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Kathleen Barnes
Your wellness guide

**October 9, 2015**

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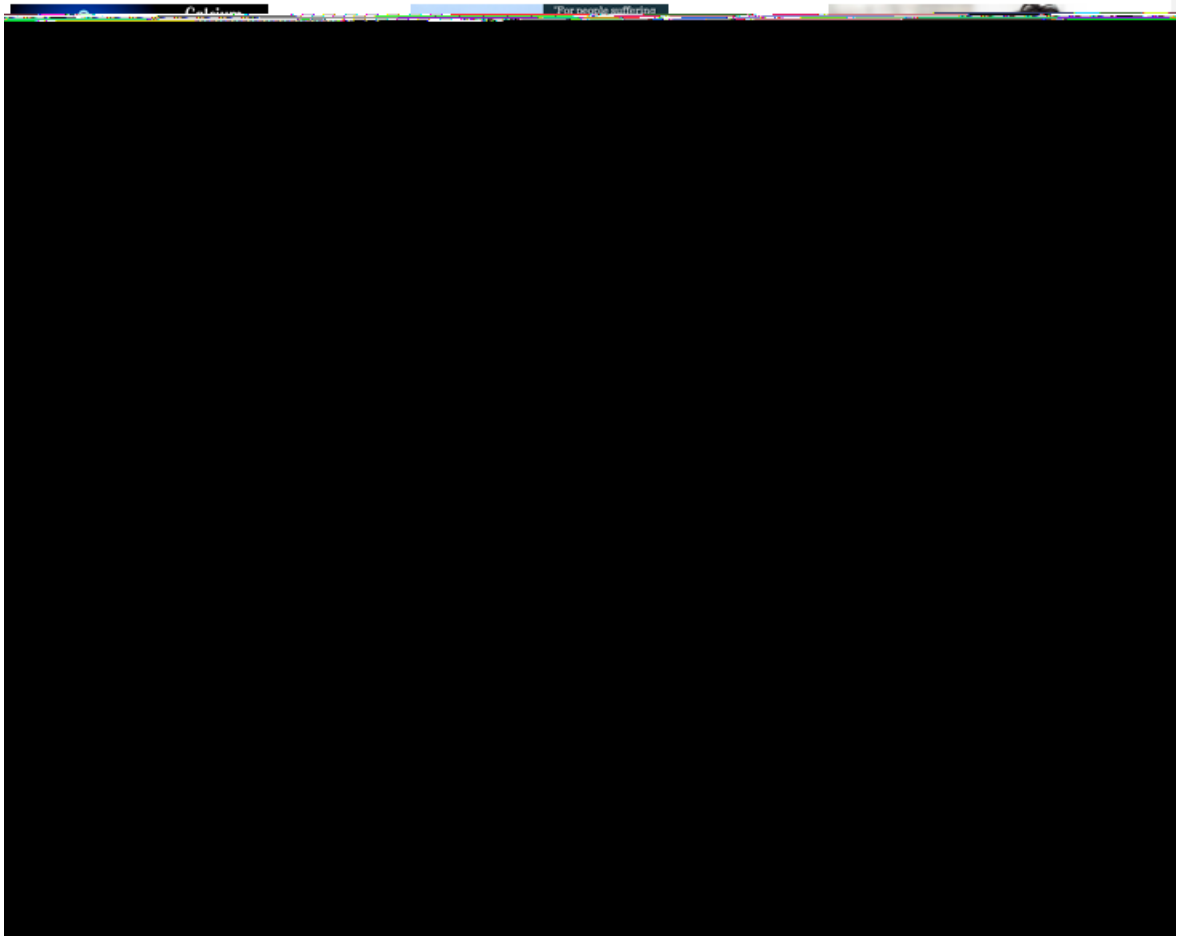

**BECAUSE OF GUT INFECTIONS**, and yeast overgrowth, poor absorption of nutrients is also a concern.

**Tips for optimal nutrition begin with simple dietary changes**:

1. Increase salt and water intake. Especially with the adrenal fatigue and low blood pressure/dehydration issues routinely found, people who restrict salt in an attempt to be healthy will crash and burn. Dr. Teitelbaum says, "Salt is your friend," and he especially recommends high quality sea salts such as Celtic or Hawaiian sea salt or Mediterranean sea salt. Along with salt, he also endorses increasing water intake.
2. Eat a high-protein diet and frequent small meals during the day. Most people do well with this, however, everyone is different so eat what leaves you feeling the best.
3. As much as possible, consume whole unprocessed foods and try to eliminate junk food, which has no nutritional value whatsoever.
4. Consider a 1-ounce protein snack at bedtime (e.g. a hard-boiled egg, some meat, cheese, or fish), as this may prevent some of the 2 am – 4 am drops in blood sugar that can wake you up for a "midnight snack." You will know if a protein snack is helpful within the first three days. A carb snack may actually worsen sleep.
5. In addition to diet modifications, Dr. Teitelbaum recommends supplemental nutritional support including: B-vitamins for energy; magnesium for energy metabolism, calming and relief of muscle pain; zinc and vitamin A which are critical for immune function, and zinc deficiency is routinely seen in people with chronic infections or inflammation; and Vitamin D which is especially needed by those with chronic pain and immune dysfunction.

Benefits from the nutritional program usually become evident within six weeks.