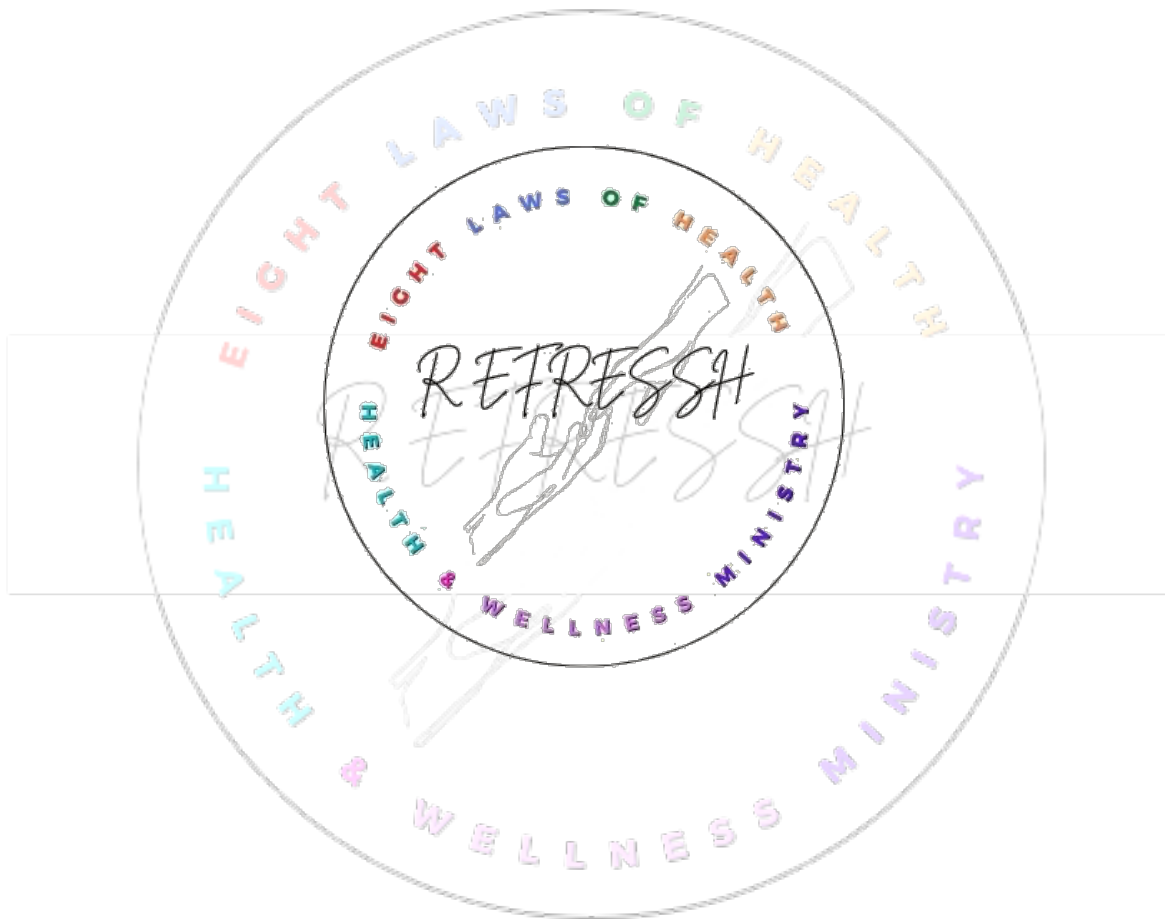


Truro Session 6: Rebuilding & Restoring Health: The Power of Nutrition & Lifestyle

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presented by
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MAIN TOPICS

- Rebuilding and Restoring Immunity with Key Nutrients
- Macro and Micro-Nutrients
- Nutrients That Destroy Immunity
- Proper Food Combining
- Creating Your Balanced Meal Plan
- Lifestyle Habits for Sustainable Health and Wellness
- Self-Reflection

Rebuilding and Restoring Your Immune System with Key Nutrients

Beloved, I pray that you may prosper in all things and be in health, just as your soul prospers. 3 John 2

Why It's Important to Rebuild & Restore!!!

- **Detoxing** removes toxins and cleanses the body.
- The body needs to be replenished with vital nutrients to repair cells and optimize organ function
- **Rebuilding & restoring immunity** is all about creating a foundation for long-term health and wellness

Why Immune Health Matters

- Your **immune system** is your body's first line of defense
- A **strong immune system** helps prevent infections and chronic illnesses
- It **works around the clock** to identify and eliminate harmful invader like bacteria, viruses, and toxins.
- Your **immune system** plays a vital role in overall health and wellness

Understanding the Immune System

- **Innate Immunity** - Your body's first immediate response to pathogens - skin, mucous membranes, white blood cells
- **Adaptive Immunity** - A more specialized response, forming antibodies for long-term protection - body's learned defense from past infections
- **Key Immune Organs**- bone marrow, thymus, lymph nodes and spleen
- **White Blood Cells** - T cells, B cells and natural killer cells - recognize and destroy harmful invaders
- **Balanced Immune Responses** are crucial
- An **overactive immune system** can lead to autoimmune conditions
- A **weakened immune system** leaves the body vulnerable to infections

Influencers of Immune Function

- **Nutrition** - a diet that is rich in vitamins, minerals, antioxidants strengthens immune responses
- **Sleep and Stress Levels** - Chronic stress and poor sleep weaken your immune system, making you more susceptible to illness
- **Toxin Exposure** - Environmental pollutants, processed foods, and synthetic chemicals can impair immune function
- **Exercise and Lifestyle Habits** - regular movement, fresh air and hydration all support immunity

Key Nutrients for Immunity

- **Antioxidants** protect the body from damage from free radicals - vitamins, minerals, plant flavonoids
- **Vitamins** D, B6, 9, 12
- **Pre and Pro-biotics**
- **Herbs** - Ashwagandha , Echinacea, Garlic, Ginger, Turmeric
- **Superfoods** - Moringa, Spirulina
- **Essential Oils** - frankincense, lavender, tea tree, peppermint

Nutrient Group 1: Basic Nutrients

- All life form requires the most basic nutrients - **air, water, sunlight, earth**
- They are often taken for **granted** without realizing their significance to having optimal health
- A **lack** of these basic nutrients will severely impact general health and well-being after a short period of deficiency

Nutrient Group 2: Fruit, Vegetables, Nuts & Seeds

- **Fruits** are rich in antioxidants, vitamins and enzymes that all support cellular repair
- **Vegetables** alkalize the body, support digestion and deliver essential nutrients
- **Nuts & Seeds** are building blocks of the body

Nutrient Group 3: Grains & Legumes

- Legumes and grains are rich in many essential macro- and micro-minerals including fiber, protein, iron, folate, calcium, magnesium, phosphorus, potassium, riboflavin, thiamin, vitamin B6, zinc and much more.
- Grains are the seeds of grass-like plants called cereals

Macronutrients and Micronutrients

Food - What Is It?

- Food is a material that consists of carbohydrates, fats, proteins and other substances (vitamins, minerals, enzymes) that are absorbed by the body to sustain growth, repair and to furnish energy for all activity.

Macronutrients are the **main nutrients** the body requires in large quantities for energy, growth and bodily functions.

- **Carbohydrates**
 - The body's primary energy source; provide energy for the body functions and muscular exertions - fruits, vegetables, grains, legumes
- **Proteins**
 - Essential for tissue repair, muscle building, and enzyme production - beans, lentils, nuts
- **Fats**
 - Support brain function, hormone production and cell health; carrier for all fat-soluble vitamins - A, D, E, K - avocados, nuts, seeds

Micronutrients are **vitamins** and **minerals** required in small amounts to support metabolism, immune function and overall health.

Vitamins

- **Organic** compounds that help with energy production, immune support, and overall cellular health.
 - **Water-soluble** - need to be consumed daily
 - Vitamin C, B-complex
 - **Fat-soluble** - stored in body fat and used as needed
 - Vitamins A, D, E, K

Minerals

- **Inorganic** elements that support nerve function, hydration, and structural health.
 - Major minerals - needs for bones, muscles and nerves
 - Calcium, Phosphorus, Potassium, Magnesium
 - Trace minerals - needed in smaller amounts but essential for overall function.
 - Iron, Zinc, Selenium, etc

Eat Healthy

- God made our bodies and our minds and provided health laws for us to follow to maintain them. If we fail to follow the health laws, then our bodies will suffer and become diseased.
- God knows what we should eat to have good, strong, healthy bodies.

- As our bodies are living organisms, the best foods for our physical nourishment and health are living, whole foods created by God and provided by nature.
- Whole plant foods found in nature provide all the food and medicine we need for physical health. They contain vitamins, mineral, proteins, carbohydrates, fats, enzymes and other essential known and unknown nutrients.
- The nutrients required for developing and maintaining optimal health are found in fruits, vegetables, nuts, seeds, grains, legumes and edible herbs that are properly prepared and in adequate amounts.
- These foods eaten raw, when the life of the food in the form of enzymes is still present, is highly beneficial to the body.
- Proper diet means eating healthy food in the proper quantities and at the right time of the day, which are both extremely important in maintaining good health.

Key Takeaways

- A well-balanced diet should contain all three macronutrients along with a variety of micronutrient-rich foods.
- Macronutrients provide calories (energy) and are needed in gram amounts daily.
- Micronutrients don't provide energy (calories) but are essential for vital bodily functions.

Nutrients That Destroy Immunity

Nutrient Group 4: Flesh Foods/Dairy Products

- **Animal Products** put considerable strain on the organs to break them down in order to assimilate them and eliminate them from the body.
- **Flesh Food** and **Dairy** are highly acidic and damaging to our bodies in the form of inflammation and toxicity. They are linked to all common lifestyle diseases.
- These foods should be avoided completely.

Nutrient Group 5: Refined & Processed Foods

Processed and refined foods are not provided by nature

They are made by the food industry and are junk foods

These include most of the food that comes in boxes, plastic containers or cans

They contain all kinds of unnatural ingredients such as preservatives, additives, dyes, artificial flavoring, stabilizers, and other nutritive-compromising ingredients

They are low in essential nutrients and/or leach essential nutrients from the body

Includes the following: plant analogues (vegetarian processed foods); refined sugar; pastas & breads; breakfast cereals; microwave meals; food isolates (protein, soy, whey); isolated vitamins and minerals; synthetic drugs and foods; poorly cooked foods; snacks and sweets

Genetically Modified Organisms GMOs/Bioengineered Foods

- Living organisms whose genetic material has been artificially altered in a lab
- Connected with health problems, environmental damage and violation of farmers' and consumers' rights
- Not considered safe for human consumption by most nations
- About **80%** of US foods contain GMOs
- Are not labeled on foods - Bioengineered is now!
- Common examples of GMOs are as follows:
 - Tomatoes, rice, alfalfa, cotton
 - Wheat, sugar beets, sweet corn
 - Soy, canola oil, peas, yeast
 - Hawaiian papaya, summer squash

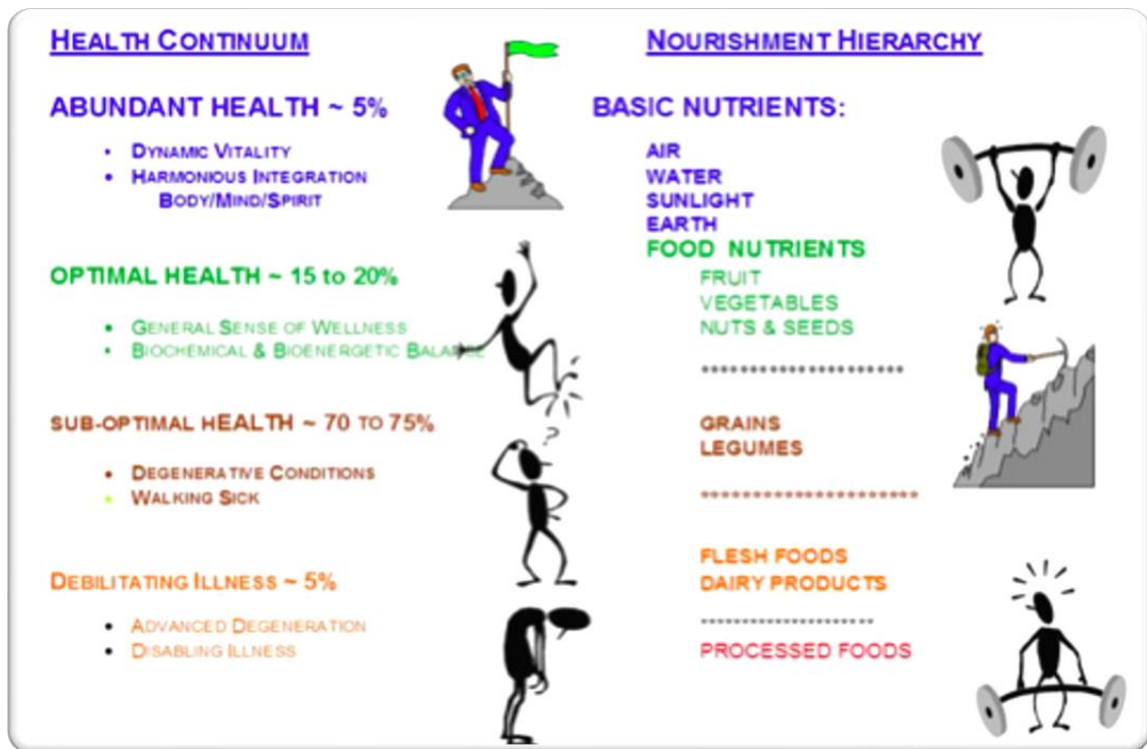
Be Aware of “Dirty Dozen” & “Clean 15”

Dirty Dozen

- Strawberries
- Spinach
- Kale, Collard and mustard greens
- Nectarines
- Apples
- Grapes
- Bell and hot peppers
- Cherries
- Peaches
- Pears
- Celery
- Tomatoes

Clean 15

- Avocados
- Sweet Corn
- Pineapple
- Onions
- Papaya
- Sweet peas – frozen
- Asparagus
- Honeydew Melon
- Kiwi
- Cabbage
- Mushrooms
- Cantaloupe
- Mangoes
- Watermelon
- Sweet Potatoes



Applying the dietary principles found in the Hierarchy of Nutrients, along with the 8 laws of health, can help people experience optimum, radiant health.

The goal is to move as high on the scale as required to meet your desired health goals.

Key Takeaways

- Incorporating animal products and processed and refined foods actually cause damage to our immune system
- GMO and dirty foods should be avoided completely
- Recognizing where you are and where you want to be is the first step to health and wellness

Proper Food Combining

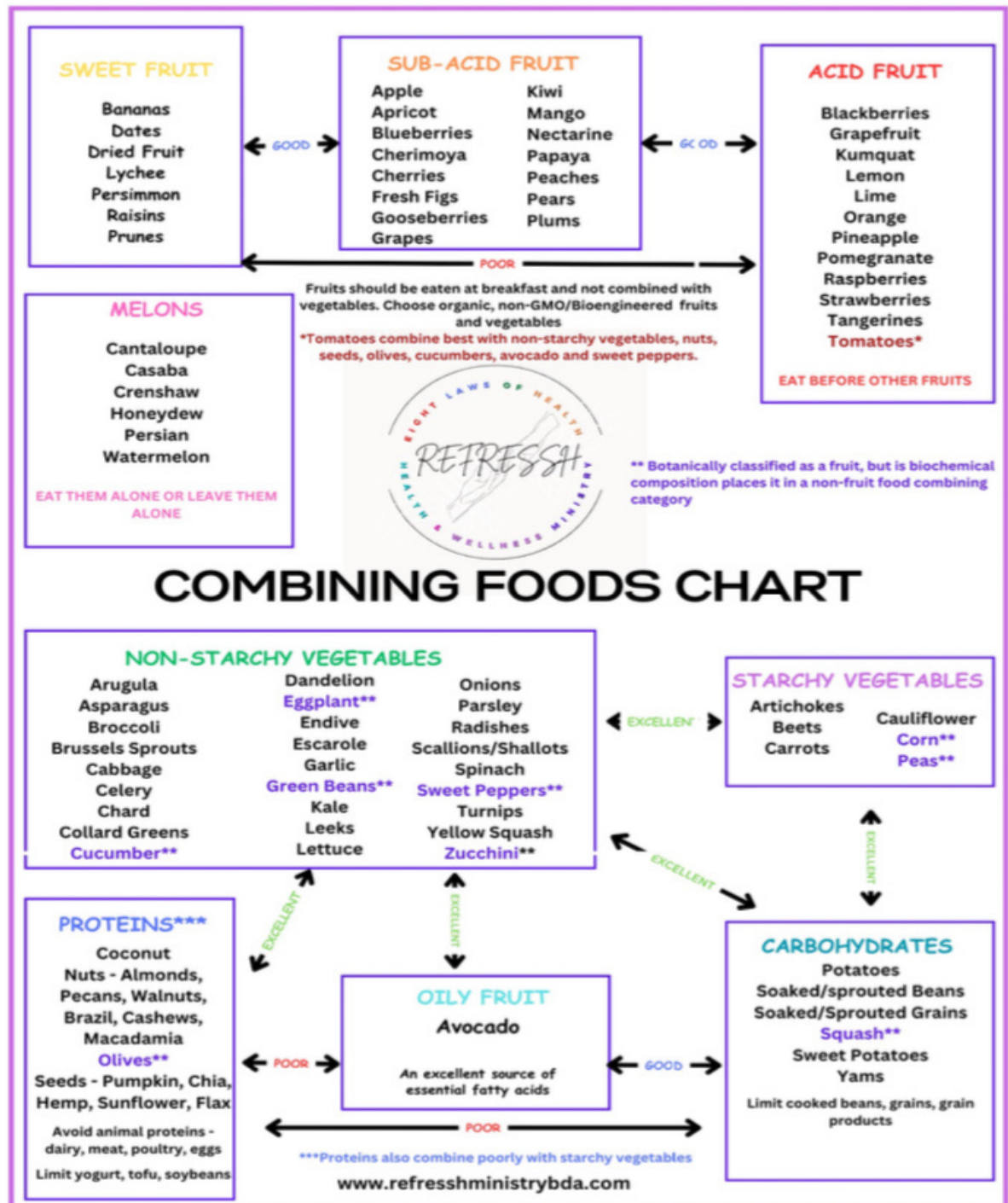
Proper food combining strategically is vitally important to improving digestion, absorption and energy levels.

- Eat fruits separately to avoid fermentation and bloating
- Do not combine fruits with starchy and non-starchy vegetables and/or plant proteins - fruit salad for dessert
- Can combine fruits with leafy greens - spinach, kale, lettuce
- Eat melons alone and NOT with other fruits or foods
- Combine sweet fruits with sub acidic ONLY
- Combine acid fruits with sub-acidic ONLY
- Eat fruits before noon
- Chronic stress and high cortisol levels
- Gut infections - candida, bacterial overgrowth
- Overuse of antibiotics, pharmaceutical drugs and NSAIDs - non-steroidal anti-inflammatory drugs
- Toxin overload - heavy metals, pesticides
- Eat starchy vegetables with non-starchy vegetables for better digestion
- Non-starchy vegetables combine well with plant proteins - lentil salad with kale and cucumber
- Plant proteins combine well with starches in moderation - brown rice/black beans;
- quinoa and sweet potato
- Starches and non-starchy vegetables combine well together - roasted potatoes with sautéed spinach
- Avoid large amounts of starches and dense proteins - chickpeas and whole wheat pasta

Key Takeaways

- Eats fruit separately to optimize digestion and avoid fermentation and bloating
- Plant proteins can combine with starches and non-starchy vegetables

- Keep portions balanced to prevent bloating
- Understanding how food works together can prevent bloating fermentation, sluggish digestion and nutrient deficiencies



Creating Your Balanced Meal Plan

A personalized meal plan should fit your lifestyle, health goals, nutritional and energy needs!

Elements of a Balanced Meal Plan

1. Fruit - best eaten in the morning before noon
2. Whole grains and Complex Carbs
3. Plant-based Proteins
4. Healthy Fats
5. Vegetables (raw and lightly cooked) - best eaten for lunch/dinner

Balanced Breakfast

Fruit combined properly - to energize the body and provide vitamins and minerals

Whole grain - provide long lasting energy and fiber

Healthy Fat/Protein - supports brain health and hormone balance

For example: blueberries, strawberries, kiwi with seed mix and a bowl of soaked oatmeal

Balanced Lunch/Dinner

Raw and Cooked Vegetables - for vitamins and minerals

Complex Carbs - provide long-lasting energy and fiber

Protein - helps build and repair tissues, keeps you full

For example: quinoa bowl with roasted sweet potatoes, sautéed kale, spinach, avocado, sprouts, tomatoes, tofu and chickpeas, etc.

Number of Meals per Day

- The ideal number of meals to eat per day is two; however, if a third meal is required, it should be light - crackers with avocado or hummus and eaten before 6pm.

- Breakfast should be the most nourishing meal of the day because it supplies the nutrient to carry us through the day. It should be eaten between 7-9 am
- Snacking and eating continually all throughout the day and evening forces our stomachs to work constantly to digest food hour after hour, not giving it time to rest nor digest food properly.
- Lunch should be our final meal, as dinner should be eliminated

Tips for Eating Right

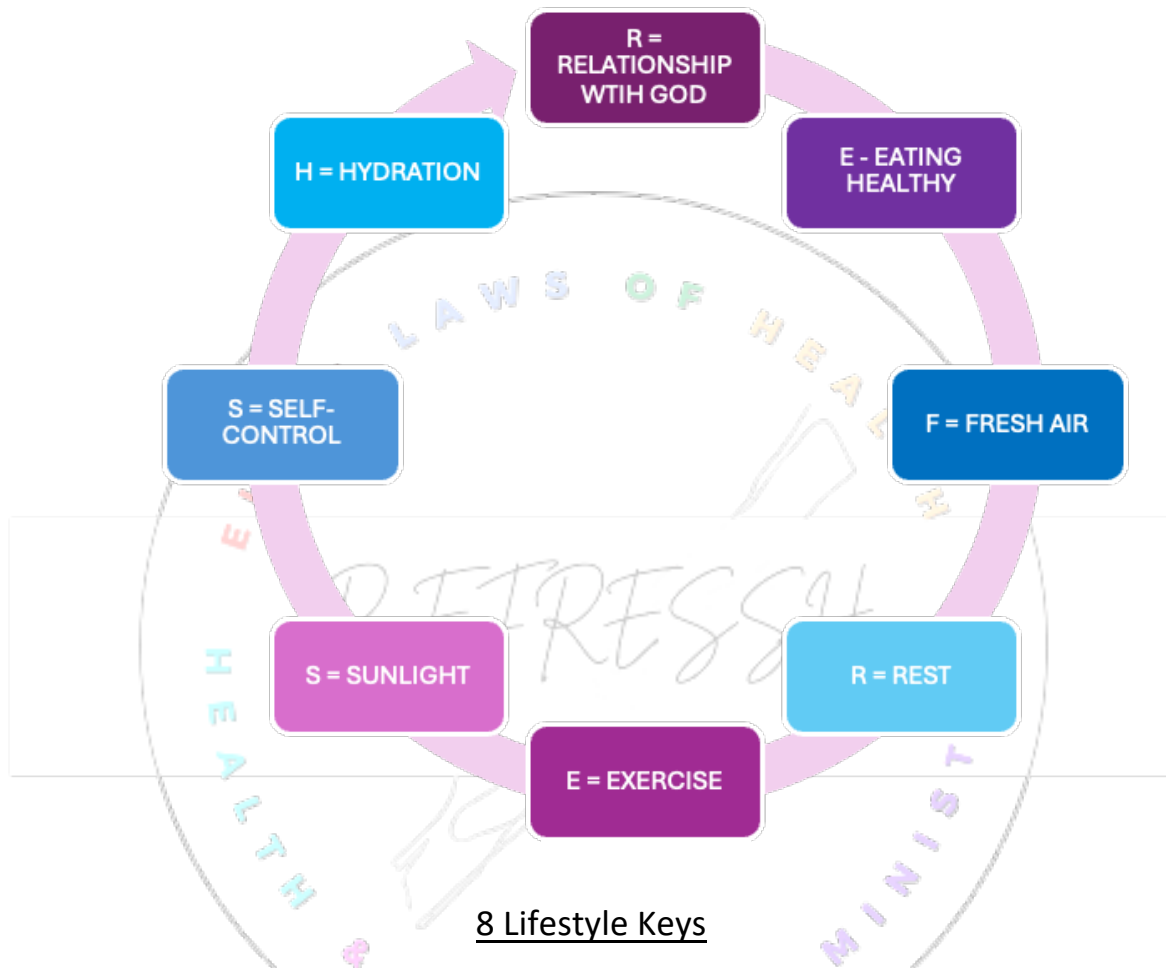
- Chew food slowly and thoroughly
- Don't drink with meals
- Drink 30 mins before and after meals small amounts of water
- Be temperate and balanced
- Meals should contain not more than 3-4 compatible foods
- Meals should be eaten with 4-5 hours in between
- Avoid eating acid foods, refined foods, animal products and processed meat- substitutes

Key Takeaways

- Personalized meal plan matters
- The Core Elements of a Balanced Meal - Fruits, Whole Grains and Complex Carbs, Plant-based Proteins & Healthy Fats, Vegetables - raw and cooked
- Balanced Meal Structure
A well-balanced meal plan supports digestion, energy, nutrition and long-term wellness by incorporating whole, nutrient-dense plant foods in the right combinations.

Lifestyle Habits for Sustainable Health and Wellness

Daily Practice the 8 Laws of Health

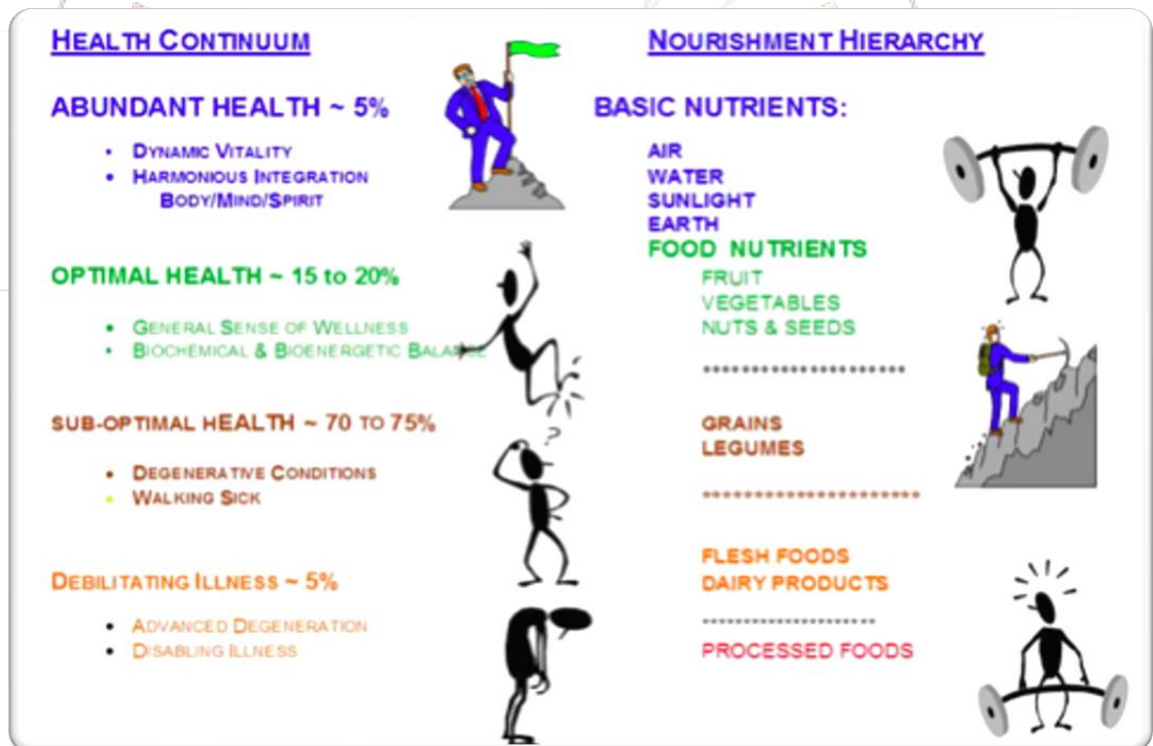


- **Relationship with God:** engage in spiritual practices to maintain balance
- **Eat Healthy:** follow your personal balanced meal plan
- **Fresh Air** - breathe in daily for 80% of your nutrients
- **Rest:** Aim for 7-9 hours of quality sleep to regulate hormones and support metabolism
- **Exercise:** at least 30 mins a day
- **Sunlight:** get out in the sun for 15-20 mins daily
- **Self-Control:** practice in everything
- **Hydration:** Drink 40% of body weight in ounces over 10 hours

Key Takeaways

- **Eat Healthy** foods that nourish and strengthen your health and wellness
- **Understand** your unique nutritional needs
- **Balance** macronutrients and micronutrients intake
- **Support** digestion with proper food combining
- **Plan** balanced meals that fit your lifestyle
- **Incorporate** sustainable habits for long-term wellness
- **Address** any nutritional deficiencies with mindful strategies

Self-Reflection: Where are you and where do you want to be?



Health is not about **perfection** – it's about consistently choosing every day to honor God with your life.

Health and **Wellness** is a gift that God wants you and everyone connected to you to have, but we have to choose to have it.

Remember, when we do our part, God will do His part

Call to Action

Are you **STRIVING** to **THRIVE** and not just **SURVIVE** in 2025 with Your Health and Wellness?

TAKE one step today - start trusting God's way by implementing the 8 fundamental and powerful laws of health

Guide to a Healthy Wholefood, Plant-based Eating Plan Sample

Day 1	Day 2	Day 3	Day 4
Drink 70 ozs water daily. Drink 3.5 ozs every 30 mins or 7 ozs every hour for 10 hours			
Breakfast – by 8:30	Breakfast – by 8:30	Breakfast – by 8:30	Breakfast – by 8:30
Plum – 1	Pineapple – 1 cup	Banana – 1	Blueberries – 1 cup
Blueberries – 1 cup	Grapes – 1 cup	Nectarine – 1	Peach - 1
Gooseberries – 1	Kiwi – 1	Mango – 1	Papaya – 1
Oatmeal – 1 cup or sprouted bread with avocado or hummus	Millet – 1 cup or sprouted bread with avocado or hummus	Cornmeal/grits – 1 cup or sprouted bread with avocado or hummus	Buckwheat – 1 cup or sprouted bread with avocado or hummus
2-3 different seeds - Flaxseed meal chia/hemp seed/pumpkin/sunflower – ½ - 1 tbsp each	2-3 different seeds - Flaxseed meal chia/hemp seed/pumpkin/sunflower – ½ - 1 tbsp each	2-3 different seeds - Flaxseed meal chia/hemp seed/pumpkin/sunflower – ½ - 1 tbsp each	2-3 different seeds - Flaxseed meal chia/hemp seed/pumpkin/sunflower – ½ - 1 tbsp each
Turmeric – 1 tsp	Turmeric – 1 tsp	Turmeric – 1 tsp	Turmeric – 1 tsp
Lunch - by 3pm	Lunch - by 3pm	Lunch - by 3pm	Lunch - by 3pm
Quinoa – 1 cup	Sweet potato – 1 large or 2 small	Brown rice – ½ cup	Baked potato - 1
Black beans – ½ cup	Chickpeas – ½ cup	Pinto beans – ½ cup	Kidney beans – ½ cup
2 – 3 lightly steamed, stir fried, baked or air fried vegetables still crunchy	2 – 3 lightly steamed, stir fried, baked or air fried vegetables still crunchy	2 – 3 lightly steamed, stir fried, baked or air fried vegetables still crunchy	2 – 3 lightly steamed, stir fried, baked or air fried vegetables still crunchy
Tumeric – 1 tsp	Tumeric – 1 tsp	Tumeric – 1 tsp	Tumeric – 1 tsp
Garlic – 1 -3 cloves	Garlic – 1-3 cloves	Garlic – 1-3 cloves	Garlic – 1-3 cloves
NO SUPPER	NO SUPPER	NO SUPPER	NO SUPPER

Highly Alkaline

Sea Salt
Grasses
Cucumber
Kale
Kelp
Spinach
Parsley
Broccoli
Sprouts
Green Drinks
All sprouted beans

Moderately Alkaline

Avocado
Beetroot
Pepper
Cabbage
Celery
Collard Greens
Garlic
Ginger
Lettuce
Onion
Tomato
Lemon/Lime
Quinoa
Soy Beans

Mildly Alkaline

Artichokes
Asparagus
Brussels Sprouts
Cauliflower
Carrot
Zucchini
Baby Potatoes
Peas
Grapefruit
Coconut
Buckwheat
Spelt
Lentils
Tofu
Oil - coconut, avocado, flax



Eat More

ACID/ALKALINE FOOD CHART

Neutral/Mildly Acidic

Beans - black, chickpeas, kidney, pinto etc
Nuts - Brazil, Almond, Pecan, Hazel, Cashew etc
Fruit - Cantaloupe, dates, plum, cherries, watermelon
Oil - sunflower, grapeseed,
Milk - rice & soy
Grains - Oats/oatmeal, Millett etc

Moderately Acidic

Fresh, natural fruit juice
Ketchup
Mayonnaise
Butter
Fruit - apple, apricot, banana, all berries, grapes, mango, pineapple, papaya, pear
Brown rice
Breads
Pasta

Highly Acidic

Alcohol
Coffee
Black Tea
Juice
Cocoa
Honey
Jam/Jelly
Mustard
Rice/corn syrup
Soy Sauce
Vinegar
Yeast
Dried Fruit
Animal products - beef, chicken, pork, shellfish, fish, eggs, cheese, dairy
Sugar/artificial sweeteners



Eat Less

www.refreshministrybda.com

Resources

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