



Food Matters - Links, Resources & Cheats

Thank you for joining our Well-Care Workshop.

Please note, information is not meant to diagnose or treat disease and is meant for educational purposes only.

Books and Links

- Your Guide to Cellular Health, Unlocking the Science of Longevity & Joy, by Dr. Mercola
- EWG Clean 15 and Dirty Dozen - www.ewg.org
- Blood Type Diet - Book or app
- Paleo Diet - diet emphasizes whole, unprocessed foods like lean meats, fish, fruits, vegetables, nuts, and seeds, while excluding grains, legumes, dairy, and processed foods

Supportive Recommendations

- Keep a food diary - write what you eat for each meal for one week, include beverages and snacks; then also list energy level, mood, bowel movements and sleep quality. Try incorporating a high fat/protein, low carb breakfast and see if this changes (remember to try to eat organic)
- Practice Food Hygiene
 - Sitting, focus, chewing, mindfulness and gratitude
 - No iced beverages within 20 minutes of meals
 - Bitters or digestive enzymes if needed
- Consider working with a health care practitioner like myself or someone in your area if you have the following:
 - Cravings
 - Difficulty losing weight
 - Pale conjunctiva and tongue body
 - Dull skin
 - Allergic shiners - dark, blue/purple, shiny hue under the eyes
 - Poor stool quality (not fully formed, floating, lots of undigested food), gas, bloating or other digestive complaints

Dr. Carolyn practices as an Acupuncture Physician in the State of Florida. For more information on licensing efforts of Naturopathic Doctors in the State of Florida, please visit: <https://joinfnpa.org/>



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Monday- Friday: By Appointment

Saturday & Sunday: CLOSED

How and where to choose the best options (and some of my favorite cheats)!

Tips

- Choose foods that are organic, grass-fed, seasonal, local
- Consider weekly food prepping, choose 1 day per week to make enough meals for the week, at minimum - dinner
- When you're tired and just want to snack
 - Choose something healthy first before going on a junk food binge - ex: persuade yourself to have grapes or celery sticks and peanut butter before digging into cake/candy/chips, etc.
 - If you still have the craving after the healthy items, allow yourself a few of that item
- Consider a holistic chef who can create prepared meal plans for you. I googled "organic holistic chef" and found several in my area

Where to buy

- Local (Tampa Bay) company where you can order online and they deliver clean meat, seafood and produce to your door
 - FarmFresh2u.us
- Nation wide - clean meat and seafood
 - Northstar Bison (they also have lamb and turkey) <https://northstarbison.com/>
 - VitalChoice – cleanest online option for seafood arguably in the world <https://www.vitalchoice.com/>
- Local farmers markets

My Favorites & Cheats!

- Clean coffee and tea -
 - most coffee and tea even if organic, contains a lot of chemicals, pesticides, mold/fungus, etc. These companies are tested for all of those and harvested/roasted for health benefits (tested for chemicals, mold, pesticides, etc)
 - Healthiest Options
 - Purity Coffee - www.puritycoffee.com
 - Danger Coffee - www.dangercoffee.com
 - Pique Tea - www.piquelife.com (enter code Farmacy for discount)

Favorites & Cheats Continued...

My favorite quick meals (to make in bulk), snacks & cheats (as seen in the kitchen pantry show & tell)

Quick meals:

- Breakfast
 - Breakfast hash - organic or Applegate Farms Turkey Breakfast sausage, roasted sweet potato, broccoli, beet, sautéed kale, garlic, Egg (if no allergy)
- Lunch
 - Avocado toast - organic avocado, cherry tomatoes, sprouts, sea salt & pepper, chopped green onion, drizzle of EVOO
- Dinner
 - Turkey burgers, roasted veggies

Cheats!

These are not meant for binging in large amounts just because they're on the "healthier" list but to use in place of your other "junk food" items to help you make better choices and eventually reduce these items

- Sprouted trail mix - healthy, crunchy, sweet, salty & savory options
 - Sweet & Salty
 - Lark & Ellen Sprouted Trail Mix, Sweet & Salty
 - Amazon: <https://a.co/d/5dnd638>
 - Savory
 - Organic Sprouted Nut Trail Mix, Spicy & Savory
 - <https://thrivemarket.com/p/thrive-market-organic-spicy-savory-trail-mix>
- Cookies
 - Maxine's Heavenly - Gluten free, no refined cane sugar, vegan
 - Oatmeal Raisin, Chocolate Chocolate Chunk, Peanut butter Chocolate Chunk
 - Amazon: <https://a.co/d/jf6Ra3e>
- Popcorn
 - Lesser Evil
 - Healthiest: Oh My Ghee
 - Vegan: Himalayan Gold Organic Butter Flavor
 - Available most stores and direct: <https://www.lesserevil.com/>



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