

## The Path To Health and Wellness

by Allan Wohrnitz (BSc)

Nutritionist / Anti-Drugs Campaigner

This article is about nutrition basics for learners, a common sense guide to health and wellness and the role of nutrition to restore and maintain a healthy lifestyle.

You will be given the use of nutrition knowledge and nutrition basics to maintain and improve health, to restore health, to prevent the onset of illnesses and diseases and to reverse existing sicknesses and disease.

You will be given the basic information on nutrition as a base to further one's knowledge in more complex aspects of health and wellness, with the basic information known and applied, one can guarantee one's own health under one's own control and responsibility. (Basic – forming a base, a fundamental, most important, essential, elementary).

**Definition of Health:** State of being bodily and mentally vigorous and free from disease.

Derivation: (hale – whole (total; complete)).

**Definition of Nutrition:** Nutrition is the study of building and maintaining health.

**If you want to be and stay healthy, you will need nutrition knowledge!**

**To attain wealth and prosperity, it starts with your health!**

What is health? What is wellness? Why does one get sick? Why does one get tired, stressed, depressed, put on extra weight and become obese, have poor concentration, joint pains, allergies, diabetes, heart diseases, eczema, poor immune system with colds, flu's and post nasal drips, etc?

Sickness, pain, often tired, restless sleeps, hyperactivity, etc. is a non-ideal state of the body, which is normally created from a poor or lack of knowledge and use of **NUTRITION** basics.

**To regain and maintain health and stay healthy, one needs to know and apply nutrition.**

What is nutrition? It is the study of health. Therefore, if you want to be healthy and well, some basic knowledge of nutrition will take you back to your ideal state of health. Your body is in its ideal state when you have an abundance of energy, you are always alive, are happy, you have peaceful sleeps, are never tired, the body is at its ideal weight, no pains and can cope with any stressful situation. You are able to take on any tasks with enthusiasm and are achieving your goals. You have no need or cravings for drugs and alcohol to reach that state.

**What are the basics of nutrition that you should know for you to gain control of your own health and wellness and bring your body back to its ideal state?**

First of all you should realise that if the condition of your body is not in its ideal state and if it carries on that way, you are moving into more and more pain and will end up dying in pain. DECIDE you would rather live and in the future die without pain and that you can get your body back to its ideal state. DECIDE there is a need to change your eating habits before it brings you to ruin, despair and agony in the future. Realise that if you knew your nutrition basics and applied them well, you would be experiencing your ideal state every day.

Wellness is about achieving one's IDEAL STATE – physically, mentally and spiritually.

**How does one go about it?**

First step is one has to be able to observe within oneself that one's health could be better. One can compare one's existing state of health to what it was when one was younger.

Before one can improve one's mental and spiritual state, one will first have to get one's body in its ideal state.

Do this exercise by looking at the chart:

IDEAL STATE	NON-IDEAL STATE
Energetic, never tired	Tired, Fatigued Exhausted, Lethargy
Restful Sleep	Interrupted sleep or can't sleep
Calm and Relaxed	Restless
Focus Concentration Good memory Think clearly	Can't focus Can't concentrate Poor memory Hyperactive Depression
High Immune count Low viral load	Low immune count High viral load
Shiny skin Muscle tone	Dry skin Eczema, Psoriasis Sagging skin and muscle waste
Regular bowel movement	Constipation or irregular bowels
Right weight	Overweight or underweight
Free of pain	Period pains Joint pains Migraines Inflammations
Sexually active	Impotence
Normal sugar levels	Diabetes
Normal blood pressure	High blood pressure Low blood pressure  Anaemia

**How does one get back to the IDEAL STATE?**

There is a PATH one can embark on which consists of simple steps to take in sequence

**The PATH to Health and Wellness .....**

## The PATH to Health and Wellness

1. Observe your existing state of health compared to the IDEAL STATE
2. Ask yourself the question – what would happen to you physically, mentally and spiritually if you allowed your existing state to stay as such or get worse?
3. Based on your answer, are you willing to make the needed changes to bring your state of health to IDEAL?
4. Make the DECISION NOW that you want to change and are willing to learn new information and do the simple steps that will take you on the PATH to Health and Wellness to attain the IDEAL STATE. You do know that you were in IDEAL STATE when you were younger. You can recover that state and experience that state again.
5. Made the DECISION?
6. You are now walking the PATH to Health and Wellness
7. We will address your body first and bring it back to its Ideal State.
8. Let's define some key words first

**Health:** State of being bodily and mentally vigorous and free from disease (hale – whole (total; complete))

**Nutrition:** The study of building and maintaining health, the knowledge of how foods work to build up the body to keep it healthy, to heal it and to help it grow.

If you want to be and stay healthy, you will need basic nutrition knowledge (Adelle Davis)

**Drugs:** Any substance other than food that, when put into the body, changes the way the body works or the way the person thinks or feels.

A chemical substance, mostly man-made, toxic and poisonous to the body, that induces sleep, relieves pain, produces numbness, stupor, mental numbness.

Without exception, every drug is toxic to some extent. The toxicity can be counteracted by an adequate diet.

### **Addiction:**

A state of physical or mental dependence on a substance, likely to have a damaging effect.

An inability to CONTROL drug/alcohol use.

There is an exact point where one becomes addicted to a drug. It is when the nervous system does not know to cope without the "constant presence of the drug."

**COMMON SENSE STEPS TO HEALTH AND WELLNESS .....**

### (1) ACID/ALKALINE FOODS

### (2) JUNK FOODS/ TOXINS/ DRUGS

### (3) BALANCED MEALS

## COMMON SENSE STEPS TO HEALTH AND WELLNESS

### (1) ACID/ALKALINE FOODS

Compare your body to a swimming pool. If the acid/alkaline ratio is out of balance, your pool will be green and all types of existing germs will be able to grow. So if your body is like a green pool, all existing germs, viruses and parasites in your body will be able to grow and will feed itself from your body parts. When the body is in an acidic environment (green pool condition), diseases thrive; diseases such as arthritis, gout, eczema, osteoporosis, high cholesterol, heart disease, kidney and gall stones, asthma, allergies, AIDS, etc.

When your body is in balance and becomes a "blue pool", no germs can live in your body and your body can now rest to rebuild itself and has the nutrients to build your system and gives your energy levels back. Only then will healing occur.

First step is to balance the acid/alkaline ratio of your body. Look at the list of acid and alkaline foods.

### (2) JUNK FOODS/ TOXINS/ DRUGS OR MEDICATION

Junk foods are foods that have had many of their nutrients depleted, making those foods out of balance. They add a lot of stress to your body & eats up all your energy. A lot of energy is spent by the body trying to balance it with the missing nutrients.

When one consumes a lot of junk foods or drugs and medication, one can become hyperactive, irritable, unable to focus and unable to relax (always on the go) and experience most of the non-ideal state.

Here is a list of junk foods and what to replace/substitute with:

**Sugar and Sugar rich foods** such as jams, jellies, candies, rich desserts, and all package mixes and sweet bakery products; sweet gelatin desserts; prepared puddings;

**Cool drinks**, Imitation fruit drinks; soft drinks; alcoholic beverages; imitation cream, both powdered and liquid;

**Too much sugar (Glucose):** A small amount is used for energy and the rest changes to fat. It puts your immune system to sleep. The immune cells (warrior cells) cannot work when there is too much sugar and this allows the germs to grow faster and can keep one sick for a long time.

**Too much sugar (glucose)** destroys one's appetite - one rarely eats sufficient other foods to meet one's body's needs.

When glucose levels are low, the feeling of hunger sets in and, more sugar is craved. Hyperactive children are often on an adrenalin rush after excessive intake of sugar.

A 340ml can of carbonated cool drink contains over 8 teaspoons of sugar.

"Sucrose is a Poison", per Dr. William Coda Martin.

**Alternative:** Cut out or reduce your sugar amount. Use honey, fructose, stevia or xlitol for sweeteners.

**WARNING: Aspartame** – chemical sweetener - contained in diet cool drinks or “zero” sugar cool drinks, in sugar substitutes recommended for diabetics, in concentrated juice drinks.

Aspartame is highly toxic and acidic to the nervous system and brain neurons. It can cause irreversible damage to the brain neurons.

**Refined Carbohydrates** in prepared packaged cereals and in refined cooked cereals (e.g. corn flakes, rice krispies, all bran flakes)

"Wheat" breads (white or brown refined bread); all products made with white refined flour, including so-called "enriched" flour.

Refined carbohydrates digest into sugar (glucose) too fast and give you too much glucose at one time – some is used for energy and the rest turns to fat

**Alternative:** Seed Loaf or Low GI bread, Brown flour, Muesli with rolled oats (for cereals).

**Refined Oil (sunflower or canola oil, triple refined) and Margarine**, known as **hydrogenated fats** (chemically extracted oils) and foods cooked in such fats like potato chips, cocktail snacks and French-fries; hydrogenated peanut butters; processed cheeses; Causes the onset of heart diseases, diabetes, arthritis, gout and skin problems (eczema, pimples, acne, dry skin, patches)

**Alternative:** use extra virgin olive oil, butter, butter ghee, or palm olein oil.

**Mealie (Corn) Meal (Refined).** All that is left after processing the mealies is carbohydrates, which contributes to weight gain, obesity and tiredness. The packaged mealies in supermarket shelves are now known as Refined Carbohydrates

**Alternative:** eat raw or boiled mealies/corn, or dried mealies and stone crushed.

**Rice** Parboiled rice and white rice are poor in nutrients. They are normally polished or precooked and have lost many essential health building nutrients

**Alternative:** Use Basmati Rice (preferably brown basmati), wild rice, health rice or brown rice.

### **(3) BALANCED MEALS**

Now your body is in a good condition and in a good environment to allow healing and to allow it to do its normal functions without interference from an unbalanced acid/alkaline ratio, junk foods and excess growth of germs.

## What is a balanced diet or balanced meal?

A balanced diet is when all the nutrients are present in every meal. Those nutrients are known as

1. **Proteins,**
2. **Essential Fatty Acids,**
3. **Vitamins,**
4. **Minerals,**
5. **Carbohydrates,**
6. **Fibres and**
7. **Water.**

Ideally one should have 6 meals a day, but one should first work towards 3 meals a day and snacks in between with breakfast being the biggest meal and dinner the smallest.

### Nutrients for Balanced diet or Balanced meals .....

#### Nutrients for Balanced diet or Balanced meals

##### 1. Proteins

(Greek 'proteios', prime, 'protos', first)

Our bodies are made up largely of protein – the skin, muscles, organs, immune (warrior) cells, nails, hair, brain, base of bones. Only when protein is supplied can each cell function normally and keep itself in constant repair. With adequate protein intake, energy is readily produced and maintained.

Not enough proteins causes hair to break, nails break and peel, muscles lose their elasticity (ageing and wrinkles, and muscle waste). Lack of protein prevents the production of enough warrior cells for the immune system to combat the germs and viruses, making the immune system weaker.

**Superior sources of proteins** – whey protein, eggs, yoghurt (free of sugar), paneer (milk curd), fresh milk, liver, kidneys, buttermilk, cheese, feta cheese, soybeans and powdered yeast (Brewer's Yeast or Torula Yeast).

**Excellent protein sources** – meats, fish, fowl (chicken, duck, turkey)

**Fair sources** – nuts, beans, peas and grains (mealies, sorghum, millet, beans, samp, brown rice, chick peas, lentils, dhol)

Fair sources proteins need to be consumed together with other fair proteins to get the full benefits and obtain full absorption. Otherwise they go to waste and also can make gas.

For vegetarians, it is always wise to have a combination of grains to obtain the best forms of proteins, such as for example Beans, Rice and Dholl, Rice, Dholl and Paneer (Milk Curd).

## **2. Essential Fatty Acids (EFA) – Omega 3 and 6 Oils**

Our cells, which make up the structure of our body, are made up of a balanced combination of Proteins and Oils (EFA).

Essential Fatty Acids helps to keep the blood vessels flexible and soft so nutrients can pass through easily. . Needed by the nerves and brain for normal functioning and for improved concentration, memory and focus.

EFA's are essential before fat can be used for fat burning and energy production. Prevents swelling and pains in the joints.

Lack of EFA, hair becomes dry and forms dandruff, skin becomes thick, dry & scaly, and eczema's and psoriasis is formed.

Refined Oils (refined sunflower and canola) and margarine interrupt the correct building of the cells resulting in skin problems, irritability, poor concentration and lack of focus.

**Sources:** almonds, sunflower seeds, sesame seeds, pumpkin seeds, pecan nuts, macadamias, nuts, wheat germ, avocados, mayonnaise. Avoid cashews and brazil nuts (rich in hard fats). EFA is also available in oily fish such as salmon, tuna, sardines, pilchards, trout. Also from natural cold-pressed vegetable oils (sunflower, flaxseed, peanut, sesame, pumpkin .

## **3. Vitamins, 4. Minerals**

Vitamins and minerals are essential to do all chemical reactions in the body. They help to burn glucose into energy. They help the proteins and essential fatty acids to work together to build new muscles, skin, hair, blood, blood vessels, etc. They help to put calcium in the bones. They help to prevent colds and flu, and infections. They help feed the nerves so one can relax and allows one to sleep peacefully. They help to reduce muscle cramps. They help to fight germs and viruses

Best sources are from whole grains, fresh fruits and fresh vegetables that are grown organically

In every meal, the amounts of vegetables should be about 70% of your plate

### **Why use Vitamin and Mineral Supplements?**

If you cannot obtain organic or home grown fruits and vegetables and whole grains, you will need to use vitamin and mineral supplements.

Foods grown with fertilizers normally do not absorb enough minerals from the soil which makes them poor in vitamins and minerals content, hence the need for supplements,

For a list of foods and nutrient contents, look in the Nutrients in Foods Chart

NOTE: Vitamins and minerals supplements should not be taken alone. They work in balance. Too much of one vitamin alone can cause other vitamin deficiencies.

## **5. Carbohydrates and 6. Fibers**

Carbohydrates release glucose into the blood stream. A steady supply of glucose obtained from carbohydrates is most important, as this will maintain your energy levels throughout the day. Glucose

converts to energy and such energy keeps you awake, alive, energetic and gives you full concentration and focus. It keeps you relaxed and also allows you to have the needed energy if you are doing sports or need that extra time span of concentration to study for exams.

Best sources of carbohydrates are from whole grains (beans, lentils, chickpeas, dhol, brown rice, barley, fresh or dried mealies) and whole grain cereals (not refined), fruits and vegetables.

Fibers in the whole grains, fruits and vegetables help to control the release of glucose. Without fibers, too much glucose is released and this makes one become hyperactive and tired and lack focus and concentration. The extra glucose that is not used for energy becomes fat and makes one put on weight leading to obesity.

Fibers are also used to remove waste from the intestines. It acts as a broom to sweep away the waste and prevents waste from getting stuck in the intestines to ferment or rot.

### **7. Water**

It is advised to consume at least 1 liter of water daily (for adults). Water helps to keep your system clean, to wash away excess toxins and allows the body to balance itself so it does not have an unbalanced acid/alkaline ratio.

### **Digestion**

Antibiotics destroy the good bacteria in the intestines. Good bacteria control the growth of bad bacteria (commonly known as candida). They also help with good digestion.

When Candida growth is not controlled, it damages the intestinal walls by making holes in them and the waste (feces) in the colon seeps into the blood stream causing allergies, asthma, post nasal drip. It is also the cause of thrush or nappy rash.

Sugar and yeast in bread accelerates the growth of Candida.

To combat candida, sugar and bread intake must be reduced rapidly, and replace the good bacteria with Pro-Biotics and Yoghurt (free of sugar)

### **Common Illnesses and Remedies .....**

Before engaging in reversing illnesses and preventing diseases, the following remedies can only work when the body is:

- 1. At a balanced acid / alkaline**
- 2. No junk foods in the diet**
- 3. All meals are balanced (correct balance of proteins, oils, vitamins, minerals, trace minerals, carbohydrates, fibres and water)**
- 4. A minimum of 3 meals a day with breakfast the largest meal and dinner the smallest meal**

### **Joint Pains, Arthritis, Gout, Allergies, Asthma, Post Nasal Drip, Colds and Flus, Eczema**

The above symptoms are from weak, exhausted or starved adrenal glands. Feed the adrenal glands with extra omega 3 oils, vitamin C and [vitamin B5](#).

Take [Immunity Booster](#) (contains the correct balance of vitamin C and vitamin B5), [Calm Cal Mag](#) with Potassium, Omega 3 oils, a good [multivitamin and mineral](#) and Astragalus herb or Sutherlandia herb

or Echinacea (or Devil's Claw herb for gout).

### **Allergies**

Allergies come from undigested proteins in the blood, which should never happen. If one is getting an allergic reaction, take extra digestive enzymes on an empty stomach so the enzymes digest the foreign proteins in the blood.

### **Diabetes**

Take [Calm Cal Mag](#) with Potassium, Omega 3 oils, Chromium (or cinnamon), 25mg of vitamin B6 and a good [multivitamin and mineral](#).

### **Heart Disease and Cholesterol**

Eat lots of broccoli, cabbage, cauliflower, onions and garlic to clean up the liver. Liver produces lecithin which balances cholesterol levels.

Take [Calm Cal Mag](#) with Potassium and [Immunity Booster](#), Omega 3 Oils, 2 tbs of lecithin granules and a good [multivitamin and mineral](#).

**NOTE:** the body produces 3000mg of cholesterol daily. The maximum amount of cholesterol obtained from fatty food one can consume is 800mg. The brain and nervous system need cholesterol.

### **High Blood Pressure**

Blood pressure is usually from excess salt (out of balance of salt and potassium). The kidneys then trigger the blood pressure. Balance the salt by adding potassium to your diet, or eat potassium rich foods and reduce salt intake.

Take [Calm Cal Mag](#) with Potassium and [Immunity Booster](#), Omega 3 Oils and a good [multivitamin and mineral](#).

### **Weight Loss and Obesity**

Weight gain happens when there is too much sugar (glucose) at one time in the blood stream. A small part of the glucose is used for energy and the rest is changed into fat. In this condition your body is in "Fat Making Mode". With a balanced diet and the correct supplements as listed below, you can change your body in "Fat Burning Mode". Fat is used only to convert into energy. So the need for exercise is advised so the body can use the fat to make energy during exercise.

Take [Immunity Booster](#) and [Calm Cal Mag](#) with Potassium, Omega 3 Oils and a good [multivitamin and mineral](#).

Fat burners will only work when the body is supplied with the above supplements and the diet is balanced.

**DO NOT** miss meals or starve yourself. Missing meals or starving slows down the body. The body does not use up all the glucose from the meal and the remaining glucose converts to fat and increases weight.

### **Cramps, Restless Sleep, Tired when waking up**

Cramps are from a lack of potassium that has been sweated out or lost because of excess salt intake, and from a lack of magnesium that allows extra loss of potassium. Potassium is also lost from drinking alcohol which speeds up the loss by 5 times.

Restless sleep and tiredness occurs when the body is not resting when sleeping and it depends on feeding the nerves with Calcium and Magnesium.

Apple Cider Vinegar and Honey helps the body change from stress mode to rest mode while sleeping. Also take [Calm Cal Mag](#) with Potassium.

### **Concentration, Memory and Focus**

For concentration, one needs extra [Vitamin B1](#), B Complex, Potassium and Omega 3 base.

Eat oily fish 3 times a week and lots of nuts and seeds as listed in the section [Essential Fatty Acids](#). Balance it with good proteins, carbohydrates that contain fibres to give you a steady supply of glucose. Glucose then turns to energy in the brain and gives you mental sharpness and alertness.

Take [Maxi Mind brain supplement](#) and [Calm Cal Mag supplement](#) with Potassium and Omega 3 Oils.

### **Detox**

A balanced meal, apple cider vinegar and honey or fresh lemon and honey and lots of water is the best form of detox.

For liver and kidney detox, take a combination of the herbs Dandelion, Milk Thistle and Curcumin (Turmeric extract).

### **Ulcers**

Take ½ tsp [Immunity Booster](#) after each meal, 5000iu of Vitamin A daily and acidophilus (probiotics). Fresh citrus fruit, eggs and yoghurt or milk.

### **Avoid ant acids**

### **Constipation, Irritable Bowel Syndrome**

Usually from a lack of Potassium, Magnesium and Vitamin B6 which cause the intestinal muscles to cramp and does not cause movement of the bowels.

Take [Calm Cal Mag](#) with Potassium.

If constipation persists, also take 100mg of [Vitamin B1](#).

The best fibres to clean and detox the colon is Psyllium Husks (**NOT** Bran Flake).

Consult a health shop for advises on colon detox, colon cleansing and removing parasites and candida (which causes thrush).

---

## **Meal Suggestions to Help Prevent Common Illnesses**

### **People on the go**

Have a pack of mixed nuts (macademia, almonds, sunflower seeds, pumpkin seeds and/or pecan nuts) with dried fruits (raisins, dates, cranberries, mango, etc) in the car or at your desk and eat them through the day. The combination is a balance of natural proteins, good oils, carbohydrates, vitamins, minerals and fibres. Have fresh fruit if possible in the car and eat them as you are driving. Better alternatives than cool drinks and junk food.

### **Breakfast and Lunch Box Suggestions**

**Breakfast** - Muesli (which contains rolled oats) with nuts, seeds and dried fruits with extra powdered milk or whey protein.

Boiled eggs on a seed loaf or Low GI bread with cottage cheese.

Fresh fruit (choice of pineapple, pawpaw (and some seeds), mango, banana, apple, (berries) blended with yoghurt, soya milk or whey protein and seeds.

Cook a mix of rolled oats, millet or ground sorghum, barley and polenta for 10 to 15 minutes, then add milk and honey to taste – will give one energy for long hours without feeling hungry.

Apple Cider Vinegar and Honey in a glass of water instead of a cup of tea, coffee or chocolate.

**Lunch Box** - 2 of your favourite fruits or carrots and celery.

Seed loaf or seed bun or Low GI bread with butter, mayonnaise, cottage cheese and roast meat or chicken (try to avoid polony, hams).

Yoghurt – if possible without sugar, but instead with honey or fructose.

Water or diluted fruit juices.

Slice of cheese and butter on savoury crackers.

Protein bar which has at least 10g or more protein.

Mixed nuts and seeds or seed bar with honey.

**Congratulations!** You now have some basic knowledge on nutrition and how to get and maintain better health. All you need to do is start using the nutrition knowledge you have learned and you will be on the Path to Health and Wellness.