Disclaimer:
The information shared herein does not convey that every person who may be experiencing a certain health issue can be helped by only food. In some cases, higher concentrations of nutrients may necessitate additional therapeutic dosing and/or other remedies may be needed.

As always, consult your physician for further guidance.

The information herein has not been evaluated by the Food and Drug Administration and is not intended to diagnose, cure, treat or prevent any disease.

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“Let thy food be thy medicine and medicine be thy food”

• often ascribed to Hippocrates (400 BC)
• doesn’t exactly appear in recovered Hippocratic documents
• diet was a major part of Hippocrates practice of medicine
• phrase found in On Ailment “In food, excellent medication, in food bad medication, bad and good relatively.”
• From 1920’s onward, many attributed Hippocrates with this quote.
• Hippocrates appears to give moral and ethical sanction to the phrase
• Fully in alignment with Dr. Weston A. Price and his many years of research and teachings

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What is FOOD?

• A solid or liquid
• From the land or the sea
• Grows on the land, in the sea or comes from animal that lives off the land/sea
• Of plant or animal origin
• A single ingredient or a complete dish
• A protein, fat or carbohydrate
• A meat, herb, spice, vegetable, fruit, etc.
• That which satiates and fuels us.
• That which we give thanks for.

What is MEDICINE?

• a compound or preparation used for the treatment or prevention of disease
• the science or practice of the diagnosis, treatment, and prevention of disease
• drug or herb used to maintain health or treat a health issue.
• TODAY’S presentation focus - A substance used to maintain health, offer vibrant health or support the body in restoring health

Let Food Be Thy Medicine

• How to get the MOST out of the food we consume
• Where do we START
• Medicine for EVERY home
• HOW to best use food for therapeutic value
• What foods can be used to best support the most common clinical deficiencies, toxins, and infections

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Medicine #1

- Lubricates the joints, offering shock absorption
- Critical to creation of blood, delivering oxygen throughout the body
- Supports creation of stomach acid for proper digestion of food.
- Critical for formation of and proper viscosity of bile.
- Helps maintain healthy heart rate and blood pressure.
- Regulates body temperature.
- Cushions the brain, spinal cord and other delicate tissues.

Medicine for Every Home

- Primary mechanism for delivery of minerals and nutrients into the cells.
- Keeps airways open and able to function at ease.
- Critical for proper detoxification - excretion of waste through urine, perspiration and the bowels.
- Aids cognitive function and boosts mood.
- Can activate metabolism and boost energy.

Medicine for Every Home

Water

On Airs, Waters, and Places by Hippocrates translated by Francis Adams

“We must also consider the qualities of the waters, for as they differ from one another in taste and weight, so also do they differ much in their qualities.”

Water

- Fresh, Clean, Mineral rich
- Spring water (www.findaspring.com)
- Well water (test, may need filtering)
- Public tap water – must be filtered
  - Any filter better than none
  - Reverse Osmosis
  - Distilled – no contaminants
- Structured
- Quality is of paramount importance

What Water Is Best for us?

- Bioindividual
- May change from time to time
- Quality is of paramount importance
- Taste different waters – palate usually knows preferred water
Hydration

- Foods rich in water
- Fruits - apples, citrus, melons, berries
- Veggies - celery, cucumbers, tomatoes, greens, etc
- Broth and stock

Medicine #1 – now review this knowing that it is just WATER

- Spring water – fresh – less than 30 days from spring
- Sunlight
- Mineralization (sea salt), lemon
- Flower essences
- Magnets
- Crystals
- Sound
- Prayer, intention
- Broth – structured, including minerals, amino acids and more
- The Fourth Phase of Water Gerald Pollack

Structured Water

- Spring water – fresh – less than 30 days from spring
- Sunlight
- Mineralization (sea salt), lemon
- Flower essences
- Magnets
- Crystals
- Sound
- Prayer, intention
- Broth – structured, including minerals, amino acids and more
- The Fourth Phase of Water Gerald Pollack

Medicine #2

- Supports optimal hydration levels
- Helps prevent insulin resistance
- Helps reduce sugar cravings
-improves sleep through minerals needed for hormone support.
- Helps prevent and treat orthostatic hypotension
- Provides electrolytes determining fluid balance, nerve transmission, muscle function
- Relieves ‘dizzy upon standing’ in most people
- Supports recovery from adrenal fatigue
- Helps prevent and treat orthostatic hypotension
- Provides electrolytes determining fluid balance, nerve transmission, muscle function
- Relieves ‘dizzy upon standing’ in most people
- Supports recovery from adrenal fatigue

Sea Salt

- Mineral rich – 80+ minerals
- Sodium, chloride, potassium, magnesium rich
- Rotate types
- On food and in your drinking water
- SOLE – saturated sea salt water
  - https://himalayancrystalsalt.com/pages/sole-therapy
  - Redmond RealSalt, Celtic Salt, Baja Gold, Colima, etc
a therapeutic combination
Water, Sea Salt and Lemon
• Structures the water
• Increased hydration
• Balances pH
• Supports bile production
• Detoxifying for cells and liver
• Antihistamine
• Boosts immune function
• Improves digestion and nutrient uptake
• Blood sugar balance
• Dissolves uric acid
• Supports weight loss

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How to get the MOST medicine from your food
• Proper hydration
• Eat in a relaxed fashion – digestion is parasympathetic
• Chew, chew, chew... your food well
• Enable stomach acid production
  • Sea salt – chloride aids HCL production
  • Address zinc sufficiency.
• Enzyme rich foods at every meal
  • Fermented foods, beverages
  • Raw vegetables
  • Apple cider vinegar dressing
• Support bile production and balance gut microbiome

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WHY Better Bile?
• Aids digestion of ALL food - increases medicine
• Facilitates fat absorption – emulsifies fats
• Critical for fat soluble vitamin absorption
• Cholesterol homeostasis
• Optimal gut flora and lessens gut inflammation
• Supports removal of toxins and waste(bilirubin – breakdown of red blood cells, excess cholesterol, etc)
• Breakdown/inactivation of excess hormones – better balance
• Proper elimination of stool – lubricates small intestine and stool
  • T4 converted to T3 by bile in liver

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Do you have sufficient bile?
• Stomach upset by fatty/greasy foods
• Pain under right rib cage
• Nausea
• Motion sickness, morning sickness
• Pain under right shoulder blade or between shoulder blades
• Shiny, pale colored or floating stool
• Gallbladder removal
• Diarrhea or constipation
• Burp after taking cod liver oil
• Trapped gas
• Challenges with digesting nuts, nut butters, grains, dairy, eggs???

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HOW to make better bile?
• Hydration – 85% of bile is water
• Sea salt (sufficient stomach acid affects bile production)
• Eat healthy fats – cholesterol is needed to make bile
• Beets – kvass, root, greens – contain betaine
• Bitters of all types – dandelion root/greens, arugula, etc
• Apple Cider Vinegar, Tinctures from bitters
• Lemon/lime juice – dressing of olive oil/lemon juice
• Carrots, apples, celery – in all forms - raw, cooked, juiced
• Artichokes, sunchokes, turmeric or burdock root, fennel seeds
• Aloe vera – inner leaf
• Tea – ginger, hibiscus, fennel, fenugreek, cinnamon, mint
• B1, B6, and zinc rich foods
• Intermittent fasting

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What does your GUT have to do with making FOOD your MEDICINE?

Your GUT health determines if nutrient dense food will act as medicine or if it creates illness.

Balanced Gut Microbiome
- All disease begins in the gut
- 70-80% of immune system lies within gut epithelial lining
- Greatly impacts nutrient absorption
- Eat for microbiome diversity –
  - VARIETY of roots and tubers, plenty of vegetables
  - Probiotic rich foods – fermented foods
  - Prebiotic rich foods - artichokes, leeks, onions and garlic
- Balance of protein, fat and whole food carbohydrates (vegetables, fruits, legumes) and grains (when able to properly digest)

Balanced Gut Microbiome
- Food based dietary protocol for restoring gut microbiome and addressing dysbiosis
- GAPS – Gut and Psychology/Physiology Syndrome – Dr. Natasha Campbell-McBride
- Many stages
- Takes time, patience, and observation
- If gut not rebalanced after thorough gut healing dietary protocol, address co-infections

Food will ONLY be medicine IF...
Blood sugar is in balance.
- Higher blood sugar weakens immune system
- Lowered blood flow to extremities – thus impaired immune function with lower blood flow
- Your medicine/food is not giving you full therapeutic value to support immune system to address infections
- Reduces absorption of critical nutrients and entrance into cell
  - Vitamin C & D, calcium and chromium
  - Magnesium – 28 or 56 molecules of Mg needed to breakdown 1 molecule of sugar – sucrose, fructose respectively, kidneys excrete excess Mg
- Fasting glucose (under 100) – optimal 75-85ng/ml
- Post meal glucose (under 140) – optimal under 110 ng/ml with less than 30 ng/ml increase from pre-meal
- Hemoglobin A1C – (below 5.6) – optimal 4.6-5.3

Foods to support balanced blood sugar
- Protein and fat at each meal
- Nutrient dense, lower glycemic carbohydrates
- Grass fed Butter and ghee and other healthy fats
- Pastured Eggs
- Apple Cider Vinegar
- Coconut
- Avocado
- Cinnamon
- Turmeric
- Lemons and limes
- Olives and olive oil
Next step - address toxins, infections and deficiencies to support your VIBRANT health.

In addressing infections...

Is it the TERRAIN or is it the GERM?

The prior slides explain how to build a better TERRAIN (microbiome, environment).

The slides that follow explain what to do when the TERRAIN is not vital.

Most common clinical observations toxins, infections, and deficiencies

- Aluminum
- Mercury
- Lead
- Glyphosate
- EMF
- Parasites
- Fungus
- Mold
- Bacteria
- Viruses
- Retrovirus
- Hormone imbalances
- Inflammation
- Nutrients – A, C, D, Magnesium, minerals

All stressors and co-infections have an interdependent relationship. ~ glyphosate, heavy metals, mold/fungus, Lyme, parasites, viruses, bacteria, EMF, etc.

There are no isolated issues or stressors.

Glyphosate

- Impacts gut microbiome and impairs bile flow
- Drink clean water
- Support gut microbiome – eat probiotic rich food
- Eat organic and non-GMO
- High sulfur foods – Alliums, Cruciferous, Seafood, organ meats, eggs, Cheeses, legumes, nuts
- Broccoli sprouts – super star
- Glycine rich foods – broth/stock
- Manganese rich foods – mussels, cloves, oats, molasses, tea
- Eat cholesterol rich foods – as glyphosate strips from body
- Raw apple cider vinegar – bacteria helps metabolize glyphosate
- Sauerkraut juice
- Dandelion and burdock root
- Cistus incansus – Mediterranean Rockrose tea
**Heavy Metals - general**

- Support for addressing any heavy metals
- Glutathione and precursors
  - Red meats
  - Organ meats
  - Eggs – white and yolk
  - Raw milk and whey
  - Cruciferous vegetables
- Apples with skin – pectin
- Seaweed

**Aluminum**

- Sources leading to toxicity
  - Deodorant, baking pans/powder, foil, beverage cans, vaccines, air particles
- Cilantro - Coriander seed oil
- Silica rich foods – diatomaceous earth, cucumbers, horsetail tea, bentonite clay, banana, garlic
- Chlorella and spirulina – algae
- Burdock root – tea, sauteed, braised, confit (with anchovies)
- Turmeric
- Blueberries – wild are best
- Lemon water
- Vitamin C rich foods
- Selenium rich foods – brazil nuts, shellfish, brewers yeast, liver, garlic
- Clay – bentonite, clinoptilolite zeolite

**Mercury**

- Sources leading to toxicity
  - Amalgam fillings, tuna, swordfish, vaccines, fluorescent light bulbs
- Remove sources of toxicity – Amalgam - biological dentist
- Proper hydration, good bile, bowel movements, gut flora
- Chlorella – important to have correct amount
- Cilantro – pesto
- Vitamin C rich foods
- Curcumin – turmeric
- Garlic
- Eat plenty of protein (amino acids aid detox)

**Lead**

- Sources leading to toxicity
  - Old paint in homes, leaded gasoline, some industrial processes, car repair
- Vitamin B1 rich foods – helps with lead excretion especially from brain
  - Nutritional yeast, spirulina/chlorella, nuts, legumes, beef liver
- Chlorella
- Zinc rich foods
- Cilantro
- Vitamin C rich foods
- Vitamin D rich foods

**Chlorella, Spirulina**

- Small quantity is the key when trialing in food
- Add to kombucha
- Add to lemonade
- Sprinkling on a food – rice, salmon
- Energy bites – nut butter, fat, dates, cacao or carob, etc.
- Broccoli frittata or Smoothies
- Coconut milk ice cream – add cacao/carob, honey or maple syrup
- Coconut milk, pineapple juice, spirulina – pina colada
- Can be binding so observe bowels

**EMF – Electric and Magnetic Fields**

- Many sources leading to toxicity or excess
  - Cell phones, watch, computers, routers, smart meters
- Increases growth of pathogens/co-infections in body
- Cruciferous vegetables
- Broccoli sprouts are super star
- Magnesium rich foods – magnesium ratio to calcium affects cell response to EMF
- Vitamin C rich foods, also Fermented foods
- Omega 3 rich foods – fatty fish, walnuts, flax seeds
- Zinc rich foods
- Bee propolis, mint, rose, ginger, lemonbalm, rooibos, turmeric, black cumin, tulsi, black pepper
- Reishi mushrooms

GET BAREFOOT on earth
Parasitic Infections

- Sources leading to overgrowth
  - Food borne, fresh water (drinking, swimming, plants), pets, raw fish or undercooked meats, soil-borne, insects/ticks, 3rd world travel
  - More easily passed than we know – within a home, with partner
- *Wasabi* (Japanese horseradish/mustard family) and ginger with sushi
- Vitamin C and Zinc rich foods
  - Garlic
  - Oregano
  - Black walnut hulls/shells
  - Pumpkin seeds
  - Beets, carrots
  - Seeds – fennel, cucumber
  - Cayenne, ginger, turmeric
  - Apple cider vinegar
  - Fermented foods
  - Pineapple
  - Papaya seeds and honey
  - Cucumber seeds
  - Anise, cloves, thyme, rosemary
  - Rosemary onions
  - Diatomaceous earth
  - Mimosa, Artemisia, Vidanga

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Mold

- Sources leading to overgrowth
  - Home with water damage/leaks, damp environments/climates
  - Mycotoxins are secondary metabolites produced by mold
- Dietary protocol is key and super critical for mold recovery
  - Address liver and bile function
  - Gut healing protocol – GAPS, etc. with wild caught/pasture raised proteins, lower carbohydrate, low sugar, nutrient dense
  - Avoid industrial seed oils
  - Avoid foods with mold potential – all grains, meats and dairy from grain fed animals, wine, beer, conventional coffee, cheese, salami, etc
  - Enjoy bitter and fermented foods - Sauerkraut, kimchi
  - Garlic
  - Propolis, raw honey
  - Coconut oil, pastured fats, turmeric, parsley, oregano, thyme, cinnamon, clove berries, olive oil (1 TBL 3/day)
  - Cistus incanus tea – Mediterranean Rockrose tea

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Bacterial Infections

- The term bacterial infection is used to describe common symptom definition around various health issues
- Most present today
  - *Strep*
  - *Staph*
  - Lyme *Borrelia burgdorferi*
  - Lyme co-infections – *Bartonella, Rickettsia, Ehrlichia*
  - *Pneumonia*
  - *UTI*

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Bacterial Infections

- Garlic – raw, mashed, or on feet
- Honey
- Ginger
- Spicy red peppers
- Thyme
- *Echinacea*
- *Goldenseal*
- Clove
- Oregano
- Turmeric

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Viral Pathogenesis

- The 4th edition of *Medical Microbiology* – Chapter 45
- “Disease does not always follow successful virus replication in the target organ. Disease occurs only if the virus replicates sufficiently to damage essential cells directly, to cause the release of toxic substances from infected tissues, to damage cellular genes or to damage organ function indirectly as a result of the host immune response to the presence of virus antigens.”
- RELEASE OF TOXIC SUBSTANCES FROM INFECTED TISSUES?
- Not well understood ... Viruses can help us shed toxins from the tissues.

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Viral Infections

- The term “viral infections” is used to describe common symptom definition around various health issues
- Symptoms may be expressed with changes in atmospheric pressure, temperature, humidity, EMF exposure, “influences”
- Cells release toxicity – beneficial cleaning of cells
- May be exosomes - cellular
- Opening these calcium channels establishes an environment that is particularly favourable for the replication of viruses. In fact, some viruses open calcium channels to enable their replication. EMF opens calcium channel.
- Viruses most present today
  - Epstein Barr – mononucleosis
  - Retrovirus
  - SARS Cov 2
  - Flu
  - Herpes
  - Shingles

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General ant-viral supports

- Detox the body, address co-infections, heavy metals, parasites, dental infections, lower EMF
- Garlic, Ginger, fennel, turmeric, cinnamon, black cumin
- Coconut - oil, meat, milk – lauric acid
- Elderberry, Licorice root, echinacea
- Vitamin C, Zinc and Selenium rich foods
- Lysine rich foods – brewer’s yeast, cheese, yogurt, eggs, fish, meat
- Arginine rich foods – peppers, nuts, coconut, seeds
- Vitamin A and D rich foods
- Mushrooms – shiitake, reishi
- Sea vegetables
- Onion family – leeks, shallots
- Cabbage family – Broccoli sprouts

Epstein Barr

- Mononucleosis
- Can lie dormant in body – reactivated with stressor/illness
- relationship with heavy metals
- Can affect lymph, thyroid, liver, spleen, nervous system
- Proper hydration, minerals, salts
- Eat nutrient dense diet
- Gut healing dietary protocol – GAPS, etc
- Rid body of parasites
- Rid body of mold/yeast/candida overgrowth
- Rid body of heavy metals
- Rest and fresh air

Epstein Barr

- ¼ tsp baking soda, 1 t lemon juice in 1 cup water each morning
- Licorice root
- Selenium rich foods – brazil nuts, sprouts
- Lysine rich foods – brewers yeast, dairy, eggs, fish, meat, potato
- Cysteine rich foods (meats, eggs, yogurt, lentils)
- Vitamin C, D, K and zinc rich foods
- Celery – whole and juiced (concentrated, sodium cluster salts, Vitamin C)

Epstein Barr

- Parsley – removes high levels of copper and aluminum
- Cilantro
- Broccoli sprouts
- Asparagus, Garlic, Ginger, fennel, turmeric
- Coconut oil and other fats
- Elderberry
- Herbal teas
- Zinc rich foods – oysters, sprouts
- Vitamin C rich food – raspberries, wild blueberries, papaya, lemon

Retrovirus

- Born with, insect, animals, injections
- Dr. Judy Mikovits
- Gut healing dietary protocol
- Address other co-infections, jaw/dental health
- Broccoli sprouts
- Licorice root
- Rosemary
- Selenium rich foods – brazil nuts, sprouts, etc.
- Vitamin C, Zinc rich foods
- Mediterranean Rock Rose Cistus tea

Lyme

- Hydration, Salt, Bile Support, Gut healing, blood sugar balance
- Grass fed, organic meats
- Wild seafood
- Broth – bone and meat stock
- Glutathione boosting foods
  - Broccoli sprouts and cruciferous vegetables
  - Allium family – onion, garlic, leeks
- Vitamin A, D, C and zinc rich foods
- Cinnamon
- Oregano – oil more potent
- Star anise – stews, tea
- Japanese Knotweed, cistus tea
Skin issues
- Toxins released through skin
- Leaky gut – address all digestion and co-infections
  - Elimination of dairy, wheat, sugar, etc during gut healing
  - Sufficient protein
- Liver/biliary issues – improve bile, address parasites
- Bowel elimination 2–3/day
- Broth, collagen
- Zinc, Vitamin A and C rich foods
- Essential fatty acids – salmon, sardines, cod liver oil
- Increase fat intake – tallow, lard, schmaltz, etc
- Probiotic rich foods

Digestive supports
- Cabbage juice
- Kraut juice
- Beet kvass
- Meat stock and bone broth
- Colostrum
- Whey
- Ginger, mint, chamomile tea
- Applesauce (pectin)
- Cold potatoes – insoluble fiber
- Fennel, caraway seed – tea or in foods

Constipation
- Hydration (warm liquids in morning), Physical Movement
- Address gut health/microbiome
  - Eliminate foods not able to digest – dairy, nuts
  - Probiotic rich foods
  - Prebiotic rich foods – onions, garlic, leeks, apples, artichokes
- Sufficient stomach acid, Better bile production
- Address parasites
- Flaxseed – 10 grams twice a day
- Kiwi – twice a day
- Castor oil packs over liver
- 1 whole lemon, 4 cups water, 2 TBL olive oil – blend, strain – drink 6-8 oz in morning
- ½ lemon juiced, 1 tsp baking soda, 16 oz warm water, stir, drink

SIBO
- Address gut health and liver health
- Address Constipation
- Stomach acid production
- Better bile, better bile, better bile
- Ginger
- Mint
- Address parasites
- Space eating – minimum 4 hours between meals
- Address other stressors/co-infections
- Address thyroid

Thyroid
- Improve liver and gall bladder health/bile flow
- Address gut microbiome
  - Until healed, eliminate foods not fully digested – wheat, dairy, corn, etc
- Vitamin A and zinc rich foods
- Mineral sufficiency
  - Iodine – seaweed, scallops, lobster, raw dairy
  - Selenium – brazil nuts, macadamia, eggs, legumes
  - Zinc – molybdenum, Boron, copper, chromium
  - Manganese, magnesium
- Address heavy metals (mercury, etc) and Viral load (Epstein Barr Virus, etc) and dental health (infections)
- Essential fatty acids – CLO, salmon, sardines

Adrenal stress
- High mineral sea salt – Baja Gold
- Rest
- Vitamin B and C rich foods
- Magnesium and mineral rich foods
- Address thyroid health
- Licorice root
- Bieler Broth – potassium rich
- Cholesterol - Adrenal Support Shake
  - 12 egg yolks, ½ cup butter, 1 cup sour cream, handful berries
  - https://www.nourishingplot.com/2017/03/21/adrenal-support-shake/
### Liver
- Address gut health
- Improve bile – see list of supports
- Probiotic rich, zinc rich and sulfur rich foods
- Avoid HFCS and excess sugars
- Eat liver, eggs (choline), fatty fish
- Address parasites - IMPORTANT
- Address viruses – hepatitis, EBV, SARS, etc
- Address bacteria – strep
- Address heavy metals
- Broccoli sprouts
- Turmeric Lemon Ginger tea - warm
- Beets, apples, milk thistle, avocado, dandelion greens and roots, sea vegetables

### Hormone imbalances
- Address gut health – sufficient stomach acid
- Improve liver/gall bladder/bile
- Eat enough protein (amino acids)
- Address parasites and co-infections
- Blood sugar balance – eat sufficient fat/cholesterol
- Bowel movements 2-3/day
- Essential fatty acids
- Seed cycling (1 TBL flax, pumpkin Day 1-14, sunflower, sesame Day 15-28)
- Hydration and Mineral sufficiency
- Broccoli sprouts – for estrogen dominance – poorly metabolized/dirty estrogen→ clean

### Arthritis
- Hydration – water
- Address gut and digestion
- Eliminate foods that you are unable to fully digest – wheat, wheat, wheat, dairy, sugar, nightshades
- Omega 3’s
- Boron rich foods
- Turmeric/curry
- Magnesium rich foods
- Whey, Colostrum
- Address co-infections – Lyme, retrovirus, etc

### Brain health
- Restorative sleep
- Hydration
- Address gut health – food sensitivities, liver, bile
- Blood sugar balance – due to insulin resistance
- Address lymph health – minerals, movement
- Address Heavy Metals, Lyme, Viral infections
- EMF
- Dental infections
- Rosemary
- Essential Fatty acids – salmon, sardines, cod livers/oil

### Fatigue
- Hydration
- Minerals – magnesium rich foods
- Sea Salt
- Balance blood sugar – protein and fat
- Address gut health
- Eliminate food sensitivities
- Thyroid and adrenal health
- Lyme, Viral and Retroviral infections
- Heavy Metals
- Parasites – taking nutrients from body
- Vitamin B rich foods

### Sleep
- Mitigate EMF – turn off WIFI
- Hydration
- Minerals – magnesium and zinc
- Sea Salt – pinch before bed
- Balance blood sugar
- Eliminate food sensitivities
- Address liver, thyroid and adrenal health
- B vitamin rich foods – B1 and B6 in particular
- Herbs – sage, basil, chamomile, passion fruit
- Golden milk – turmeric, honey
- Dark cherries Cheese and honey evening snack
- Fatty fish – EFA's
Vitamin A rich foods
- Chicken liver
- Beef liver
- Cod liver oil
- Pastured egg yolks
- Pastured butter
- Fish eggs – roe, caviar
- Seafood
- Carotene
  - yellow, red, orange or dark green
  - fruits and vegetables

Vitamin D rich foods
- Cod/skate liver oil
- Pastured lard
- Pastured egg yolks
- Wild salmon
- Sardines, herring
- Beef liver
- Pastured butter, milk, cheese
- Organ meats
- Seafood – shrimp, crab
- Mushrooms
- And sunlight when you can

Vitamin K2 rich foods
- Natto
- Chicken, duck, goose liver
- Pastured egg yolks
- Wild salmon
- Sardines
- Emu oil
- High fat pastured dairy – butter, ghee, hard cheese, yogurt, kefir
- Grass fed meats and organ meats

Vitamin C rich foods
- Black currant
- Red peppers
- Citrus – orange, lemon, grapefruit – use peel as well
- Broccoli, brussels sprouts, cauliflower
- Sauerkraut – cabbage,
- Strawberries, raspberries and other berries
- Kiwi, guava
- Parsley, pineapple, papaya
- Tomatoes
- Rose hips
- Pine needles

Vitamin B rich foods
- Beef liver, beef
- Nutritional yeast
- Shellfish – oysters, clam, crab
- Pastured dairy – milk, cheese, yogurt
- Kidneys
- Turkey, pork
- Eggs
- Bee pollen
- Beet greens, spinach, sunflower seeds, avocado, mushrooms, lentils, chickpeas

Zinc rich foods
- Oysters
- Oysters
- Oysters
- Beef
- Crab and lobster
- Pork
- Chicken – dark meat
- Pumpkin seeds and nuts
- Yogurt
- Lentils
- Sprouts and greens
- Honey
Broccoli Sprouts

- Can be eaten raw or heated
- How to maximize their therapeutic value – increase sulforaphane content
- Heating them to 140-158 degrees, sit for 10 minutes, then cooling – increases sulforaphane by 3+ times
- See Magdalena Wszelaki recipe in reference
- Add to soups, kraut, smoothies
- Chew well
- Won’t hurt thyroid – however, most need to support thyroid with minerals in general

10+ ways to use garlic

- Cooking – soups, stews, vegetables, meats
- Salad dressing
- Garlic butter/ghee – minced, put on vegetables, toast
- ACV Garlic tonic Tea
- Fermented garlic – or honey fermented
- On soles of feet
- Chop into pill sizes and swallow with a beverage
- Finely chopped on a spoon of honey
- Take a recipe you love and add A LOT of garlic – guacamole, hummus, salsa, pesto
- In a sandwich or tucked between/inside any food
- Start small and build up, not on an empty stomach
- Lessen garlic breath with ACV, honey, apple

Herbs bring MORE medicine into our foods

- Herbs are nature’s medicine and provide FLAVOR
- Most foods can use A LOT more herbs that we include
- Take favorite recipes and double the herbs, then triple
- The more fat in a dish, the more herbs it can take
- Salad dressing – lots of herbs & garlic
- Eggs, quiches – add more herbs
- Soups – all, French onion (thyme), lemon herb, German 7 herb
- Liver pate – lots of herbs
- Chicken Silver palate Chicken Marbella – oregano 20 Garlic clove
- Potatoes – roasted – LOTS of garlic and herbs
- Vegetables – the herbs give the accent and flavor
- Stews
- EVERY meal – include antimicrobial herbs and/or spices.

Let your palate be your guide

- After addressing yeast overgrowth
- After restoring gut microbiome balance
- Your palate – your brain, heart and gut
- Knows what you need
- Listen to body and palate
- Observe your body
- You will likely be awe of the wisdom of your palate.
- Gourmet food – more flavor due to herbs and spices.

SUPER FOOD ~ our BREATH

- Hippocratic On airs, waters and places .. “one of the most frequent causes of disease the bad quality of air and water”
- Fresh air
- Slow breathing - regular and effortless
- Full breaths – posture affects breath
- Affects so many aspects of our health
- How do you breathe?

our BREATH

- Mouth breathing
- Increases dehydration
- Halitosis
- Harboring of pathogens – 4 times higher risk of developing strep
- Over breathing creates more mucus creating increased sinus congestion
- Activates sympathetic nervous system – release of stress hormones
- Snoring and sleep apnea – fatigue
- Increase dental plaque – due to less saliva
our BREATH

- Deviated septum – from birth, injury, other?
  - 8 out of 10 in US
  - Often leads to mouth breathing
  - Nasal congestion, sinus infections
  - Headaches
  - Sleep disturbances - fatigue

SUPER FOOD ~ our BREATH

- Breathing through the nose
  - Filters the air via cilia — protecting from 20 billion particles
  - Moistens and warms the air
  - Increases nitric oxide — combats pathogens in body, strengthens immune system, improves blood flow, increases lung capacity to absorb oxygen, increases energy
  - Homeostasis of O2 and CO2 – increased O2 in lower lobes of lungs
  - Supports better lymph flow through full rib cage involvement
  - Massages digestive organs and heart
  - Most important, mouth closed while sleeping.

our BREATH

- We CAN retrain our breath
- Benefits are VAST for retraining breath
- Buteyko Breathing Method
  - Improve functional breathing patterns
  - Asthma, hayfever
  - Neurological – anxiety, stress, panic attacks
  - Childhood development - craniofacial development, ADHD
  - Sleep disordered breathing – apnea, insomnia, snoring
- Yoga – pranayama
- Papworth breathing method
- BREATH book by James Nestor
- WIM Hof

In summary

Let Food Be Thy Medicine

- The work of Dr. Weston A Price
- The work of Hippocrates
- The gifts of nature - food of many colors, textures, flavors, seasonal, regional
- Real food, organic, nutrient dense, properly prepared
- The gifts of our farmers – healthy soil
- YOU are the inspiration and guider to your family and friends
- Let every generation find MORE medicine from their food
- Let our food, air and water be our MEDICINE
  - The time is now....

References

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