

FOUNDATIONS OF HEALTH

SUPPORTING PROPER FUNCTION IN THE BODY & OVERALL HEALTH



6 BASIC FOUNDATIONS THAT CAN HELP RESTORE HEALTH AND BALANCE TO THE BODY

DISCOVER how to work with the body's innate ability to heal itself

LEARN how to address underlying issues through the 6 foundations of health

LEARN how balancing the foundations can lead to less fatigue, more energy, better sleep, improved immunity, & a better quality of life



ABOUT ME

I'm a nutrition and life coach specializing in food addiction, carnivore, keto, & IF coach, podcast host, and a huge keto and carnivore enthusiast.

I have battled with weight issues for over 40 years, trying just about every diet out there only to gain it back time and time again. And every time I failed, I blamed it on my weak will when I knew that was so far from the truth. Along the way, I have also dealt with multiple eating/exercise disorders and major health issues. But even worse than the physical issues were the emotional and psychological pain I endured.

All that changed when I stumbled across keto, then carnivore. For me, it was a life-changer. Finding a nutrition lifestyle that worked for my bio-individual needs was key to my long term success. I now apply the same philosophy to my clients. There isn't a one-size-fits-all approach.

Just a short time ago, the final piece of the puzzle fell into place for me. The reason I had "failed" all those other diets wasn't because of willpower.

I'm is a pathological sugar addict.

I had been treating the wrong issue! And with keto and eventually carnivore, the main "drug" of choice was removed which allowed my addictive brain to rewire. Now, I want others to be free from food addiction and lead a happy and healthy life through proper bio-individual nutrition, behavior changes, and support.

Amber Westworth
Sugar Addiction Specialist
NUTRITION & LIFE COACH

Nutritional Foundations

NUTRITION



1



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DIGESTION

**BLOOD SUGAR
REGULATION**



3



4

FATTY ACIDS

5



MINERAL BALANCE



6

HYDRATION

NUTRITION

1

Eating a nutrient-dense, whole food diet.

Eating a properly prepared, nutrient-dense, whole food diet provides the essential building blocks the body needs to maintain health and balance as well as providing fuel for the body.

Nutrients are chemical substances contained in food that are necessary to sustain life. The nutrients of the food we eat affects everything in our body starting with the formation of our cells which make up every tissue and organ in the human body. There is a big difference between building cells with Twinkies or potato chips versus real whole foods.



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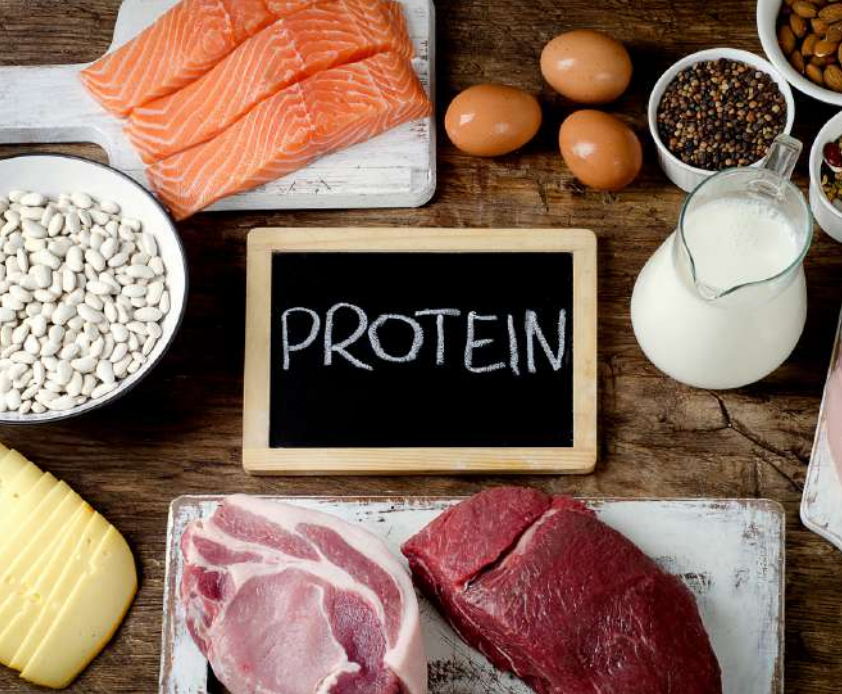
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MACRONUTRIENTS

Having a good balance of macronutrients--protein, carbohydrates, and healthy fats--from real whole foods is crucial in order to provide the body with all the nutrients it needs, including vitamins and minerals. What that balance looks like for each of us is very bio-individual and depends on many factors like genetics, digestion status, overall health, lifestyle, activity, and goals. Changes in activity levels, stress levels, or personal health goals will change the needs for each macronutrient as you go along and will need to be adjusted accordingly.

Proteins are the building blocks of tissues, enzymes, antibodies, hemoglobin, and peptide hormones, so it's critical to consume enough each day.

Carbohydrate needs are highly bio-individual based on factors such as activity level, insulin sensitivity, and digestion. It's important to consider quality, sourcing, context, and balance, not just quantity.

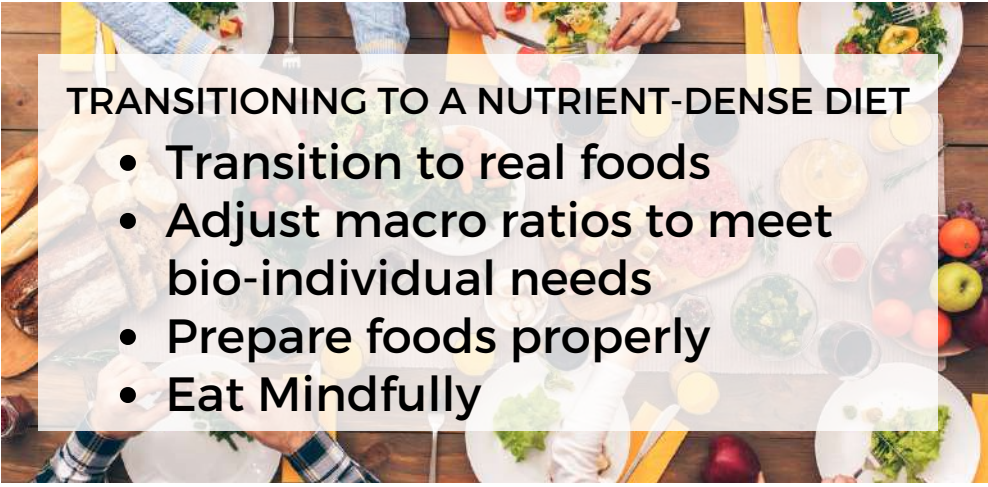
Fat is a vital building block and an excellent source of clean, long burning fuel in the body.





SOURCING REAL FOOD

- Think variety
- Think locally
- Think seasonally
- Think quality



TRANSITIONING TO A NUTRIENT-DENSE DIET

- Transition to real foods
- Adjust macro ratios to meet bio-individual needs
- Prepare foods properly
- Eat Mindfully

General Nutrition Guidelines

Although Nutritional therapy practitioners follow the philosophy that there isn't a one-size-fits-all diet that is perfect for every single person, there are some general nutritional guidelines that are recommended.

1. Choose whole foods that are as close to how they appear in nature as possible.
2. Eating a diverse diet consisting of local, seasonal, organic fruits and vegetables when possible.
3. If choosing to include nuts, seeds, grains, & legumes, soak, sprout nuts, seeds, grains, and legumes, when appropriate in order to increase the bioavailability of the nutrients.
4. When possible and within budget, choose grass-finished meats, pasture-raised poultry and eggs, and wild caught seafood. (Nutritional Therapy Association [NTA], 2021)

DIGESTION

Provides the nutrients that fuel and build every single cell in the body

At some point, we've all heard the saying you are what you eat. Eating a properly prepared, nutrient dense whole food diet is an essential first step, but what happens if you can't absorb the nutrients from it because of dysfunctions within the digestive system?

Proper digestion is fundamental to health. In order to use the nutrients from food, we have to be able to mechanically as well as chemically break it down and absorb the nutrients it contains. The digestive process is complex and depends on a number of events in order to utilize the nutrients.



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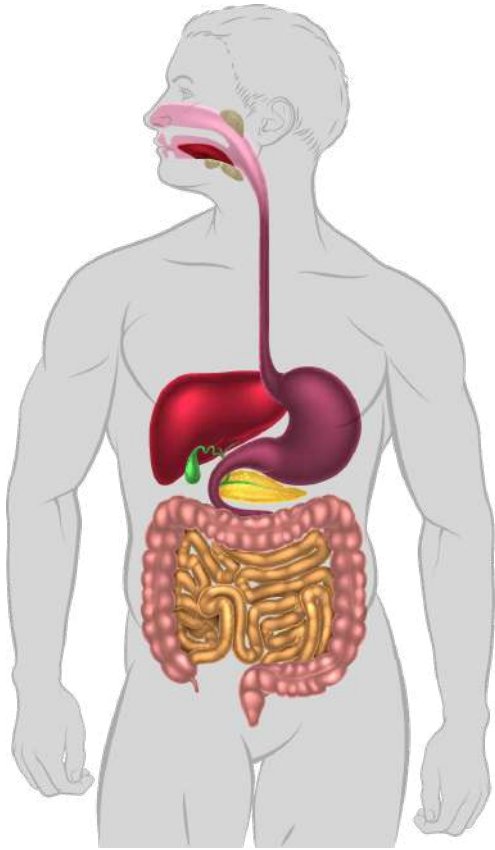
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Did you know that digestion actually begins in the brain? Most believe it starts the minute you put food in your mouth. But think about the last time you experienced the scent of baking bread and your mouth began to water? Your brain gets the signals and kick starts digestion.

In order to be in the digestive mode, you have to engage the parasympathetic system (rest, digest). As long as you remain in a sympathetic (fight, flight) state, the digestive process cannot function correctly. Parts of your digestion are shut off because the body believes it needs to reroute its energy to more important areas. Stress and rushing affect digestion in a big way. This is just the start of the whole digestive process and can affect the rest of the system. So, keep that in mind the next time you feel rushed and stressed when eating.

Another factor that affects digestion is not chewing food properly to allow it to mix with the enzymes in the saliva that helps start the break down of starches and some fats. So if you're stressed, rushed, and not taking the time to chew food enough, your digestion is already starting off in a rough place.

If stomach acid is not acidic enough due to factors like medications, eating refined carbohydrates, and stress, it won't be able to continue the break down of food so it can be absorbed. Same goes for issues with the pancreas, gallbladder, and liver, etc. We need all of the elements of digestion to work together. As you can see, any dysfunction along the way can greatly affect the ability to absorb the nutrients from food even if you're eating a nutrient dense diet.

Digestive Factors & Nutrient Absorption

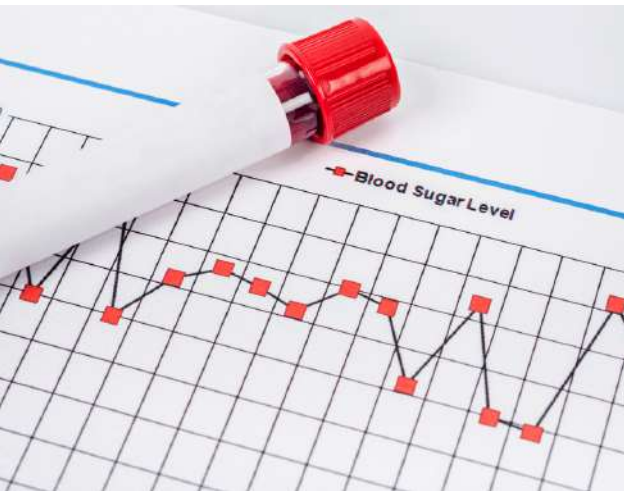
BLOOD SUGAR REGULATION

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Ensuring a steady, balanced supply of energy

Blood sugar regulation plays an important part when it comes to human physiology. Our body needs a certain amount of glucose (blood sugar) in the blood at all times, and it's tightly regulated. The body strives to keep the amount within a certain range. Too much glucose can cause damage to cells and tissue, but if there is too little glucose, it can lead to lethargy, dizziness, & extreme hunger. The increased consumption of refined foods, environmental and personal toxins, and high stress has led to a growing issue with blood sugar dysregulation.





When blood glucose is out of balance, the brain gets to work right away to get it back into range. Depending on what the issue is, the brain sends signals to the pancreas, adrenals, fat tissue, liver, and/or skeletal muscles to bring blood sugar back into balance. It's important to keep blood sugar levels in the target range as much as possible to help prevent or delay long-term, serious health problems

Blood Sugar Balance

Blood sugar affects:

- Energy production and balance
- The tissue of every organ and blood vessel
- Hormonal balance
- Brain health, mood, memory, and cognitive function

Optimization of the blood sugar regulation system and the liver, pancreas, and adrenals is a top priority in every health challenge and should not be taken lightly.

FATTY ACIDS

4

Absorbing and utilizing healthy fats for fuel, structure, and healing

We've been lead to believe low-fat diets are the gold standard of health, but in fact, healthy fats found in animal and plant foods are an essential part of eating a properly prepared, nutrient-dense, whole food diet. Fats make up about 15% of our body weight. Every cell membrane is made of fat. And fat provides an excellent clean, long-lasting fuel for our bodies. Many suffer from fatty acid deficiencies which can result in musculoskeletal, endocrine, cardiovascular, immune, and allergy issues as well as skin problems and depression.



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Importance of Fatty Acids

Fats play numerous roles in the body like

- provide the building blocks for cell membranes and hormones.
- calorie dense energy source
- help to regulate inflammatory response.
- increase satiety.
- make food taste better.
- helps body to absorb fat-soluble vitamins A, D, E, and K,
- helps regulate speed we digest food

There is a lot of noise about the importance of Omega 3s, and it is important. Matter of fact, it's essential for our bodies. But Omega 6s are also essential.

The problem is that due to the overuse of seed oils in cooking and processed foods, we now have an unbalance of the essential fatty acids. A good practice is to limit processed foods and seed oils while increasing Omega 3s by consuming more fatty fish like wild caught salmon and sardines and supplementing if needed. Consuming industrial oils in place of healthy fats and oils contributes to essential fatty acid deficiency and causes inflammation.

Don't be afraid of healthy fats!

MINERAL BALANCE



Absorbing and utilizing macro and micro minerals

We hear a lot about calcium, magnesium, sodium, and potassium, but our bodies require many more minerals than just those. Minerals make up about 5% of our bodies, by weight, and are essential for every single system in our body to function properly. And since our bodies can't make them on their own, we must get them from consuming foods and beverages. The best way to include more minerals into the diet is by consuming a nutrient-dense, whole food diet and drinking pure mineral-rich water.



Minerals act like spark plugs in the body



Minerals function like the “spark plugs” of the body, acting as a binder for enzyme reactions, keeping the pH of the blood in range, facilitating the transfer of nutrients across cell membranes, maintaining optimal nerve conduction, contracting as well as relaxing muscles, regulating tissue growth, and providing structural and functional support. Along with vitamins, hormones, and exercise, minerals are a primary factor in healthy bone metabolism. Minerals have a huge job!

An interesting fact is that our body’s mineral supply is concentrated in the skeletal system. 99% of calcium, 35% of sodium, 60% of magnesium, and 85% of phosphate is found in the skeleton.

Unfortunately, many of us are mineral deficient. Due to industrial monoculture and removing grazing and foraging animals, our soil is depleted of mineral which in turn affects the minerals in our food. There are other factors that can inhibit the absorption of minerals that can lead to deficiencies as well like alcohol, stress, other minerals, coffee, refined carbohydrates, dehydration, medications, hormones, illness, and poor digestion.

The most common mineral deficiencies are calcium, zinc, magnesium, iron, and iodine.

Importance of Minerals

HYDRATION

6

Supplying cells and tissues with sufficient water

Water is the most important nutrient, making up about 60% of the total human body mass and is required for many processes in the body (Popkin, D'Anci, & Rosenberg, 2010), yet most people stay in a chronic state of dehydration.

It may seem strange to think about water as a nutrient, but it has so many important functions in the body how could it not be? And FYI, you can go eight weeks without food, but only a few days without water. I'd call that pretty important.



WATER NEEDS

As with the other foundations, water needs are also bio-individual.

Some people will need more water than others like during hotter temperatures, during intense workouts, experiencing intense stress, blood sugar dysregulation, etc.

FACTORS AFFECTING WATER REQUIREMENTS:

- Age
- Activity level
- Processed food and sugar consumption
- Urine color
- Thirst
- Environmental conditions
- Elevation
- Chronic and acute disease
- Pregnancy and lactation
-

(Nutritional Therapy Association [NTA], 2020)

1. Found in every single tissue in the body.
2. Makes up most of all body fluids (saliva, blood, lymph, fluid within cells, and fluid outside cells).
3. Noted as the “universal solvent” since it can dissolve many more substances more than any other liquid (NTA, 2021)

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1. Water helps deliver nutrients and oxygen to cells as well as transport waste away from cells and eliminated from the body.
2. Water lubricates and cushions joints, absorbs trauma to the body, and helps to prevent tissues from sticking together.
3. Water makes for easier breathing by moistening oxygen.
4. Water helps regulate keep body temperature at an optimal level.
5. Water helps maintain electrical properties and communication between cells.

NOTE: Consuming an adequate amount of water is critical for proper hydration and overall health, so be sure to get in enough for your body and needs. As important as water is to our bodies, remember hydration can also be found with other drinks, fruits, vegetables, and broths.

Water Facts

Importance of Water



FINAL WORD

By addressing and supporting the foundations of health like properly prepared nutrient dense whole foods, adequate hydration, mineral balance, digestion & elimination, blood sugar regulation, and fatty acid balance through appropriate nutrition, lifestyle changes, and supplements when needed, we have the ability to return our bodies back to balance and optimal health.

REFERENCES

Nutritional Therapy Association. (2021). Basics of Nutrition. Nutritional Therapy Association Student Guide, 3-5.

Nutritional Therapy Association. (2020). Hydration. Nutritional Therapy Association Student Lecture.

Popkin, B. M., D'Anci, K. E., & Rosenberg, I. H. (2010, Aug 01). Water, hydra+on, and health. *Nutri4on Reviews*, 68(8), pp. 439-458.





Ready to invest in yourself and work towards a better quality of life?

Ready to bring your body back into balance by supporting the body's innate ability to heal itself?

Book a 15 minute free consultation now.

BOOK NOW

NUTRITION *Lone Star* THERAPY
Nutrition & Life Coaching

