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THINGS TO INCLUDE AND EAT MORE OF:

Increase consumption of water. It is recommended that one consumes a minimum of ½ your body weight in ounces.

Increase your consumption of unrefined Celtic Sea salt. Salt holds water in solution, feeds the adrenal glands, contains over 84 trace minerals needed by the body, increases cognition, and helps with HCL production needed for digestion.

Increase your consumption of butter. “Butter is Better”. Butter is our best source of fat-soluble vitamins A, D, E and K and contains many minerals. Butter contains the Wulzen Factor, the anti-stiffness factor. I have worked with children that have several aches and pains while playing sports as well as cramping. They were consuming low-fat and nonfat milk products like their mothers. As soon as I suggested they switch to whole milk products, within 1 month all the children were pain free.

Increase your consumption of coconut oil. This oil is antibacterial, antifungal and antiviral. It supports immune system function, improves digestion and nutrient absorption, has a long shelf life, and is a protective antioxidant. Coconut oil does not increase cholesterol, does not promote platelet stickiness or blood clot formation, and does not contribute to heart disease or obesity. Coconut oil is the only fat that doesn't require bile to be utilized.

Both butter and coconut oil are saturated fats and are needed along with cholesterol for optimal health and production of hormones. They are both needed for the skin, liver, brain, adrenals, bones and heart to function properly.

Increase your consumption of whole eggs, free range chickens if possible. Eggs are nature's most perfect food containing a great source of protein, nutrients and fatty acids. If you are not intolerant to eggs, include them in your diet.

Increase your consumption of red meat. Red meat has gotten a bad rap and so many now avoid it. Red meat from grass fed animals is best. This meat contains A, D, E, CLA, B6, coenzyme Q10, and much needed iron, zinc and b-12!! B12 only comes from land animals, and this is why vegetarians have b12 issues and usually have to use supplements to avoid deficiencies. Try to eat meat at least once a week.

Eat properly prepared nuts, grains and seeds. Soaking and preparing nuts and grains neutralize the phytic acid so that we can absorb and digest the food properly. I.e. take a bag of raw nuts and put them in a bowl and cover with spring water and 1 tbsp of Celtic Sea salt and let them soak overnight. The nuts will absorb as much as they can. Then, drain them and put the oven on 175 and roast the nuts for about 24 hours. If you are roasting Brazil nuts, it will take 30-36 hours. These nuts are heavenly. You will never eat them raw again!

Take 1 tbsp of cod liver oil or good quality fish oil once a day or 4-6 caps a day. This oil is very anti-inflammatory. These oils contain vitamins A, D, E, omega 3 fatty acids, epa, dha. Saturated fats help your body to absorb the fish oils, so make sure you add a little healthy butter to your vegetables to keep you covered.

Eat some fresh fruit but limit it to no more than 2 pieces daily, as it still contains a lot of sugar, so be mindful!

Eat lots of vegetables, especially the green leafy type. A good way to get a lot of vegetables in is to consume soups that you make with healthy broths. Vegetables are very cancer protective.

Learn to make soups and broths. I will be including several recipes on this site. Dive in and just do it. You will be glad that you did.

Consume only whole foods without preservatives and chemicals that are as fresh as possible.

Increase your consumption of fresh fish and shellfish.

Increase the use of natural sweeteners in moderation over processed sugar and artificial sweeteners and get the high fructose corn syrup out of your diet as well as destroy the gut lining, contributing to diabetes.

Increase to 5 small meals daily and watch your metabolism skyrocket!! Protein, little fat, little carb. This also stabilizes the adrenal glands and cuts down on cortisol production.

Increase your consumption of seaweed, which is very high in vital minerals.

Support the digestive system with enzymes and a probiotic for the lower bowel.

Support Hepatic clearance and thin the bile in the liver and gallbladder.