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Assess Inflammation & Dietary Issues That May Be Affecting You!

Directions: **Check in the circle for all that apply.**

1. I have chronic aches and pains, such as back pain, neck pain, headaches, or general muscle and/or joint soreness.
2. I regularly eat grains and grain products, such as white bread, whole wheat bread, pasta, cereal, pretzels, crackers, and any other product made with grains or flours from grains, which includes most desserts and packaged snacks.
3. I regularly eat refined sugar [including non-diet sodas].
4. I regularly eat partially hydrogenated oils (trans fat) found in most margarines, deep fried foods [French fries, etc.] and most packaged foods.
5. I regularly eat corn oil, safflower oil, sunflower oil, cottonseed oil, soybean oil, & foods made with these oils such as mayonnaise, tartar sauce, margarine, and nearly all salad dressings.
6. I regularly eat cheese in more than condiment size portions.
7. I regularly consume soy or soy products, or eat them in place of fruits and vegetables.
8. I regularly drink or eat dairy products.
9. I regularly eat meat and eggs from grain-fed animals [regular supermarket brands].
10. I am overweight, and/ or it is hard for me to lose weight/fat.
11. I can gain too much fat around my waist.
12. I am physically lethargic.
13. I do not exercise regularly.
14. I don't feel well when I exercise, or if I exercise a little more than I should it's hard to recover.
15. I am mentally lethargic and feel rundown and depressed more than I would like.
16. I look old and/or feel old for my age.
17. My skin looks old and is sagging.
18. I am prone to cold, allergy and flu symptoms.
19. I am a smoker.

Continued.....

20. O I suffer from one or more of the following: arthritis, fibromyalgia, chronic fatigue syndrome, sinusitis, allergies, acne, asthma, digestive conditions. flu symptoms, dysmenorrhea, endometriosis, Alzheimer's disease, Parkinson's disease, multiple sclerosis, cancer, heart disease, osteoporosis, hypertension, depression, the insulin resistance syndrome (pre-diabetes), or diabetes.

BMI [Body Mass Index] This index is simply to place where you are in your health/weight and to classify you to determine the range of fat distribution in your body. What is more crucial is your body fat percentage hich will be drastically reduced when you commit to eatng healthy and engaging a deflaming diet.

[Determine BMI at: <http://bmicalculator.cc/?gclid=CPPFvLDEvsoCFcwWHwodatEMbw>

Underweight = <18.5: Normal weight = 18.5-24.9: Overweight = 25-29.9: Obesity = 8MI of 30 or greater

Weight: _____ Height (in cm): _____ BMI: _____

Introduction

Deflaming vs. Inflaming

As you may have discovered by completing the previous page's survey, we all suffer from inflammatory issues to varying degrees. Each of us needs to hone in on reducing our individual inflammatory issues. This is a process called "Deflaming." Diet is the foundation to deflaming. This booklet will outline a no-nonsense approach to healthy, anti-inflammatory eating that will get you deflaming while helping you to avoid unhealthy, pro-inflammatory foods that inflame.:"

Pro-Inflammatory Foods

- All grains and grain products including white bread, whole wheat bread, pasta, cereal, pretzels, crackers and any other products made with grains or flours from grains. This also includes most desserts
- and packaged foods.
- Partially hydrogenated oils (trans fats) found in margarine, deep fried foods [French fries. etc.] and most packaged foods.
- Corn oil, safflower oil, sunflower oil. cottonseed oil, soybean oil and foods made with these oils such as mayonnaise, tartar sauce, margarine, salad dressings and many packaged foods.
- Soda, dairy, soy and sugar.
- Meat and eggs from grain fed animals.

Health vs. Disease *Pro-inflammatory foods*

It can be frustrating and depressing to discover that so many foods are pro-inflammatory, leaving you wondering what to eat. More depressing is suffering from many of the numerous diseases and conditions associated with inflammation: chronic pain, arthritis, fibromyalgia, chronic fatigue syndrome, sinusitis, allergies, acne, asthma, digestive conditions, flu symptoms, dysmenorrhea, endometriosis, Alzheimer's disease, Parkinson's disease, multiple sclerosis, cancer, heart disease, osteoporosis, hypertension, depression, insulin resistance syndrome (pre-diabetes) and diabetes.

In reality, "everything in moderation" is a poor term to use when referring to diet. With every bite or sip we are either deflaming or inflaming. If you are fortunate and have "good" genes you may be able to handle more pro-inflammatory foods than some of your family members or friends. The problem is most inflammatory diseases develop slowly and without symptoms ...until it is too late. We need to be careful about consuming pro-inflammatory foods and not take for granted what appears to be our current good health. The fewer inflammatory foods we eat, the less inflammation we will have and feel!

A Basic Plan for Health

You will have to make a choice regarding the foods you eat. Will they be pro-inflammatory or anti-inflammatory foods? If you do not have symptoms and feel wonderful, you need to decide if you want to risk regularly consuming pro-inflammatory foods that are known to cause significant health problems and disease in many humans. If you do suffer from any of the conditions previously mentioned, you may wish to see if grains/legumes and the other pro-inflammatory foods are a cause. **After coming to a decision, you need to commit to discovering how your health is influenced by the consumption of pro-inflammatory foods. You need to commit for at least 1 month to a "deflaming" diet.** Within a week you are likely to feel a difference! By the end of 1 month you will know for sure how food affects your health. If you are very inflamed you may need 3-6 months.

In addition to diet, nutritional supplements can be helpful to address the major issue of inflammation. Supplements that are effective antioxidants, support cell health and limit nutrient deficiencies are necessary in this process. As your Holistic Health Coach I would make specific and individual Nutritional and Supplement recommendations for your specific health challenges and goals.

In a nutshell, your basic deflaming plan is to eat mostly fruits, vegetables, nuts, fish, chicken and healthy meat. Add in the key supplements to augment your healthy eating, drink plenty of alkaline water and moderately exercise as much as you can. It really is very easy to deflame and feel 10 years younger with the right information and help to get you to your intended health and weight goals. We can discuss Coaching and a plan that is just right for your needs and your budget.

Why Grains Inflamm?

History

Consider the fact that grains have been consumed as a food for a short period of man's time on earth. The use of grain products for food existed for a brief 10,000 years out of the 2 million years in the history of early and modern man. Grains, refined sugar, partially hydrogenated fats, vegetable & seed oils as well as other foods were not consumed. Our genetic code is not that different from our predecessors but our food definitely is. **Humans are genetically adapted to eat fruit, vegetables, nuts, fish, fowl and meat. These foods are not related to any chronic disease.**

The same cannot be said of grains. Throughout history, when grains were adapted as a staple food that replaced animal proteins a number of negative health outcomes occurred including the following:

- Increased infant mortality
- Reduced lifespan
- Increases in infectious diseases
- Increase in iron deficiency anemia
- Increases in osteoporosis, osteomalacia and other bone mineral disorders
- Increase in the number of dental cavities and enamel defects

Gluten

Many different biochemical components and properties make grains an inflammatory food. The most notorious is a protein called gluten. Celiac disease is a disabling digestive disease caused by gluten. Gluten containing grains are wheat, couscous, spelt, kamut, rye, barley and oats. The grains that do not include gluten are rice, wild rice, millet and corn. More info about gluten containing foods can be found at Celiac Support Association's website: www.csaceliacs.org

Those suffering from celiac disease are not the only ones who need to avoid grains. Gluten may cause many other symptoms and conditions ranging from Schizophrenia to more common conditions such as headaches. Researchers randomly selected 200 disease-free individuals to assess anti-gluten antibody levels, a medical test to measure a person's sensitivity to gluten. A comparison was made of the health complaints of the individuals with the highest antibody levels (more sensitive to gluten) to those with the lowest antibody levels (less sensitive to gluten). The results were alarming: "15% of the subjects who had the higher levels of antibodies (more sensitive) suffered from headaches, chronic fatigue, regular digestive complaints, anemic changes and showed no signs of celiac disease." This means that healthy individuals without Celiac disease were severely affected by gluten and showed three of the most common symptoms patients reported!

Lectins

All grains and legumes (beans, lentils, and soy) also contain sugar proteins known as lectins. Lectins are difficult to cook and digest. Before they are absorbed in the digestive tract lectins are known to cause digestive system inflammation. After lectins are absorbed through digestion they bind to the surface of many different types of cells throughout the body. While the details are not known, researchers state "there is now abundant evidence that lectins can cause disease in man and animals". Research suggests "arthritis, glomerulonephritis, psoriasis, multiple sclerosis, retinitis, cataracts as well as congenital malformations, infertility, allergies and autoimmune problems are lectin related".

Other Problems with Grains

Calcium is important for bone health however grains contain a substance called phytic acid which is known to reduce the absorption of calcium, magnesium and zinc. Grains also promote the pH of our body to become more acidic which is known to be inflammatory. Finally, grains contain higher amounts of fatty acid biochemicals called omega-6 fatty acids which cause inflammation. This is in contrast to fatty acid biochemicals called omega-3 fatty acids which are prevalent in fish and green vegetables and reduce inflammation.

Two Sides to a "Health Food"

Are you wondering why grains are so heavily promoted as good for us? First, whole grains do contain nutrients and fiber which are healthy and anti-inflammatory. Unfortunately, these benefits most likely do not outweigh the problems with grains previously discussed. We can obtain the nutrients and fiber required by eating good meats, fruits, vegetables, nuts and using supplements wisely. Second, from an economic standpoint, grains are inexpensive and profitable to store and manufacture a wide variety of food types from. This is why they are found everywhere in fast foods, snacks, easy to prepare meals, packaged foods, etc. Another issue is that they do not have the nutrient density they used to have grown many years ago. A big problem in this day and age is there are many hybrid forms of grain which are not real at all and therefore not healthy for us to consume.

Conclusion

This guide has hopefully been enlightening and chock full of helpful healthy information. Use this guide to get a start at taking charge of your health and live your best life now, free from disease as God intended. Allow this guide to empower you to make better healthy decisions for your food choices and for your life.

Help Is On The Way!

Dawne Horizons Spa & Wellness Center and Ask Dawne is about helping people live healthy naturally with God's medicine. Dawne believes there is a natural God-given remedy for every ailment, dis-ease or injury under the sun! Dawne's goal is to help inform people about what they can do naturally to help themselves without the use of other toxic and invasive modalities. As a Certified Holistic Health Consultant and an Essential Oil Therapist for over 18 years with countless testimonials from clients, friends and family members Dawne believes she has the experience and training necessary to offer information in the hopes that it may change, inspire, motivate and facilitate people's lives.

Many people are curious about natural health also known as holistic health, alternative health and complementary medicine and they don't know where to start to get information they can trust and rely on. Some people have heard so many things and tried so many various products that they are scared to try something else or they simply just don't know who to believe. We believe that Dawne can be the person to bridge the gap between not knowing and misinformation. She hopes to bring enlightenment and truth to people looking for real answers, for people looking to improve their health. She hopes to be that tangible person that can Coach, Correct and Cheerlead people to better health. She is not a TV personality or fly-by-night Wellness Guru she is a Holistic Mom and a Certified Holistic Health Consultant and she will be here for the long-haul to walk with a person, pray with the person and advise a person to better health, understanding and longevity. She is, we are, "Making Healthy Disciples!"

Next Step? Take ACTION...

Plan a FREE Discovery Call today and find out how Dawne can coach you to your desired health, fitness and weight goals, Naturally. Use the link below to schedule your 15min session with Dawne...

<https://calendly.com/dawnehorizons/15min>