

Welcome to Your

Radiant Health Keys

A Natural Healing Guide



HOW TO USE THIS GUIDE

This guide is colour-coded by section so you always know where you are: ● **Violet (Section 1)** — Understanding Your Body-Mind ● **Amber (Section 2)** — Your 6 Keys & Food Guide ● **Blue (Section 3)** — Blood Sugar & Inflammation ● **Green (Section 4)** — Weight Balancing

Hello & Welcome 😊

I am so happy to invite you into this natural healing guide — created to support anyone interested in taking genuine ownership of their health and wellbeing.

It is my hope and intention that you find within these pages a reconnection and remembrance of your own natural innate wisdom and intelligence — your brilliant body-mind. This wise, amazing body is always communicating with you in a myriad of ways, in its natural orientation and drive towards health and balance.

Wherever you find yourself in your personal healing journey, this guide is designed to illuminate and empower you with a foundational truth: you have an incredible capacity for self-healing and repair wired into your very neurobiology.

So many of the chronic degenerative diseases rising in society today can be addressed or prevented by re-attuning to this intelligence of the body-mind and re-aligning with the natural laws, principles, lifestyle choices and behaviours that are sourced in nature — the origin of all life.

The expression of dis-ease — including cancer, autoimmune conditions, inflammatory disorders and Type 2 Diabetes — all lie within this brilliant body-mind's innate capacity to intelligently respond, repair and rebalance within the vast self-organizing system that is you.

If you are curious to learn how, then you are in exactly the right place. 😊

I am deeply committed to ensuring this content reflects the latest studies, research and discoveries within the fields of neurobiology, psychoneuroimmunology, nutrition, detoxification and longevity-regeneration — all held within a holistic, integral body-mind framework.

“Every waking, conscious, positive, informed and aligned decision ripples outward — influencing all of life, beginning with you. — Ingrid”

You were ever so perfectly designed by that vastly complex field of intelligence, source energy and mystery that we call life. You can trust that life always seeks to live — and even moves us toward thriving states when the inner and outer conditions call this forth.

When we are not thriving, it is a call for our full attention. From that place of attention and awareness we can begin to understand where and how to make shifts and changes that bring us back into alignment with our body's natural needs and rhythms. By reconnecting consciously and responsibly to this innate wisdom field, you will land squarely back inside the driver's seat of your life, your health and your wellbeing.

General Overview

This guide contains 6 key foundational self-healing principles plus 4 simple action steps you can begin today.

By learning these principles and taking consistent action on those most needing your attention, you will elicit and initiate the best, most powerful self-healing response available within your body-mind system.

We expand on each of the 6 Keys in depth, and also go deeper into the specific conditions, ingredients and tools of support. Your tools are the conditions and ingredients your body-mind system requires to maintain its optimum balance and resilience — not only foods and drink, pH balancing and detoxification, lifestyle and stress modulators, but also educational material on common challenges like blood sugar balancing, inflammation and weight balancing.

Please take this journey One Step at a Time. I like to use the acronym KISS — Keep It Simple & Steady. ☺ Start with what is currently most important or outstanding for you. As you read, allow one key area to stand out — a nudge, something you recognize as out of balance, or something that genuinely excites you. Trust what arises. Start there.

Grab a journal and label it: MY PERSONAL HEALTH GOALS & INTENTIONS — get ready to take short notes as you read.

The Guide is Divided into 4 Sections

- Section 1 — For the curious amongst you. ☺ Explores body physiology and the interrelationship of body-mind-environment.
- Section 2 — The basics. Your 6 Keys, 4 Action Steps and your specific clean eating Food Guide.
- Section 3 — Blood sugar imbalances, Type 2 Diabetes, Syndrome X and Inflammation. Use alongside Section 2.
- Section 4 — Weight balancing challenges and the key factors that may be missing or preventing balance.

NOTE

If time is short, jump ahead to Section 2 — but grab your journal first! ☺

Understanding Your Body-Mind System

For the curious reader — the why behind the keys

To begin, I invite you to take a slow, long, deep breath — all the way into your lower belly. Hold. Then let go on the outbreath with a long, slow sigh. Take a moment to relax into yourself, into your present moment, into your deep essence and being.

From this place, settle into your body. This is your home. Connecting inwardly to the feeling of your body and aliveness — this somatic, body-based intelligence and awareness so many of us have forgotten about. Especially those of us who have been experiencing very chronic, challenging or painful health issues for what feels like forever.

Here is a gentle invitation — to pause and remember that we are indeed designed wonderfully and perfectly equipped with a natural, fully automated self-healing and self-balancing feature. 😊

Your Built-In Self-Healing Capacity

We can easily see this is true when we recall a time we cut or injured ourselves in minor ways. There is nothing we need to do — aside from perhaps cleaning or covering the wound — the body naturally initiates and handles all stages of repair, healing completely, often leaving no trace it was ever there.

These miraculous repair and regeneration functions are embedded deep within our neurophysiology, governed by the autonomic nervous system (ANS) — the automated part of our entire physiology that lives as a vast neuronal web of connections throughout the body.

This automated system is governing and tracking around **40 million bits of data per second** — while our conscious mind can track at best 4 bits per second. Knowing this can bring feelings of both awe and deeper trust.

We Are a Living Collective

The human body has emerged and evolved over hundreds of thousands of years on this planet. We exist as a complex living collective of trillions of cells — the predominance of which are not even human, but bacterial, fungal and even viral. This beautiful community is consistently working together to keep us alive and thriving.

The body via the ANS is in a continual process of self-maintenance, self-repair and regeneration — self-organizing to keep the entire system in homeostasis. And Balance = Health. 😊

Dis-Ease Has a Reason

The body — an expression of life itself — does not create disorder or dysfunction arbitrarily. What we call 'dis-ease' is never without purpose, without reason. Biology tells us that body symptoms are simply responses to environmental signals — inner and outer.

Rather than suppressing symptoms, we can view them as important feedback — like the engine light on your car. They help us determine what we are doing or not doing, or what may be impacting us from outside, that is pulling us out of natural balance.

SECTION 1

"If the rate of repair and growth is lower than the rate of destruction in your body, the result is degeneration over time."

The Environment-Health Connection

Human consumption drives come with an ever-increasing volume of man-made chemicals and toxins, exponentially expanding electromagnetic radiation, and information engineered to sell. All of this places increasing stress on our neurobiology — on that delicate, intelligent ANS.

Some common everyday toxins to be aware of:

- Industrial air, water and soil pollution
- Chemical food additives, preservatives and flavour enhancers
- Personal care and hygiene products, perfumes, aftershave
- Household cleaners, pesticides and herbicides
- Cigarette and vaping smoke, exhaust fumes
- Hormones and antibiotics in commercially raised meat
- Prescription medications

Many of these contain specific neurotoxins lethal to brain cells and nervous tissue throughout the body. Since our nervous system and brain regulate all healing and repair functions via the ANS, it becomes clear how important it is to eliminate or mitigate harmful products from our environment and food — as best we can.

We vote with our dollar with every purchase we make. Simply educating ourselves and choosing wisely makes a real difference. Please learn to read labels — your body, all of life and the planet will love you for it. 😊

Your Inner Environment — Emotional & Psychological Stress

Our nervous system has a capacity called neuroception — our ability to sense our environment and determine, at any given moment, whether we are safe. This system tracks at lightning speeds, always.

Whenever it senses threatening or unfavourable conditions — from limiting beliefs, difficult relationships, emotional disconnection, work pressure or financial stress — corresponding feelings of anxiety, tension, contraction and/or depression naturally emerge. These feeling states are real physiological feedback about the state of the nervous system, with measurable effects on our physical health.

- Consistent contraction patterns restrict vascular flow, affecting blood, lymph, hormones and the microbiome
- Disrupted energy flow can slow or impede vital detoxification pathways — lymph, blood, liver, bowel, kidneys
- Chronic nervous system stress can lead to high blood pressure, atherosclerosis and cascading hormonal imbalances

Emotional and psychological distress is a very real source of physical illness — and it must be factored into our health equation.

SECTION 1

Please take a moment here to pause and take a personal assessment. Identify and note in your journal the stress points that stand out for you and your personal history.

Epigenetics — You Have More Control Than You Think

The latest research through epigenetics has shown us something remarkable: in many cases, it is not our genetic code that determines our health fate. What matters is whether we keep specific unfavourable genetic codes — so-called 'disease genes' — from being triggered and switched on.

Predisposition does not equal destiny. The strategies for keeping those genes silent include:

- Eating a clean, antioxidant and phytonutrient-rich diet
- Supporting methylation processes
- Balancing blood sugar levels
- Strengthening liver and bowel function
- Optimizing lymphatic flow and detoxification pathways
- Improving lifestyle behaviours
- Healing attachment trauma and resolving personal stress dynamics

I imagine by now you can more easily see how much control you truly do have. ☺ Providing the key health foundations for your body-mind system is not merely wise as a preventative — it becomes urgent when you are not feeling well, or when dis-ease has already manifested.

Your Gut, Your Brain & Your Microbiome

Up to 80% of our neurochemicals — including dopamine, norepinephrine and serotonin — are made in the gut by our friendly microorganisms. These neurochemicals travel directly up to the brain via the vagal nerve system, powerfully signaling and impacting brain chemistry, mood, energy and vitality.

The health of your gut microbiome is at the core centre of optimal health — governing nutrient assimilation, waste elimination, immune function, mood and metabolism. This is why when we are emotionally or mentally upset, we so often experience tummy upset, nausea, diarrhea or constipation. Our mind's environment directly affects our gut — and vice versa.

Two Simple Stress-Relief Practices to Start Today

1. Mindful awareness throughout your day. Reconnect to your breath and the present moment — breathe, pause. Feel your feet on the floor. Go outside. Notice what you smell. Anything that brings you into the felt experience of the body is deeply restorative. Check in: Is your neck tight? Have you been holding your breath? Are you thirsty? Sing a little song. ☺
2. Conscious breathwork. Take at least three very slow, mindful deep belly breaths — in and out — whenever you remember throughout your day. Slow the exhale slightly longer than the inhale. Offer a sigh or sound on the outbreath. This engages the parasympathetic system — rest, relax and play. Exhaling promotes the release of acetylcholine, a neurotransmitter that promotes a feeling of connection and ease.

Both practices are free, simple and immediately accessible. ☺

SECTION 1

If you feel called to go deeper, consider my TLC program, or scheduling in breathwork meditation, yoga nidra, a regular yoga practice, dance, massage, journaling or Reiki — all can help you begin to address this essential key.

In Summary

- Every cell in our body is continually sensing its environment. When the environment is healthy, oxygenated, nourished and clean, our cells operate at optimum capacity.
- When we expose our cellular collective to a consistent unhealthy inner or outer environment, the only natural response from the body is to signal distress via some type of malfunction — feedback.
- Predisposition does not equal destiny. What we eat and do to maintain our nervous system and physiology is ultimately up to each of us.
- Prevention is the daughter/son of intelligence. ☺ It just makes sense.

Your 6 Keys & 4 Action Steps

Your clean eating food guide and the fundamentals of radiant health

This section contains your 6 Keys, 4 Action Steps and specific Food Guide. Its primary focus is the healthful, energising food choices and nutritional components that optimally support, cleanse and purify the body-mind system. Implementing these keys will generate a rebalancing within your body and help activate your optimum self-healing capacity.

NOTE

For those who skipped ahead: Section 1 covers the deeper why behind everything here. Whenever you are ready, it will enrich your understanding. For now, let's get you started.

A Note Before You Begin

No amount of supplementation, therapy, medication or surgery will compensate for unsupportive habits, poor-quality foods and poor lifestyle choices. Your input equals your output.

Small, incremental steps consistently over time have massive impact. Start with one key. Implement it daily until it is anchored — typically 21 to 30 days. Once automated, your brain frees up space for the next step. Thank you, autonomic nervous system. ☺

This is NOT a diet or restrictive way of eating. Eating well is a powerful way to love yourself. Food is perceived as love — which is precisely why food addictions are among the most challenging to rewire. What you are building here is a new relationship with food.

Typically, following the clean eating approach below will reset your body in as little as 3–4 weeks. Monitor how you feel. If noticing consistent improvement, slowly reintroduce ONE food at a time, waiting 3 days to observe your response before adding another.

1

Water

Start every day by immediately upon waking drinking a minimum of 2 glasses of pure, room temperature water with the juice of half a fresh organic lemon or lime — or with liquid chlorophyll. This helps alkalize your body pH and supports liver and lymph purification.

Throughout the day, drink at least 6 glasses in winter and 8 in summer. More if your activity levels are high.

Winter tip: Add fresh lemon juice, ginger and a dash of cinnamon to hot water for a warming alkalizing drink — anti-inflammatory and blood sugar balancing too. ☺

SECTION 2

NOTE

Your daily water calculation: take your body weight, divide by 2, then divide by 8 oz. For example, a 120 lb person needs $60 \div 8 = 7.5$ glasses per day. If you rely on city water, explore purification options — chlorine and fluoride can be harmful, especially for those with immune-related issues.

2

Fiber-Rich Foods

When you eat cleanly according to this guide, you will naturally receive plenty of fiber through your food. However, when actively clearing a buildup of metabolic waste — a very common underlying cause of various symptoms — you can accelerate cleansing by adding 1 to 3 tsp. of Psyllium hulls or LOCLO fiber per day.

Fiber provides bulk to the stool, a gentle scrubbing action along the intestinal wall, and binds to toxins, sugars and fats to carry them out. Both soluble and insoluble fibers support many intestinal ailments and are essential to a healthy microbiome.

NOTE

In cases of constipation: avoid soluble fiber (Psyllium) until bowel movements are normalized. Use LOCLO (predominantly insoluble) instead — safer and more helpful for constipation. If constipation does not resolve, please contact me. Daily fiber requirement: 30–35 g.

3

High Quality Natural Whole Foods

Choose a delicious variety of nourishing foods from the following food groups, keeping pH balancing principles in mind. No need to worry about portion sizes when eating well — eating this way naturally resets your metabolism.

Choose fresh, locally grown, organic foods when possible. Chew your food well — recent studies show thorough chewing stimulates neurogenesis (new nerve cell production) in the brain! Spring and summer: aim for 80% raw foods. Winter: lightly steam vegetables; make warming soups and stews. This aligns with traditional Chinese healing principles tied to the passing seasons. All foods should be NON-GMO.

Vegetables (Alkaline) ✓

Leafy greens: kale, broccoli, cauliflower, spinach, arugula, celery, beet greens, collard greens, bok choy, parsley, cilantro, basil, romaine lettuce, asparagus, Brussels sprouts, all cabbages, Swiss chard, endive, dandelion greens, nettles.

SECTION 2

Vegetables: cucumber, peppers, all types of onions, green and yellow beans, peas, black beans, chickpeas, squash (butternut, spaghetti, pumpkin), zucchini, artichoke, okra.

Root vegetables & tubers: yam, beets, sweet potato, blue potatoes, carrot, parsnip, turnip, garlic.

Fruits (Alkaline) ✓

Prioritize high-antioxidant organic or wild berries: blueberries, boysenberries, cranberries, strawberries, raspberries, acai, pomegranate, grapefruit, lemon, lime.

NOTE

Only include the following if your microbiome is strong and balanced: watermelon, green apples, bananas and apricots. Always fresh or frozen — NEVER dried fruit, including trail mix blends.

Animal Proteins (Acidic)

Bone broth: drink daily if you have any digestive problems, bloating, gas, leaky gut or inflammation. Always from free-range, grass-fed, organic sources.

Organic grass-fed proteins: chicken, turkey, bison, beef, lamb, rabbit, elk, wild game, liver from clean grass-fed sources.

Wild cold-water fish: salmon, cod, perch, trout, halibut, sardines.

Free-run organic eggs.

NOTE

If concerned about heavy metals, source fish oil from a rigorously tested reputable source. Avoid tuna — it scores highest in heavy metal content.

High Vegetable Proteins & Superfoods (Alkaline & Highly Digestible) ✓

Spirulina, pea protein, pumpkin seed protein, maca powder, kelp, dulse, hemp hearts or hemp protein, fermented soy, pure grass-fed whey protein (plain, unsweetened only), Power Greens powder.

NOTE

Especially important for those with sugar, sweet or starch cravings, blood sugar imbalances, digestive weakness and/or overly acidic pH.

Fast Alkalizing Juice Recipe ✓

In a juicer: cucumber, carrot, celery, parsley, kale and one small beet. Drink 2–3 times per week to cleanse blood and lymph — or drink only this juice for 3 days to kick-start a weight loss program. Add organic lemon and ginger root to supercharge taste and digestion.

Fermented Foods ✓

Organic homemade kimchi, sauerkraut, kombucha, water kefir, coconut yogurt, miso — these promote healthy bacterial activity and support excellent digestion.

SECTION 2

Good Quality Fats (Primarily Acid Forming)

Cold-pressed extra virgin olive oil, organic flax oil, organic ghee (clarified butter), organic raw butter, organic coconut oil, organic walnut oil, whole avocados, organic avocado oil, sesame oil, fish oils.

NOTE

Essential fatty acids (Omega 3, 6 and 9) are highly unstable — they oxidize at room temperature and become rancid quickly. Always cold-pressed, in dark glass containers, kept cool or refrigerated. Not suitable for high-temperature cooking. For high heat, use organic butter, ghee, rice bran oil or coconut oil.

Nuts & Seeds (Primarily Acidic)

Raw, organic: golden flax (grind fresh for best omega 3 and CLA), hemp hearts, chia seeds, pecans, walnuts, almonds (alkaline), macadamia, buckwheat groats, sesame seeds, pumpkin seeds. All nut butters made from these are fine.

Condiments, Herbs, Spices & Teas (Primarily Alkaline) ✓

Real salt or Himalayan pink salt, basil, parsley, dill, garlic, cayenne, curry, ginger root, rosemary, saffron, turmeric, cilantro, cinnamon, cloves, oregano, star anise, peppermint, thyme, stinging nettle, dandelion, raw cacao, carob, kelp, nutritional yeast. Homemade kombucha, kimchi and organic apple cider vinegar with the mother.

NOTE

Avoid typical store-bought spice blends — they often contain MSG, hidden toxic additives and bleached white table salt. If you cannot pronounce an ingredient, you likely should not be consuming it.

Sweeteners (Primarily Acidic — use in moderation)

Molasses, honey, maple syrup, agave, coconut sugar and organic raw sugar are all acceptable in moderation. Stevia is alkaline forming and available in drops or powder. Birch xylitol is another natural sweetener that does not dramatically elevate blood sugar.

NOTE

When cleansing or if you have dysbiosis, Candida, yeast or parasitic overgrowth: avoid all sweets and fruits except berries. If you must, use stevia or birch xylitol only.

Acceptable Dairy Alternatives ✓

Unsweetened organic almond milk, unsweetened organic coconut milk (personal favourite! ☺), rice milk, gluten-free oat milk or macadamia milk.

IMPORTANT

GRAINS & DAIRY — Read Carefully. These two food groups are a problem for many people experiencing inflammation, allergies, parasitic overgrowth or digestive disturbances. Read the notes below before deciding whether to include them.

SECTION 2

Grains (Acidic)

NOTE

AVOID GRAINS COMPLETELY if you suffer from leaky gut, colitis, gas, bloating or inflammation anywhere in your body, joints or skin — and/or if you have yeast, Candida or parasitic intestinal overgrowth. Glyphosates used in commercial grain production are showing up in food and water sources and are linked to leaky gut and serious allergic responses.

Gluten-free options: quinoa, wild and brown rice, amaranth, millet, plantain, cassava, arrowroot, almond.

Lower-gluten options: spelt, oats, kamut, teff and rye.

Gluten-free flours: cassava flour, almond flour, coconut flour, arrowroot flour.

Look especially for sprouted grain varieties, or soak overnight yourself — this reduces phytate content, which can interfere with iron and zinc absorption.

Dairy (Acidic)

NOTE

AVOID DAIRY COMPLETELY if you are cleansing, have high yeast/Candida or parasite levels, have inflammation, or have lymphatic congestion (colds, congestion, asthma, lung disorders, sinusitis, skin disorders). Dairy slows lymphatic movement and thickens mucus — poor elimination of cellular waste and trapped pathogens. Your lymphatic system is your cancer protector. Keep it flowing.

If you choose to include dairy, goat and cow feta cheeses are the best options, along with homemade yogurt or kefir from organic raw milk. Please check with me if unsure.

Foods to Avoid

IMPORTANT

LIMIT OR ELIMINATE the following processed and low-quality foods and drinks. Read labels carefully.

- Sugar in all forms — jams, syrups, pastries, chocolates, muffins, granola bars, fruit juices, dried trail mix blends. If you must have sweets, have them at the END of a healthy meal.
- Alcohol in all forms.
- Prepared salad dressings, gravies and sauces. Deli meats — ham, sausage, bacon. These contain preservatives, nitrates and other harmful chemicals.
- Refined grains, starch and flour products — white potatoes, breads, chips, crackers, pasta, corn, white rice.
- Regular mushrooms if you have Candida or intestinal parasitic overgrowth. Medicinal mushrooms — reishi, cordyceps, shiitake, turkey tail, lion's mane — are beneficial. ☺
- Peanuts and peanut butter if you have Candida, fungus, parasites or are cleansing.
- High glycemic fruits if you have blood sugar imbalances — see Section 3.
- Coffee and black tea: 1–2 cups per day of organic high-quality is generally fine. Limit if caffeine sensitive, have inflammation or kidney disease. Consider switching to matcha green tea powder for its high antioxidants, L-theanine (supports metabolism, restful sleep and brain function) and cancer-preventative properties.

NOTE

If you need coffee just to get going in the morning — that is an important body signal. Morning fatigue after a full night's sleep means something needs to be addressed in your system.

4 Sleep

A minimum of 7–9 hours of uninterrupted, deep sleep per night is non-negotiable. The body can only carry out its phases of repair, regeneration and detoxification during deep sleep — including integrating new learning and making neuroplastic changes.

We are deeply in sync with the circadian rhythms of the earth. Expect to need less sleep in summer and more in winter — especially the farther north you live.

Resetting Your Biological Clock

Go outside for a minimum of 15 minutes without sunglasses at sunrise, and again at sunset. Your eyes will take in the light photons whether there is cloud cover or not. It takes as little as one week of this practice to reset your personal biological rhythm. 😊

Spending at least 1.5 hours outdoors throughout the day is also massively beneficial for mood, energy and overall wellbeing.

NOTE

If you rely on coffee, energy drinks or caffeine just to start the day — this is a signal to address. Forcing the body to run through stimulants only drives the underlying energy problem deeper, paving the road toward adrenal fatigue, hormonal imbalances and chronic dis-ease.

5 Daily Exercise & Play — Move Your Body 😊

We need daily exercise to move the lymphatic and circulatory systems and breathe vital oxygen deep into our lungs. Exercise speeds and optimizes these processes — as we were designed. We sweat out waste, strengthen the heart, stimulate lymphatic flow and exhale CO₂.

Exercise is the **#1 predictor of longevity** and stimulates neurogenesis even in aging individuals. Get moving. 😊

One of the simplest options is a 30-minute daily walk. Linking this to first light or sunset powerfully reinforces your circadian rhythm reset. Other options: yoga, tai-chi, Zumba, dance, cycling, swimming, climbing, kayaking — choose what you enjoy and can commit to.

SECTION 2

Short, intense bursts of activity are actually more effective than longer sustained moderate effort. Switch it up. Weight resistance training is especially effective in older individuals for resetting the biological clock and increasing human growth hormone.

Recent studies show we benefit immensely from exercising in and around forests. The terpenes released from coniferous trees have been shown to add years to life and have a measurable lethal effect on cancer cells. Nature always makes me smile. 😊

6

Stress Modulation

Identify the area of your life where you are experiencing the most unresolved stress — and take action. This key is essential for stopping the detrimental effects of nervous system dysregulation on the gut microbiome (the brain-gut connection) and on the body's natural healing potential.

Please refer back to the stress relief practices in Section 1. If you feel unable to address this on your own, please get help. Unresolved stress is the number one killer — and also one of the most treatable root causes of poor health. You do not have to navigate it alone.

Your 4 Action Steps

1. Restock your kitchen. Go through your fridge and cupboards and replace what needs replacing with the foods listed in this guide. Set yourself up for success from the very start.
2. Identify your weakest key. Choose the one key most out of balance for you right now and take one positive, new daily action. It can be as simple as switching from pop to pure water, or going outside at sunrise to reset your sleep. Start there and build.
3. Name your health vision. Write everything down. Put your vision somewhere visible — on your fridge, your mirror, your desk. Commit to yourself. 😊 Your brain needs to know this is a priority.
4. Identify where you need support. Notice where you feel stressed, uncertain or stuck — then take action on setting up the support you need now. The right support changes everything.

If you are still unsure at this point, please set up your FREE consultation with me. I am here to help. 😊

Blood Sugar, Inflammation & Metabolic Balance

Use alongside Section 2 — not as a replacement

This section is for those with blood sugar indicators, persistent sugar or starch cravings, blood sugar imbalances (hypoglycemia or hyperglycemia), Type 1 or Type 2 Diabetes, Syndrome X, poor gallbladder function, difficulty digesting, cholesterol issues and/or dysbiosis of the gut microflora.

Understanding Blood Sugar

We are designed to break down complex carbohydrates — polysaccharides from vegetables, fruits and whole grains — into simple glucose. Glucose is the body's primary fuel. Inside each cell, mitochondria use glucose via the Krebs cycle to produce ATP — our number one energy currency.

The problem we face today is that our food industry is flooded with simple carbohydrates and sugars — breads, pastries, pasta, crackers, cookies, cereals, energy bars — processed, additive-laden foods devoid of the nutrients we need. These foods deliver massive amounts of glucose without the body needing to do any digestive work. For your body, this is like adding gasoline to a fire. A big bright flash — then nothing.

Processed sugars are the **#1 cause of body inflammation** — they clog cellular mitochondria, are as addictive as cocaine (proven by PET brain scans), and create serious metabolic imbalances downstream.

The Insulin Connection

Insulin is the hormone produced by the pancreas in response to glucose in the bloodstream — it helps cells utilize blood glucose so we have the energy we need. Blood sugar imbalances arise from problems with our ingestion of processed sugars and the production, use or levels of insulin in the body.

Type 1 Diabetes

The pancreas has been damaged or destroyed and does not produce the necessary insulin. Believed to be an autoimmune response. Supplements, proper diet and targeted exercise can reduce insulin requirements but will not restore pancreatic function.

Type 2 Diabetes & Syndrome X

In Type 2 Diabetes, the pancreas produces insulin normally — but cells develop a resistance to it due to mitochondrial damage. Changes in lifestyle and nutrition can genuinely cure this condition by restoring the natural Krebs cycle and mitochondrial function within the cells, especially the muscle cells.

Syndrome X (Hyperinsulinemia) — where the body produces too much insulin due to insulin resistance — is often the red flag or precursor to Type 2 Diabetes. Too much insulin is linked to high blood pressure, arteriosclerosis, obesity, depression and hormonal disruption. In women, up to 75% of all polycystic ovarian syndrome cases are related to excess insulin.

Do a Quick Self-Check

SECTION 3

Grab a tape measure and check your waist circumference at the navel and at the widest part of your hips:

- Men: if waist measurement is larger than hips, you likely have Syndrome X.
- Women: waist should be less than 80% of hip measurement. If not, you are likely dealing with glucose metabolism issues.

Blood markers: if triglycerides are greater than 200 or HDL is less than 35, you are likely dealing with excess insulin production — also a key inflammatory marker.

Red Flags to Watch For

- Excessive, persistent sugar, starch or sweet cravings
- Abdominal weight gain
- Poor blood results in glucose metabolism markers — request a full glucose metabolism profile
- Dizziness, faintness, weakness or irritability when not eating regularly
- Family history of diabetes or metabolic conditions

Blood Sugar Balancing Recommendations

1. Eat a low glycemic diet. Choose from the high-quality food groups in Section 2 and avoid ALL sugar and simple carbohydrates absolutely. If blood sugar feels low (weak, shaky, dizzy) — eat immediately: a small amount of fruit, a vegetable-protein shake or clean protein smoothie.
2. Eat a high fiber diet. Focus on vegetables as the base of every meal. If you eat something high in processed fat or sugar, take Psyllium fiber beforehand — it can help neutralize some of the detrimental effects.
3. Change the kinds of fats you eat. Trans fats in margarine, chips, cookies and vegetable oils like canola and corn INCREASE cellular insulin resistance. Switch to high-quality fats: olive oil, macadamia oil, flax seed, avocado, rice bran oil, organic ghee. Omega 3 fatty acids decrease cellular insulin resistance — they help cells take up glucose properly.
4. Resistance exercise. Trains muscles to take up glucose without insulin, directly decreasing insulin requirements. Do exercises that make your muscles 'burn' at least 3x per week, ideally on an empty stomach.
5. Begin intermittent fasting — gradually. This resets the metabolic clock. NOTE: If you are Type 2 diabetic, do this carefully and only in consultation with me or another qualified practitioner.

Helpful Supplements for Blood Sugar Balance

Please consult with me to confirm which best suits your constitution: Chromium GTF, Fenugreek/Thyme, Spirulina, Power Greens Powder, GlucoReg, Berberine IR, Cinnamon Balance, Target P14, Super Oil / Super Omega 3, Curcumin BP, HYC.

Healing Inflammation

When an injury occurs, the ANS automatically registers a 'current of injury' and initiates a complex cascade of biological events to repair the damage. These four general phases include:

SECTION 3

1. Increasing circulation — histamines and cytokines open surrounding vessels, experienced as inflammation, heat and swelling. This is a natural, healthy response.
2. Activating immune response — white blood cells and antibodies target bacteria, viruses, toxins and foreign proteins. This phase also involves increased free radical activity that can damage surrounding healthy tissue if left unmitigated too long.
3. Cleaning and draining — lymphatic and circulatory systems (liver and lymph) clear away waste debris and down-regulate the inflammatory response. Requires high levels of antioxidants and proper organ functioning.
4. Rebuilding and regenerating — brand new cells and tissues are built using the nutrient building blocks we have discussed throughout this guide.

What happens with chronic inflammation — arthritis, bursitis, tendinitis, or anything ending in '-itis' — is that the body gets stuck in one of these phases, most often the first. Without the proper tools, the body is unable to complete the full healing cycle.

Anti-Inflammation Recommendations

1. Avoid nightshades: tomatoes, potatoes, peppers, eggplant and rhubarb. Especially important for joint inflammation, arthritis and skin disorders including psoriasis, eczema and rosacea. Try removing them for 4 weeks and assess. We are all unique — some notice dramatic change; others do not. Reintroduce one at a time if no change.
2. Eat plenty of anti-inflammatory foods: cold-pressed olive oil, broccoli, celery, kale, lettuces, arugula, asparagus, blueberries, green tea, Omega 3 fatty acids, raw nuts, kelp, tart cherries, fermented foods, probiotics, kefir, kimchi, papaya, ginger, turmeric.
3. No sugar, sweets or simple carbohydrates including all grains, rice and corn.
4. No dairy.
5. No eggs and no soy products during active inflammation.
6. Follow the 80% alkaline, 20% acidic food ratio — extremely important.
7. Lightly steam high-oxalate greens: spinach, beet greens and Swiss chard. Raw, these are high in oxalic acid and may interfere with calcium absorption. Light cooking reduces these effects.
8. Prioritize pH balancers: lemon water in the morning, chlorophyll, fresh juicing, green powder and spirulina.
9. Take antioxidants to repair free radical damage: Zambroza, Vitamin C, Coenzyme Q10 or High Potency Grape.
10. Ensure high intake of vitamins and minerals — especially Magnesium, a quality multi-chelated mineral supplement and EFAs (Super Omega 3 or Super Oil).
11. Drink one cup of bone broth daily and/or use Collatrim Plus to provide building blocks for gut and skeletal repair.
12. Add digestive support if you are over 40 and/or have difficulty digesting or eliminating. Essential if you have gas, bloating, a missing gallbladder or gallstones. Options: NSP Digestive Enzymes, Probiotic 11, Bifidophilus Floraforce, Protease Plus, Marshmallow Pepsin, Papaya Mints.
13. Additional anti-inflammatory supplements: Curcumin BP, Art-A with Devil's Claw, Everflex, Nerve Eight, IF-C, MSM, HSN-W, High Potency Grape, Zambroza. Contact me if unsure which best suits your needs

Weight Balancing

What may be missing — and how to find your natural equilibrium

By implementing the Keys in this guide consistently, you will find any extra body weight naturally begins to disappear. If this is not happening, there may be underlying factors at play — metabolic imbalances, unconscious emotional patterning, glandular issues or toxic system overload.

NOTE

Noticing whether you may be an emotional eater is extremely important. If underlying emotions are driving your cravings — if food has been used to self-medicate, distract or soothe feelings of depression, isolation or lack of self-worth — please address this first. I invite you to consider the free 20-minute consultation to discover a breakthrough.

Shifting the Mindset

Diets mostly fail because of deprivation. A healthy, balanced body and mind will not carry extra weight. Your shape will always be relative to your own unique body structure and constitution. Let your goal be to get healthy — and your ideal weight for you will follow naturally.

Never compare yourself to others. Compare yourself only to you — yesterday. We are all different, beautiful and designed just the way we are supposed to be. 😊

Practical Weight Balancing Strategies

- Learn and follow the food guide in Section 2. Identify your relationship with food and your body. Focus your energy on learning how to eat well and on transforming any addictive or unconscious eating habits.
- Implement intermittent fasting by ensuring a minimum 12–14 hours between meals (nighttime to morning) for women and 14–16 hours for men. Contact me for guidelines tailored to your age, sex and constitution.
- Do NOT begin an intense exercise program at the onset. This diverts energy away from setting up a solid, happy eating plan. Achieving your ideal weight has nothing to do with burning calories. Exercise only moderately at first — walks, yoga, dance — and build from there.
- Avoid the sugar trap: entering an exercise routine and 'rewarding' yourself with a treat immediately puts you back at square one. Any form of sugar crashes your energy, down-regulates dopamine (your motivation and willpower hormone) AND lowers leptin (the satiety hormone that signals fullness). The food industry counts on exactly this.
- Healthy fat does not make you gain weight — ever. It is sugar in its pure form or as starches that causes weight gain, each and every time. Low-fat foods are loaded with hidden sugars and additives. Do not be fooled by this marketing.
- DO NOT skip breakfast. Start your day with a high-protein, vegetable-rich meal. Think: a lean organic bison burger on a bed of arugula with avocado, broccoli sprouts, kimchi and strawberries on the side. Yum! 😊 You will feel better all day and sleep better at night.

SECTION 4

- Sleep is essential to promoting fat-burning hormones. Aim for at least 1–2 hours of sleep before midnight, with a total of 8–9 hours. Cortisol — the stress hormone — directly causes the body to store belly fat.
- Cleanse your gut microbiome. Certain bacteria (firmicutes) have been directly linked to obesity even when everything else is being done right. If your microbiome is imbalanced, your bacteria are working against you, influencing cravings and impacting your mood. Cleansing and rebuilding your intestinal flora — pre, pro and postbiotics — is essential. Happy microbiota = happy you. ☺
- Short bursts of vigorous exercise — rebounding, skipping rope (5–15 min), weight training — are excellent. Switch it up regularly. Your body thrives on new challenges. Please check with your doctor before embarking on any strenuous routine if you are elderly or have any existing heart conditions or are on prescription medications.
- Is your thyroid functioning optimally? Your thyroid is your overall metabolic sensor. When not working properly it often indicates toxic buildup of heavy metals or chemicals. Contact me if you feel this may be a concern.
- Regular bowel movements are essential and are often overlooked. If you are eating 3 meals per day, you must eliminate a minimum of 2–3 times per day. If you are following these keys and this is still not happening, please consult with a qualified health care practitioner.
- Visualize yourself at your ideal weight. Think and imagine yourself in a positive, energized state. Modern science has clearly shown the power of the mind to affect the body. Monitor your self-talk — notice if self-defeating internal dialogue is running beneath the surface. Where your mind goes, the body follows.

A Final Word

By implementing an integral approach to your health and wellbeing — one that honours body, mind, relationships and environment — you will provide the best possible conditions for your system to thrive and operate at optimum capacity.

You will find your energy improving. You will heal and repair quickly from injury. You will easily ward off everything from simple colds to complex viruses. And you will provide the best conditions for keeping any possible genetic disease codes in the 'off' position.

With a little effort, support and practice, you will create new rituals and habits for yourself. Carry them through consistently for as little as 21 days and they become as automatic and easy as getting up and brushing your teeth in the morning. ☺

You were designed for radiance. This is simply about returning to it.

"I look forward to helping you achieve your greatest health and wellness goals. Reconnect to your inherent body wisdom and discover YOUR Radiant Health."

— Ingrid Maria Heise

LBA · Iridologist · Natural Health Practitioner
Reiki Master · Integral Life, Health & Relationship Empowerment Coach

A Resource I Trust & Personally Recommend

Over the years I have tried many herbal and nutritional supplement companies, and I am very particular about quality. The brand I use and recommend in this guide is Nature's Sunshine — a company I can vouch for not just professionally, but personally, having visited their lab and witnessed their manufacturing process firsthand. Their quality control and batch purity standards are genuinely exceptional, and that matters enormously when it comes to what you are putting into your body.

If you are ready to explore targeted nutritional and herbal support alongside the Keys in this guide, I have put together a list of my personal favourites to get you started. I also encourage you to browse their full website — there are wonderful educational tools and resources to explore there as well.

Signing up is free for the first year and comes with a 20% discount on all products plus free shipping directly to your door. ☺

→ **Explore Ingrid's recommended products:** [Nature's Sunshine — Ingrid's Favourites](#)

Please remember — no supplement replaces the foundational Keys outlined in this guide. Think of them as powerful allies to a clean, nourishing lifestyle, not a shortcut around one.
