

INTEGRATIVE HEALTH SELF-CARE GUIDE

by Dr. Wayne Jonas



What follows is a summary of some basic behaviors shown to facilitate healing. They involve simple changes you can make in everyday life to feel and function better. Note especially the practices that reduce chronic inflammation in the body.



BASIC NUTRITION PRINCIPLES

- **Eat breakfast. Don't eat dinner too late** – don't eat for a period of 10-12 hours, if possible.
- **Consume fewer calories and sugar** – if you need to gain weight, add calories but not sugar.
- **Lower soda and refined carbohydrates** – use whole grains when possible.
- **Drink more water of various types** – juices should be diluted by half.
- **See the foods listed below which align with the most widely approved dietary system** – [the Mediterranean diet.](#)



EAT MORE

EAT LESS

PROTEINS AND FAT SOURCES

- Cold water fish such as salmon, sardines, herring, or mackerel
- Fish oil, olive oil, coconut oil, grapeseed oil, flax oil
- Nuts and seeds: pumpkin seeds, ground flax seeds, almonds, walnuts, etc.

FOODS WITH A LOW GLYCEMIC LOAD*

- **Whole grains:** barley, bulgur, brown rice, quinoa, oats (steel cut or rolled)
- **Legumes:** beans, chickpeas, lentils
- Whole wheat tortillas, pumpernickel bread, 100% whole grain bread

VEGETABLES AND FRUITS HIGH IN ANTIOXIDANTS

- Make a rainbow on your plate
- Yellow, orange and red vegetables
- Dark leafy greens
- Broccoli, Brussels sprouts, cauliflower, cabbage
- Onions and garlic
- Berries and pomegranates
- Citrus fruits (not juices)

HEALTHY SPICES, HERBS, SWEETS AND OTHERS

- **Herbs and Spices** with anti-inflammatory properties
 - **Cinnamon:** ½ tsp. daily for blood glucose control
 - **Ginger:** 1 gram per day, fresh or dried
 - **Turmeric:** 1-3 grams per day of powder
 - **Garlic:** 1-2 grams per day, fresh, or aged and deodorized
 - **Black, green and white teas**
 - **Others:** rosemary, cayenne, pepper
- **Dark Chocolate:** 1-2 ounces daily of 70% cocoa content or greater
- **Probiotics**
- **Fermented foods:** kombucha, miso, sauerkraut, yogurt, kefir, and kimchi
- **Some high fiber foods**
 - Split Peas. Fiber: 16.3 grams per cup, cooked
 - Lentils. Fiber: 15.6 grams per cup, cooked
 - Black Beans. Fiber: 15 grams per cup, cooked
 - Lima Beans. Fiber: 13.2 grams per cup, cooked
 - Artichokes. Fiber: 10.3 grams per medium vegetable, cooked
 - Peas
 - Broccoli
 - Brussels sprouts

PROTEINS AND FAT SOURCES

- Red Meat
- Dairy products (made with cow's milk)
- Partially hydrogenated oils such as margarine or shortening
- Soybean, corn, safflower and sunflower oils
- Processed and fried foods

FOODS WITH A HIGH GLYCEMIC LOAD*

- White bread
- Instant rice and instant oatmeal
- Rice and corn cereals
- High fructose corn syrup
- Soda and sugary beverages
- Fruit juices
- Sweets: cookies, cake, pastries, donuts

FOODS KNOWN TO TRIGGER INTOLERANCE REACTIONS

- Wheat**
- Dairy** (especially from cows)
- Eggs
- Corn
- Artificial colors and flavors
- Sucralose and aspartame

***GLYCEMIC LOAD (GL):** The measure of quality and quantity of a carbohydrate. This uses the glycemic index in combination with the amount of carbohydrate in a serving of that food to assess the impact of eating it on glucose production and insulin release. A goal is to eat more food with low glycemic load and less with a high load. Glycemic Index (GI): The measure of how fast a food turns into sugar once you eat it. You can look up the glycemic index of foods at www.glycemicindex.com.

****INTOLERANCE REACTIONS:** An abnormal physiologic response to a particular food or compound. It can result from an abnormality in the body's ability to digest or absorb nutrients. It is a non-allergic food hypersensitivity that is different from true food allergies. Best test is to eliminate the food and see how you feel. For many patients they feel much better very rapidly when they are able to do that. This is called and "Elimination Diet" and takes some supervision and guidance.

OTHER RESOURCES

[38 Anti-Inflammatory Recipes »](#)

[Anti-Inflammatory Diet Meal Plan »](#)



OTHER HEALTH PROMOTING AND HEALING BEHAVIORS TO CONSIDER

Behavior & Addiction Management

- Fun, laughter, exercise, nature, compassion, art (MORE)
- Smoking, alcohol, food, drugs, violence (LESS)

Social Connection

- Good family connections? Good friends you can talk to?
- Do you have people you can trust and rely on to understand you?
- Are you involved in any clubs, prayer groups or art groups, sports or outdoor clubs?

Exercise (Physical Activity)

- At least 150 min per week of moderate-intensity
- 2 or more days per week of muscle-strengthening activities

Relaxation (SEE THE HEALTHY MIND SECTION BELOW)

- Work/school/personal life balance
- Relaxation response (prayer, meditation, breathing, yoga, etc.) for 20 min, 1-2 times a day



HEALTHY MIND AND STRESS MANAGEMENT

The goal of this is to learn and practice how to induce the “relaxation response”, sometimes called “mental fitness.” Like physical exercise, mental relaxation and attention practices enhance health across a wide range of conditions and prevent illness. Here are a variety of resources that have been effective for many people that you might consider in order to gain skills in managing stress and improving mental resilience and social happiness:

Guided Imagery: Guided imagery is a mind-body practice that uses the imagination and sensory memory to induce a state of relaxation and physiological, emotional and attitudinal responses. Visit drwaynejonas.com/meditate to access free tracks to reduce stress, promote healing, sleep soundly, lessen pain and more. www.healthjourneys.com

Meditation/Mindfulness: Meditation and mindfulness typically go hand-in-hand. Sometimes, mindfulness is frequently attached to movement practices.

- [Recharge Your Mind and Body with Therapeutic Yoga](#)
- [Meditate with Dr. Jonas: Breathing Healing Meditation](#)
- [Enhance your mind-body connection with a Tai Chi video from Dr. Jonas](#)

Journaling: Journaling techniques can help you heal, grow and thrive.

- [Creates a safe space to write private thoughts](#)
- [A healthy habit to take time for yourself](#)
- [15 journaling exercises to help you heal, grow, and thrive](#)

Multi-method Programs: Like physical exercise, there are many types of mind-body practices that induce the Relaxation Response (as Dr. Herb Benson, the father of mind-body medicine, calls it) and people need to find the ones they like and can do regularly. Dr. Benson directs an *Institute at Harvard* that gives good introductory and advanced training programs in various methods (including online courses).

His site is at: www.bensonhenryinstitute.org

Supplements: Always be sure to purchase quality supplements from reputable brands. Look for the NSF International, US Pharmacopeia or Consumer Lab seal. These organizations verify what's inside the product.

Sleep: Sleep plays an important role in our health and wellness.

- [Benefits from a healthy sleep habit](#)
- [Your surroundings can impact how well you sleep](#)