Week 1: Getting Started

Welcome to The Wholiness Plan!

We are excited that you are starting your journey toward better health. Your journey is one of progress, never perfection.

The Wholiness Plan is framed around these five essentials: Faith, Friends, Food, Fortitude, and Fitness – life areas that all work together to restore and sustain your long-term health.

You may be asking “So, how do I begin this Food aspect of the plan? What am I to eat?”

Here’s some guidance on the essential of Food.

Food has the power to heal us. It is the most potent tool we have to help prevent and treat many of our chronic diseases. Truly what you put on your fork dictates whether you are sick or well, slim or fat, depleted or energized.

The Wholiness Plan has one basic rule: Eat Real, Whole, Fresh Food! Food created by God. Food grown on a plant – not made in a plant. With the Wholiness Plan we stay away from processed, hyper-addictive, highly chemicalized, high sugar, food-like substances.

So what is whole, real food? Anything that is whole, fresh and unprocessed. Food your great grandmother would have eaten - a chicken, a bean, a nut, a grain, a fruit, a vegetable, an egg. The Wholiness Plan focuses on core food groups of: healthy proteins, healthy carbohydrates, healthy fats, healing spices, drinks and super foods.

With that in mind, here are the basic food groups, and some examples:

**Healthy Protein**
High quality protein at every meal is the secret to optimal health. The best sources of protein for your diet are **poultry; omega 3 eggs, or free range eggs; fish; shell-fish; and small amounts of lean lamb or beef**. Note: when buying meats, choose free-range, organic with no hormone or antibiotics meats. There are also vegetarian sources of protein like quinoa, beans, tofu and nuts.

**Healthy Carbohydrates**
Carbohydrates are not all created equally.
When most people think of "carbohydrates" they think of big fluffy loaves of white bread and pasta dinner for four. It's true, these are carbs—highly-processed, highly-refined carbohydrates, and they lead to ill health and weight gain. Simple carbohydrates such as simple sugars found in processed foods, table sugar, fructose, lactose, white potatoes, white flour, and fruit juice are not included in the Wholiness Plan and should be avoided.

But there is another kind of carb—the good carb. Did you know that **vegetables** are carbohydrates? So is **fruit. Whole grains and beans** are also carbs. These foods along with others like **brown rice, lentils, millet, sweet potato or yam, and quinoa** are known as complex carbohydrates. And each of these is a critical element in the human diet and has been for millennia.

Without carbohydrates you won't last long. Carbohydrates found in their natural form contain many essential nutrients and specialized chemicals that keep you healthy and turn up your metabolism.
Healthy Fats
On The Wholeness Plan you will enjoy many healthy fats. The good fats include coconut oil, olive oil and hemp oil, avocado, chia seeds, hemp seeds, sesame seeds, raw organic butter, ahi, and wild salmon.
Bad fats include canola oil, vegetable oil, trans-fatty acids (trans fats), and any hydrogenated oils. These fats are not in their natural form and the body cannot digest them properly, storing them as fat, which is linked to heart disease and many other chronic health problems.

Healing Spices
Here is a little food for thought, literally. If you want to get thinner, smarter, and happier, then reach for the spice cupboard. Using spices rather than heavy cream sauces or butter cuts calories so you can lose weight. Research shows that they can also boost your brain and your mood. Beneficial spices noted by Dr. Daniel Amen:
Turmeric: Found in curry, turmeric contains a chemical that has been shown to decrease the plaques in the brain thought to be responsible for Alzheimer's disease.
Saffron: In three studies, a saffron extract was found to be as effective as antidepressant medication in treating people with mild to moderate depression.
Sage: This fragrant spice has very good scientific evidence that it helps to boost memory.
Thyme: Studies show that thyme increases the amount of DHA in the brain, which protects against age-related degeneration.
Rosemary: A 2006 study reported that rosemary diminishes cognitive decline in people with dementia.
Cinnamon: Cinnamon has been shown to help attention.
Other spices that boost or protect brain power include garlic, oregano, and basil.

Drinks
The best thing you can do for your health is to drink pure, clean water. It should be your staple. Other drinks you can enjoy are herbal teas, green tea. Coffee should be kept to a minimum.

Super Foods
Foods that are high in phytonutrients are considered superfoods. These are foods that have the highest quality protein, good fats, vitamins, and minerals. Acai, avocado, beans, broccoli, quinoa, tomatoes, and berries are just a few of the many delicious super foods that should be on your plate.

Ingredients to Avoid
1 Sugars - sucrose, fructose, maltodextrin, and high fructose corn syrup. Examples include almost all processed foods and fruit juices, sodas, jams, jellies, candy and much more. Sugar should be the occasional treat.
2 The bad fats – Trans fat and processed/refined vegetable oils (vegetable oil converted by a chemical process into margarine or shortening). These fats increase your risk of bad cholesterol, heart attack, obesity, type 2 diabetes, and cancer. Read the label and avoid this ingredient.
3 Chemicals/Food additives can cause havoc. The most common additives to avoid are MSG, artificial sweeteners, nitrates, colors and dyes, and phosphoric acid among others.
Shopping for your food: Whenever possible, shop locally from farms, farmer’s markets, or schedule a regular delivery of produce from Abundant Table. These are foods grown locally, by people in our community, grown in season, that we can choose from sustainable and organic sources. This is the epitome of FRESH FOOD.

In our regular supermarkets, stick to the outer edges of the grocery store where you will find the produce section, fish and meat, eggs, and organic dairy. Look for organic whenever possible to lessen your chemical load.

The end caps of the aisles are dangerous as they are the most advertised foods and the unhealthiest. Read your labels, do not judge your boxes by the health claims made on the front. These claims can be deceiving.

**Now let’s look at your plate. We have an easy guideline for you to use for any meal:**

- 50% non-starchy vegetables
- 25% healthy animal or vegetable protein
- 25% healthy starch or whole grain
- Side of low-glycemic fruit
- Water or herbal tea

In summary, to give us an immediate result, there are 5 steps we can take - **5 Habits of Health:**

1. Eliminate processed flour and sugar.
2. Eliminate processed food.
3. Take a *gluten/dairy break for 10 days.
4. Eat whole, fresh food.
5. Eat protein and healthy fat at every meal.

*A note about gluten and dairy:*

*There is a lot of controversy and confusion around the subject of food allergies, sensitivities and illness. To clear up the confusion, Dr. Amen and Dr. Hyman tell us that the two most common foods that trigger reactions are gluten and dairy. These foods activate inflammation, which is the root of*
autoimmune diseases. The rise of these food sensitivities now is directly related to what we have been eating. Our processed, low-fiber, high-sugar diet alters the bacteria that live in our digestive system. So if you have chronic health concerns, the doctors encourage you to eliminate gluten and dairy from your diet for a minimum of 10 days to see if you are sensitive to these foods.

(Remember also that if you’re under a doctor’s care, please adhere to his/her directions and recommendations for your dietary and exercise needs.)

Real food has the power to give you your life back and more fully engage in the purpose for your life. The reason to do it is not to fit into your jeans or look good in a dress, but to be awake to the beauty and miracle of life, to be able to live with purpose, to love, serve, connect, and celebrate the gifts God has given you. Let’s eat food that loves us back.

This week:

**January 11 Message**
Listen to Fr. Patrick’s homily again: [http://www.padreserra.org/#/parishioners](http://www.padreserra.org/#/parishioners)

**Companion Video**
Week 1: Faith (Parts 1 & 2) is available on YouTube: [https://www.youtube.com/channel/UCdrP9M_LN6Fk2RGgRPFHJkw/videos](https://www.youtube.com/channel/UCdrP9M_LN6Fk2RGgRPFHJkw/videos)

**Opportunities to Move:**
Yoga is Tuesday @ 1:30 pm in the Santa Barbara room ($5 donation)
Seniors Adapted Exercise is Wednesday @8:45 am in the Santa Barbara room
Hike is Saturday @ 9:00 am at the Santa Rosa Trail in Wildwood Park, Thousand Oaks

**Save the Date:**
Cooking Demonstration/Tasting is Saturday, Jan 24 at 10:00am in the Serra Center ($5 donation).
RSVP teresa@padreserra.org

Encouraging you as you begin your journey!

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**Encounter Jesus, Be Disciples**