

Balance with Grace

A monthly newsletter by Grace Durfee, personal coach

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What should I eat? This is a question that crops up at least three times a day and it's a confusing one. Over the course of my lifetime, I've had to learn and relearn the U.S. Department of Agriculture's guidelines for nutrition as they've changed them three times. The food pyramid they taught us in elementary school recommend 6-11 servings of bread, rice, and other starches, 3-5 servings of vegetables and 2-4 servings of fruit, 2-3 servings of dairy, 2-3 servings of meat, fish, beans, or other protein, and sparing use of fat, oil, and sweets. The current "My Plate" nutrition guide shows a divided plate with the largest portion reserved for vegetables, followed by progressively decreasing amounts of grains, protein, fruits and a glass to represent dairy. Since the experts have felt the need to change their tune so frequently, it appears that nutrition is hardly an exact science.

We are all unique and as such may not find one-size-fits all dietary recommendations useful. It can take some sleuthing to discover what will provide you with optimum nutrition. Goodness knows, I've experimented and continue to experiment with what to eat. Being a foodie, I want to feel nourished, not deprived. I'm also motivated by my parents' declining health to remain as healthy and vital as long as I can. Some of the different approaches to eating to choose from include (I'll bold the ones I've experimented with some success):

- **Three "square" meals a day with a protein, carbohydrate, and some fat**
- **5-6 smaller meals to keep metabolism revved up**
- Eating according to your blood type
- Raw food diet
- **Eating according to your Ayurvedic type or dosha**
- **Watching food combinations to keep protein and carbohydrates separate and eating fruit by itself**
- Caveman/ Paleo diet, Mediterranean diet
- omnivore, **no red meat**, vegetarian, vegan
- No-carb, low-carb, **low-glycemic**, gluten-free, no grain
- **Full-fat**, low-fat, no-fat (after eating low-fat for years I'm finding full-fat yogurt, butter, mayonnaise more satisfying, plus low-fat diets haven't been found to lower heart disease and cholesterol the way they were once thought to)
- High protein/low carb, low protein/high carb, **substantial protein at each meal, especially breakfast and lunch for energy and alertness with more carbs at dinner to promote relaxation and drowsiness**

There are now tests that can point to the ideal way to eat for your individual biochemistry. Some are pricey tests that determine your genotype, others are questionnaires that quiz you about your preferences and response to different foods. I think these tests (so far I've only done the questionnaires) usually confirm what we already know but may not want to admit. For me, for instance, I know that not eating enough protein can trigger a headache and make me lightheaded when standing up quickly. I also know that I tend to crave sweets and carbs but feel lethargic and only intensify the cravings when I eat them. After a wonderful three-week vacation in Chile

with lots of bread, wine, and fresh fruit, a carb cleanse is in order for me. (Call me for more information if you'd be interested in joining me and others in a 5-day carb cleanse to usher in the beginning of spring in the Northern Hemisphere.)

Life is a journey of self-discovery. It is worth it to learn how to properly fuel the vehicle of your physical body. I encourage you to listen to your body and heed its wisdom, rather than the ever-changing recommendations of the latest magazines and the USDA.

Food for Thought Resources

[The Perfect Gene Diet: Use Your Body's Own APO E Gene to Treat High Cholesterol, Weight Problems, Heart Disease, Alzheimer's...and More!](#) - Pamela McDonald NP

[The Metabolic Typing Diet: Customize Your Diet to Your Own Unique Body Chemistry](#)
- William Linz Wolcott

[Eat Fat, Lose Fat: The Healthy Alternative to Trans Fat](#), Mary Enig and Sally Fallon

Nutritional Typing Test (there's no charge for this questionnaire) www.mercola.com

Genotype testing http://perfectgenediet.com/testing_options or
<http://jjvirgin.com/profile/>

Upcoming Programs and Events

How Sweet It is: What You Must know about your Blood Sugar!

February 21, 2012

8:00pm – 8:30pm EST

FREE Telegathering

In this intimate, 30-minute telegathering, Dr. Christiane Northrup, leading authority on women's health, will reveal exciting new research about blood sugar, your health, and your weight. Joined by her sister, Penny Northrup Kirk, her daughter Kate Northrup, and special guest Dr. Deborah Kern, Dr. Northrup will lead an inspiring and educational conversation that will teach you to think in a new and entirely more healthy way about what you put into your body. Prepare to be surprised and delighted by this new information that will help you not only lose weight and maintain a beautiful body shape, but also implement lifestyle changes for longevity and disease prevention.

Email Rsvp@teamnorthrup.com to reserve your space on this FREE call. If you are interested but unable to attend (I know I haven't given you much notice) contact me afterwards and I can send you a link to the recording.

Get Clients NOW!™ A Marketing Program for Service Professionals

Are you tired of wishing for more clients? If you are a consultant, broker, coach, realtor, designer, or other service professional wanting a system for generating a steady stream of clients and referrals, this marketing program is for you! With an overview of the Universal Marketing Cycle, we'll take the mystery out of marketing and help you determine where you get stuck in the process. You will learn the most effective marketing strategies for service businesses and will create a customized action plan. Follow-up group coaching will keep you motivated and in action. What you get in the program:

- Two 90-minute tele-seminars
- Five follow-up group coaching sessions with a small group of other professionals
- A tool-kit of proven sales and marketing techniques

Kickoff Seminar

Two Mondays, March 12 and 19, 2012 (Plan to attend both)

10:00-11:30 AM Pacific Daylight Time

(1-2:30 PM Eastern Daylight Time, 5:00-6:30 PM London Time)*

Four Mondays

March 26, Apr 2, 9 and 16, 2012

10:00-10:45 AM Pacific Daylight Time

(1-1:45 PM Eastern Daylight Time, 5:00-5:45 PM London Time)*

AND

One Thursday, Apr 19, 2012

10:00-10:45 AM Pacific Daylight Time

(1-1:45 PM Eastern Daylight Time, 5:00-5:45 PM London Time)*

Depending on registration, group sessions may be extended to 60 minutes each, or an alternate group may be scheduled on the same dates at 12:00 PM Pacific (3:00 PM Eastern). To register please call Grace at (978)689-7446.

To register or for more details call Grace at (978)689-7446

Cost \$295

Required purchase: Get Clients Now! by C. J. Hayden

Reiki I Training -

This first level of Reiki training awakens your innate healing ability, giving you access to Reiki energy which can be used as a:

- rejuvenating self-care practice
- means to support healing in yourself, friends, and family
- service profession, providing Reiki to clients
- enhancement to other professional services such as coaching, counseling, social work, nursing, and body work

March 9th

9 a.m.-5 p.m.

North Parish Children's Chapel

190 Academy Road, North Andover

Fee- \$160

Includes training manual, certificate, and healthy snacks

Learn more by visiting www.coachingwithreiki.com. Please call Grace at (978)689-7446 or (888)833-1903 or e-mail info at [balancewithgrace.com](mailto:info@balancewithgrace.com) to reserve your spot in an upcoming program or request more information.

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