

EATING FOR HEALTH GUIDELINES

5 Simple Guidelines for Everybody

A recent survey showed that the more confused people were about dietary recommendations, the more likely they were to eat poor quality foods, fewer fruits and vegetables. The **Eating for Health Guidelines** cut through the nutritional confusion that plagues our contemporary society by offering five easy-to-follow guidelines that provide the underlying foundation for a healthy eating lifestyle that people can live with.

This breakthrough approach synthesizes the most vital elements for healthy eating into one set of simple guidelines that are easy to understand and implement; take into account the unique needs of each individual; elicit quick, long lasting results; and can be applied to all members of the family. Each guideline is presented in the form of a memorable guiding statement, followed by a detailed description that supplies a comprehensive understanding of what it represents (refer to book for full descriptions).

Rather than a cookie-cutter formula, these guidelines equip individuals with the knowledge and understanding they need to make informed choices about what they're eating and devise a personalized **Eating for Health** lifestyle that works for them. After becoming familiar with the **Eating for Health Guidelines**, people feel more confident, clear and empowered, when making food choices, thereby increasing the possibility of making wise and appropriate food choices regularly. In their most abbreviated form, Kelly Hayford's five universal **Eating for Health Guidelines** are:

- 1. If it's not food, don't eat it!**...and if you do, wait a long time before you do it again so your body can recover.
- 2. Eliminate or relegate stimulants to rare occasions...** the more distant and rare, the better.
- 3. Eat an abundance of whole, fresh, natural foods...** and little to no processed foods.
- 4. Account for food allergies & sensitivities...** when making wise food choices.
- 5. Account for ailments...** when making wise food choices.

A great reference source for the above information is the book, **If it's Not Food, Don't Eat It**, by Kelly Hayford, C.N.C.

<http://foodfitnessbyphone.com/media/aboutEFH.htm>