



IHHS-HEALTH & WELLNESS CENTER

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The Local People Serving You

IHHS Suggestions for Health and Wellness Management Lifestyle-Diet-Avoid

Life Style Changes

Laugh often
Take small breaks from stressful activity to lie down
Purposefully increase/promote stress relieving activities such as yoga, meditation, and prayer
Eat breakfast before 10 am if not intermittent fasting
Start the habit of eating coupled with breaks for intermittent fasting to upregulate the body.
Set an early bedtime – 10 pm is ideal
Sleep in until 9 AM OR get 7-8 hours of sleep, at a routine time
Consider having mercury amalgam fillings removed. Exposure to mercury (a neurotoxin) damages neurotransmitters and may cause Adrenal Fatigue Syndrome

Adding these items to your diet can make a big difference in how you feel:

Always eat organic products
Ground flax meal (healthy dietary fiber and omega-3 essential fatty acids)
Omega-3 essential fatty acids (wild caught oily cold water fish, raw sprouted walnuts, chia, hemp, pecans, macadamias)
Fats & Oils to be combined with Omega-3s, i.e., Ghee, sunflower, olive, pumpkin, borage, sesame, primrose, avocado, and extra virgin organic coconut oil
Mineralized salt (Himalayan crystal salt)
Lightly cooked animal and vegetable proteins (meat, fish, poultry, eggs, legumes)
Dairy products with live, organic, active cultures (probiotics, yogurt, and kefir)
Unrefined, low-glycemic, low-gluten carbohydrates (brown rice, sprouted grains, winter squash)
Limit intake of high glycemic index fruits (apricots, raisins, bananas, papaya, and mango)
Vegetables and vegetable juices (kelp, sprouts, green and black olives, peppers, spinach, chard, celery, zucchini)
Unprocessed nutrient dense foods such as organic sprouted nuts and seeds
Purified water throughout the day
Magnesium, Sulfur or MSM, Vitamin C&D, Vitamin B Complex, & Trace minerals

Eliminate or avoid:

Refined sugar or artificial sugar-substitutes such as aspartame or Splenda. Use natural unrefined sugar, honey, molasses, and stevia
All GMO's, and all animals fed GMO's, including dairy, ie yougurt and cheese
Simple or refined carbohydrates (white bread, pasta, cookies, cakes, crackers, etc.)
Potassium rich foods, which add to adrenal stress (bananas, melons, dried figs, raisins, dates, oranges, grapefruit, etc.)
Excessive caffeine disrupts the body's systems, causing insomnia and irregularity (constipation/diarrhea); although moderate amounts of caffeine may be beneficial
Alcoholic beverages in excess since they hinder the functioning of the immune and energy production systems
Fermented foods such as cheese and wine (however some fermenr5ed food such as cabbage and soy can be good for you)
Fungi such as mushrooms
Pickled foods
Commercial fruit juices
Carbonated soft drinks
Yeast and wheat products (breads, crackers, pasta, etc.) that contain gluten
Sodium nitrite found in processed foods such as hot dogs, lunch meats, and bacon
Monosodium glutamate (MSG) Hydrogenated and partially hydrogenated fats