



7 STEPS TO START YOUR HEALING JOURNEY

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DISCLAIMER

The information contained in this E-book is not to be used as medical advice in any way and is intended for educational purposes only. Please consult with your physician before beginning a new diet plan.

Yours in Health,
Pedi Mirdamadi, ND

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ABOUT

Dr. Pedi is passionate about working with his patients to get to the root cause of their disease and educating them diet and lifestyle factors needed to achieve long term health.

With a background in professional fitness, nutrition, naturopathic, and functional medicine, he approaches each patient from a completely innovative lens.

His areas of expertise include digestive health, hormones, cardiovascular health, autoimmune disease, and weight loss.

When Dr. Pedi is not treating patients or doing various speaking engagements, he loves to spend time at the beach, working out, and enjoying time with friends and family.



1. REPLACE PROCESSED FOODS WITH WHOLE FOODS

Food Is Medicine.

Not All Calories Are Created Equal.

Food is information for the body and 100 calories coming from vegetables are not the same as 100 calories coming from French fries!

The food we eat affects many biological processes in the body. For example, food has a direct impact on the microbiome (bacterial balance) inside our digestive system, the food we eat has the ability to turn on/off disease genes. the food we eat can increase or decrease inflammation.

This is why counting calories is not an effective way to lose weight or achieve optimal health. What is more important is focusing on food quality as opposed to food quantity.

Avoid eating processed foods like bread, fruit juice/soda, sweeties, pasta, and pastries. Limit the intake of gluten containing foods as well as dairy. A good rule of thumb is that if it has a long ingredient list, chances are its not good.

Eat a diet high in whole foods. Eats foods made by God/nature and not by man. Eat plenty of fruits, vegetables, legumes. nuts, seeds, lean meats, and wild fish.



2. AVOID DRINKING WATER WITH MEALS

Do you get acid reflux?
Bloating, indigestion, or gas?
This one's for you!

When you swallow food, the first place it goes is your stomach. In the stomach, there is acid that plays an important role in the digestion of food, especially protein.

Drinking water with meals dilutes the acid in your stomach, which impairs digestion. This can result in symptoms including acid reflux, bloating, abdominal pain, malabsorption of nutrients, and even headaches and fatigue.

Limit water and fluid intake to sips with meals. Aim to drink water at least 30 minutes before and after eating to allow for optimal digestion.

3. AVOID SUGAR & SIMPLE CARBS

Why? Sugar prevents fat loss!

Eating or drinking sugary foods causes a rapid rise in blood sugar.

This rise in blood sugar causes a release of insulin in the body. Insulin turns off the fat burning pathway and acts like a fertilizer for fat.

The faster and higher blood sugar spikes, the more insulin that is produced, and the more likely the sugar is going to be stored as fat in the body.

Sugar is also highly inflammatory for the brain.

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Simple carbohydrates such as sugary food and drinks, fruit juice, white rice, and white potatoes result in a rapid rise in blood sugar. These foods are likely to be stored by the body as fat. To make things worse, simple carbohydrates are often processed, which means that most of the nutrients in the food have been removed, leaving nothing behind but sugar.

On the other hand, complex carbohydrates such as brown rice, sweet potatoes, quinoa, legumes, vegetables, and oatmeal contain lots of fiber and nutrients.

Choose complex sources of carbohydrates whenever possible to keep blood sugar stable and optimize nutrient intake.



4. KEEP ELECTRONICS OUT OF THE BEDROOM

Are you getting quality sleep? Or are you struggling to fall asleep or stay asleep? Do you wake up tired in the morning?

Most of us these days are not getting enough sleep and the limited hours are not quality sleep.

The body does most of its repair when we are sleeping. Quality sleep is critical for a healthy brain and a strong immune system.

Not enough and poor sleep can elevate cortisol, a stress hormone, which contributes to brain fog, high blood pressure, over eating, and weight gain, especially around the waist.



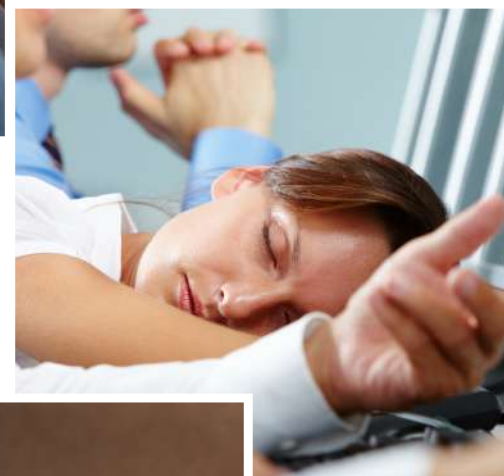
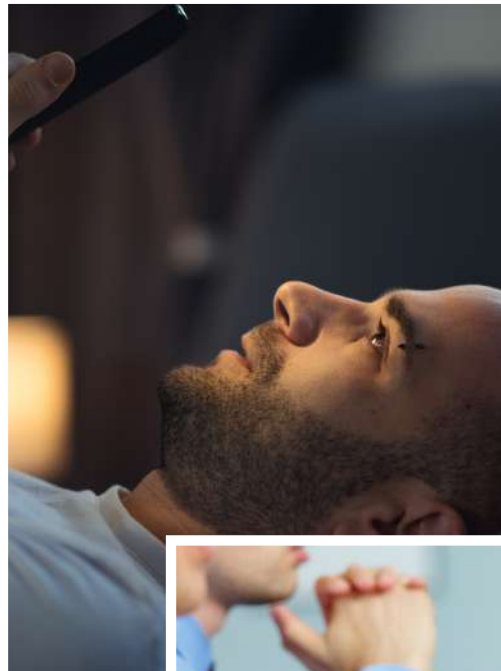
The research is now showing that radiation released from electronics, especially cell phones, can disrupt sleep and prevent the body from reaching the deeper stages of sleep.

Most of us struggle to get enough sleep so the least we can do is make sure we are getting quality sleep.

Aim to sleep 8 hours each night.

Avoid screen time for at least 1 hour before bed and remove (or at least turn off) all electronics from the room you sleep, especially your cell phone.

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5. REMOVE PLASTIC FROM YOUR LIFE

DANGERS OF PLASTIC BOTTLES

Plastics contain chemicals called BPA, or Bisphenol A, and phthalates which end up in our drinking water and into our body when we drink out of plastic bottles.

BPA and phthalates are endocrine disruptors, which means they disrupt the body's hormone balance. These chemicals can increase estrogen levels in the body which may lead to weight gain and numerous other health issues. They can also decrease testosterone levels in males. BPA is also a mitochondrial toxin. Mitochondria are the cells energy production center. The health of our mitochondria are crucial for physical and mental performance.

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Although some plastic bottles claim they are BPA-free, they are not. Companies are allowed to legally label their product as BPA-free if it contains less than 5% BPA, which still has negative consequences.

Throw out your plastic bottles and invest in a stainless steel bottle you can take with you wherever you go!



BPA-FREE



6. LIMIT STRESS

The Silent Killer

Stress is one of the most destructive things for our body. When we experience stress our body releases a hormone called cortisol.

Cortisol results in a rise in blood sugar, elevations in blood pressure, and weight gain specifically around the waistline.

Although we can't avoid stress we can utilize strategies like deep belly breathing to make our bodies more resilient to stress.

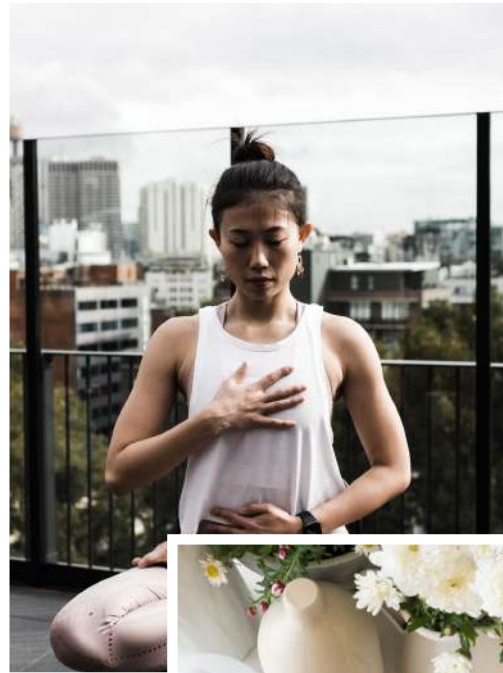


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Deep belly breathing involves taking deep and slow breaths through your abdomen and bringing your attention to your breathe. Deep belly breathing has been shown to increase oxygen levels, lower blood pressure, and much more!

Spend 2 minutes a couple of times a day to take deep slow belly breaths. Stress also shuts down our digestive system. Our body runs on a continuum between a state of sympathetic (fight or flight) or parasympathetic (rest and digest) activation. When stressed we are in a state of fight or flight and our rest and digest features are inhibited. Meaning our digestive system is shut off!

Always eat in a calm relaxed state. Take a few deep breaths before eating to put your body in rest and digest mode!



#7. EAT MINDFULLY & CHEW FOOD WELL

So many people eat on the go, or in front of the TV, without paying any attention to the food they are eating. What they fail to realize is that the brain and the digestive system are connected.

The site, taste, smell, and thought of food stimulate the digestive system to secrete enzymes and digestive juice, preparing it for digestion.

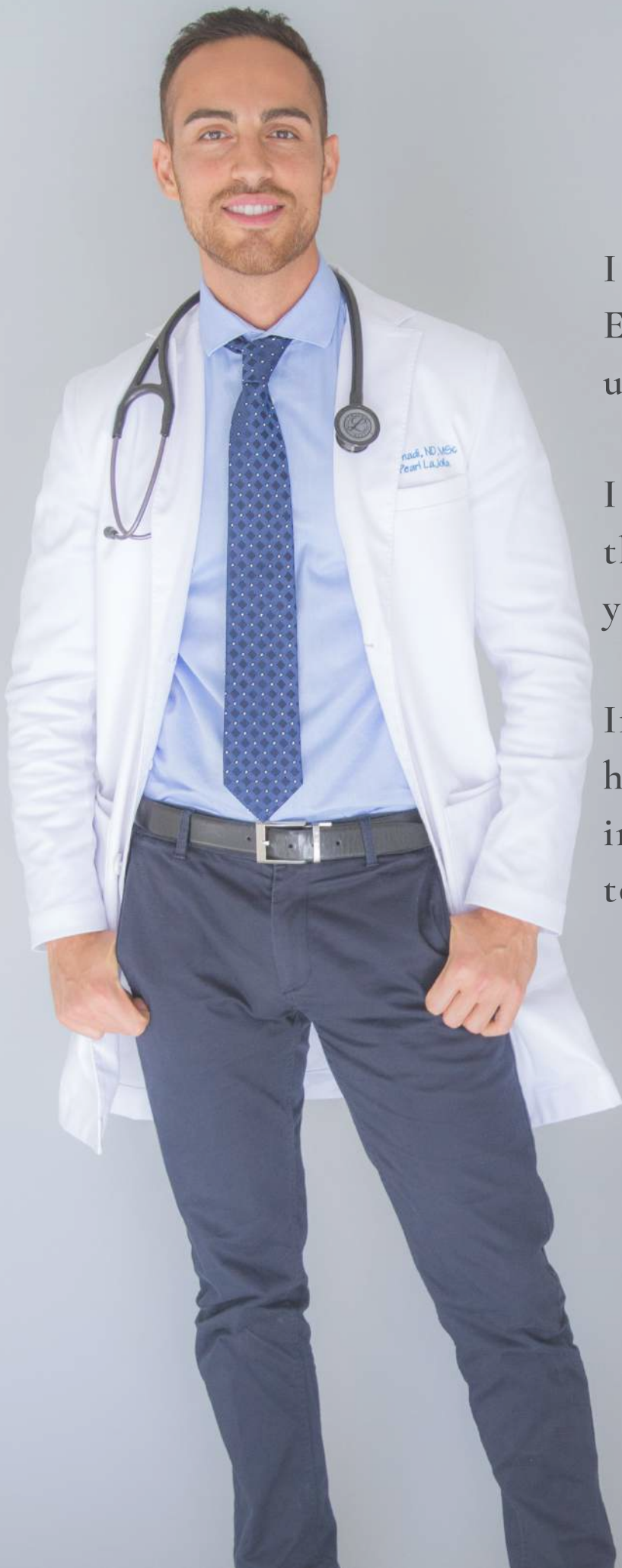
Eating mindlessly does not give the digestion system a chance to prepare for the entering food.

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Another important eating practice is chewing food well. The more you chew your food, the more surface area enzymes have to work on. Chewing also leads to the production of enzymes within the digestive system. Both of these factors contribute to more nutrients being digested and absorbed.

Avoid eating in a rush. Be mindful of the food you eat and aim to chew each mouthful 30 times before swallowing.



THANK YOU!

I hope that you enjoyed my E-book and have found it useful.

I encourage you to implement the 7 tips we discussed into your daily life.

If you are ready to take your health to the next level interested in working together click the link below.

Start your health journey now!



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