

# **Dr. Bob's Eight Keys to Health and Success**

## **1) Eat for Health**

Choose abundant vegetables, whole grains, fruits and legumes along with some nuts and seeds (including ground flax seeds) daily. Eliminate all animal foods – meat, dairy and eggs -- and minimize refined sugar, oils and other processed foods. Fill your pantry with health supporting foods and make a conscious choice to eat when you are hungry and to choose foods with both great taste and great nutritional value.

## **2) Drink Water**

Water is our natural beverage and thirst quencher and makes up about 70% of our bodies. Beverages with caffeine, alcohol, sugar, fat and/or a host of artificial ingredients slow you down, interfere with sleep cycles, contribute to obesity and should be enjoyed only on occasion.

## **3) Avoid Cow's Milk**

Cow's milk and its associated foods: Cheese, yogurt and ice cream, are nature's perfect foods for baby cows, and are a totally unnatural component of human nutrition. No other mammal drinks milk after infancy, and most the world's human population has "lactose intolerance" meaning they get diarrhea and bloating right away if they drink milk. Milk is more than half fat, high in saturated fat and cholesterol and most of the rest (70%) is sugar. Milk proteins contribute to allergy, autoimmune disease, chronic kidney disease, mucus production, acne, osteoporosis and the promotion of several cancers. Cow's milk always contains bovine estrogen from the cows and is nearly always contaminated with antibiotics, growth stimulants, bovine leukemia virus, pus cells and environmental toxins. Many other non-dairy alternatives are now readily available (i.e. soy, rice, coconut, cashew, flax or almond "milks", cheeses, yogurts and ice creams). Calcium needs are easily obtained by eating "beans and greens".

## **4) Eat Fiber**

Health supporting whole foods contain dietary fiber. Avoid white bread, white rice and white pasta that are just metabolize quickly to sugar once they hit your digestive system. Whole grains like oats, brown rice, and whole grain breads, pastas and cereals are much more slowly digested providing consistent energy for your cells and abundant additional nutrients. They also support healthy bowel bacteria that help with hormone balance, detoxification of several toxins, overall colon health and immune function. Think "fiber in every bite" with plenty of vegetables, fruits, beans and whole grains while avoiding animal and processed foods that are devoid of fiber.

## **5) Be Active**

Walk, run, dance, swim, jump, cycle, skate, ski, lift and/or whatever else gets you moving. Play and make it fun! Make daily physical activity a regular part of your routine and choose activities you enjoy to help you stay with your plan. Use stairs instead of elevators, park further away when you drive, and whenever you get the chance, "take the scenic route" under your own power.

## 6) Your Environment Matters

Avoid poisons and contaminants in your body by *not smoking anything*. Also, avoid even second or third hand smoke or tobacco exposure of any kind. Avoid other “recreational drugs”—they are a “dead end”. Choose foods low on the food chain and eat organic when practical. Use a good solid carbon water filter for clean drinking water and limit the use of pesticides and other toxins in your home environment.

## 7) Sleep Well

Plan time for 7 to 8 hours of sleep per night and develop good sleep hygiene habits: Develop a “wind down routine” an hour before bedtime with relaxing activities (no TV or Internet), a regular rising time each day, avoid caffeine, nicotine & alcohol, use your bed for sleeping only, limit naps and control your sleeping environment. With a good restful night’s sleep, you will enjoy more energy, improved concentration and better overall health.

## 8) Make Time to Relax & Play!

Stress is a part of life, but you can manage and harness it for the good by finding balance, prioritizing your responsibilities, setting and writing down challenging but attainable goals and making time for whatever form of adventurous play and/or peaceful relaxation that will help you to optimize your enjoyment. Make time for laughter, love and being with friends, family and others who share these same goals!

### **Additional Resources:**

Go to these websites for excellent articles, references, recipes and resources on the benefits of whole food plant-based eating:

- PCRM.org
- NutritionFacts.org
- ForksOverKnives.com
- PBNSG.org
- ChickpeaAndBean.org
- VegMichigan.org
- P-Pod.org
- NutritionStudies.org
- DrMcDougall.com
- PlantricianProject.org

Watch several documentaries: "Forks Over Knives", "The Game Changers", "Food Choices", "Eating You Alive", "What the Health" and "Vegucated". These are on Netflix or can be ordered online; and often can be found at your local library. "The Game Changers" produced by James Cameron is the newest of this group and is excellent. Also watch for "Code Blue" coming out soon: [www.codebluedoc.com](http://www.codebluedoc.com)

Read Dr. Michael Greger’s Book: “How Not to Die” (or get the book on CDs if you prefer to listen—he reads it himself and you get an added dimension). Watch his lecture on “Food as Medicine”: [www.nutritionfacts.org/video/food-as-medicine/](http://www.nutritionfacts.org/video/food-as-medicine/). His newest book “How Not to Diet” is also now available and is an excellent overview on how to maintain a healthy weight.

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