

A Holistic Approach

Food Guide

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The basic idea behind all of my eating habits boils down to the simple idea,

“COULD I FIND THIS IN NATURE?”

A flashy can of mountain dew or a colorful box of frosted flakes aren't going to be found on any hike. A fizzy cow or a ripe apple tree however, much more likely.

In the world today billions of pounds of pesticides are sprayed on crops in an effort to offset poor farming practices. A lot of people would rather spend money on multiple cars and more clothes than they can wear instead of buying or growing high quality food. Remember, you are what you eat! Your body will only be as healthy as the foods you consume.

Organic vs. Commercially Farmed

Whenever possible find organic food! It is grown without toxic pesticides, herbicides, fungicides or chemical fertilizers. Organic food has higher nutrient levels and lower toxicity. Look for organic whole foods (minimally processed, if at all). Processed foods are any boxed items, any flavored food (salad dressing or sauces, dessert item, or genetically modified foods).



Food Categories – Grains

Grains like bread and pasta should typically be avoided whenever possible. If you can tolerate gluten, whole grain cereals and breads are ok, but unless they are organic they are likely covered in toxic pesticides. In the modern world we eat so many carbs already throughout the day, adding more can be too much for the body to process, hence unwanted weight gain. Also grains from Europe are much safer because they ban glyphosate to be sprayed on their food. A nasty pesticide that wreaks havoc on the gut biome and reason most people are gluten intolerant.





Dairy

Dairy should also be generally avoided when sourced commercially. Raw dairy from a farm is much healthier than what can be bought at the store. Pasteurized milk lacks enzymes needed to digest in the stomach. Growth hormones are typically added to the cows and that spills over into their milk. Homogenization also makes milk hard to digest. Organic grass fed butter is a healthy fat the body can handle. Yogurt from organic, raw milk is the best to eat. Avoid yogurt with fruit and sugar flavoring. If you have problems with yogurt from cows try sheep or goats mild yogurt.

Meat



Animal products should be from organic grass fed farms. Once you develop a taste for high quality meat it's impossible to go back! You feel so much better eating food that is not hard for the body to break down.

Eggs should be free range and organic. The more orange an egg is and harder the shell the more nutrients are available!

Seafood

When buying seafood avoid any farm raised fish. They are sick, typically infected with parasites, and contain grain and soy that are full of pesticides. The oceans are so polluted its best to only eat seafood once a week because the mercury and heavy metals present. Avoid fresh water fish unless it is sourced from high mountain lakes and streams.



Fats and Oils

Good sources include: olive oil, coconut oil/butter, grass fed butter, ghee, fish oil (properly sourced) seeds (flax, hemp seed etc), avocado oil, nuts (raw and organic). Avoid trans-fatty acids, hydrogenated oils, and vegetable oils. When buying chips especially look out for these. Try to by deep fried foods that are cooked in avocado oil.



Sugar

Sugar should be avoided when possible! If you ingest processed sugars it should be after physical exercise and with fats, proteins, vitamins and enzymes. Artificial sweeteners like splenda aren't a good alternative. Instead try unprocessed honey, stevia or monk fruit. These are healthier alternatives for the body.



Grocery Guide

Meats:

- Grass-fed beef
- Organic chicken (free-range)
- Wild-caught salmon
- Pasture-raised eggs
- Organic turkey
- Bison meat
- Organic pork (free-range)
- Lamb meat

Nuts and Seeds:

- Almonds
- Walnuts
- Pecans
- Macadamia nuts
- Chia seeds
- Flaxseeds
- Pumpkin seeds
- Sunflower seeds

Fruits:

- Organic apples
- Organic berries (blueberries, strawberries, raspberries)
- Avocados
- Organic oranges
- Organic bananas
- Organic lemons
- Organic peaches
- Organic pears

Vegetables:

- Organic leafy greens (spinach, romaine lettuce)
- Organic broccoli
- Organic cauliflower
- Organic carrots
- Organic zucchini
- Organic bell peppers
- Organic sweet potatoes
- Organic cucumbers

Fats and Oils:

- Extra virgin olive oil
- Coconut oil
- Avocado oil
- Grass-fed ghee
- Organic almond butter
- Organic coconut butter
- Organic sesame oil
- Organic macadamia nut oil

Supplements

Cymbiotika

Mineral Shilajit- (Add a small amount to warm tea or coffee) Shilajit is basically ancient mountain tar from the Himalayas. It is helpful because most of the foods we eat these days are lacking in basic minerals from over farming the same land. If I was to recommend one supplement this would be it!

Magnesium L-Threonate - This is great for brain health. I can feel my mind running smoother when taking this. My day seems to flow better if that makes sense.

Liposomal Vitamin C - Boosts the immune system, I take this when feeling run down or an illness coming on.

Any of the products I have tried from this company have been outstanding!

Bioptimizers

Masszymes - (Take in the morning on empty stomach) My favorite enzymes that I have found. These break down food more completely so you can absorb more nutrients. Works great with meats.

Magnesium Breakthrough - This formula has 7 forms of magnesium that help with everything from stress to sleep to heart health.

Organifi

Green Juice - Refreshing green drink packed with nutrients that's all organic and prepared the right way. Delicious first thing in the morning.