

NU Script Project Jason Deyo

CONSULTANT: I'm glad you're here; its not every day I see someone your age that is so concerned with improving their overall health. How is your soccer season going?

AMY: Its good but I'm tired all the time and my parents are always on my case to do more and its not like I have anytime for anything besides sports and school anyway. I get a headache just thinking about it.

CONSULTANT: I understand that you're stressed. If you're interested, there may be some ways to help you deal better with your stress.

AMY: That's why I'm here.

CONSULTANT: Pressure to live up to parents' standards is hard. Could you be happy knowing that you're on track, that you have a plan and that you are following it?

AMY: I don't know, my parents just don't understand.

CONSULTANT: Is it possible to talk to your parents about the stress? Could you tell them how you feel and ask if they are realistic with expectations or maybe just communicate to have a better understanding on both sides of what is expected and what's possible? "It has been shown in both experimental animals and in humans that chronic, unrelieved stress can produce permanent damage to the brain." (Blaylock, 2006. Pg. 9) Lack of sleep, exercising and both family and school stress all adds up and we need the extra antioxidant defenses wherever we can get them in order to deal with stress.

AMY: Antioxidants? Is that like the multivitamin my mom makes me take?

CONSULTANT: Yes, but its not a bad idea to look into other sources as well. Especially because of soccer, athletes have higher free radical damage and "the dangers of the western diet cannot be overcome by consuming nutrient pills." (Campbell &

Campbell, 2004, pg. 228) “Exercise can damage cells by generating enormous amounts of free radicals” and “most people do not correspondingly increase their antioxidant intake.” (Blaylock, 2006, pg. 33) “But fortunately for us, free radical damage can be repressed by the antioxidants in fruits and vegetables” (Campbell & Campbell, 2004, pg. 215) Many doctors consider broccoli, carrots, spinach, winter squash and sweet potato great sources of antioxidants.

AMY: But that sounds like so much food. Shouldn't I be more worried about my weight?

CONSULTANT: I understand your concerns but its possible that better choices may make all the difference. Many of my clients would kill to have your BMR of 2400 calories; what I mean by that is you burn so many calories that you don't need to be worried about eating too much, you will get to “eat a lot and still loose weight if the calories aren't from sweets.” (Campbell & Campbell, 2004, pg. 138)

AMY: Really? I thought I was eating too much.

CONSULTANT: Well, maybe its what you're eating, not how much. Your intake form mentions that you eat a Breakfast of pop tarts, toast and bagels. Those are very processed, full of sugar and without much fiber if any. “High sugar intake is also known to suppress the immune system, increase the likelihood of bacterial and yeast infections, chronic viral illnesses, and even cancer.” (Blaylock, 2006, pg. 267). Have you ever heard of a Mexican scramble?

AMY: A what?

CONSULTANT: A Mexican Scramble is an easy Breakfast to make. “Black beans have been shown to slow the absorption of glucose significantly” (Blaylock, 2006, pg. 268). A little avocado and some salsa over your organic egg whites and black beans take

less than 5 minutes to make on the stove. “If we don’t consume enough fiber, we are susceptible to constipation based diseases... and varicose veins.” (Campbell & Campbell, 2004, pg. 89) Campbell (2004) also recommends beans, leafy greens and whole grains for fiber. (p. 89)

AMY: OK, What about lunch?

CONSULTANT: Lunch is important too, especially the salad bar. I know you think you are eating too much, do you think you might eat less of the pizza, burgers and fries at lunch if you started with a salad? Blaylock (2006) suggests 10 servings of vegetables a day and he recommends juicing when possible to make up for missed servings. (p. 250) Have you ever tried a veggie drink? That might be a step in the right direction, even a premade veggie juice that’s not made with added sugars may be better option than soda.

AMY: OK, but what’s wrong with my sodas? They’re diet!

CONSULTANT: Diet soft drinks seem to have some drawbacks that out weigh the low sugar content. “Most people are not aware that high caffeine intake can actually precipitate seizures in otherwise normal people.” (Blaylock, 2006, pg. 267) Not to mention the aluminum sulfate found in the water used to make the soft drinks, which can result in “widespread brain cell death” according to Blaylock (2006). (p 267)

AMY: OK, OK, I didn’t know my *diet energy jolt extreme* had caffeine in it.

CONSULTANT: Caffeine could be causing some of the headaches in the afternoon and maybe some of the fatigue too but there other thing we need to talk about before our time is up. We need to look at your snacks. Dr. Campbell (2004) calls these chips and cake snacks that are full of refined carbohydrates and fats the diet of junk food vegetarians. (p 138). These “bad fats” in junk food diets coming from vending machines

can “increase inflammation, depress the immune system, and impair enzymes necessary to convert other oils (linolenic fats) into DHA oils.” (Blaylock, 2006, pg 33)

Furthermore, the stress and fatigue may be caused by excitotoxins and Blaylock (2006) recommends avoiding “all processed foods containing added glutamate in the form of MSG, hydrolyzed vegetable proteins, soy protein extract, protein isolates, or any other disguised names for MSG.” (p 155)

AMY: Well, I don’t understand all that exactly. What am I supposed to eat?

CONSULTANT: There are some great alternatives to chips and soda during a soccer practice. Have you ever dropped some blueberries into some goat yogurt? Or made a batch of trail mix? I used to love taking some almond slivers and walnuts and pumpkin seeds and sprinkling some cinnamon on top. Does that interest you?

AMY: That sounds great! I’ll try it tomorrow at practice.

CONSULTANT: Let me know what you come up with. Before we end our talk I want to mention something called Batch Cooking. You wrote on your intake form that *microwave box food convenience meals* were a regular dinner at home. I now how busy we all are and to make up for it I take an hour out every Sunday night to make food for the week. The first 15 min or so I cut up veggies and some organic chicken. Then, while the chicken is baking I steam some broccoli and make a big salad that will last a few days and put it in the fridge. The last 15 minutes is spent making quinoa, which is a delicious high fiber whole food carbohydrate. Now my healthy lunches and dinners are already made for the next few days. Do you think you and your family could try some batch cooking?

AMY: That sounds good but can I make spinach instead of broccoli?

CONSULTANT: Absolutely! Take this sample menu home with you.

DAY 1 BMR 2400 calories plus 500 Athlete in training

Breakfast: 2 cups blue berries, 10 walnut ½'s, 1-cup goat yogurt, 2 egg whites and ¾ cup of oatmeal

Snack: 2 oz. chicken salad on whole grain bread

Lunch: Green Salad with olive oil, 2 cups brown rice, 2 cups grilled veggies, 3 oz. salmon

Snack: Apple with almond butter

Dinner: 1 and ½ cups quinoa, 2 cups spinach, 3 oz salmon, 2 tsp olive oil

DAY 2 BMR 2400 calories plus 500 Athlete in training

Breakfast: 1 cup black beans, ½ cup egg whites, ½ cup salsa, ¼ avocado, 1-cup goat milk

Snack: ¾ cup of mixed nuts and seeds

Lunch: 1 cups brown rice, 4 oz. fish, 4 cups raw veggies with cup hummus dip

Snack: hard boiled egg and a kiwi

Dinner: 10 oz Sweet Potato, 3 oz chicken, 3 cups steamed broccoli, 2 tsp olive oil

DAY 3 BMR 2400 calories plus 500 Athlete in training

Breakfast: 2 cups rice milk, 1 banana, 2 tsp almond butter, 1 scoop brown rice protein powder, yogurt optional, add ice and blend

Snack: celery, carrots and almond butter

Lunch: whole grain bread, turkey salad, bell peppers, vegan mayonnaise, cherries

Snack: 8 oz kale, spinach, beet, carrot, ginger, apple, celery juice and walnuts

Dinner: Warm Spinach salad with 1 cup roasted eggplant, $\frac{3}{4}$ cup quinoa, 3 oz salmon, $\frac{1}{4}$ cup sesame seeds

References:

Campbell, T. & Campbell, T. II. (2004) *THE CHINA STUDY*. Dallas: BenBella Books.

Blaylock R. (2006). *HEALTH AND NUTRITION SECRETS THAT CAN SAVE YOUR LIFE*. Albuquerque: Health Press