



Kokko Wellness

GUIDELINES TO NUTRITIONAL WELL-BEING

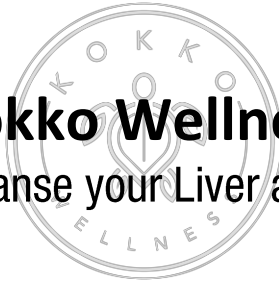
A good consistent diet is the foundation of our health.

Best of all, **ENJOY YOUR MEDICINE!**

- 1. EAT AT LEAST 3 MODEST MEALS PER DAY.**
- 2. TRY TO EAT AT THE SAME TIMES EVERY DAY.**
For example: breakfast @ 7AM, lunch @ 12 Noon, dinner @ 6PM
- 3. ALWAYS EAT BREAKFAST** (fuel up! Don't skip!)
Good ideas for breakfast are rice congee, hot cereal, soups, scrambles.
- 4. DINNER SHOULD BE THE SMALLEST MEAL OF THE DAY**
Don't eat right before you go to bed or take a nap. Try taking an easy walk instead.
- 5. EAT SLOWLY... ENJOY THE MOMENT.**
Don't rush, read, over think, work, or be angry while you eat.
- 6. EAT BALANCED MEALS.**
Eat UNREFINED whole grains, non-hormone containing animal products, ORGANIC vegetables and fruits. Vegetables should be steamed, sautéed, boiled, never overcooked. Eat produce in-season and try to buy from LOCAL producers.
- 7. STAY AWAY FROM TRANS FATS.**
Keep away from deep-frying with vegetable oils, overcooking meats, junk foods containing hydrogenated or partially hydrogenated oils/fats, and margarine. Read the labels!

AVOID FOODS THAT CONTAIN ADDITIVES, ARTIFICIAL INGREDIENTS and SUGAR SUBSTITUTES including high fructose corn syrup found in many juices and especially soft drinks, aspartame, MSG.
- 8. DRINK at LEAST 8 CUPS of CLEAN, SPRING or PURIFIED WATER EVERY DAY.** LIMIT COFFEE INTAKE, which is dehydrating.
- 9. AVOID ICE WATER AND MINIMIZE COLD FOODS AND RAW FOODS.**
This injures your digestive metabolism. It's like pouring cold water on your digestive fire.
- 10. LIVE IN MODERATION, NOT TOO MUCH, NOT TOO LITTLE.**
Get enough sleep, exercise, and natural light everyday.

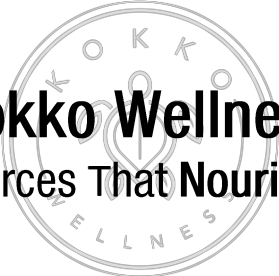
STICK THIS TO YOUR FRIDGE!



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Foods that cleanse your Liver and Gallbladder

Antioxidants, Avocados, Apples, Asparagus, Aloe and Artichokes`
Beets, Broccoli sprouts, Brussel Sprouts, Burdock, Black walnut, Basil
Cabbage, Carrots, Chicory, Cilantro, Chlorella, Cauliflower, Cucumber, Collard Greens
Dandelion greens/root
Eggs, Eat dinner early to give the Liver time to detox
Flax seeds, Fennel, Fiber foods, Fish oils
Garlic, Grapefruit, Green Tea, Glutathione foods, Ginger
Hemp seeds
Infrared saunas
Joy
Kale
Lettuce, Lemons and Limes, Lecithin
Milk thistle, Mamaki (Hawaiian nettles), Mustard greens, Mint
Nettles
Omega 3s, Olive oil, Onions, Okra
Papaya, Parsley
Quiet meditation and Qi-gong
Rest and Relaxation
Spinach, Sesame seeds, Seaweed, Spirulina, Sweet potatoes
Turmeric, Tomatoes
Umeboshi
Vitamin C, Vinegar (Apple Cider)
Walnuts, Water, Water, Water. Wheatgrass juice
X - Cut out Greasy, Artificial, Junk Food
Yams
Zs... sleep early, wake early



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Food Sources That Nourish Blood

Main vitamins/ minerals:

Iron which requires Copper, B vitamins, Vit C for absorption
Folic acid (B 9), lost in prolonged cooking (steamed greens, sprouts good)
B 12
Protein
Manganese

Chlorophyll-rich foods: high in iron and manganese

ie. Dark-green vegetables: Kale, parsley, alfalfa sprouts, spinach, wheatgrass,

Meats: high in Iron, B vitamins and Protein

Especially Liver (beef, chicken, lamb)
Gelatin (1/4 – 1/2 oz / day)
Eggs
Oxtail soup
Chicken soup with the bones and marrow
Carp soup, mussels, oysters

Algae: high in iron, protein and vitamins

seaweeds, micro-algae ie. spirulina

Dark fruit:

Dark grapes, blackberries, raspberries, huckleberries, mulberries, cherries, plums,
Chinese red dates (Da Zao), Goji berries

Foods high in iron:

Beets, black strap molasses, royal jelly,
black sesame seeds, Chinese black beans

Always strive for local, seasonal and organically grown ☺



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Histamine-Rich Foods

Histamine levels will vary based on the maturation process and the degree of freshness. The longer food is stored or left to mature, the greater its histamine content and the more problematic it can be for individuals with food sensitivities and intolerance.

Fresh meat contains no or very little histamine. However, when meat is processed further, the maturation process results in the accumulation of biogenic amines.

The same is true for fish. Fresh fish contains no or very little histamine. However, fish spoils very easily and this leads to a rapid accumulation of histamine due to bacteria. Further processing, which includes salting, smoke-drying, marinating and preservation, may increase the histamine content.

Examples of foods/substances that may increase histamine levels resulting in symptoms including digestive problems, headaches and skin rashes are:

- **Alcohol**, particularly red wine and champagne. Also white wine and beer.
- Aged, smoked, canned fish and fish sauces. Tuna fish, mackerel, sardines, anchovy, herring, catfish, salmon.
- Pizza
- Smoked and processed meats such as salami, ham, bratwurst and bacon
- Sauerkraut
- Certain vegetables: tomato, spinach, eggplant, avocado, mushrooms and canned vegetables as well as commercially prepared salads
- Certain fruits: strawberries, bananas, papayas, kiwi, pineapple, mango, tangerines, grapefruits, red prunes, pea
- Red wine vinegar, balsamic vinegar
- Soy sauce
- Cheese
- Mustard
- Ketchup
- Sunflower seeds
- Chocolate/cocoa
- **Coffee**, black tea
- Bread and confectionery made with yeast
- Peanuts, cashews, walnuts

NO

Nightshade family foods (peppers, tomatoes, eggplant)

Shellfish

Less

citrus, dairy, sour foods, gluten foods



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Reduce These **Damp-Forming Foods**

- **Sugar**
 - **Sweeteners** (sugar, molasses, maple syrup, honey) If you must have a sweetener, Stevia is best.
 - Tropical Fruit
 - Bananas
 - Figs, pears and avocados
 - Grapefruit
 - Oranges / orange juice
- **All Dairy**
 - **Especially Cream cheese and Ice Cream / Frozen Yogurt**
- **Reduce Raw foods** except one salad at lunch time
 - They are hard to digest; the byproduct of a weak digestion is dampness.
 - It's like putting wet wood on a fire.
- **Reduce Fried foods**
 - Eliminate french fries
- **Wheat and (Gluten containing foods)**
- **Nuts Especially Peanut Butter (almond butter is ok)**
- **All Soy, including tofu (unless cooked with ginger), soymilk**
- **Eat beans in moderation (sprouted beans are good)**
- **Reduce Salt intake**
- **Alcohol**
- **Chocolate and candies**
- **Avoid:**
 - Over-eating Eating late at night Eating too fast / on the run
- **Chew your food slowly**
 - When complex carbohydrates are chewed thoroughly and not overeaten, they become more alkaline and less mucus-forming.
- **Consider Digestive Enzymes, Fish Oils, Multi-vitamins and Probiotics.**