

Introduction to Nutrition

Nutrition is an important part of staying youthful. “You are what you eat,” is a truism we’ve all heard and yet we’re still tempted to eat so many things that are just not good for us. My personal “bad for me” favorites are french fries, fried chicken, candy, (especially chocolate), doughnuts, cookies, and Jalapeno Cheetos. Yikes! Keep these away from me!!

I do eat my fair share of salads. I also eat a lot of seafood: fish, shrimp, calamari, and I try to keep my red meats down to a minimum. But, when I’m in New York I just can’t resist NY style pepperoni pizza and when I’m in Southern California I just can’t resist good Mexican food. OK, just one slice, just one taco. Oh, this is making me hungry just talking about it!

Keto Programs

I just finished a 3-month excursion into a keto diet which was interesting because a keto diet is a very low carbohydrate, high protein regimen. Great for a diabetic like me who’s working out! I actually gained a few pounds of muscle and feel much stronger, though this also may be from the whey protein shake I drink before my workouts.

Holistic Programs

In the past I’ve done the anti-cancer Gerson Nutritional Therapy Program, which is basically green juicing, no proteins or limited proteins and a lot of what’s called live food - uncooked raw vegetables and freshly squeezed juices. I lose too much weight to continue this for more than a few months at a time, however. I lost 30 pounds in 8 months the first time, and though my cancer was almost eradicated, it returned months later after I stopped the program!

So as we can see, nutrition is a powerful part of our health and wellness lifestyle. I will discuss many more aspects of nutrition in detail for our members, including recipes (some of my own original favorites), foods that help you lose weight, healthy snacks beyond carrots and celery, and so much more!

Sign up and become a member today!

