagel, try a baked yam, fresh vegetable soup (frozen veggies in free-range chicken stock), or left-over stew instead. Legumes are an excellent food but too high in carbs for some. No “fiber-in-a-jar” will be needed with this quantity of vegetables! *To help balance blood sugar, try DYNAMITE® DynaLite with its amino-acid chelated chromium & metabolic enhancers.*

## 5. Eat appropriate fats every day

Our bodies must have fat in order to function and to absorb fat-soluble vitamins. Contrary to the popular press, saturated fat, such as high Omega 3 coconut oil (which can actually help weight loss!), *can* be good for us, while unsaturated fat, such as

found in virtually all other vegetable oils, is so high in Omega 6 fatty acids that these are now considered harmful. Beef, chicken and eggs that are **grass-fed only** have as high an Omega 3 content as fish and ostrich. A little olive oil is OK, but avoid margarines like the plague eating butter instead. Proper fat also helps to neutralize protein foods to aid in pH balance. Most fish, including shellfish, except for wild salmon or anchovies or sardines, is too contaminated today to recommend it.

*DYNAMITE® Regular has high values of fat-soluble vitamins.*

## 6. Increase the number of meals per day

Eating more frequent, “mini meals” per day stabilizes blood sugar while the lack of hunger pangs makes it easier to choose foods wisely. Snack on some fruit and nuts; roll up a bit of left-over chicken or beef in a big leaf of Romaine lettuce; have a hard-boiled egg and a big, juicy tomato; dip any raw veggies you enjoy into a little almond butter; have a homemade cup of soup or miso from your thermos; try making lunch your main meal. Find some variations that work for you.

*To help avoid that mid-afternoon slump, take a DynaLite.*

## 7. Forget about counting calories

Limiting caloric consumption just causes the body to “hoard” the calories it does take in regardless of nutrient content. By eating frequent mini-meals of nutrient-dense (rather than calorie dense) foods, and cutting out the “nasties” that we all know about (French fries, donuts, candy bars, etc.) cravings will lessen. Avoid all artificial sweeteners for a host of reasons.

*Many find their chocolate and carb cravings drop by the way-side if they take 1-2 DYNAMITE® P.M.S. or Izmine per day.*

## 8. Prepare food carefully

Take care to not over-cook either proteins or vegetables. Eat at least 2 raw vegetable salads (add some protein for a complete meal) and 2 whole fruits per day to supply enzyme values. Some people even enjoy fresh raw vegetable juice whizzed with a raw egg yolk. Make more soups, stews and roasts (including veggies). Use only glass, porcelain or high-quality stainless equipment in food preparation while avoiding both aluminum and microwaves.

*Use DYNAMITE® Super ACV in your salad dressing and in soups and stews for added flavor; traditionally it has been used to aid in weight loss.*

## 9. Stabilize hormone swings

Many women find themselves gaining weight around periods and menopause while men find the same as they edge into middle age. Proper diet and fats should help such hormone swings. *For further stabilization, consider either DYNAMITE® P.M.S. and/or Manganese Plus for women and Zinc+ for men.*

## 10. Increase both activity and sleep

If you can, start *moving* more. Wear loose, cotton clothing and flat shoes so you can walk briskly during the day; climb stairs rather than use elevators; stretch at your desk; walk the dog; and in the privacy of your home, turn on some music and dance, dance, dance. Take a 10 minute power nap after your walking lunch; this will rev up your engine far better than any coffee and donut! To make sure you receive 7-8 hours sleep per night, turn off the TV early, and take a warm bath instead.

*We find taking DYNAMITE® Tri Mins before bed and/or adding some Elixir to bath water aids in restful sleep. ■*