



Jodi Baretz LCSW

Psychotherapist, Health Coach and Author



New Skinny Shopping Tips



**“Nourish
the inside,
flourish
on the
outside.”**

- 1. Shop the perimeter of supermarkets**, including the refrigerator, freezer, produce and meat sections; the inner areas are where boxed processed foods lurk.
- 2. Buy local and seasonal produce.** They are more likely not to be laden with pesticides and trucked from long distances.
- 3. Frequent your local farmer's markets.** It's fresh, close by and social, too; plus, it supports your community farmers who put care and love into your food.
- 4. Read labels.** The less ingredients, the less processed. Know what you are eating! If a product has ingredients that you can't pronounce, don't eat it. Ingredients are listed in order of most first and the least last.



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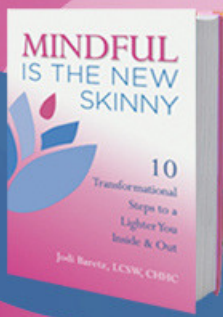
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5. Check EWG's Dirty Dozen and Clean 15 for the year. Every year, the Environmental Working Group researches the fruits and veggies that contain the most pesticides.

(https://www.ewg.org/foodnews/dirty_dozen_list.php)

6. Your Dollars Matter. Remember, every time you support companies that are organic, non-GMO and treat animals humanely you are sending a message to the food industry that organic matters! You are voting with your dollars to keep these companies in business.

7. Invest in yourself and your health! Remember that what you skimp on now to save a few dollars, you will pay for later in medical bills. So, think of it as an investment in your future. Shop local if you can or look online for discount distributors who sell organics and non-GMO items for less.



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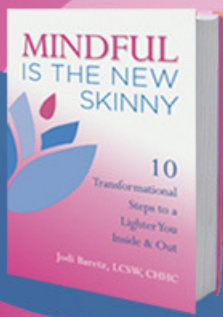
The Fab Four . . . and Four to Avoid

The following four items are mini-miracle workers when it comes to health and staying slim and trim. Each one boosts metabolism burns fat and detoxifies the body. You can easily incorporate them into your diet right now.

1. Apple cider vinegar. It's true. Warm lemon water with a splash of apple cider vinegar in the morning is cleansing and can really help with digestion. Apple cider vinegar has many other benefits, like lowering blood sugar, and is even an excellent skin toner.

2. Coconut oil is another multi-use oil that is worth experimenting with. It's wonderful to cook with at high temps and can also be used as a skin moisturizer (it smells like the tropics!). Be sure to buy virgin (unrefined) coconut oil.

3. Unsweetened goat milk, kefir, Kombucha and fermented vegetables (like sauerkraut) are probiotics and are great for populating your gut with beneficial bacteria. We need these "good bacteria" because Leaky Gut Syndrome (as I point out, above) is becoming more common. I use a splash of Kombucha in my seltzer.



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4. Dark chocolate is good for you. Yay! Finally, some good news, right? Look for organic and more than 72 percent cacao. The darker, the better. High in magnesium, it may help with muscle soreness, in addition to many other benefits. Cacao powder is great in smoothies, too.

The four foods to avoid most or all of the time:

1. Diet soda. Far from being a weight-loss aid, the artificial sweeteners packed in this drink actually make your body crave something sweet. Who needs that?

2. Artificial sweeteners (speaking of which) are shown to be harmful and can cause headaches and multiple other adverse health conditions with long-term use. (Use Stevia or honey)

3. White bleached flour (stripped of its nutrients) spikes blood sugar, which leads to inflammation and fatigue.

4. White sugar is the biggest culprit of all. It is addicting and leaches nutrients from the body when we consume too much. The intestine rejects it and feeds it to gut bacteria, leading to an overgrowth and damaging cells that inhibit absorption of calcium and magnesium. Yeah, it's pretty bad for you and it's everywhere!?