



Acupuncture, Nutrition & Herbal Medicine

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Hello,

This is the first in a series of newsletters which will contain useful information on living a healthier life. I am best able to assist your journey to balance when *you* are caring for your health as well! I will be sharing suggestions for improving your quality of life that work in tandem with the treatments and supplements I provide. Working together, we will see great results!

HEALTHY FOOD SHOPPING

Ideal: buy and eat only organic, pastured meats and dairy, and organic, non-genetically modified foods

Good: buy and eat organic meats and dairy, and organic produce from the EPA's list of the "dirty dozen "

Why is organic so important? Toxins, drugs, and pesticides all get trapped in the fat cells of the body, so when you eat any animal products, whether it is meat or dairy, you are eating all of the hormones, antibiotics, pesticides, etc. that were injected into the animal, or that it ate. Organic meats and dairy are certified "added hormone and antibiotic free", and pastured (grass-fed) products were not fed potentially unhealthy grains. The organic meat industry also tends to be smaller scale farming, where the animals are treated much more humanely than in a large feedlot, factory farming situation.

Purchasing organic fruits and vegetables supports sustainable farming practices. The most effective way to get minerals into our bodies is by eating plants grown in mineral-rich soil. "Conventional" farming is mono-crop planting which, after several years of growing only the same crop, depletes the soil of essential nutrients and it becomes lifeless. Plants grown in this soil have very few or no minerals in them, and are devoid of the beneficial micro-bacteria we need. Many crops contain GMOs (Genetically Modified Organisms) and there is no evidence to show that GMO crops are completely harmless. When we buy organic, we support ethical, sustainable farming and more easily get the nutrition we need.

AVOID THE FOLLOWING:		
9 GMO Crops		
Soy	Canola oil	Yellow squash
Corn	Sugar from sugar beets	Hawaiian papaya
Cotton (oil)	Zucchini	Alfalfa
*Wheat is not a GMO crop		
EPA's Dirty Dozen + (these contain the most pesticide residues – listed in order from the worst)		
Apples	Spinach	Cherry tomatoes
Strawberries	Sweet Bell Pepper	Hot peppers
Grapes	Nectarines (imported)	Kale / Collard greens
Celery	Cucumbers	Summer Squash
Peaches	Potatoes	
Clean Fifteen		
OK to eat conventional if you have to: (these are least likely to be contaminated with pesticide residues)		
Asparagus	Eggplant	Onion
Avocados	Grapefruit	Papayas
Cabbage	Kiwi	Pineapple
Cantaloupe	Mangos	Sweet peas (frozen)
Sweet corn	Mushrooms	Sweet potatoes

Tip: Keep this cheat sheet for shopping trips.

What do the different numbers on those stickers in the produce section mean?????

- If the code starts with a 9, the produce is organically grown. Buy as often as you can.
- If the code starts with an 8, it is a GMO product. Never buy!
- If the code starts with either a 4 or 3, the produce is conventionally grown. Use the "Dirty Dozen" and "Clean Fifteen" lists to decide which to purchase.

For more information about healthy eating, see:

[Weston A. Price Foundation](#)

[Standard Process](#)

[International Foundation for Nutrition and Health](#)

[Price-Pottenger Nutrition Foundation](#)

[Selene River Press](#) (an excellent selection of nutrition books)

I hope you find this helpful! Please call or set up an appointment if you would like to learn more about healthy eating and what it can do for you. If you would prefer to not receive these e-mails, please e-mail or call to let me know that you would like to unsubscribe.

Be Well!

Lori

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