

Fasting and Eating

Research studies reported that, under age 70 neither frail nor malnourished and are free of major diseases, will be benefited to undergo one to two periods of 5 days a year of periodic fasting. On the other days, eat fewer calories, consume nuts (walnuts, almonds) at least five times a week, two or more servings of vegetables per day, and three or more servings of legumes per week - spread across two or three daily meals serve within twelve hours. Beside vegetables, eating light dinners early, exercise often, and maintaining a healthy weight and abdominal circumference.



What To Do

TITER Eating is a mixed strategy in combining nutritional strategies and conventional therapies leading a life of good nutrition and other natural interventions to promote self-healing and self-preservation.

Mindfulness in Biz

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TITER Eating

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Exercise

- ✚ Walk fast for an hour every day;
- ✚ Take the stairs instead of escalators and elevators. On the weekend, walk everywhere;
- ✚ Do moderate exercise for 2.5 to 5 hours a week, with some of it in the vigorous range. Most of the beneficial effects appear to be caused by the first 2.5 hours of exercise. Use weight training or weight-free exercises to strengthen all muscles;
- ✚ To maximize muscle growth, consume at least 30 grams of protein in a single meal one to two hours after a relatively intense weight-training session.



The Way To Eat

- ✚ Eat mostly vegan (plant-based, with beans, whole-grained breads, and lots of vegetables), plus a little fish, limiting meals with fish to a maximum of two or three times per week. Choose fish, crustaceans, and mollusks with high omega-3, omega-6, and vitamin B12 content (salmon, anchovies, sardines, cod, sea bream, trout, clams, shrimp). Pay attention to the quality of the fish, don't choose those with high mercury content (tuna, swordfish, mackerel, halibut);
- ✚ Keep the intake of protein low (0.31 to 0.36 grams per pound of body weight). The diet should be free of animal proteins (red meat, white meat, cheese) with the exception of proteins from fish, but relatively high in vegetable proteins (legumes, nuts, etc.) Consume beans, chickpeas, green peas, and other legumes as your main source of protein;
- ✚ Minimize bad fats from animal and vegetable sources (saturated, hydrogenated, and trans fats) and sugar, and maximize good fats and complex carbs. For example, eat whole grains and high qualities of vegetables (tomatoes, broccoli, carrots, legumes, etc.) with generous amounts of olive oil (3 tablespoons per day) and nuts (1 ounce per day) or pecorino (high omega-3 cheese made from ewe's milk);
- ✚ Follow a diet with vitamin and mineral content and complete it with a multivitamin buffer and mineral pill, plus an omega-3 fish oils gel every 2 or 3 days;
- ✚ Select ingredients that our ancestors would have eaten. Intolerance to lactose (the sugar contained in milk) is very common in Southern European and Asian countries, where milk was not historically part of the traditional diet of adults. Lactose or kale, quinoa or turmeric may better to be avoided or consume occasionally, the potential problems are intolerance (such as inability to break down the lactose sugar in milk) or autoimmunity (reaction to gluten-rich foods like bread and pasta observed in people with Celiac disease). Consumption of the wrong foods based on ancestry could be associated with many autoimmune disorders, including Crohn's disease, colitis, and type 1 diabetes;
- ✚ Based on your weight, age, and abdominal circumference, to decide whether to have two or three meals per day. If you are overweight or tend to gain weight easily, consume two meals a day: breakfast (do not skip breakfast, as this has been associated with increased risk for age-related diseases in multiple studies) and either lunch or dinner, plus two low-sugar (less than 5 grams) snacks with fewer than 100 calories each. If you are already at normal weight, or if you tend to lose weight easily or are over 65 and of normal weight, eat three meals a day and one low-sugar (less than 3 to 5 grams) snack with fewer than 100 calories - avoid digestion problems;
- ✚ Confine all eating to within a twelve-hour period. Don't eat anything within 3 to 4 hours of bedtime;
- ✚ Reach and maintains a healthy weight and abdominal circumference.

