



NUTRITION GUIDE

BY LISA PITEL-KILLAH, BCHHP, FDN-P, hTMAP

The basis of this guide is to help you understand the basics about nutrition, while providing background on the energy value of foods and macronutrients. Plus, the importance that critical micronutrients have on the role of your health. By the end of this short guide, you will have a basic holistic understanding of food as fuel and how to eat to enjoy optimal energy.

~ **LISA PITEL-KILLAH, FDN, hTMAP**



THE ENERGY VALUE OF FOOD:

The food we eat all contains “potential” energy and has the ability to be converted into work, or kinetic energy. The most common measure for potential energy used by scientists is the Joule. We, however, are much more familiar with the unit Calorie – which is a unit of heat measurement. If you see the details of items on a package that say kcal., that refers to a Large Calorie (kg of water vs. g of water) and this is the normal measurement that you are familiar with. Do not let them confuse you, for the rest of this reading we will just refer to the kcals as Calories.

When we talk later about percentages of macronutrients in your day, remember to refer back to this: 1 gram of carbohydrate and 1 gram of protein equal 4 Calories, and 1 gram of fat equals 9 Calories.

FOOD IS FUEL:

It is necessary to realize that food is a fuel that provides energy to propel our bodies and to perform vital chemical reactions. Carbohydrates, proteins, fats, vitamins, minerals and water are vital to optimal health. Digestion is a series of chemical changes that breaks food down to prepare it for absorption from the gastrointestinal tract into the bloodstream. The process of absorption facilitates cellular metabolism by providing amino acids from protein, glucose from carbohydrates and fatty acids from fats.

Now, something to consider that may be negatively affecting your energy levels is the state of your digestion and the actual amount of nutrients your body is absorbing. Ultimately, you could be eating all the right things, supporting your diet with all the correct nutritional supplements, but if digestion is impaired, and hence absorption is compromised; then your energy will not be optimal.



MACRONUTRIENTS “AKA MACROS”

CARBOHYDRATES – Carbohydrates are the main source of energy for all bodily functions. Essential for exercising muscles and, as a matter of fact, are the only supply of energy used by the central nervous system and the retina of the eye. Carbohydrates coming from grains, legumes, vegetables and fruits breakdown into sugars and starches, and can be stored in unlimited amounts as body fat.

Choosing the right carbohydrates is essential to make sure you are getting enough nutrients, so the majority of your carbohydrates should be coming from phytonutrient rich vegetables. Try to include a wide variety and all the colours of the rainbow. A small percentage of carbohydrates should be coming from the high starch / high glycemic options, such as potatoes, grains and rice. Fruits do contain a multitude of essential vitamins, but try to use in moderation, as most are quite high in sugar.

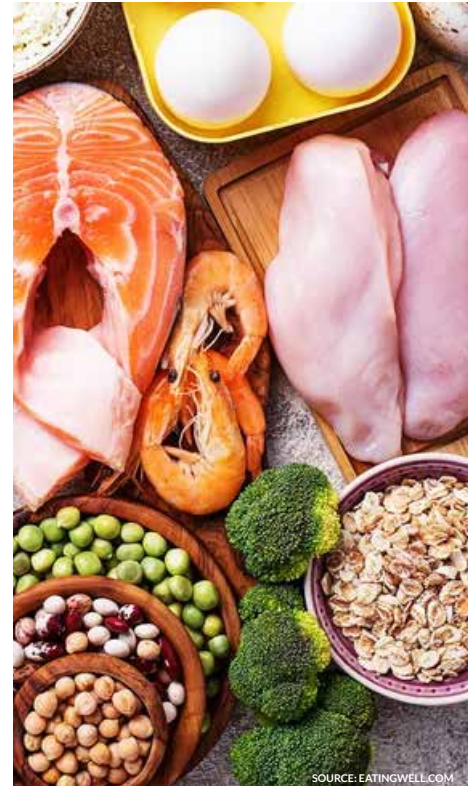
When we talk about complex carbohydrates, we are referring to those that are digested slowly by the body. By consuming complex carbohydrates, you will have a feeling of satiety for a longer period of time and they will not have a spiked effect on your blood sugar. Plus, a diet rich in vegetables will provide ample fiber, which not only balances blood sugar, but also assists the body in elimination, detoxification, increased immunity and production of energy.

On the other hand, simple carbohydrates are high glycemic index foods that are digested rapidly causing a spike in blood sugar levels, followed by a severe drop. This erratic response leads to inconsistent energy levels, hormone imbalance and much of the sugar is transported into the fat cells by insulin.

PROTEIN – Proteins are the building blocks for all cells, when digested they are broken down into simpler units called amino acids. The body requires 22 amino acids but only 14 of these can be produced by the body, there are 8 that we classify as essential, as we must ingest them through foods.

What feeds our muscles? Protein does. If you do not feed the muscles, you will lose them. There are many people that cannot afford to lose any muscle tissue. Muscle burns calories, so the more you have, the more efficient you are at burning calories and the faster your metabolism. If you lose muscle, you may love what your scale says, but the long-term effect is that the more unused calories will be stored as extra calories and ultimately body fat. Plus it is very important to remember that if you are lacking in protein, your body will go into your lean tissue to get what it needs. What's lean tissue? Anything that is not fat – (organs, muscles, bone and cartilage).

Some examples of complete proteins: animal meat products, poultry, eggs, fish and dairy. Some examples of incomplete proteins: vegetables, legumes, seeds, nuts and grains. It is important to note that two incomplete proteins are needed in combination, to make a complete protein. Quinoa, however, is often referred to as a “complete” protein, because it contains all nine-essential amino acids.



FATS – In the past we have gotten many introductions and publications about fat. Is fat good, no....fat is bad, do not eat fat!!! These have been very confusing, I am sure, throughout the course of your life. Just so you know the body needs healthy fats to function at an optimal level. In fact, new research shows that, in order for the body to lose fat, it is crucial to eat enough healthy fats. Plus fat plays a vital role in maintaining healthy skin and hair, maintaining proper body temperature and promoting healthy cell function.



When we look to maintain or lose weight, produce energy, and protect the body from degenerative diseases; fats are pivotal. Most of today's modern diets are low or lacking in essential fats, some scientists believe that this is one of the largest nutritional problems facing the Western world today.

Foods we eat contain many different types of fat and the composition of these fats are known as fatty acid molecules. You can think of them in 3 categories:

- 1. ESSENTIAL FATS (MANY BENEFITS) AKA. EFAS**
- 2. NEUTRAL FATS (NO REAL BENEFIT, BUT NO HARM)**
- 3. KILLER FATS (VERY HARMFUL)**

EFAs help with weight loss efforts, reduce inflammation, support the immune system and may help to reduce the risk of degenerative diseases. You can also refer to these as Omega-3s. Now getting the right ratio of Omega-3s to Omega-6s is important, as Omega-6s on their own can do the opposite of Omega-3s. The best sources of EFAs come from seeds, fatty fish or fish oil, avocados and cold pressed olive oils. Coconut oil is great for cooking at high heat, it is a saturated fat, however, has many anti-inflammatory, anti-fungal and anti-bacterial properties.

What makes a 'killer fat'? If you are choosing a polyunsaturated oil or low-fat spread, or a high in polyunsaturated fat spread, then be careful. You also need to be aware of trans fats; these killer fats are used in the manufacturing of foods to help them stay fresher longer. It has been shown as far back as 1990 that scientists discovered trans fats appeared to increase LDL ("bad cholesterol") and lower HDL ("good cholesterol").

HYDRATION - Two-thirds of the human body is made up of water and it is an extremely important nutrient for all bodily functions. Water allows our bodies to transport nutrients and waste products in and out of cells. It helps with circulatory and excretory functions, absorption, and digestion. Water is essential for maintaining and regulating the body's core temperature. It increases detoxification and the capacity of oxygen available to the cells. Plus, without enough water, the brain, which is 85% water; cannot function properly.

Retaining excess body fluids could be a result of not getting enough water. If the body does not receive the right amount of water it needs to function, it responds by storing water in extra-cellular spaces, causing weight gain. The average person should drink approximately 2 liters of water daily. Another great guide for water intake is 1oz for every kg of bodyweight. So, if you weight 63kg you should be consuming 63ozs. of clean, pure, natural water, each and every day.



MACRONUTRIENT SHOPPING LIST

CARBOHYDRATES

NO STARCH VEGETABLES:

- Celery
- Spinach
- Cauliflower
- Asparagus
- Mushrooms
- Green beans

LOW STARCH VEGETABLES:

- Sprouts
(make sure these are washed well!)
- Leafy greens
- Collards
- Swiss Chard
- Peppers
- Cucumber
- Brussel sprouts
- Broccoli
- Tomatoes

MEDIUM STARCH VEGETABLES:

- Most squash
- Radish
- Eggplant
- Zucchini
- Corn
- Parsnip
- Okra
- Beets
- Turnip

HIGH STARCH VEGETABLES:

(Consume in small quantity)

- Potatoes
- Carrots
- Yams
- Sweet potatoes
- Artichokes
- Peas

WHOLE GRAINS:

(Consume in small quantity)

- Brown rice
- Oats
- Millet
- Quinoa
- Spelt
- Buckwheat

FRUITS:

(Consume in small quantity)

- Avocados
(these can be consumed often)
- Apples (lowest in sugar)
- Tropical fruit
- Olives
- Pears (lowest in sugar)
- Berries

PROTEINS

MEAT

- Chicken
- Beef
- Lamb
- Pork
- Turkey
- Elk
- Buffalo
- Eggs

FISH:

- Haddock
- Shrimp
- Mussel
- Lobster
- Salmon
- Scallops
- Oysters
- Crab
- Tuna
- Cod
- Sardines
- Pickerel

DAIRY:

- Cottage cheese
- Kefir
- Dairy alternatives
- Cheese
- Yogurt

LEGUMES:

- Beans
- Lentils
- Peanuts

FATS

NUTS & SEEDS:

- Cashews
- Sunflower seeds
- Macadamia nuts
- Pecans
- Almonds
- Pistachios
- Brazil nuts
- Pumpkin seeds

OIL:

- Fish oil
- Ghee
- Safflower oil
- Cod liver oil
- Extra virgin olive oil
- Coconut oil
- Sunflower oil
- Butter
- Olive oil
- Hemp seed oil

HOW IMPORTANT IS ORGANIC

Well first off, organic agriculture reduces the overall toxic exposure on our environment, due to the elimination of synthetic pesticides. It has been shown that pesticides are harmful to humans, but not only that, the foods that are grown with these chemicals have lower vitamin and mineral concentrations. According to the Environmental Working Group eating the dirty dozen will expose a person to approximately 12-14 pesticides per day, on average.

DIRTY DOZEN – IDENTIFIED:

- | | | | |
|------------------------|----------------------|--------------------|---------------------|
| 1. STRAWBERRIES | 4. NECTARINES | 7. PEACHES | 10. TOMATOES |
| 2. SPINACH | 5. APPLES | 8. CHERRIES | 11. CELERY |
| 3. KALE | 6. GRAPES | 9. PEARS | 12. POTATOES |

WHAT ABOUT ORGANIC MEATS & EGGS

Most animals are not naturally built to eat a high starch diet which consists of an elevated level of grain. In conventional farming when animals are switched from pasture to grain; it can actually lead to numerous disorders. To combat potential disease from the switch, the animals are given a constant low dose of antibiotics. Some studies have been linked to meats having a lower nutritional value due to the use of antibiotics; and even more so if they are being fed a diet of “genetically modified” grains. So, try to make sure you are choosing organic meats that are free of antibiotics and hormones for the best quality and most nutritious choice.

When we are looking at conventional methods for eggs, most conventional hens live in extremely cramped quarters and potentially are given antibiotics, mold inhibitors, preservatives and fed genetically modified corn or even animal by-products. Make sure you are choosing “organic free-range” eggs where the birds are free to roam. Eggs that are free-range have been shown to contain more folic acid, B12, Vitamin E, Vitamin A and Omega 3 fatty acids. All very important for optimal energy.

WHAT ABOUT SEAFOOD: WILD VS. FARMED?

There are a lot of people these days that are concerned about the mercury levels in fish and seafood, and with good reason. Mercury becomes an issue when it is released into the environment by power plants, certain chemical manufacturers and other industry. Once it is released, it eventually ends up in our waterways and then works its way up the food chain when larger fish consume contaminated smaller fish.

SO WHY IT THIS AN ISSUE?

Well when humans eat contaminated fish in high amounts it can cause issues with the nervous system and brain function, because mercury acts on the body as a neurotoxin. High levels of exposure, especially in children, can cause debilitating disease and illness. One way to check levels of toxic elements, such as mercury is to use Hair Tissue Mineral Analysis, which will identify elevated levels of mercury in the system, as well as other minerals, metals and elements.

I have included a mercury level chart for you to reference which shows what types of fish have been shown to have the least contamination. Sourced from: www.nrdc.org.

LEAST MERCURY	MODERATE MERCURY	HIGH MERCURY	HIGHEST MERCURY
ENJOY THESE FISH	EAT SIX SERVINGS OR LESS PER MONTH	EAT THREE SERVINGS OR LESS PER MONTH	AVOID EATING
Anchovies	Bass (Saltwater, Striped)	Croaker (White Pacific)	Bluefish
Mackerel	Buffalo fish	Halibut (Atlantic, Pacific)	Grouper
Oyster	Carp	Mackerel (Spanish, Gulf)	Mackerel (King)
Clam	Cod(Alaskan)	Perch (Ocean)	Marlin
Crab (Domestic)	Lobster	Sablefish	Orange Roughy
Flounder	Mahi Mahi	Sea Bass (Chilean)	Shark
Salmon	Monkfish	Tuna (Albacore, Yellowfin)	Swordfish
Pollock	Perch (Freshwater)		Tuna (Bigeye, Ahi)
Haddock (Atlantic)	Sheepshead		
Salmon (canned)	Skate		
Sardine	Snapper		
Scallop	Tilefish (Atlantic)		
Shrimp	Tuna (Canned chunk light, Skipjack)		
Sole (Pacific)			
Squid (Calamari)			
Tilapia			
Trout (Freshwater)			
Whitefish			

WHY NOT FARMED FISH?

Some reasons relate to that of conventional farming, the fish are kept in extremely cramped spaces, they are fed food pellets and ultimately, contain higher levels of saturated fats and lower levels of beneficial omega-3 fatty acids. Typically, they may be fed antibiotics - which are then ingested by the humans consuming them, and many farmed salmon are actually administered chemical dyes to ensure they have a deep pink flesh. Try to buy wild caught whenever choosing fish for a meal.



SOME FOODS TO ELIMINATE OR LIMIT

WHEAT AND GLUTEN PRODUCTS

It has been shown that over 85% of people have some level of gluten intolerance and several studies have proven this. Many people have noticed that by eliminating wheat from their diet the following benefits have occurred:

- **Weight loss**
- **Improved mood (depression, anxiety, improved sleep, and energy)**
- **Decreased or eliminates symptoms of arthritis, joint pain**
- **Improved gastrointestinal conditions**
- **Improved recovery time from training**
- **Cleared up skin conditions (psoriasis, eczema, and acne)**

What I normally suggest is to try an elimination diet and remove gluten for a period of time and then re-introduce. This will usually make you aware if you do in fact have a reaction; that prior to you were not recognizing.

DAIRY PRODUCTS

It is very common in my practice for clients to eliminate dairy. When the body is in a state of potentially compromised immunity, gluten and dairy prove to be the biggest triggers for intolerances. Plus, dairy in many people is pro-inflammatory and has been linked to asthma, constipation, bloating, acne and more. Many times when individuals with respiratory conditions choose to eliminate dairy their symptoms almost disappear. If you have a dairy intolerance, it can be sometimes be easy to identify, because as soon as dairy is consumed the body will overproduce mucus that will flare up in your throat and make it hard to clear or swallow.

ALCOHOL

Your body is not able to store alcohol, so as soon as it is consumed it triggers pathways in the body to break it down, pathways that shunt energy and enzymatic resources that would otherwise be used to help with detoxification.

Alcohol is broken down in the liver, this breakdown generates toxic, damaging products such as acetaldehyde and free radicals, which damage cells. These byproducts can interfere with the normal metabolism of other nutrients, particularly fats, and contribute to liver cell damage. Alcohol, if you are lacking energy or looking to lose body fat, may stand in your way. So if these goals are in your sights, limit or remove intake for now; until you arrive at your destination.



PROCESSED FOODS

A lot of shopping carts today are filled with items that Paul Chek calls “non-foods”. So, what are these bad boys? Well according to him, ‘foods that cost more in nutritional value to digest, absorb and eliminate than it delivers’. Ultimately, I think we can say that most processed foods fall into this category. Many processed foods contain too much fat, salt, harmful additives, preservatives and simple sugars. If you are choosing something that has more than one ingredient, then read the label and if you cannot pronounce it; leave it on the shelf.

GENETICALLY MODIFIED FOODS

A food being genetically modified means that it has undergone genetic modification by altering the gene expression in said food. The actual products of genetic modification are called “genetically modified organisms” or GMOs. In simple terms most genetically engineered crops are designed to either survive exposure to a certain herbicide or to ward off insects completely. The way they are modified is scientists splice genes from bacteria and insects, as well as other plants, into a given plant or species. This engineering can be particularly dangerous when it introduces an allergen into a food that was not an issue prior. In one particular example, a soybean was engineered with genes from a brazil nut to make it “tastier” and people ended up reacting to the newly modified soy that had a previously existing nut allergy. My suggestion is to stay away from GMOs completely.

Some other negative effects from consuming GMOs include: cancer, allergies, higher risks of toxicities, antibiotic resistance and immune-suppression. The top earners on the list of most likely to be genetically modified in Canada; corn, soy, canola and cotton.

SUGAR

Realistically, most plants have sugar in them. In the beginning, we only ate naturally occurring, whole foods that provided complex carbohydrates, which convert to energy relatively slowly. There was a point way back when that the process of producing simple or refined sugar was so involved that only the filthy rich could afford it. Back then, in the early 1900s the annual intake of simple sugar or refined sugar was approximately 4 pounds per person. Today, the typical person in North America consumes upwards of 150-170 pounds of sugar annually.

Daily intake of sugar promotes acidity in the body. When the body is overly acidic we have minerals affected, like calcium; which is pulled from the bones and teeth to attempt to buffer the acidic environment. Also, when we are consuming an abundance of acid-forming foods it can lead to many different forms in inflammation; promoting fatigue.

Inflammation, as said by many, is the underlying causes of many disease in the body. Let's not forget to mention that inflammation can lead to diabetes, liver disease, heart disease and cancer. So, be smart and if you are fueling up glycogen stores after a workout use whole foods, like fruits, root vegetables or gluten-free grains.



EXPANDING ON INFLAMMATION

Inflammation is a process by which your body functions to protect you from invaders, such as bacteria and viruses. There are two types of inflammation: acute inflammation and chronic inflammation. There are many causes of inflammation, such as injury, sickness, irritants, pathogens and more.

Let's talk about some of the foods that cause inflammation in the body when consumed:

- Sugar
- Trans fats
- Vegetable oils
- Refined carbohydrates
- Excessive alcohol consumption
- Processed meats



As you can see, many of the above; we have already mentioned throughout this guide with regards to the negative effects they may have on the body. Inflammation is a natural response; however, we do not want to have chronic inflammation.

So, in order to support our pH and our immunity; adding some of these anti-inflammatory foods might be a good addition:

- Leafy green vegetables
- Bok Choy
- Olive Oil
- Beets
- Broccoli
- Blueberries
- Pineapple
- Salmon
- Bone broth
- Walnuts
- Coconut oil
- Fatty fish
- Chia seeds
- Turmeric
- Ginger



There's little doubt that the pursuit of healing nutrition begins with a menu high in vegetables, organic meats, wild fish and sprouted seeds rich with omega-3 benefits. The evidence is clear that such anti-inflammatory foods can regulate the immune system and impact the way inflammation affects our bodies and our lives.

WHAT SHOULD I EAT?

40% Carbohydrates:30% Protein:30% Fats is sometimes a good starting point, depending on health concerns and goals. To keep it simple there are some easy measurement tactics like using your hand for measurement. For most females, 3oz of lean protein fits in the palm of your hand and is no thicker, and for most males this represents 4oz. Fill the remainder of your plate with vegetables, some fruit and a salad; and then add a small amount of fat. If you have done some physical activity then some higher complex carbohydrates, like whole grains are good, but eliminate the fruit, if you decide on whole grains. When it comes to nutrition, no one way to eat fits all; because we are all unique and operating at different levels, with individual goals and instinctive predispositions. I use two guides for deciding what nutrition would benefit me the most at any given point in time and those are the



“Primal Pattern Technique” Questionnaire designed by Paul Chek and the “Metabolic Typing Diet” Questionnaire designed by William Wolcott & Trish Fahey. These both have a series of questions and they gauge the outcome by you answering the questions based on how you “feel” when you eat certain macronutrients. So, I normally suggest starting with the 40:30:30 model and if you truly want to customize and dig deeper then use one of the questionnaires to see what your optimal macronutrient percentages should be.

DAILY CHECKS TO MAXIMIZE ENERGY:

- ☐ Upon waking have a 8oz hot water with the juice from ½ of a lemon & a pinch of sea salt.
- ☐ Eat 20 minutes after lemon water and within one hour of waking.
- ☐ Eat lean protein with each meal (remember palm sized is perfect).
- ☐ Eat a rainbow of veggies with each meal.
- ☐ Consume healthy fats every single meal.
- ☐ Limit starchy carbs and fruit to post workout only, if you want fat loss.
- ☐ Drink at least 2L of pure, clean water per day. More on training days.
- ☐ Eliminate or limit all gluten, dairy, alcohol, processed foods, GMOs and sugar.
- ☐ Try to stop eating by 7pm and fast overnight for at least 12 hours, or more if possible.
- ☐ Try to get at least 7-9 hours of sleep per night.





MICRONUTRIENTS

VITAMINS

These days nutrition is critical to energy production and optimized immunity; however, I believe that every healthy diet can be optimized with right addition of the appropriate nutrients from vitamins and minerals.

Vitamins are necessary for cellular metabolism, cellular growth, cellular reproduction and digestion. The body cannot synthesize vitamins, with a few exceptions, therefore they must be supplied by foods or food supplements.

There are two groups of vitamins, fat-soluble vitamins, and water-soluble vitamins. Fat-soluble vitamins are A, D, E and K which are measured in International Units. Water – soluble vitamins are Vitamin C and a complex of B vitamins, which are measured in milligrams.

MINERALS

Minerals are crucial to overall health and longevity. Focusing on mineral balance can be life changing for someone who is in a compromised state with symptoms present. Take magnesium, for example, this one mineral is a contributor to over 600 enzymatic processes in the body and the most potent anti-stress mineral. So, given the state of our society today it is safe to say that most of the population should be taking some form of magnesium to support their health.

SOME BASIC SUPPLEMENT SUGGESTIONS:

1. MAGNESIUM GLYCINATE – magnesium is your number one anti-stress mineral and supports over 600 enzymatic functions in the body (some people say 300; but Functional Medicine has shown this number to be much higher).

2. KELP – the main support structure to the bases of all mineral balancing protocols. Kelp contains the most minerals of any food in the world. It is rich in vitamins, amino acids and fibre. There is no other food that will provide higher levels of iodine, which supports thyroid function and regulates metabolism. Kelp also helps to support detoxification, which can rid the body of toxic build up and help to support energy levels.

3. UNREFINED CELTIC SEA SALT – sea salt is essential for adrenal function and it is packed with over 80 trace minerals. Sprinkle a little on your food each day; or add a pinch to your water. Make sure to include sea salt in your intra workout beverage to replenish sodium lost in sweat.

4. MK-7 – this is a form of Vitamin K2 which helps to shuttle calcium into the bones and teeth. After testing the mineral levels of hundreds of clients; I have found that the common finding is elevated soft tissue calcification. When this happens it not only speeds the aging process, but it affects thyroid function and many other processes. MK-7 helps to shuttle the calcium out of the soft tissue and into the bones and the teeth where it belongs. Alternatively, for the small group of people who have low tissue calcium; MK-7 will help to shuttle any calcium they do have into the bones and the teeth as well; so a very important supplement.

5. VITAMIN C – camu camu is a great natural form of vitamin C. Vitamin C supports the immune system, fights free radicals, and supports the adrenals. Many times, if we are lacking energy; then the adrenals may not be operating at full capacity.

One thing you can do to nourish the adrenals is make an **ADRENAL COCKTAIL**:

- **3oz. coconut water (rich in potassium)**
- **3 oz. orange juice (rich in Vitamin C)**
- **¼ tsp cream of tartar (potassium bicarbonate)**
- **¼ tsp unrefined celtic sea salt**

Drink this once or twice a day between meals and enjoy the energy boost.





HAIR TISSUE MINERAL ANALYSIS

When we are talking about vitamins and minerals; there lies a big belief that one size fits all. Hence why so many multi-vitamins are on the market, as well as other nutritional supplements. But how can a “one size fits all” multi-vitamin support all of us when we are all unique; not only as individuals but our lifestyle choices. If we want true longevity, maximum energy and optimal health; then we should be digging deeper into health and looking to see what our body’s actually need in the state they are in, right now, for support.

This is where HTMA (Hair Tissue Mineral Analysis) comes in. It identifies, at a cellular level; what the body’s mineral levels look like, how your primary functions are operating and exactly what vitamins and minerals, are necessary to support your body, to the fullest extent based on your own exact science. So, if you are looking to go deeper into health and maximize your energy levels, then [CLICK HERE](#) to visit my website to learn more about HTMA to see how it can get to the root cause of what might be lurking in the shadows and stealing your energy.

PLUS, because you are part of the Energy Jump Starters you get access to VYKON all-natural supplements. Vykcon was created based on the needs of my clients; it streamlines supplementation and makes it easy and affordable to support health. If you want to learn more visit our website [VYKONSUPPS.COM](https://vykonsupps.com) and see how amazing customization can be.



ABOUT THE AUTHOR

LISA PITEL-KILLAH is a Hair Mineral Analysis Expert and Educator, with a background in Functional Medicine. She is a Kettlebell World Champion, Speaker and Coach; and the creator of VYKON Supplements. She is a health, wellness and fitness advocate, and is on a mission to help the world live better.

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Please remember the information presented is a very general guideline and not to be used as a specific recommendation of what you should eat. Should you be following a nutrition plan recommended by your Doctor, you should continue that plan and consult your Physician, should you feel that changes may be necessary.

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