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FOODS TO DECREASE AND AVOID IN YOUR DIET

- Decrease intake of all refined, packaged, non-nutritive foods.

This means all white flour, white sugar, high fructose corn syrup, trans fats (partially hydrogenated vegetable oils), and anything made with them. This includes margarines and spreads. Vitamin B is drained from the body to help digest all of these processed sugars and flour causing deficiencies and therefore avoidable health issues.

- Decrease consumption of all low-fat foods and nonfat foods. These foods lead to vitamin deficiencies. Without fat we cannot absorb our fat-soluble activators--vitamins A, D, E, and K. You also can't absorb calcium without fat. Low-fat foods lead to calcium tissue deficiencies

- Decrease consumption of egg whites and egg substitutes. Our body needs vitamin A and D (A&D are in the fat) to absorb and digest protein. If fat isn't present, the body will pull those vitamins out of the liver's storage for digestion, and this will eventually lead to depletion and what comes along with it--collateral damage! Vitamin A and D deficiencies can easily be avoided.

- Avoid consumption of soda and fruit juice, including sports drinks. Sodas are loaded with sugar and contribute to tooth decay and poor health along with their natural friend, fruit juice. It is best to avoid solid sugar. Anything from Diabetes to ADHD can be improved by avoiding these sugar-filled, unnecessary for everyone, type beverages. We all need to ease up on sports drinks. Let's try our own homemade drinks and save calories and money. Try my recipe: 8oz water, ¼ tsp Celtic Sea salt, 1 tbsp maple syrup, 2 tbsps. orange juice.

- Diet drinks contain artificial preservatives, chemicals, along with artificial sweeteners. Research shows these substances to be neurotoxins. I have clients whose headaches disappeared just from getting rid of all soda. Sparkling water is acceptable.

- Avoid all canned soups and canned vegetables. Use fresh or frozen. Canned has too much sodium, sugar, and often times contains MSG, which is best avoided.

- Avoid all refined salt. This is also a junk food and creates trace mineral deficiencies. Processing of the salt destroys over 84 of the trace minerals that are in the unprocessed salts. The body requires these minerals to function properly. Salt that is unrefined will be grey, pink, black, etc.
- Avoid high doses of synthetic vitamins. The co-factors are missing and after long-term usage will create the very deficiencies you are trying to prevent. It is very easy to make an appointment with me or another qualified healthcare practitioner and have a program designed based on your individual needs. This is what I specialize in.
- Avoid consumption of any non-fermented soy products. Most modern soy products have not been properly fermented to neutralize toxins. The phytic acid in soy leads to inability to absorb iron and zinc. You will also see a lot of premature sexual development in young girls and feminizing characteristics in our young men who consume a lot of soy products. Soy can cause enlargement of the pancreas, is a goitrogen, and 1 day worth of soy formula for babies is equivalent to 5 birth control pills. There are many negative side effects from soy consumption that are best avoided.
- Avoid all breakfast cereal. This is junk food--pure sugar. They contain rancid fats and denature proteins. An instrument called an extruder is used to create a shape or a puff. This instrument is so hot that it de-natures the protein and creates a rancid fat in the grain. This denatured cereal also contains a lot of sugar and is therefore creating even more vitamin B deficiencies, along with addiction and increased sugar cravings. It is best to avoid all cereals.
- Decrease your consumption of caffeine from coffee, tea, soft drinks, and chocolate (occasionally instead of once a day)! Caffeine along with stress can elevate the stress hormone Cortisol. This can create a vicious cycle of caffeine and sugar cravings, loss of sleep and osteoporosis further down the line, because calcium is excreted in the urine with high caffeine consumption. In addition, caffeine can also increase dehydration, cramps, upset the stomach, and contribute to acid reflux.
- Decrease your consumption of alcohol. Any more than 1 or 2 drinks a day is too much.
- Decrease the amount of carbohydrates in your diet. Even if you are an athlete, you need some carbohydrates to be used during exercise and recovery, but for the most part no one needs extreme quantities. Most athletes I work with could afford to lose some stomach fat, as the carbohydrates that are not burned off are stored as fat no matter who you are.