

1<sup>st</sup> Thursday Preparedness Workshop  
**Personal Health and Nutrition**  
with Dr. Arlan Cage  
March 3, 2016 6-7pm



**Best Herbs/Plants to Grow for Home Health**

Aloe – burns, wounds  
Comfrey – wounds, broken bones, GI conditions, Respiratory conditions  
Oregon Grape – food, infections  
Garlic – bacterial infections, high blood pressure, blood sugar control  
Echinacea – Infections  
Calendula – wounds  
Cayenne pepper – bleeding, food  
Arnica – bruises, sprains  
Roses – Vitamin C  
Seaberry – Vitamin C  
Rosemary – Infections  
Sage – Infections  
Thyme - Infections

**Basic Home Treatment**

**Burns**

Fresh banana peel  
Fresh aloe

**Wounds**

Calendula Salve  
Fresh Aloe  
Raw Honey

**Bleeding**

Cayenne Pepper  
Homeopathic Phosphorus

**Sprains**

Ice  
Homeopathic Arnica

**Fractures** (after going to ER!)

Homeopathic Symphytum  
Comfrey Tea  
Topical poultice of comfrey root

**GI Disturbance** (stomach flu, infections, etc.)

Probiotics  
Fermented foods (sauerkraut, fresh yogurt, etc.)  
Golden Seal  
Garlic

**Sleep**

Chamomile  
Valerian  
St. John's Wort

**Reference Books**

Healing with Whole Foods, Paul Pitchford

Wholistic nutrition from both Eastern and Western point of view, excellent recipes

Prescription for Nutritional Healing, Phyllis A. Balch

Excellent basic reference on nutritional supplements, and nutritional treatment for a wide variety of health conditions

The Complete, Illustrated Holistic Herbal, David Hoffman

The Encyclopedia of Medicinal Plants, Andrew Chevallier

The Herbal Medicine Maker's Handbook, James Green

These three books combined will cover 75-90% of home health needs

Homeopathy, An Illustrated Guide, Ilana Dannheisser and Penny Edwards

The basics of homeopathic theory and the process of prescribing, as well as an overview of the most common homeopathic medicines

The Homeopathic Emergency Guide, Thomas Kruzel

Excellent reference for homeopathic prescribing for most first-aid situations

# MACRONUTRIENTS

If nutrition, in general, is the foundation of maintaining health, then Macronutrients are the large "building blocks" of the nutritional foundation. Macronutrients get their name because they are large - visible to the naked eye. They fall into three categories you are probably familiar with: Proteins, Carbohydrates and Fats. In general High Quality Ingredients are whole, natural foods as they occur in Nature. Low Quality Ingredients have been processed or modified in some way, and do not occur naturally in our environment.

## Proteins

Proteins are highest in animal products: meat and fish. Some plants also contain fairly high levels of protein: nuts, legumes and dried beans, for example. Our bodies use proteins in the structure of the cells in our bodies, as well as to make hormones, enzymes and neurotransmitters. Proteins consist of long chains of smaller molecules, called amino acids, linked together.

High Quality Proteins	Low-Quality Proteins
<ul style="list-style-type: none"> <li>• Meat from animals fed a natural, grass diet without added hormones or anti-biotics</li> <li>• Wild-caught fish, especially deep, cold water fish like salmon or cod</li> <li>• Protein from organic vegetable sources such as beans, other legumes and nuts</li> <li>• Red meat consumed in moderation</li> </ul>	<ul style="list-style-type: none"> <li>• Meat from animals fed a on poor diets such as corn, grain other ground up animal products and processed foods, and/or with the use of hormones or anti-biotics</li> <li>• Farm-raised fish of any kind</li> <li>• Red meat consumed in excess, which makes the body more acidic, reduces immunity, promotes inflammation, harmful micro-organisms and disease.</li> </ul>

## Carbohydrates

Also know as "carbs" for short, these are primarily sugars and starches. Carbohydrates are produced by plants as a storage form of energy, and are mostly found in root crops, fruits and grains. Any foods made from these will also be high in carbs: cereals, breads & pastas are the most common.

High Quality Carbs	Low-Quality Carbs
<ul style="list-style-type: none"> <li>• Complex carbohydrates: these consist of long chains of carbs the body must break down before digesting, which helps normalize blood sugar levels</li> <li>• Vegetables of all kinds (consume root crops in moderation)</li> <li>• Fiber (also see <i>Additional Nutritional Factors</i>, last page of this handout)</li> <li>• Whole grains</li> <li>• Small quantities of root crops (carrots, beets, potatoes, turnips, etc.)</li> </ul>	<ul style="list-style-type: none"> <li>• Simple carbohydrates: these consist of short chains or individual molecules of carbs the body can absorb without digesting, this results in wildly fluctuating blood sugar levels</li> <li>• White flour, refined sugar, corn syrup</li> <li>• Foods made from processed or simple carbs: breads, cereals, pastas</li> <li>• Excess quantities of root crops, such as carrots, potatoes, beets, turnips, yams, sweet potatoes, etc</li> </ul>

## Fats

Fats are another form of energy storage in both plants and animals. They are used to make the membranes surrounding every cell in our bodies. Contrary to popular beliefs, low-fat diets are not healthier: the average person needs 30% of your calories from fat. We have to make sure we obtain enough essential fatty acids, while eliminating the low-quality fats from our diet.

High Quality Fats	Low-Quality Fats
<ul style="list-style-type: none"> <li>• Essential Fatty Acids. These are also referred to as the "Omega" oils; omega-3, omega-6, omega-9</li> <li>• Good sources of EFAs are Flax oil, Evening Primrose Oil, Borage oil, Fish oils. These oils should not be used for cooking, but only taken as supplements or mixed with foods after cooking</li> <li>• Short or medium chain saturated fats (eg: coconut oil, palm kernel oil) <b>IF you also consume adequate EFAs!</b></li> <li>• The best oils for cooking purposes are coconut, palm kernel, grape seed oil or macadamia nut oils, which are short and medium chain saturated fats and can't be damaged by heat.</li> </ul>	<ul style="list-style-type: none"> <li>• Non-essential fatty acids</li> <li>• Fats high in the "Trans" configuration of its molecules, basically a straight line. Even high quality fats can be converted to the Trans form when heated excessively during cooking</li> <li>• Long chain saturated fats, with no "open" spots (animal fats)</li> <li>• Poly-unsaturated fats with multiple double bonds that are easily damaged by heat when cooking</li> <li>• Examples of Low Quality fats are meat fats, lard, corn oil, canola oil, vegetable oils, safflower oil, margarine and other solid vegetable oils such as crisco.</li> </ul>