

# MODULE II

## CELLULAR HARMONY: ACHIEVING OPTIMAL WEIGHT AND HEALTH

### I INTRODUCTION

By Learning and understanding the “secrets” of how to optimize the health of your CELLS, you will experience:

- A. The joy of maintaining your optimal weight. Entering this “passage of life” does not mean you have to look frumpy. You can feel and look a lot younger than your chronological age.
- B. Flawless skin and a translucent glow. Yes, the rich and famous have been doing this at a cost of thousands of dollars, but you can learn to do this with a fraction of the cost and achieve the same result ! Your skin comes “alive” and people will notice.
- C. More energy and a feeling of “well being.” You will be more productive because of this new energy and well being that you have acquired. You will have a more joyful, exciting, vital and stress-free life.
- D. The long term physiological benefit of keeping your cells in optimal health is to support the prevention of chronic disease. You will be able to count yourself among the lucky few who can figure this out.

### II. GOALS OF THE COURSE

- A. The ability to understand, communicate with your doctors and form a partnership with them to address your menopausal concerns and needs.
- B. The knowledge to make informed choices as to how to create and implement your individualized program.

### III. SPECIFIC OBJECTIVES

- A. Understanding why we gain “water” weight as we age:
  - The role of the digestive system
  - The role of the lymphatic system
  - The Relationship between the digestive and lymphatic system

- What food groups are harder to digest.
- B. The role of enzymes in digestion and other metabolic functions.
- C. Understanding glyconutrients(cell to cell communication- a very important piece that most people do not understand) . The difference between “immune fuels” and “ immune modulators”
- D. The structure of a cell and how that affects your total health.
- E. How to start the food supplement regiment (very confusing to many people)
- F. How to create an alkaline state in your body for bone health.(Hormone also play a part in bone health)
- G. What kind of food to eat to give you great skin.
- H. The Oxford, Cornell and China Project-the Chinese rural diet.
- I. How to organize an eating strategy for your life style.
- J. How to create interesting menus for your family so they can start changing their eating habits.
- K. How to overcome the societal pressure of not to eat well. Develop an “eat out” strategy.

#### IV. GETTING STARTED

- A. Develop an annual check up habit and monitor your blood test on indicators and markers of problem areas e.g. Cholesterol level, blood pressure and also glucose level.
- B. \_Check out any food allergies and also what food groups you have problem with.
- C. Develop an eating strategy- not a diet but a way of life
  1. Learn different methods of cooking to make delicious alternative food.
  2. The correct way to brew tea (will be demonstrated).
  3. Cook whole grain food such as five grain rice and other combinations of food.
  4. Find “super powerful” food that can boost your immune system.
  5. Choose Chinese healing soups to add more nutrients to your diet.
  6. Select food and drinks that help your liver and pancreas.

- D. Learn how to read food supplement labels and grocery shop.
- E. Learn how you can add key nutritional supplements to your diet.
  - 1. Nutrients that are vital to optimal health and not found currently in the food we eat.
  - 2. How to choose quality supplements

## V REFERENCES AND SUPPORT MATERIALS

Include:

- A. List of Resources (books, articles, websites, etc.)
- B. Hand outs for some of the topics and special reports
- C. Reference book: Healing With Whole Food , Paul Pitchford