

HEALTHY PEOPLE PROGRAMS

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PRINCIPLES OF NUTRITION

FUNCTION OF NUTRIENTS



- 1. ENERGY
- 2. REPAIR
- 3. PROTECTION
- 4. REGULATION &
COMMUNICATION

1. ENERGY



- We need lots of energy to think, act, and function:
- Brain and Nervous System use *75%* of our daily energy
- Organs and muscles use most of the rest.

ENERGY cont'd



- Energy comes from oxidation (burning)
- CARBOHYDRATES Burn Like Straw - fast & easily
- FATS Burn Like Logs - slow & long
- ENZYMES, VITAMINS, & MINERALS - Control the process

ENERGY cont'd



□ ENERGY CREATION

□ Energy comes from oxidation in the cells


□ NUTRIENTS + WATER +
OXYGEN + ENZYMES = Heat
and Energy

ENERGY cont'd



- Energy comes from burning oxygen & nutrients in the cells
- **Blood** carries oxygen & nutrients
- **Nerves** open blood flow & cell membranes
- **Cells** take in nutrients for oxidation (burning)
- **By-products= Energy, heat & carbon dioxide**

2. REPAIR & MAINTENANCE



- NUTRIENTS FUNCTION TO:
 - a. Rebuild Damaged Tissue
 - b. Maintain Current Tissues
 - c. Build New Tissue
 - d. Store Energy for Future Demands

- Based on Supply & Demand on Body

3. PROTECTION



□ IMMUNE FUNCTION

□ MICRO-ORGANISMS

- Viruses, Bacteria, Parasites, Fungi

□ DETOXIFICATION

□ ORGANIC & INORGANIC MATTER

- Drugs Chemicals Pollution

- Internal Wastes and By-products

4. COMMUNICATION & REGULATION



□ NERVOUS SYSTEM

- Brain

- Autonomic Sympathetic
 Parasympathetic

□ ENDOCRINE SYSTEM

- Hypothalamus Pituitary

- Thyroid Adrenals

- Reproduction

- Pancreas Liver

□ CIRCULATION

CONSEQUENCES OF DEFICIENCY



- Functional Problems Of:
 - Nervous System
 - (Learning, Concentration)
 - Connective Tissues
 - (Growth, Joints, Bones)
 - Immune System
 - (Infections, Detoxification)
 - Organ Systems
 - (Energy, Development)

Nutrient Deficiency of Nervous System



- ❑ IRRITABILITY
- ❑ DEPRESSION
- ❑ LETHARGY
- ❑ NERVOUSNESS
- ❑ LACK OF CONCENTRATION

Nutrient Deficiency of Connective Tissue



- POOR SKIN, HAIR, OR NAILS
 - THESE FAST GROWING TISSUES ARE THE MOST NOTICEABLE PROBLEM AREAS
- LIGAMENTS & BONES -
 - CHRONIC INJURIES, POOR WOUND HEALING,
 - ARTHRITIS/OSTEOPOROSIS

Nutrient Deficiency of Immune System



- ☐ INFECTIONS
- ☐ CHRONIC FATIGUE
- ☐ ALLERGIES

Nutrient Deficiency of Organ Function



- ❑ POOR CIRCULATION
- ❑ WEAK ADRENAL GLANDS
- ❑ THYROID (Brittle nails, hair, Cold Temp)
- ❑ LIVER WEAKNESS
- ❑ KIDNEY PROBLEMS

KEY NUTRIENTS



☐ MACRONUTRIENTS

- ☐ Water,
- ☐ Protein,
- ☐ Carbohydrates,
- ☐ Essential Fatty Acids

☐ MICRONUTRIENTS

- ☐ Enzymes,
- ☐ Vitamins,
- ☐ Minerals,
- ☐ Fibre

ESSENTIAL MACRONUTRIENTS



- #1 WATER
- #2 PROTEINS
- #3 CARBOHYDRATES
- #4 FATS

WATER



- PURE, CLEAN, ENERGIZED
- The Primary Nutrient in the Body
- Life Preserving & Life Enhancing
- Needed for Energy Production, Detoxification, and Cooling

WATER cont'd



- Used for Cleaning, Cooling, and Regulating Concentrations of Nutrients
- Holds Magnetic & Energetic Imprints
- Must be Clean & Pure (Free of Contaminants)
- Properly Charged

PROTEINS



- ❑ FISH, MEATS, SEEDS, NUTS, EGGS, DAIRY
- ❑ 2nd Most Necessary Nutrient in the Body
- ❑ 23 Essential Amino Acids
 - ❑ Make
 - ❑ 50,000 PROTEINS
 - ❑ 20,000 ENZYMES
 - ❑ 2,000 HORMONES

PROTEINS act as BUILDING BLOCKS:



- To Make
- MUSCLES: Skeletal, Visceral, and Heart
- TISSUES: Hair, Skin, Nails, Teeth, Bone
- ORGANS : Liver, Brain, Heart, Kidneys, Stomach
- HORMONES : for Energy, Temperature, Sleep, Reproduction
- BALANCE pH : Maintain Hydrogen Ion Balance for proper Enzyme function.

CARBOHYDRATES



- GRAINS, PASTAS, CEREALS, FRUITS, SUGARS
- Easily Obtained
- Cheap Source of Energy - (Sugars & Starches)

CARBOHYDRATES

cont'd



- Simple Carbo's burn like straw
 - fast and easily causing blood sugar highs & lows
- Complex are Carbo's are better
 - burn longer& smoother and provide fibre
- Carbo's are a big cause of bloating & weight gain (Fat Storage)

LIPIDS - Fats & Oils



- **SOURCE OF ENERGY**
- **PROTECTION OF NERVE & CELL MEMBRANES**
- **HORMONE REGULATION**
- **PAIN & INFLAMMATION MODULATION (Prostaglandins)**

LIPIDS cont'd



□ Animal Fats

- CONTRIBUTE TO CHOLESTEROL & PAIN - INFLAMMATION PATHWAYS**

□ Vegetable Oils

- CAN BE A GOOD SOURCE OF ESSENTIAL (Necessary) FATTY ACIDS**
- NEED TO BE WITH VITAMIN E**

LIPIDS cont'd



- ❑ HYDROGENATED OILS - Fried or Hardened (Avoid)
- ❑ SHORTENING, LARD, & MARGARINE (Most – Avoid)
- ❑ CONTRIBUTE TO HARDENING OF ARTERIES & TISSUE DEGENERATION
- ❑ ARE TO BE STRICTLY AVOIDED

LIPIDS cont'd



□ FISH OILS

- ASSIST IN REDUCING
CHOLESTEROL & PAIN-
INFLAMMATION PATHWAYS

- Tip: EAT OCEAN FISH AT
LEAST TWICE A WEEK

- Eat Essential Fatty Acids every
day !!

- Flax, Sunflower, Sesame,
Pumpkin, Butter

ESSENTIAL MICRONUTRIENTS



- ARE NECESSARY FOR EFFICIENCY
 - & ACTIVITY OF ENERGY CYCLES
-
- ENZYMES
 - VITAMINS
 - MINERALS
 - FIBRE

ENZYMES



- DO THE WORK IN THE BODY
 - TAKING THINGS APART
 - PUTTING THEM TOGETHER
- ARE MADE FROM PROTEINS
(AMINO ACID STRUCTURES)
- DENATURED BY HEAT
 - REQUIRE VITAMINS
(Coenzymes) & MINERALS
(Cofactors) to function

VITAMINS

(Coenzymes)



- ❑ ARE NECESSARY FOR REGULATING ENZYME FUNCTION
- ❑ SHORTAGE OF ANY VITAMIN RESULTS IN LIMITED FUNCTION (ADAPTATION)
- ❑ FOUND IN WHOLE FOODS, ALIVE FOODS, AND HEALTHY FOODS
- ❑ LOST IN POOR SOILS, STORAGE, FOOD PROCESSING.

MINERALS



- ❑ **REQUIRED TO REGULATE CELL FUNCTIONS**
- ❑ **COMPRISE OUR BODY STRUCTURES (With Proteins)**
- ❑ **SHORTAGE OF ANY MINERAL RESULTS IN LIMITED FUNCTION (ADAPTATION)**
- ❑ **FOUND IN NUTRIENT RICH, WHOLE ALIVE FOODS (Grown on Mineral Rich Soils)**

MINERALS



□ MACROMINERALS

□ Calcium, Magnesium, Potassium,
Sodium

□ FOUND IN LARGE AMOUNTS
IN THE BODY

□ NEEDED TO BUFFER ACIDS
AND REGULATE FLUID
BALANCE

MINERALS cont'd



- **MICROMINERALS**

- **Iron, Chromium, Manganese,
and a Multitude of Others**

- **NEEDED TO REGULATE AND
CONTROL ALL ENERGY
PROCESSES**

FIBRE



- WE REQUIRE SOLUBLE & INSOLUBLE FIBRE TO:
- HOLD WATER
- SCRUB
- CLEAN
- TRAP PARASITES & BIND TOXINS

BUILDING RESERVES



□ IS A LIFELONG PROCESS....
YOUR NUTRITIONAL BANK
ACCOUNT

- For Optimal Function : All Nutrients Must Be Available When Needed
- This Requires Good Nutrient Stores & Replenishment
- Obtained from Diet & Supplementation

Build Your Body & Energy Reserves



- By Creating Good Habits
- Build Your Diet Meal by Meal
- Follow through Day by Day

Daily Diet Building



- Drink Plenty of Fresh Water
- Build around 2 Protein Meals
- with Lots of Neutral Vegetables
- Eat Carbohydrates earlier in the Day
- Get Essential Oils twice a day
- Supplement Enzymes, Vitamins & Minerals to Ensure All Nutrients are Available

YOU CAN DO IT



- It Takes Practice to Build A Habit
- SOW A THOUGHT REAP AN ACTION
- SOW AN ACTION REAP A HABIT
- SOW A HABIT REAP A CHARACTER
- SOW A CHARACTER REAP YOUR DESTINY

You Can Do It



- FOLLOW THE VICTORY BLOOD TYPE DIET
- STICK TO THE PROGRAM
- FOLLOW UP WITH MORE SIMPLE ACTION STEPS