



“Imagine waking up everyday with the health and energy you’ve always wanted!

We believe that food is medicine and has the power to heal.

Despite popular perception, you don’t have to be an expert or wealthy to improve your health and how you feel. In fact, having a healthy lifestyle can be simple, but you will have to decide to make the necessary changes to achieve your goal, even if it takes one small change at a time. We hope you take the time to uncover your health goals and bring your attention to how you fuel your mind and body every day. Everyone deserves a life of vitality with a body that feels great. Here are some helpful tips that everyone can use to optimize their healthy living journey, with a nourished mind and body, from the inside, out.”

Wishing you your best health and happiness,

Mark Hyman, MD and Mona Sharma, RHN

12 Wellness Tips to Awaken Your Best Health

1 Have a big WHY

Why do you want to be healthy? How do you want to feel? How do you want to show up for yourself, your friends, and your family now, and in the future? Once you're clear on your why, staying on a healthy living path and making the right food choices feels a lot easier because your choices are fueled by purpose. Changing the way you eat is only sustainable if it's fueled by feeling worthy of caring for yourself and self-love, instead of feelings of shame or guilt and resorting to dieting and deprivation.

2 Get rid of sugar

Sugar is highly addictive and dangerous to your body and overall health. It has no nutritional value and today, it's hidden in many foods, drinks, and ingredient labels on processed food to make them more addictive. It not only can cause us to hold onto extra fat, but it can increase our chances of getting diabetes, cancer, and fatty liver disease. Avoid products that contain sugar, sucrose, and toxic high-fructose corn syrup, and be aware that there are hundreds of names of sugar to it in foods today! The best way to satisfy a sweet tooth is to choose a naturally sweet food from nature, with no ingredient label.

3 Increase water intake and eliminate soda

Soda consumption is the number one cause of obesity in children. Drinking just one can of soda can increase the risk of diabetes by 65% for children and by 80% in women. Avoid it, especially diet sodas that are loaded with toxic chemicals that also keep you craving sugar! Instead, find a big reusable water bottle you love and can carry with you. Use filtered water and infuse it with herbal teas, fresh lemon, cinnamon or peppermint, and hydrate your body so all systems can function at their best. Staying hydrated also encourages proper elimination, weight control, and helps prevent brain fog.

4 Add more fiber daily

Dietary fiber is essential for proper gut health, maintaining a healthy weight, and lowers the risk of inflammatory issues. We should be consuming a minimum of 30g of fiber daily (from foods, not supplements), yet the average American is only consuming 8-15g a day. Aim to get your fiber from natural foods by eating a variety of vegetables, especially leafy greens, legumes, and fruits moderation.

5 Remove boxed, packaged/processed foods

These foods are often loaded with sugar, salt, inflammatory oils, and chemicals to preserve or add flavor. Read your labels and if you don't know what an ingredient is, don't buy it! Over time the accumulation of these fake foods and ingredients add to the toxic load your body endures, and will deplete your health without you knowing it. Things like fast food, cereals, chips, desserts, jarred sauces, crackers, processed meats, and frozen meals fall into this category. Think of processed food like "fake food" that fuel nutritional deficiencies. Foods in their most natural form, and better yet, the ones with no ingredient list, are the ones that fuel a happy body and long term health.

6 Eat more healthy fats daily

Monounsaturated fats and polyunsaturated fats are known as the "good fats" because they are good for your heart, your cholesterol, and your overall health. Good quality fats come from sources like avocados, coconut oil, olive oil, unprocessed nuts and seeds, organic ghee, and fatty fish. Swap out unhealthy cooking oils such as canola oil, vegetable oil, soybean oil, and hydrogenated fats/oils that are heavily processed and inflammatory. Instead, replace them with extra virgin olive oil, coconut oil, or avocado oil that will support your body in reducing inflammation. This means reading labels closely, and avoiding fried foods especially when eating out because they may be loaded with toxic fats that make you sick.

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Eat a variety and eat the rainbow

Instead of eating the same foods every week, aim to change your weekly shopping list so you're consuming a variety of vitamins, minerals, and nutrients from different whole foods. You'll also be taking in a variety of nutrients from the different soils and crops the food is grown in. Considering your kitchen your natural "Farmacy" to optimize your health – food is medicine so diversify your menu. What you eat fuels you, or depletes you, so choose wisely. Keep reading to see our full list of foods to enjoy.

8

Get enough good quality sleep

Poor sleep can drive insulin resistance, disrupt your appetite hormones, and reduce your physical and mental performance. Aim to be asleep and awake at the same time daily. Routine is key to quality sleep which is vital for good health and well-being throughout life. Turning screens and electronic devices off an hour before bed is the best thing you can do to support deep, restorative sleep.

9

Reduce stress

Stress isn't all bad, but chronic, daily stress is the root of dis-ease today. This constant stress impacts brain function, mood, the immune system, cardiovascular health, and digestive health, and contributes to aging and weight gain. It can reduce our overall quality of life. Most importantly, your body cannot digest food properly when it's in a state of fight or flight. It's essential that you find a stress reducing technique that you enjoy – journaling, meditation, deep breathing, or having a daily gratitude ritual are all beneficial. It can be as simple as stopping to take a few mindful breaths and noticing the relief you feel when you exhale. Tune into your body and your emotions so you can learn intuitively how to release tension and the thoughts that fuel anxiety and stress. A mindfulness practice may be the missing link to reaping all the rewards of a healthy diet.

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Move daily

Daily exercise or any type of movement you love in your daily life supports cardiovascular health, flexibility, muscle mass, and even brain function as we age. Daily movement also keeps you aligned with a healthy lifestyle. Chances are, the more you move, the more you'll stick with a healthy eating plan. So whether you go to a gym, go for a walk, dance at home or find a yoga class, find something you love to do. Watch the benefits affect your energy, state of mind, and your waistline when you commit to consistent movement.

11

Community

Positive social connection promotes emotional and physical well-being and today is being heavily researched. If you're not surrounded by friends and family that fuel a positive mindset and healthy eating habits, consider finding a group or a weekly class that keeps you committed to a positive relationship with yourself, with others, and with a healthy living practice that will serve you for life. One telling study showed that lack of social connection is a greater detriment to health than obesity, smoking, and high blood pressure. So in-person face-to-face connection, off screens and devices, plays a major role in well-being and healing the mind/body through personal empowerment.

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Remove household toxins

It's important to remove as many toxic chemicals and products out of your home as possible. Hidden sources of toxins to be aware of are old paint, popular cleaning products, non-stick coating on cookware or food storage products that are produced using plastics or teflon (chemical coating), deodorizing room and fabric sprays, air fresheners, and also personal care items like perfume, skincare and makeup products. What you put on your skin penetrates faster than what you eat. So reading labels for the products you use is just as important as reading labels for the food you eat to reduce your body's toxic load and preventing disease. Check out the Environmental Working Group's list of safe products to create the healthiest environment in your home for you and your family.

Nutrition Guidelines

Many of today's illnesses stem from nutritional deficiencies. Most of the food we're consuming is processed and stripped of nutritional benefits that help us feel nourished and age well. So when you decide to commit to a healthy living program, instead of focusing on all of the things you shouldn't be eating, focus on the abundance of things you can enjoy! Remember, food is information for all the cells in your body. What you eat will either deplete your health and energy, or it will help you thrive! It won't take long before you'll start to feel the difference from eating nutrient dense foods which will inspire you to stick with a nutritious meal plan.



1. Eliminate all toxic processed foods from your house.

Refer to our list of foods to enjoy and limit the next time you go grocery shopping. Remember, if you don't buy unhealthy groceries, you won't be able to eat them! Healthy living is easier when the foods and products that don't serve your health, aren't in your home.



2. Change your protein to grass-fed and non-GMO.

Protein is necessary because it supports muscle, connective tissue, hair, blood, enzymes, neurotransmitters, and more. However, caution must be taken with the meat you buy because it can be detrimental to your health. Commercial meat contains pesticides, antibiotics, herbicides, hormones, and higher levels of inflammatory omega-6 oils because of the grain the animals are fed. It's important to know what the animals are eating and where they come from because everything they eat and absorb in their lifetime gets digested into your cells when you eat it. So look for meat that is certified humanely raised by reading labels and choose organic when possible. To reduce costs, consider reducing your portion size to 4-6 oz which is all you need.

If you consume **soy**, always opt for organic, non-GMO soy products that are unprocessed and free of artificial flavors, like edamame and tofu.



3. Fill your plate with vegetables.

When you look at your meals, 75% of your plate should be vegetables! Going plant-based means that you'll be consuming a colorful variety of vitamins, minerals, fiber, and phytonutrients that are missing from processed foods, meat, and starches. There may be a learning curve to shift the ratio of foods on your plate that you're used to, but these real whole foods will deliver long term benefits, especially when combined with a high quality protein, and good quality fat.

Nutrition Guidelines Continued



4. Eat the right carbs.

When we think of carbs we think of bread, pasta, rice and other boxed starches that are usually stripped of nutrients and fiber. Carbohydrates are essential to long-term health but it means choosing the right carbohydrates from whole foods like vegetables, fruits, and legumes, and minimizing starchy, high-glycemic vegetables and grains that impact insulin levels. If you've wondered about whether you should remove gluten, then the answer is yes! Gluten has been found to negatively impact the lining of the gut, creating "leaky gut" or intestinal permeability, even in those who do not have celiac disease. See our food list below for the carbs to enjoy vs. the carbs to limit or avoid. Notice we haven't included gluten-free labelled foods because they are often filled with sugars and chemical flavors to make them taste good. So opt for whole foods, which are naturally gluten-free.



5. Eat high quality fats at every meal.

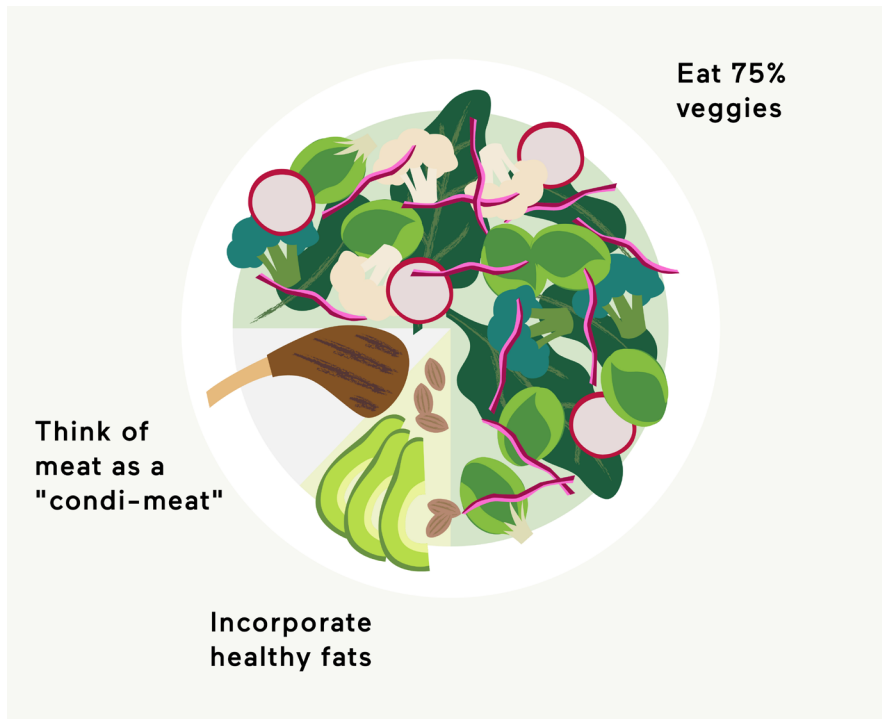
Consider good fats the powerhouse of your meal to fuel energy, satiety, nutrition, and weight loss. Keep healthy fat options on rotation, especially the omega-3 fats like extra-virgin olive oil, wild salmon, avocados, almonds, and chia seeds.



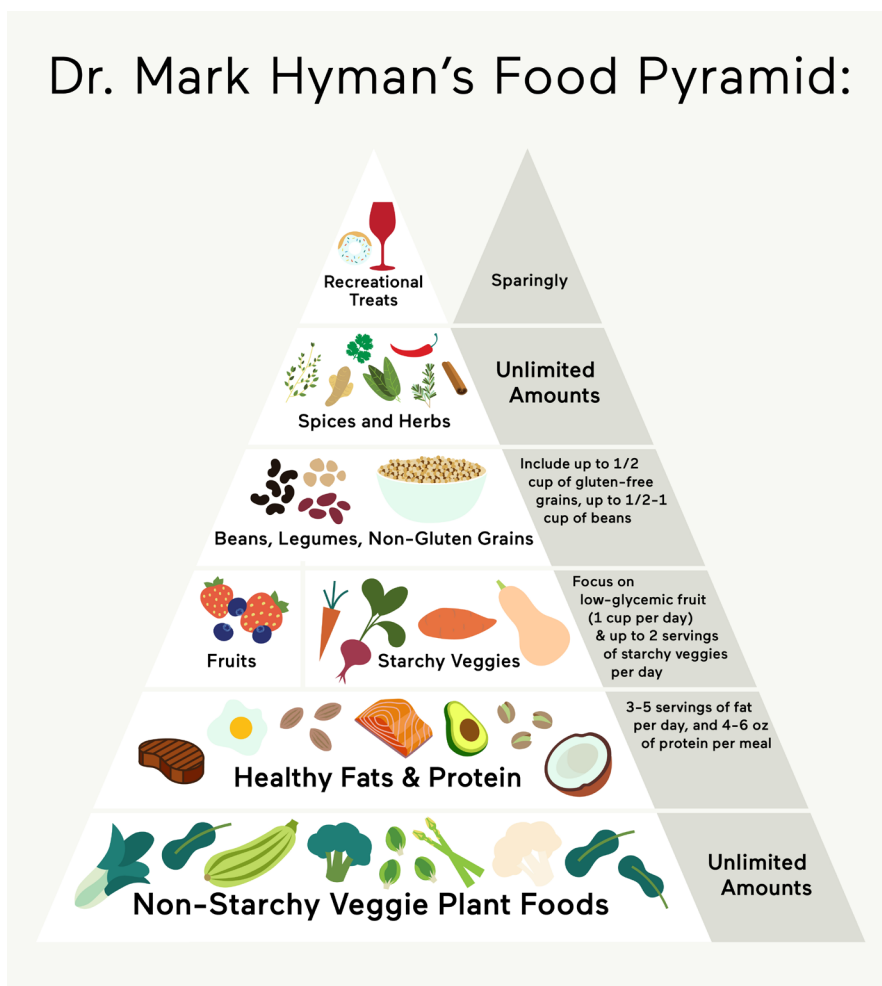
6. Choose organic whenever possible.

We highly recommend going organic when you can. Conventionally grown produce requires the use of toxic chemicals designed to kill insects and other pests, and the residue of these chemicals remains on the food we eat, which then makes its way inside our bodies. Unfortunately, organic is often costlier, so refer to the Environmental Working Group's (EWG) list, known as the "Dirty Dozen," that can tell you which foods you must buy organic according to their ranking of toxicity. The EWG also keeps a list of the foods that have the least amount of pesticide residues, known as the "Clean Fifteen."

What Your Plate Should Look Like



Dr. Mark Hyman's Food Pyramid:



How to Cook:

Did you know that you can retrain your palate to prefer the taste of healthy whole foods? When you're accustomed to eating a diet that includes processed, salty, sugary, fatty foods, your taste buds and brain may sabotage your intentions to be healthy because these foods are highly addictive! In fact, according to David Kessler, MD, former head of the Food and Drug Administration (FDA) and author of [The End of Overeating](#), these [overly processed foods](#) "can lead to [neuro-chemical addiction](#)." In other words, your healthy eating failures aren't due to a lack of willpower, you may be chemically dependent on the foods you're trying to quit. So whether you're someone who craves salty, sweet, or fried foods, here are some tips when cooking:

1. [Plan ahead](#) and fill your fridge with colorful, whole foods so you're prepared to grab foods that are healthy, on the go.
2. [Cook in bulk](#) to save time and money. Having leftovers is a great way to stay on a healthy eating plan throughout the week.
3. [Include spices](#) to season your food and add onion, garlic, or scallions to boost flavor and taste.



4. [Sauté, steam, bake, slow cook](#) to maintain nutrient density of foods and avoid frying which depletes nutritional value. Avoid overcooking foods, especially at high temperatures.
5. [Stock up on frozen organic vegetables](#) to save time. These are pre-cut, just as nutritionally beneficial, and ready to add to any meal.
6. [Use recipes or online videos](#) for inspiration and recipes.



Foods to Love:

VEGETABLES (organic when possible, refer to Dirty Dozen chart)	NUTS/SEEDS (use raw or sprouted nuts and avoid peanuts)	Limit High Glycemic Fruits: Organic Apples, Bananas, Cherries, Peaches, Pears, Pineapple, Papaya
Artichoke Arugula Asparagus Beets Bell peppers Bok choy Broccoli Broccoli rabe Brussels sprouts Cabbage Carrots Cauliflower Celery Collards Cucumbers Eggplant Fennel Garlic Green beans Jerusalem artichoke Jicama Kale Mushrooms Mustard greens Olives Onions Parsnip Pumpkin Radish Romaine lettuce Seaweed Spinach Sweet potato Squash (summer and winter) Tomatoes Turnips Watercress Zucchini Limit High Glycemic Vegetables: Sweet potatoes, squashes, all root vegetables.	Pumpkin seeds Sunflower seeds Almonds Brazil nuts Hazelnuts Macadamia Pecans Pine nuts Walnuts	FERMENTED FOODS
FISH (wild-caught only, NO farm-raised, smaller fish contain less mercury)	FATS/OILS (organic & unrefined, limit consumption first 4 weeks)	Sauerkraut Kimchi Kefir
Anchovies Bass Cod Grouper Haddock Halibut Herring Mackerel Mahi mahi Red snapper Salmon Sardines Seabass Trout Tuna (in moderation)	Virgin coconut oil Extra virgin cold-pressed olive oil Avocado oil Almond oil Ghee Flaxseed oil Hempseed oil Sesame oil	SPICES & HERBS
	DAIRY (If consuming cheese, make sure it's grass-fed and limit intake)	Sea salt Basil Black pepper Cilantro Coriander seeds Cinnamon Cumin Dill Fennel Garlic Ginger Mint Parsley Peppermint Rosemary Sage Sea salt Tarragon Thyme Turmeric
	Grass-fed ghee Grass-fed butter Kefir (cultured goat milk)	GRAINS (Organic, non-GMO, and gluten-free)
	PROTEIN (organic, grass-fed)	Amaranth Black rice Buckwheat Millet Quinoa Brown rice
	Beef Lamb Turkey Chicken Eggs (pasture-raised) Bison Organic bones for bone broth	CONDIMENTS
	BEANS (Avoid all beans if autoimmune condition, leaky gut or pre-diabetic)	Apple cider vinegar Coconut vinegar Gluten-free soy sauce
	Green beans Green peas Sugar snap beans Snowpeas Miso Natto Non-GMO tofu Non-GMO tempeh	FLOURS
	LEGUMES (Ideally sprouted and soaked overnight to ease digestion. Use in moderation.)	Coconut flour Almond flour
	All lentils	BEVERAGES
	FRUITS (organic, in moderation, before 1pm)	Filtered water Sparkling water Bone broth Almond milk (unsweetened) Coconut kefir (unsweetened) Coconut milk (unsweetened) Herbal teas listed above Raw vegetable juices (greens only)
	Avocado Apple (green) Berries (all types) Coconuts Lemon Lime Pomegranate	

Avoid these foods:

Although we don't want to focus on what NOT to eat, avoiding certain foods can be life-changing for many individuals. When you limit or avoid certain addictive and inflammatory foods, you might notice huge changes in your body. We're not saying to avoid these foods forever, but try excluding them for a week or three weeks and see how you feel.

CARBS	FATS	DRINKS
Gluten Processed carbohydrates (including bread and pasta)	Dairy products (except for grass-fed ghee or clarified butter, which has no dairy proteins) All refined vegetable oils: canola, corn, safflower, soy, sunflower, etc.	Soda Diet soda Milk Fruit juices Sports drinks Energy drinks Alcohol Caffeinated beverages
ANIMAL FOODS/PROTEINS	CONDIMENTS	
Processed meats: bacon, canned meat, hot dogs, salami, etc. High-mercury fish: king mackerel, tuna, swordfish, Chilean sea bass, halibut, lobster, marlin, shark, tilefish, orange roughy (avoid these for the long term)	Additives Preservatives Dyes MSG (avoid these for the long term) Artificial sweeteners: Splenda, Equal, aspartame, sorbitol, xylitol and all sugar alcohols (avoid these for the long term); some stevia and monk fruit may be okay	

Diabetes: The Modern Epidemic that Could be Wrecking Your Health

In my practice, the number one thing that interferes with achieving vibrant, long-lasting health is something called diabetes. You might have heard of diabetes, but not diabetes. Diabetes is a modern epidemic, a deadly disease that one in every two people have. It consists of the continuum of abnormal biology that ranges from mild insulin resistance to full-blown diabetes.

The entire spectrum of diabetes, including all of its complications—diabetes, elevated blood sugar, blood pressure, and cholesterol—are simply downstream symptoms that result from *problems with diet, lifestyle, and environmental toxins interacting with our unique genetic susceptibilities*.

When your diet is full of empty calories and an abundance of quickly absorbed sugars, liquid calories, and carbohydrates (like bread, pasta, rice, and potatoes), your cells slowly become resistant to the effects of insulin and need more and more to do the same job of keeping your blood sugar even.

Thus, you develop insulin resistance. A high insulin level is the first sign of a problem. The higher your insulin levels are, the worse your insulin resistance. Your body starts to age and deteriorate. In fact, insulin resistance is the single most important phenomenon that leads to rapid and premature aging and all its resultant diseases, including heart disease, stroke, dementia, and cancer.

Work with your doctor to determine if you have diabetes

1. Get the right tests. Most doctors focus on fasting blood sugar. This is actually a poor indicator of diabetes. The best test to tease out the condition is an insulin response test where insulin levels are measured fasting and then 1 and 2 hours after a glucose drink. Demand this test from your doctor. Your blood sugar levels should be less than 80 mg/dl fasting and never rise above 110 or 120 mg/dl after one and two hour checks. Your insulin should be less than 5 uIU/mL fasting and should never rise above 30 uIU/mL after one and two-hour checks.
2. When it comes to interpreting your blood work, here's some advice. Fasting blood sugar should (between 70 to 85 mg/dL). Triglycerides (normal: less than 100 mg/dl). HDL – the good cholesterol (normal: greater than 60 mg/dl). Blood pressure (normal: less than 120/80, ideal: less than 115/75)
3. Calculate your hip to waist ratio. Having too much fat mass and not enough lean muscle mass is associated with lower brain volumes. Calculating your waist-to-hip ratio is also a way to identify if you have issues regulating your blood sugar, with high waist-to-hip measurements suggestive of insulin resistance. Let's calculate your ratio to see where our starting point is. How to:
 - Measure your waist:
 - Measure midway between the last rib you can feel and the top of the iliac crest (the topmost bony ridge of your hips). This is roughly where your belly button is.
 - Measure your hips:
 - Measure the widest part of your hips a few inches below where your belt goes (these bony protuberances of the thigh bone are known as the greater trochanters).
 - Divide your waist measurement by your hip measurement:
 - waist/hip = waist to hip ratio
$$\frac{\text{_____ (my waist measurement)}}{\text{_____ (my hip measurement)}} = \text{_____ (my waist to hip ratio)}$$

Optimal Ratio for Women: <0.8
Optimal Ratio for Men: <0.9

*Values above these may indicate insulin resistance and may benefit from reducing carbohydrate intake. Resistance training will also help you increase lean body mass and reduce fat mass.

The good news is that if you suspect that you have diabetes, you can take lifestyle steps to reclaim your health. I always recommend working with a physician to interpret results and if you are going to make any big changes in your lifestyle.



“Everything we eat, do, the way we move, how much we move, how well we sleep, the quality of our relationships, and how we manage stress impacts our health.

You have the power to
make choices to achieve
your best health today.”

Wishing you health and happiness,

Mark Hyman, MD and Mona Sharma, RHN