TRUST ME A DOCTOR!!!
I'M
Know your WHY?

WHY do I need to take care of my health?

WHY should I focus on my own wellness?
Sick and tired of being sick and tired?

So what is the problem?
Yes. But only partially. The real problem is this...

Retrieved from https://media.licdn.com/
For Health... eat some food from each group... every day!

GROUP ONE
GREEN AND YELLOW VEGETABLES...
some raw—some cooked, frozen or canned

GROUP TWO
ORANGES, TOMATOES, GRAPEFRUIT...
or raw cabbage or salad greens

GROUP THREE
POTATOES AND OTHER VEGETABLES AND FRUITS
new, dried, frozen, frozen or canned

GROUP FOUR
MEAT, POULTRY, FISH, OR EGGS...
or dried beans, peas, nuts, or peanut butter

GROUP FIVE
MILK AND MILK PRODUCTS...
fluid, evaporated, dried milk, or cheese

GROUP SIX
BREAD, FLOUR, AND CEREALS...
whole wheat, graham, or enriched or reduced

GROUP SEVEN
BUTTER AND FORTIFIED MARGARINE
(with added Vitamin A)

U.S. GOVERNMENT CHART

IN ADDITION TO THE BASIC 7...
EAT ANY OTHER FOODS YOU WANT

U.S. DEPARTMENT OF AGRICULTURE

- Fats, Oils, & Sweets: Use sparingly

- Milk, Yogurt, & Cheese Group: 2-3 Servings

- Vegetable Group: 3-5 Servings

- Bread, Cereal, Rice, & Pasta Group: 5-11 Servings

- Meat, Poultry, Fish, Dry Beans, Eggs, & Nuts Group: 2-3 Servings

- Fruits Group: 2-4 Servings

Symbols:
- Yellow: Fat (naturally occurring and added)
- White: Sugars (added)

These symbols show fat and added sugars in foods.
There are four basic food groups:

- Milk Chocolate
- Dark Chocolate
- White Chocolate
- Chocolate Truffles
Look at the label to the left. 3 of the 4 macromolecules can be found in foods. The 3 biochemical molecules found on a nutrition label are:

1. **FAT** (0 grams in this product)
2. **Carbohydrate** (13 grams in this product)
3. **Protein** (9 grams in this product)

http://www.slideshare.net/guest13161d/big-4-macromolecules
• A, D, E, K
• B complex, C
• Ca Mg K Na S P Cl
• Zn Fe Cu I Se Mn Cr
• Phytonutrients
Common Allergens

Eight types of food are responsible for more than ninety percent of allergic reactions. These foods are: milk, eggs, peanuts, tree nuts, shell, soy, and wheat.

cdc.gov
gluten
wheat germ, bran, cereals, bulgar, rye, barley, wheat-based pastas, breads, cookies, crackers, etc.

eggs
mayo, baked goods, breads, marshmallows, meringues, meatballs, ice cream, etc.

dairy
Cow’s milk, cheese, cottage cheese, half and half, cream, sour cream, pudding, yogurt, etc.

soy
soy sauce, soy milk, tofu, soy protein isolate, miso, some deli meats, tamari, etc.

SWAP:
- NON-GMO CORN TORTILLAS, RICE NOODLES, ZUCCHINI, LINGUINE USING A SPIRALIZER, HOMEMADE GRANOLAS, GLUTEN-FREE FLOURS SUCH
- MASHED BANANA, APPLESAUCE, NUT BUTTER, FLAX

SWAP:
- ALMOND MILK OR OTHER NUT MILKS, COCONUT MILK, DAIRY-FREE CHOCOLATE CHIPS, SORBET FOR ICE CREAM, COCONUT OR ALMOND MILK BASED ICE CREAM

SWAP:
- COCONUT AMINOS FOR SOY SAUCE

HOW THE FOOD YOU EAT AFFECTS YOUR BRAIN

<table>
<thead>
<tr>
<th></th>
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<tbody>
<tr>
<td>GO! Ideal To Consume</td>
<td>Use With Caution</td>
<td>STOP - Try To Avoid</td>
</tr>
<tr>
<td>Most non starchy vegetable &lt;15</td>
<td>Canned kidney beans 52</td>
<td>Bagel 72</td>
</tr>
<tr>
<td>Peanuts &lt;15</td>
<td>Kiwifruit 52</td>
<td>Corn chips 72</td>
</tr>
<tr>
<td>Low-fat yogurt, no sugar &lt;15</td>
<td>Orange juice 52</td>
<td>Watermelon 72</td>
</tr>
<tr>
<td>Tomatoes 15</td>
<td>Banana 53</td>
<td>Honey 73</td>
</tr>
<tr>
<td>Cherries 22</td>
<td>Potato chips 54</td>
<td>Mashed potatoes 73</td>
</tr>
<tr>
<td>Peas 22</td>
<td>Special K 54</td>
<td>Cheerios 74</td>
</tr>
<tr>
<td>Plum 24</td>
<td>Sweet potato 54</td>
<td>Puffed wheat 74</td>
</tr>
<tr>
<td>Grapefruit 25</td>
<td>Brown Rice 54</td>
<td>Doughnuts 75</td>
</tr>
<tr>
<td>Pearled barley 25</td>
<td>Linguine 55</td>
<td>French fries 76</td>
</tr>
<tr>
<td>Peach 28</td>
<td>Oatmeal cookies 55</td>
<td>Vanilla wafers 77</td>
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<tr>
<td>Can peaches, natural juice 30</td>
<td>Popcorn 55</td>
<td>White bread 79</td>
</tr>
<tr>
<td>Soy milk 30</td>
<td>Sweet corn 55</td>
<td>Jelly beans 80</td>
</tr>
<tr>
<td>Baby lima beans 32</td>
<td>Muesli 5</td>
<td>Pretzels 81</td>
</tr>
<tr>
<td>Fat-free milk 32</td>
<td>White rice 56</td>
<td>Rice cakes 82</td>
</tr>
<tr>
<td>Low-fat yogurt, with sugar 33</td>
<td>Pita bread 57</td>
<td>Mashed potatoes, instant 83</td>
</tr>
<tr>
<td>Apple 36</td>
<td>Blueberry muffin 59</td>
<td>Cornflakes 84</td>
</tr>
<tr>
<td>Pear 36</td>
<td>Bran muffin 60</td>
<td>Baked potato 85</td>
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<tr>
<td>Whole wheat spaghetti 37</td>
<td>Hamburger bun 61</td>
<td>Rice, instant 91</td>
</tr>
<tr>
<td>Tomato soup 38</td>
<td>Ice cream 61</td>
<td>French bread 95</td>
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<tr>
<td>Carrots, cooked 39</td>
<td>Canned apricots, light syrup 64</td>
<td>Parsnips 97</td>
</tr>
<tr>
<td>Apple juice 41</td>
<td>Macaroni and cheese 64</td>
<td>Dates 100</td>
</tr>
<tr>
<td>All-Bran 42</td>
<td>Raisins 64</td>
<td></td>
</tr>
<tr>
<td>Canned chickpeas 42</td>
<td>Couscous 65</td>
<td></td>
</tr>
<tr>
<td>Custard 43</td>
<td>Quick-cooking porridge 65</td>
<td></td>
</tr>
<tr>
<td>Grapes 43</td>
<td>Rye crisp-bread 65</td>
<td></td>
</tr>
<tr>
<td>Orange 43</td>
<td>Table sugar (sucrose) 65</td>
<td></td>
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https://www.pinterest.com/frankbollinger/healthy-living/
GMOs in Food

In the U.S., three major commodity crops are raised predominantly from GMO seed: field corn (92%*), soybeans (94%*), and cotton (94%*). *based on U.S. acreage as of 2015 (USDA)

Almost 98% of Canadian grown Canola is genetically engineered for herbicide resistance.

U.S. sugar beet production is estimated to be over 95% genetically modified for herbicide resistance.

GMO sweet corn, papaya, zucchini, and yellow summer squash are also for sale in grocery stores, but in far lesser amounts.

Genetically modified alfalfa is grown for use as hay and forage for animals.

NEW: ‘White Russet’ brand potatoes, genetically modified to resist bruising were introduced to some grocery stores in 2015, but are not yet widely available.

Genetically engineered non-browning ‘Arctic’ apples have been deregulated by the USDA and are expected to be on the market in 2016.

http://responsibletechnology.org/gmo-education/gmos-in-food/
Other Sources of GMOs:

• Dairy products from cows injected with the GM hormone rbGH

• Food additives, enzymes, flavorings, and processing agents, including the sweetener aspartame (NutraSweet) and rennet used to make hard cheeses

• Meat, eggs, and dairy products from animals that have eaten GM feed

• Honey and bee pollen that may have GM sources of pollen

• Contamination or pollination caused by GM seeds or pollen
Vera Quijano

Human first. Female second. Mother third. Grandmother fourth. Wife fifth (don’t tell my husband).

Then, all that crap on the right:

- Bachelor of Science, Cell/Molecular Biology, minor chemistry, SFSU
- MPA, HR Management, NDNU
- Certified Nutritional Consultant, GCNM
- Certified Ayurvedic Instructor, Deepak Chopra Center for Well-Being
- Certified Yoga Instructor, Deepak Chopra Center for Well-Being
- Certified Dance Instructor, Dance Masters of America, Inc. (DMA)
- Certified Personal Trainer, American College of Sports Medicine (ACSM)
- MS, Human Anatomy and Physiology Instruction (in progress)
The First Giant Step to Yay!
(This is not medical advice.)

a) RPM, ujjayi, gratitude, chakras, primordial sound, deep breathing

b) ACV, upon waking, before lunch, before dinner, before bed

c) Add coconut oil to coffee

d) Bounce and shake, 3 - 5 minutes, collercise.com

e) Slow yoga stretches

f) Use your feet for anti-stress self-defense

g) “Go-to” for easy-access stress reduction