
OPTIMAL NUTRITION IN A NUTSHELL

To achieve optimal health and well-being follow these guidelines

1. Most importantly avoid the four white 'devils': white sugar, white flour products, white milk, and white table salt (sodium chloride). Choose organic, unprocessed, or minimally processed alternatives. These white foods are displacing foods, meaning they require more energy to digest than they provide, and have low nutrient density.
2. Avoid foods that contain additives and chemicals. Use a food additive dictionary to determine whether additives are safe. Nearly all additives affect the body's hormone and nervous systems. If you can't pronounce a listed additive do not eat it.
3. If it wasn't here 10,000 years ago – DON'T EAT IT. It will be a modern pseudo-food that will displace real food your body needs.
4. Avoid anything that is pasteurized, especially fruit juice and milk products. They are dead foods, no enzyme activity and generally full of sugar.
5. The longer a food lasts of the shelf the more likely it is to be dangerous to your health
 - If its irradiated do not eat it
 - If it is pasteurized do not eat it
 - If it is packaged in plastic, the food will absorb dangerous chemicals
6. Choose produce and meats in this priority:
 - I. Certified organic free-range products and meats
 - II. Organic products and meats
 - III. Locally farmed produce and free-range meats
 - IV. Commercially farmed produce and commercially hormone free meats
 - V. Commercial meats
7. Drink clean filtered water $0.033 \times \text{Kg} = \text{Litres per day}$
 - Nothing is a substitute for water as hydration for your body.
 - Store and purchase water in glass, not plastic
 - Water needs to contain minerals otherwise it is 'naked' water and can affect optimal hydration and cause excess urination.
 - Adding a pinch of unprocessed sea salt to a bottle of naked water can provide needed minerals and electrolytes. Celtic and New Zealand Sea salts are low in mercury and micro plastics.
8. Always eat to your unique metabolic type; eating preconceived diet guidelines diminishes participation in a relationship with your body. This can be determined by Peter in a consultation
9. Follow the 80/20 rule. If you eat correctly 80% of the time your body can generally absorb deviations 20% of the time. You don't need to be rigid, just intelligent.

This is a very brief nutritional guide to get you started. To achieve overall well-being a holistic approach to lifestyle factors must be incorporated. This involves stress management, adequate sleep and rest, and healthy movement.

