

## General Nutritional and Health Thoughts

- Our basic rule: "No caffeine, no sugar, no carbonation, and no white flour – stay hydrated!"
- Soda (pop) has 16 teaspoons of sugar in it. This hampers digestion, clogs the liver, depletes you of energy and dehydrates the body because it is processing the chemicals. It hampers digestion for up to three minutes, which means that the food in the body ferments and produces gas and indigestion. When this happens, energy levels go down by about 20%.
- Sugar stops digestion and in doing so, takes away the natural energy the body has. Sugar makes the blood sugar in the body spike and then drop.
- Carbonation wastes your body's energy. It takes energy to break it down and get rid of it.
- Excessive amounts of caffeine boost blood pressure levels, contribute to sleep issues, causes problems with concentration, lead to headaches and kick start the heart rate. Caffeine is a diuretic that can lead to dehydration as it eliminates water from the body.
- Why is the color of white bread so white when the flour taken from wheat is not? It's because the flour used to make white bread is chemically bleached, just like you bleach your clothes.
- Highly processed white flour (alias "enriched wheat flour" or "wheat flour") is missing the two most nutritious and fiber-rich parts of the seed: the outside bran layer and the germ (embryo). White flour is empty of nutrients.
- Mild dehydration will slow down one's metabolism as much as 3%.
- Lack of water is the #1 reason for daytime fatigue
- If you are thirsty, research shows that you are missing 3% of your body's water supply.
- If you are continuously having dry lips, you are lacking 7% of your body's water supply.
- 75% of Americans are chronically dehydrated.
- Take protein within 45 minutes after a workout for better utilization of the protein.
- Your body re-energizes and repairs between 10:00PM and 2:00AM. Go to bed at night on time.
- Some people keep pulling the same muscle over and over. The number one reason is not warming up properly. Warm-up takes 45 minutes depending on the event. Warming down and post-stretching is critically important.
- If you find yourself waking up at 2:15AM, usually your adrenals (a gland on top of your kidneys) are exhausted. You may need rest, or supplements that will support your adrenals such as B5.
- Keep your feet warm. Your feet are you body's thermometer. Warm you feet before going to bed.
- If stress causes you to be nauseous (like before a race), then eat a small piece of ginger root. Drink ginger tea, or if you don't like ginger, peppermint will help as well.
- 10 deep breaths can lower blood pressure by 10%. It can also stabilize pulse, relieve tension headaches, reduce stress, and relieve fatigue.
- Need a quick pick up? Cut a lime and inhale for a few minutes. The properties of lime are energizing and will perk you up. If you don't like lime, you can also use lemons, spearmint or grapefruit.
- Eating five servings of vegetables a day and cut your risk of colon cancer. You can cut your risk by as much as 40% depending on what your diet is.

- Muscle cramps can mean that you have an insufficient amount of magnesium, potassium, calcium, trace minerals or vitamin B6. You could also be dehydrated.
- Always start your day off with juice to help detoxify the body. Lemon and water are excellent, but orange, apple, and grapefruit will do. The reason this works is because it stimulates the bile in the body.
- Need to be focused and more positive? Inhale peppermint.
- Additional information - [www.discountnaturalherbs.com](http://www.discountnaturalherbs.com)