



START HERE FOR GREAT HEALTH

Cleaning up your kitchen reduces temptation and anything that you make from a clean kitchen can't be questionable.



The Kitchen Clean-Up

I say this because if all you have are good ingredients in your kitchen and pantry, then only good things can be produced from that kitchen. So let's look at it this way. If you are like me, if it is in the kitchen, then it's gonna get eaten. This means when I have a moment of weakness and there are chocolate fudge covered cookies, I am gonna eat it. We all have stress, we all have disagreements and it is in those moments that we fall.

As the great Zig Ziglar says, "If you are gonna fall, fall on your back. That way your only way is up." To help us when we fall, let's try to minimize the falls. By eliminating temptations or making ourselves work for it, the fall is harder to have and we typical don't fall as hard. So a bit of label reading is in order, if what you have in the kitchen or pantry has any of the following ingredients, then they have to go:

Bad sources of sugar:

- High fructose corn syrup
- Corn syrup
- Maltose
- Maltodextrin
- Evaporated cane sugar
- Organic raw sugar
- Barley malt
- Agave nectar
- Carob syrup
- Golden syrup
- Beet sugar
- Cane sugar

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Hidden Wheat

- Baguette
- Beignet
- Bran
- Brioche
- Bulgur
- Burrito
- Caramel coloring (?)
- Caramel flavoring (?)
- Couscous
- Crepe
- Croutons
- Dextri-Maltose
- Durum
- Einkorn
- Emmer
- Emulsifiers
- Farina
- Farro
- Focaccia
- Fu (gluten in Asian foods)
- Gnocchi
- Graham flour
- Gravy
- Hydrolyzed
- Vegetable protein
- Hydrolyzed wheat

These hidden sources of wheat need to be eliminated for the first 6 weeks

- Astarch
- Kamut
- Maltodextrin
- Modified food starch (?)
- Orzo
- Panko (a bread crumb mixture used in Japanese cooking)
- Ramen
- Roux (wheat-based sauce or thickener)
- Rusk
- Rye
- Seitan (nearly pure gluten used in place of meat)
- Semolina
- Soba (mostly buckwheat but usually also includes wheat)
- Spelt
- Stabilizers
- Strudel
- Tabbouleh
- Tart
- Textured vegetable protein (?)
- Triticale
- Triticum
- Udon
- Vital wheat gluten
- Wheat bran
- Wheat germ
- Wraps

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Bad Ingredients:

- Processed Flour and Enriched Flour
- Soybean oil
- Canola oil
- Corn oil
- Safflower oil
- Sunflower oil
- Palm oil
- Peanut oil
- Vegetable oil
- Vegetable shortening
- Margarine and ALL butter substitutes and anything that says "Hydrogenated".

And now that, if you are like most typical Americans, your kitchen and pantry is almost completely empty, let's fill'er back up. Remember you really can not go wrong with REAL FOOD. That means food that you can identify as food. We don't have to read a label or guess what it is. If it has an "Ingredients List", well, we probably shouldn't be eating it.

The Kitchen Clean-Up

The Kitchen Stock-Up

Staples and Snacks:

- Purchase "SMASH" fish
- S - Salmon (Wild Caught please)
- M - Mackerel
- A - Anchovies (If you can handle them)
- S - Sardines
- H - Herring
- Nuts - Brazil, almonds, walnuts, pecans, macadamia, cashews, pine nuts and hazel nuts. We want these unsalted and raw.
- Single ingredient nut butters
- Extra Virgin Olive Oil (We are lucky enough to have a Galena Garlic Factory near us and we use the high Polyphenol Olive Oil)
- Virgin organic coconut oil
- Pumpkin seeds
- Flax seeds - Ground and whole (Be careful if you are male with these)
- Hemp seeds
- Chia seeds - just in case you want that 70's Chia pet (Look it up, it's a real thing)
- Vinegar's - Balsamic, apple cider, wine and rice
- Raw honey
- Unsulfured molasses.

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- Green tea
- Black tea
- Lavendar tea (unsweetened)
- Chamomile tea (unsweetened)
- Herbs and spices (Lots and lots of herbs and spices, they are fun to cook with, add flavor and are super nutrient dense.)
- Whole milk cheeses made with pastured grass fed animals - preferably "A2 cows".

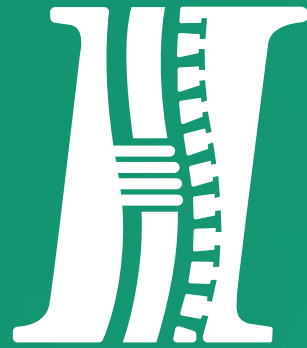
I realize this is a bit geeky, but hey, it's just me.
Stock your freezer with local "Pastured" meats.
Try to do the best you can.

The questions to ask your farmer are:
Are these animals pastured?
Can I see where they roam?
In the winter how do you feed them?

You want animals that are allowed to roam and are fed on grass as much as possible. I am in Indiana and we can not pasture raise and grass feed year round, so some of our proteins are grain fed for part of the winter and sheltered also. Just do the best you can. Remember the quality of the ingredients counts and if you are worried about price, you will pay, either at the checkout or at the pharmacy. The choice is yours.

Remember as your health increases, you can add variety back in, but keep it clean and natural. Tomatoes are healthy, when you are healthy enough to eat them, but some people have leaky gut and eating night-shades causes issues. So enjoy and if you have any questions please do not hesitate to ask:

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