



Dear Community,

Set out on your path to healing and making healthy lifestyle choices with some practical tips you can put into action today. These help your body cleanse itself naturally and reduce inflammation, which is crucial for overall well-being.

Healthy Lifestyle Choices

- **Sleep:** 7-8 hours of quality sleep every night.
- **Water:** Drink plenty of filtered water (about 2-3 litres a day).
- **Avoid foods that can cause inflammation**
 - Sugary food
 - Food with gluten
 - Trans fats found in packaged and fried food (E.g., potato chips, fries...)
 - All seed oils, including polyunsaturated fats (E.g., sunflower/vegetable/ canola/hemp seed/ safflower/soybean oil)
 - Products like mayonnaise, salad dressings, dips and tofu.
- **Organic foods** – consume lots of these
- **Avoid snacking**
- **Eat food in the right order** to slow gastric emptying and slow the breakdown and absorption of glucose.
 - Begin with greens and fiber, then protein and fat, then, if you must eat starchy foods, make sure they include fiber and make them the last thing you eat.
 - Eat fruit after a meal and always make sure it is preceded by fiber.
- **Drink a tablespoon of vinegar** (preferably apple cider vinegar) stirred into a glass of water before eating starch or something sweet.

Vinegar decreases the glucose spike as well as the release of insulin. Vinegar may be beneficial even if consumed up to 20 minutes after a starchy food. Note that apple cider vinegar is usually unpasteurised and should be avoided during pregnancy.

A great local source of vinegar is Goulter's. Their products can be found at vinegarpower.co.nz and they have a shop at 122 Tahunanui Drive.

If vinegar is not readily available, try consuming a few fiber tablets (esp. glucomannan tablets) prior to eating a starchy or sweet treat. This should flatten the blood glucose curve.

- **Walk.** Go for a 20-minute walk within an hour of eating (especially starchy food). During exercise, muscles take up glucose for energy while

increasing mitochondrial oxidative capacity. This is a very effective method to flatten the blood glucose curve.

- **Avoid fruit juices and smoothies**, which cause a large glucose spike.
- **Skip Breakfast.** Despite what your mother told you, it is good to skip breakfast. If you do eat breakfast, avoid sugar, starches, and cereal, which all cause a rapid spike in blood glucose.
- **Avoid snacking** throughout the day and avoid distracted eating. Studies have shown that eating on the sofa or at your desk can lead to excess weight gain because we are not aware of how much we have eaten.

Source: <https://covid19criticalcare.com/wp-content/uploads/2023/04/Eat-Well-Summary-2023-04-10.pdf>

Time Restricted Eating

FLCCC (<https://covid19criticalcare.com/treatment-protocols/>) suggests time-restricted feeding as a lasting lifestyle intervention to promote health, reduce disease burden, slow aging, prevent neurodegenerative disease, prevent cardiovascular disease, and prevent cancer.

Time-restricted eating is a type of fasting where food intake is limited to a short window during the day (1 to 8 hours window for example from 12:00 am to 6:00 pm), with only fluids such as water, unsweetened tea, or coffee for the rest of the day.

More details about this approach can be found in the VISn Quick Detox Guide.

The objective behind time-restricted eating is to extend the inherent nighttime fasting period to approximately 16 to 18 hours.

Engaging in time-restricted eating can assist your metabolic health and can positively impact pathways and molecules related to health issues like prediabetes, diabetes, weight gain, fatty liver disease, and certain cancers. Read more about the health benefits and the research behind Time Restricted Eating here: <https://covid19criticalcare.com/protocol/eat-well-guide-to-fasting-and-healthy-eating/>

Supplement Suppliers

- **o2B Healthy:** 7 Elms Street, Wakatu Estate, Stoke; o2bhealthy.co.nz/
- **iHerb:** nz.iherb.com/
- **Tasman Health:** tasmanhealth.co.nz/
- **Healthpost:** healthpost.co.nz/
- **Greenworld Health and Lifestyle Motueka:** info@greenworldhealth.co.nz

RCR Health Hacks

Consider tuning into the uplifting health discussions on Reality Check Radio, - **Health Hacks** (<https://realitycheck.radio/health-hacks>). These weekly sessions are hosted by Paul Brennan, and provide valuable practical guidance for maintaining our health and well-being.