

## Commit to a Healthier Diet

By Natalie Bondine

### 1. Pack your diet with essential probiotics.

Just as the Earth has ecosystems which keep it in balance, your body has an inner ecosystem that keeps you healthy and strong. Your inner ecosystem is made up of healthy bacteria and yeast (microflora), which live in your intestines. Beneficial microflora actually makes the vitamins you need, boost your immunity and aid your digestion. They help balance your hormones and help keep your body cleaner, younger and well nourished.

( We have a great range of Metagenics Practitioner only probiotics available at Purity -ask for advice in selecting the appropriate strain)

### 2. Reduce or eliminate processed foods.

Sugar, white flour, processed oils and preserved meats rob your body of the nutrients it needs to build health. They are as far from Nature as you can possibly get. Processed foods also encourage the growth of bad bacteria and upset the balance of your healthy inner ecosystem. You're choosing the fast track to a costly, painful and early old age when you eat these man-made foods each day.

**Stevia** is a calorie-free sugar substitute ideal sweetening drinks like tea. Recently Coca Cola petitioned the FDA to fully approve stevia as a sweetener so they can use it in their diet drinks.

**3. Start using high quality unrefined fats and oils.** There's no need to be afraid of fat, and the right kinds actually help you lose weight. Raw butter, ghee, flax oil and sunflower seed oil, extra virgin olive oil, pine seed oil, macadamia nut oil, coconut and red palm oil, and pumpkinseed are just some of the delicious fats and oil you can use in your recipes.

**4. Eat organic, free-range meats, eggs, and dairy products.** Healthy meats, eggs and dairy products in small proportions (20% of the plate) each day can be an amazing source of protein, fats, vitamins and minerals, as long as they come from a truly nutritious pasture-fed, organic source.

As much as possible in these challenging times seek out and support the farmers who are offering us organic and free-range. Big business is threatened by them and they need our support by voting with our dollar. They work hard each and every day to ensure that you are not inadvertently consuming the antibiotics and hormones common in conventional meats.

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