



WITH NATASHA VAZ, CNP
VAZWELLNESS.COM

FOUNDATION WORKBOOK

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"TOMORROW'S HEALTH STARTS WITH TODAY"

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OBJECTIVES

- Inspire you to lead a healthy lifestyle while connecting through health.
- Importance of nutrition for prevention, health, sports performance and beauty.
- Learn what your body needs to thrive and how to customize your diet.
- Where and how to shop. Resources for eating well and supporting economic recovery.
- How to eat to regulate blood sugar levels.
- Optimize digestion, energy and sleep.
- Provide guidelines and tools for healthy eating.
- The Principles of Urban Homesteading in the modern day.

COURSE OVERVIEW

- 1) 5 Principles of Healthy Eating
- 2) Carbohydrates
- 3) Protein
- 4). Fats
- 5) Fermentation, Sprouting, and Traditional diets
- 6) Acid/Alkaline and customizing your diet
- 7). Eating for health, beauty and athletic performance

DEDICATION:

WISDOM OF THE OLD WAYS

WITH ALL THE SPECIALIZED DIETS AND FOOD CRAZES OUT THERE - LEARNING PRINCIPLES ANYONE CAN APPLY IN MODERN TIMES IS A KEY TO HEALTH.

There is a lot to be said about looking to the past to shape the future.

The modern world has brought amazing inventions like the computer, internet, and modern medicine like penicillin. But it has also taken something away from us.

The knowledge and techniques of the past gave us nutrient dense food without preservatives and fridges.

It also allowed us to be much more in tune with nature rhythms. This got us to where we are today. 8 billion strong.

Let's discuss more about the Wisdom of the Old Ways and how it can benefit you today.

5 PRINCIPLES OF EATING HEALTHY

- 1. Foods should be whole and minimally processed. As close to the farm as possible.**
- 2. Fresh - food begins to lose its nutrition and life force/chi/prana once it is picked. Life supports life.**
- 3. Organic - all hype and food politics aside, this is closer to how we traditionally ate.**
- 4. Seasonal for your area - this is when it's at its cheapest and most nutritious.**
- 5. Local - more time to ripen and increase nutritional content, supports local economies, less of a carbon footprint.**



CHAPTER 1

Foods should be whole and minimally processed. As close to the farm as possible.

- Many of our foods are preserved with the byproducts of the petroleum industry. It is more profitable in the long run for these companies to pay scientists to repurpose chemicals instead of paying the disposal fees.
 - Ex - sodium laurel sulphate or SLS is a preservative in our shampoos and personal care products that has links to cancerous diseases.
- Aspartame was a war time neurotoxin.
 - Rather than dispose of this chemical safely - it was discovered that it had a sweet taste.
 - The Senator who owned the company used his influence to get approved as a food additive.
 - Within the body it gets converted to alcohol and formaldehyde.
- Most chocolate milk contains puss cells and cows blood. Sugar and chocolate are used to disguise the flavour and colour once it's been pasteurized.

INTEGRATION EXERCISE:

What culture do you identify with the most ?

Can you name any traditional foods from this culture or other traditional foods if you don't identify with one culture in particular ?

What would you want to learn to make again?

CHAPTER 2

Fresh - food begins to lose its nutrition and life force/chi/prana once it is picked.
Life supports life.

- The immune system of the plant is the soil. We derive our health and immunity from plants and the animals that consume these plants.
- Traditional farming methods that compost and work to keep plants strong with natural soil amendments and fertilizers have more nutrition than mass produced chemically grown plants.
 - This method is closest to the principals of modern Organic Farming.
 - Biodynamic Organic Farming is one level above modern organic farming where the farmers only use what's on the farm and don't bring things in such as compost to fortify their crops from the outside world.
 - These principles can actually be regenerative to our planet.
 - It is thought that if everyone farmed this way, we could eliminate all pollution from the industrial revolution in just 10 years.

INTEGRATION EXERCISE:

What food do you or family traditionally grow ? What times of year?

Can you name some traditional ways farmers and gardeners would strengthen the soil ?

CHAPTER 3

Organic - all hype and food politics aside, this is closer to how we traditionally ate.

- Without the use of modern chemicals and pesticides, farmer had to rely on healthy soil and healthy plants to have a plentiful season.
- Perennial plants that grow back year after year grow deeper roots that provided channels for water to be held while reducing soil erosion.
*Organic crops are 30% more drought resistant.
- Farmers would use methods like 'companion planting' which help repel pests, attract pollinators, provide shelter and structure for roots, stems, and vines.
- Genetically Modified Organisms (GMO) such as seeds can be easier to grow one season, but very costly the next.
 - Most are also known as 'terminator' seeds, They will not produce seeds to be planted for the following year. Costing much more.

THE DIRTY DOZEN: Link From GLOBAL NEWS

[https://
globalnews.c
a/news/
4150466/the-
dirty-dozen-
and-
clean-15-201
8s-list-of-
fruits-and-
vegetables-
with-the-
most-
pesticides/](https://globalnews.ca/news/4150466/the-dirty-dozen-and-clean-15-2018s-list-of-fruits-and-vegetables-with-the-most-pesticides/)

The Clean 15
The fruits and veggies with the least amount of detectable pesticides

Cleanest fruit and vegetable award goes to:

Sweet Corn, Avocados

The Dirty Dozen
The fruits and veggies with the the most amount of detectable pesticides

The dirtiest fruit and vegetables award goes to:

Spinach, Strawberries

The infographic features two circular arrangements of produce. The 'Clean 15' includes Honeydew melons, Papayas, Asparagus, Onions, Cabbages, Broccoli, Cauliflower, Cantaloupes, Pineapples, Kiwi, Mangoes, and Eggplants. The 'Dirty Dozen' includes Sweet bell peppers, Potatoes, Celery, Tomatoes, Nectarines, Apples, Grapes, Peaches, Pears, and Cherries. The 'Cleanest' award winners are Sweet Corn and Avocados, while the 'Dirtiest' award winners are Spinach and Strawberries.

“EAT ORGANIC FOOD, OR AS YOUR ANCESTORS USED TO CALL IT - FOOD”

INTEGRATION EXERCISE:

Which Foods on “The Clean 15” list do you eat the most of?

Which Foods on “The Dirty Dozen” list do you eat the most of ?

If you had to pick two foods to switch from the “Dirty” list to the “Clean” list which would they be?

CHAPTER 4

Seasonal for your area - this is when it's at it's cheapest and most nutritious.

Seasonal foods can provide us with optimal nutrition for the upcoming season.

EX. In the fall we get a lot of plants that have an orange colour to them. Often, the vitamins and minerals that give plants their colours also provide nutritions. This is also what gives salmon flesh its colour.

Orange pigment often comes from a vitamin/anti-oxidant called *beta-carotene*. This is one of the best vitamins for the eyes. In the fall the days begin to shorten and dark arrives sooner and lasts longer. Beta-carotene boost eye function making our vision stronger in the dark.

In spring we get lighter fruits and vegetables that hydrate and support circulation. Vasodilation pushes warm blood closer to the skin to help us keep cool and cleanse from the heaviness of winter.

**THE TRICK
TO EATING
SEASONAL**

**FARMER'S
MARKETS**

**EATLOCAL.
ORG**

INTEGRATION EXERCISE:

What are your favourite local foods for May & June?

What dishes would you prepare with these foods ?

Can you think of any traditional preserves that were made with the foods that are in season now?

CHAPTER 5

Local - more time to ripen, supports local economies, less carbon footprint.

I hear you !

Many people think to eat the way outlined in The 5 Principles is hard, time consuming and expensive.

Well eatlocal.org has another resource that makes it easy for you.

It's called a **CSA** or Crop Share Agreement. With a **CSA** you pay at the beginning of the season and then collect throughout the year.

You can sign up for a CSA that provide:

- Veggies
- Fruit
- Meat
- Eggs
- And so much more....

You can find one that suits you and your home's needs.

EXAMPLE: Earth Apple CSA MARKET SHARE

“You’d like to be a CSA member, but prefer to choose your own produce/ schedule too hectic to commit every week/ have special dietary needs/ you’re away for many of the weeks



of the season?!... Or perhaps you want to do a Glen Valley box and have the option of adding to it with what we offer at the farmers market... this is the CSA membership for you!”

Choose from a \$150- \$350 membership with the option to add more as the season progresses.

- Sign-up before and pay before May 1st and you’re entitled to a 5% discount!
- Pick-up your share anytime between May and December at the summer market at Trout Lake or at the summer market at Riley Park
- Didn’t use up your credit by the end of 2019? It will roll over to the above-mentioned markets in 2020

INTEGRATION EXERCISE:

Checkout <https://eatlocal.org/programs/csa-box-program>

What would be the closest farm offering a CSA near you ?

How much do you think you spend on groceries stores a week? How much do you think you could save by signing up for a CSA?

Would you sign-up for a CSA? If so, for how long, what products and what would be the cost

WEEKLY INTEGRATION EXERCISE:

What are 2 healthy habits you can integrate this week?

What would be the first steps for each? Do you need to go out and get something? Research something? Etc..

What are 2 unhealthy habits you can let go of this week?

What would be the first steps for each?

RESOURCES

VAZWELLNESS.COM

WESTON A. PRICE FOUNDATION WEBSITE

EATLOCAL.ORG

THE MAGIC PILL DOCUMENTARY

THE PALEO WAY COOKING SHOW

*FOR MORE HELP ON FIGURING OUT WHAT
HEALTHY COULD LOOK LIKE FOR YOU VISIT:
VAZWELLNESS.COM*