

## Are You *Really* Eating “Healthy”? (for you)

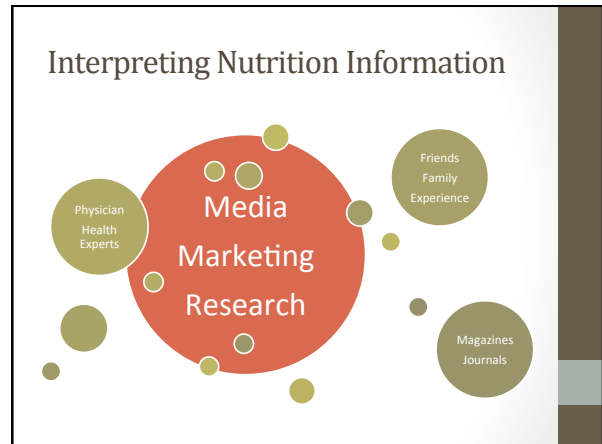
**The dirty secrets behind our most popular and “healthiest” foods.**

Presented by:  
Julie Bender-Sibbio RDN, LD/N, cWC



**JBS**  
Nutrition & Wellness

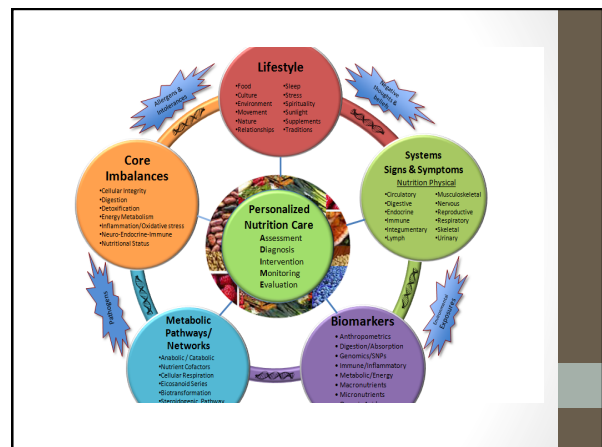
Celiac Support Group  
July 16, 2016



## Personalized Medicine/Nutrition

A functional and integrated nutrition approach

- U** • Each Person is **Unique** – no “diets” or cookie cutter approach
- R** • Goal: Determine **Root Cause** of the Struggle
- A** • **Assess ALL Areas of Health** – food, lifestyle, stress, genetics, hormones, health, sleep, exposure, belief system, values
- P** • **Partnership** to Improved Health and Optimal health
- P+** • Requires time, mindfulness, and **participation**



## Today's Objective:

Educate, Empower, Encourage, & Engage!



- To provide awareness of 10 foods that may negatively impact your health & wellness
- To provide opportunity to make an educated and informed decision regarding how foods may (or may not) impact health
- To support individuality when it comes to working toward optimal health
- To have a lively and informative discussion!
  - *Answer questions related nutrition, celiac disease, gut health and more....*

## Agave Nectar



### Claims:

- Natural and vegan
- Diabetic friendly - doesn't spike blood sugar
- Low on the Glycemic Index
- Healthy alternative to sugar

### Truth:

- ✓ Processed and typically 85% **fructose** (more than sugar!)
- ✓ Research shows negative impact on metabolic, heart, liver, and gut health
- ✓ Potential trigger for IBS and other gut-related issues

### Healthy Alternative:

- ◆ Stevia or small amounts of local maple syrup
- ◆ Fructose in fruit is NOT a health concern

## Olive Oil

### Claims:

- EVOO BEST oil for your health and heart
- High in monounsaturated fats, anti-inflammatory

### Truth:

- ✓ At high heat over 375 degrees EVOO becomes **rancid and a carcinogen**
- ✓ Expose it to O2 and it becomes oxidized thus a pro-oxidant
- ✓ Many oils are poor quality – often subbed with lower cost oils or thinned
- ✓ You need a variety of oils – don't be exclusive

### Healthy Alternative:

- ◆ ONLY use with low or no heat cooking
- ◆ Choose a high quality oil that is cold-pressed, unfiltered, and organic
- ◆ Choose coconut, grape seed, or avocado oil when cooking on high heat
- ◆ Immediately recap the the bottle right after using
- ◆ Check out my blog on oils / Good read- [Extra Virginity by Tom Mueller](#)



## Kombucha



### Claim:

- "It's the NEW Superfood"
- Fermented foods help with gut health due to probiotic qualities
- Natural alternative to a OTC probiotic supplements
- Helps with colonization of good bacteria

### Truth:

- ✓ Fermented foods are high in **histamines**
- ✓ May trigger bloating, belching, migraines, fatigue, diarrhea, GI upset
- ✓ If you have autoimmune dx (leaky gut) this may not be best for you
- ✓ Individuals deficient in a natural enzyme called DAO are intolerant

### Healthy Alternative:

- ◆ Probiotic formula best for YOUR situation & body
- ◆ Consider food journaling to determine if fermented foods are best

## Strawberries



### Claims:

- Recognized as one of the top 10 Superfoods
- Rich in antioxidant, highest in vit C, fiber, folate, and more
- Choose over tropical fruits higher in sugar

### Truth:

- ✓ Conventional strawberries are **highest in pesticides & herbicides**
  - ✓ *Linked to cancer, neurological, hormonal, and reproductive problems*
- ✓ Results from USDA's 2014 testing of 176 batches strawberries

### Healthy Alternative:

- ◆ Go organic (non- GMO) or select another fruit alternative
- ◆ Check with local farmers regarding their use of pesticides
- ◆ Choose organic from the "dirty dozen" list – resource: EWG

## Yogurt



### Claim:

- You need dairy to meet calcium needs
- Yogurt helps with digestion
- Probiotics found in yogurt aid your gut

### Truth:

- ✓ Source of **antibiotics, added sugar, and fructose**
- ✓ Questionable if truly enough probiotic strains/cultures to benefit
- ✓ Not tolerated well for many with IBS, Leaky Gut, and Celiac Dx
- ✓ The lactose AND casein may be an issue for many.
- ✓ Soy, coconut, almond yogurts aren't much better.

### Healthy Alternative:

- ◆ Use only plain organic yogurt or make your own<sup>©</sup>
- ◆ Try cheese from nuts – cashew or Brazil nut cheese
- ◆ Get your probiotics either from fermented foods/supplement
- ◆ Milk from almonds, coconut, cashew, or hemp

## Fruit Juice & Juicing!



### Claim:

- Juicing helps you absorb all the nutrients from the produce
- Juicing allows you to consume more variety & amount of veggies
- Promote weight loss, boost immune system, increase energy

### Truth:

- ✓ Pre-bottled juices are high in sugar & stripped of fiber benefits
- ✓ Homemade fruit juicing contributes too much added sugar
- ✓ Contributes to added calories and little satiety for many
- ✓ Can be a great options for the right person and situation

### Healthy Alternative:

- ◆ Whole fruit
- ◆ Smoothie with whole veggie and small amount of fruit
- ◆ Focus on green juice, not fruit juice – high quality juicer necessary

## Fatty Fish & Fish Oil



### Claim:

- EPA and DHA (EFA) reduces inflammation, aids in prevention of blood clots, role in lipid management, neurological function, supports cellular membrane, insulin sensitivity
  - *Salmon, tuna, mackerel, herring, trout, sardines, mussels, swordfish, tilefish*

### Truth:

- ✓ Risk of **mercury toxicity** – check out EWG consumer guide & calculator
- ✓ Farm raised lower in Omega 3 / Salmon may be GM. Avoid King Mackerel
- ✓ **Fish oil is easily damaged in production** – may be rancid or oxidized causing more harm than good

### Healthy Alternative:

- ◆ Select high quality fish oil in proper dosage Smells/tastes fishy – pitch it
- ◆ Select **WILD** fish lowest in mercury– *salmon, sardines, rainbow trout, mussels, Atlantic mackerel*
- ◆ *Limit canned albacore – consider light skipjack sustainably sourced*
- ◆ Check labels on canned fish for source and extra additives

## Gluten-Free “Mixes”



### Claim:

- “Great option now for those with CD”
- Now can enjoy same style of eating with a healthier version

### Truth:

- ✓ Often contains poor nutrient value, additives, GM food sources, additional GI irritants, and oxidized egg whites.
- ✓ Gluten Free doesn't mean “healthy”!

### Healthy Alternative:

- ◆ Make your own GF pancakes, breads, muffins from scratch
- ◆ Read ingredients and avoid mixes with any that have additives you don't recognize or powdered eggs
- ◆ Limit intake of GF products and instead choose whole foods that are naturally GF

## Tomatoes & Eggplant



### Claims:

- High in nutrients such as vitamin C, K, lycopene, potassium, folate
- Good source of fiber and rich in antioxidants

### Truth:

- ✓ Most impact **on autoimmune, inflammatory disease**- esp. r. arthritis.
- ✓ Negative effects may come from poor metabolism of Vit. D – calcitriol
- ✓ Solanine (alkaloid) can inhibit the breakdown of acetylcholine = increased duration of muscle contractions (stiffness)
- ✓ Lectins may be gut irritants in those who are sensitive

### Healthy Alternative:

- ◆ Suffer from joint pain/stiffness; consider avoiding night shades for 3-6 weeks to determine if these may trigger symptoms
- ◆ Reduce intake & replace with other foods if you eat these in excess daily

## Soy



### Claims:

- Healthy alternative to meat and dairy
- Good protein source for vegans \* Rich in phytoestrogens

### Facts:

- ✓ Soy (along with corn, canola, sugar beet, alfalfa) is one of the top **genetically modified foods (GM)**
- ✓ May contribute **exposure to glyphosates** if GM - endocrine disruptors – toxic and dangerous!
- ✓ Linked to thyroid dysfunction, immune system issues, and more...

### Healthy Alternatives:

- ◆ If you eat soy, limit intake to no more than several times/wk .
- ◆ Select only organic non-GMO fermented products as tolerated
- ◆ Vegan - choose most often- lentils, beans, chickpeas, quinoa, vegan natural protein powders...and likely supplement.

## Food for Thought.....

“Achieving Optimal Health is a complex interplay between your “one of a kind genes”, dietary intake, biochemistry, metabolism, hormones, emotions, exercise, stress, sleep, exposure to toxins, inflammation, and belief system.”

### Steps You Can Take To Keep it Clean

- Select Organic produce and Buy LOCAL
- Know where your food is from and what is in it!
- Mindfully select non-GMO foods
  - Buy organic
  - Look for the Non-GMO Project label
  - Top GM Foods – Corn, soy, canola (vegetable oils), sugar beets, alfalfa. Common: zucchini, papaya, corn
- Purchase pasture raised eggs, grass-fed meats, wild fish
- Avoid/limit packaged foods
- Grow your own!



### Steps To Reduce Being Deceived

- Read ALL food labels
- Don't buy into the latest headline
- Shot at trusted retailers and cultivate relationships with local small business and markets
- Buy foods close to their natural form as possible
- Beware of foods that fall victim to fraud
- Recognize that many foods are not well regulated/ Supplements have NO regulation.
  - *Consider professional guidance*



### Resources:

- ✓ **Environmental Working Group (EWG)**
  - ✓ A non-profit, non-partisan organization dedicated to protecting human health and the environment.
- ✓ **Center for Science In the Public Interest (CSPI)**
  - ✓ A consumer advocacy organization whose twin missions are to conduct innovative research and advocacy programs in health and nutrition, and to provide consumers with current, useful information about their health and well-being.
- ✓ **Local Organic Farmer's Markets & Farms**
  - ✓ Worden Farms, Jessica's, Detweilers,
- ✓ **JBS Nutrition & Wellness for Personalized Nutrition**

### Take Away!



We are unique and all have different needs- let's celebrate!

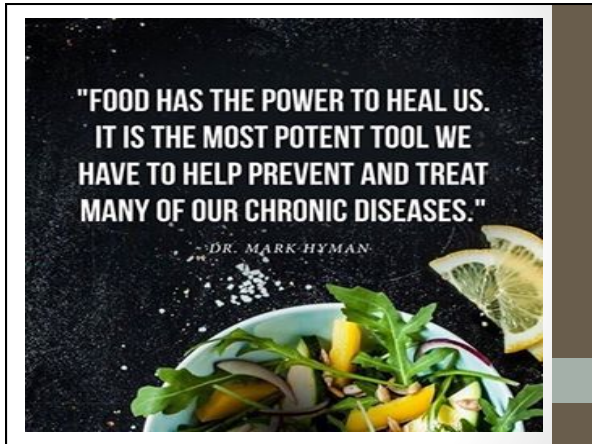
"Food is information to our genes!"

You are what you absorb (not what you eat)

Keep learning, growing, and support others

Planning is often the key to healthful eating

You have the choice to live your Best Life!



**Thank you!**  
Sign up to receive my Monthly Newsletter and Grab your FREE 20-minute Discovery Session Today!

Julie Bender-Sibbio RDN, LDN, cWC  
[www.ibsnourishwell.com](http://www.ibsnourishwell.com)  
[julie@ibsnourishwell.com](mailto:julie@ibsnourishwell.com)

Creator of the:  
**5-Step ECF System**  
Energy • Confidence • Freedom

**JBS**  
Nutrition & Wellness

A circular diagram representing the 5-Step ECF System. The steps are arranged in a circle around a central hub. The central hub is labeled "Personalized Nutrition & Wellness Plan". The steps are: 1. EMBRACE (Empowering Medical History), 2. CORRECT (Correcting Imbalances), 3. TRANSLATE (Translating Research), 4. CREATE (Creating a Plan), and 5. GROW (Growing a Healthier You). The diagram is color-coded with various shades of orange, red, and green.