

Culinary Healthcare

6 PILLARS TO HOLISTIC HEALTH AND PROPER ATHLETE NUTRITION

The quality of the foods that an athlete chooses is the most influential factor in their athletic performance.

As a holistic nutrition coach and chef, I'm not only here to address the physical demands of an athlete..

but also talk about the paramount importance of psychological and emotional needs of an athlete, and the biological and chemical stressors that deplete strength and endurance.



My mission is to educate and inspire people to take their health to new heights, raise their vibration and self-awareness through the foods they consume, utilizing an integrative model of 6 major pillars of well-rounded well-being and aiding in the transformation of body, mind, emotions and spirit. This presentation is specifically designed for the modern athlete.

- **NUTRITION** (eat right, properly hydrate, nutrient intake)
- **PERFORMANCE AND RECOVERY** (exercise/movement/active recovery)
- **REST/STRESS MANAGEMENT** (sleep, earthing/grounding/passive recovery)
- **DETOX** (lymph/cleanse/digestion/elimination/neuro-disruptors)
- **SUPPLEMENTATION** (Proper Supplementation/Proactive Medical Care)
- **SELF CARE** (ancillary activities, self discovery/awareness/fun & joy/meditation)



Integrative Nutrition and Sustainable Training

MENTAL STRENGTH

- Endurance, Power, Speed and Agility

EMOTIONAL APTITUDE

- Talent and training alone will not produce a champion

IMMUNE SYSTEM FUNCTION

- So how do we support a young athlete systemically?
- Adaptogenic herbs



PILLAR 1. Nutrition (beyond Carbs, Fats & Proteins)

Food is fuel.



And nobody is more keenly aware of
this than athletes...

WHAT/HOW/WHEN TO EAT



What am I SUPPOSED to eat?

SHOULD I eat before OR after training?



::HOW::

Are you rushed? Distracted? Angry? Are
you **chewing**? Are you eating too
much? Too little?

In order for the athlete's body to integrate the nutrients needed to fire on all cylinders for the race, or game, or training...timing is a crucial piece **for performance.**

In order for the athlete's body to integrate the nutrients needed to reset and restore the body after the race, or game or training...timing is a crucial piece **of recovery.**



You truly are what you eat. **You also are what you eat, CONSUMES.** Example, if the beef you are having was fed corn and soy and medicated with antibiotics and other drugs, guess what—that's going in your system too.

Put bluntly, your body isn't designed to process and incorporate preservatives, additives, stabilizers, and other artificial ingredients. Since many of these ingredients are fat-soluble, your body stores them in its fat instead of using them for energy or cell repair. Unfortunately, however, they don't just sit benignly in your body's fat. They can change cell structure and metabolize. Some even become carcinogens, which can, over time, cause disease in the body.



SO, what SHOULD an athlete eat, how, and when?

::WHEN:: All day long: HYDRATE

A few hours before the workout or event; a balanced meal of *clean, slow burning carbs, lean protein* and quality fat.

::WHAT::

*Faro Salad with Grilled Chicken (veggies, herbs, seeds, olive oil)

*Protein Waffles with Fresh Fruit and Hemp Seeds (oats/cashews/dates)

*Reconstructed PB&J
(Sprouted Organic Bread, Seed Butter, Chia Raspberry Jam)

After the workout or event:

Lean protein and veggies and foods high in potassium:

*Smoked salmon deviled eggs (or egg/pesto roll up.)

*Kale chips made with sea salt (to help bring the mineral balance back),

*Coconut water green protein smoothie

::HOW::

These items should be eaten slowly, while deliberately chewing the food.



Eating and exercising are intrinsically tied together-when one improves, so does the other.

PILLAR 2. PERFORMANCE AND RECOVERY

- In working with professional athletes for the last few years, I've observed first hand that **recovery is a paramount component to performance.**
- A few of the issues we tend to run into here is either injury (which leaves the athlete potentially too sedentary) or the opposite side of that coin when the body and the muscles are overworked.
- Over-training, negatively affects the physical and emotional well-being. In fact, severe or grueling training programs can inhibit athletic performance, increase the risk of injury and suppress the immune system. Training is deemed excessive when the intensity, duration or frequency of the workouts interfere with adequate rest and recovery in between.
- Over-training also affects hormone function. Endurance athletes, who often train for hours or do tons of cardio each day, can experience increased secretion of cortisol -- a hormone associated with stress and inflammation and this can weaken the immune system.
- As the body struggles with fatigue and inadequate muscle recovery, the energy typically reserved for proper immune-system function, is refocused on repairing overworked muscles and bones.

PILLAR 3. REST & STRESS MANAGEMENT

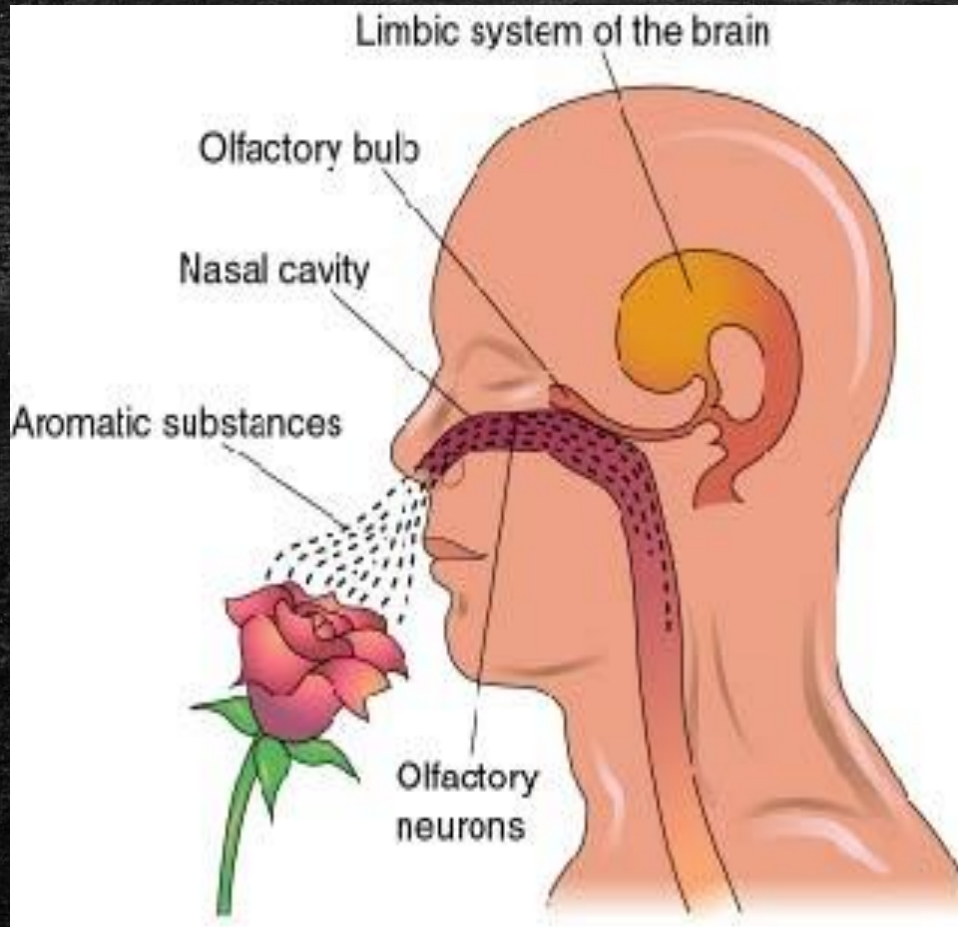
What happens when we are well rested?



::STRESS IS NOT THE ENEMY::
it's HOW we deal with the stress response



BREATHING EXERCISE 4-7-8



- How the aromatherapy component works:
- When essential oils are inhaled through the nose, aromatic molecules are carried through the lining of the nasal cavity via tiny olfactory nerves, located in the roof of the inner nose, to the part of the brain called the limbic system. The limbic system in turn influences the **endocrine system** and the **autonomic nervous system**.
- The *endocrine system* is a major regulatory force in the body. It consists of glands that secrete hormones into the bloodstream; these hormones act as chemical mediators to regulate many bodily functions including mood, metabolism, and growth and development.

CREATE A BEDTIME ROUTINE:

“We are what we repeatedly do. Excellence, therefore, is not an act, but a habit”

~Aristotle

- Essential oils
- Magnesium supplement
- Limit Blue-light time
- Sleep schedule
- Restful environment
- Adaptogenic Herbs



PILLAR 4. DETOX

you can't medicate yourself
out of, what you behave
yourself into

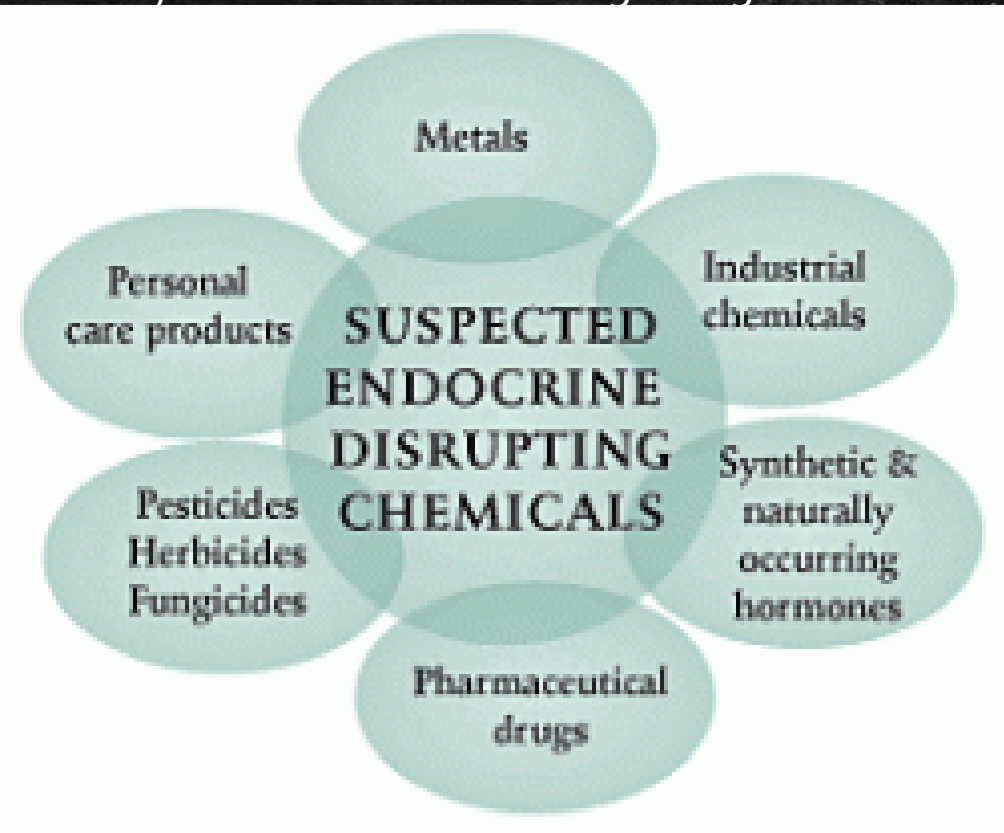


poor quality, dirty, polluted, artificial foods, unclean air, contaminated water, chemically loaded hygiene products, over the counter and prescription medications, toxic social environment, crowded "psyche"

Home, lawn, pet and personal care items:: BEWARE::

Statistically, women put over 200 chemicals on their skin in their morning routine alone. That's staggering!!

So many neuro-disruptors are formulated into the items that we put on our skin and scalp, and this intake of those toxins is actually far more toxic than ingesting them.



Cleanse? Digital detox? Fasting? Oh my!

Toxins typically exit through the lymphatic drainage system, sweat glands/skin and through the "digest and eliminate" process.

I highly recommend an infra-red sauna session to sweat out toxins. It's a different molecular structure of sweat than the kind we secrete when we exercise.

dig-it-al de-tox

noun informal

a period of time during which a person refrains from using electronic devices such as smartphones or computers, regarded as an opportunity to reduce stress or focus on social interaction in the physical world.

- Dry-brushing the skin to stimulate the lymphatic drainage system
- Rebounder Routine:: mini trampoline :: FUN!!

PILLAR 5. SUPPLEMENTATION

IT IS YOUR PROFOUND RESPONSIBILITY TO LISTEN TO YOUR BODY!



So what IS being HEALTHY? And how can we really access the true vibrant health and longevity of our young athletes?

- **Mental strength**

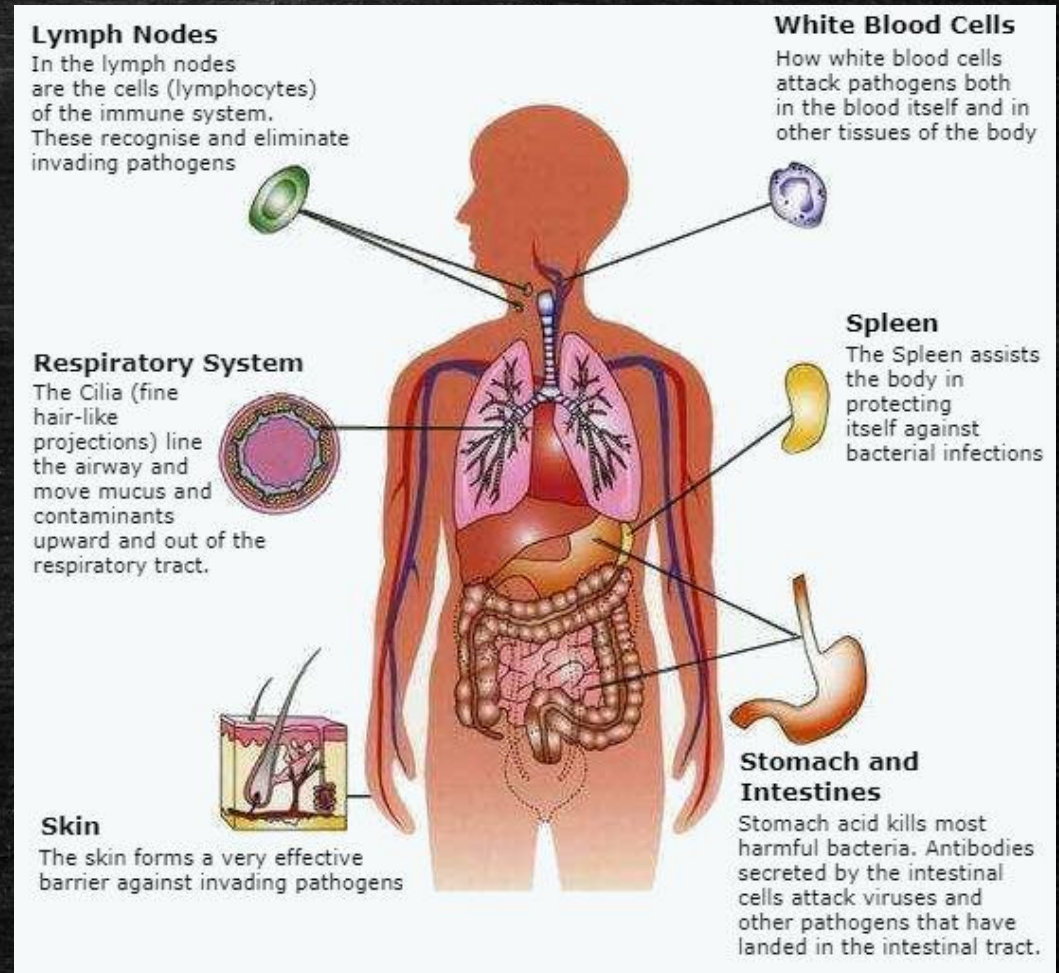
(hormone function, stress management/composure, focus,)

- **Emotional aptitude**

(faculty over feelings, groundedness, positive attitude)

- **Immune System function**

(proper gut health and digestion, cell regeneration, sleep and recovery)



a·dapt·o·gen

ə'daptəjən/

noun

noun: adaptogen; plural noun: adaptogens

(in herbal medicine) a natural substance

considered to help the

body adapt to stress and to exert a

normalizing effect upon

bodily processes.

A well-known example is ginseng

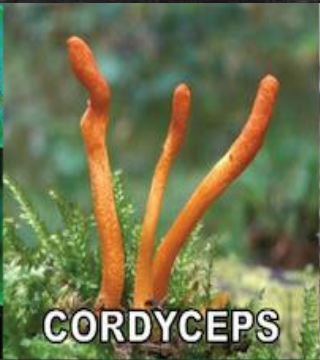
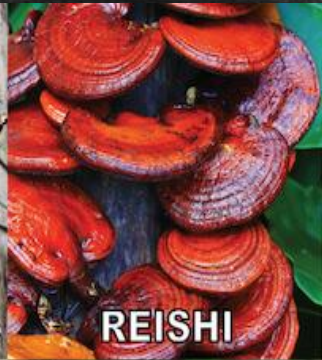


ATHLETIC PERFORMANCE, RECOVERY & ADAPTOGENS

- Not only do they help to increase the ability to generate energy and power, adaptogens contain **powerful antioxidants** that protect the mitochondria (and DNA) while increasing cardiovascular function and oxygen efficiency.
- Adaptogens also elevate the production of proteins (and other substances) that **are crucial for damage repair**.
- This collaboration is what makes adaptogens the ideal partner to an optimal nutrition and diet plan, and for **generating power, speed, and endurance**.
- Hormone function: Maintaining high testosterone levels, which are **essential for muscle mass, recovery, confidence, and determination**. Adaptogens can help protect testosterone by helping the body adapt to (or resist) stressful conditions.

su·per·food
'soopər , food/
noun

a nutrient-rich food considered to be especially beneficial for health and well-being.



::My Top Picks for Athletes::

- Cordyceps (adrenal support, anti-inflammatory)
- Reishi (mushroom of immortality)
- Chaga (king of mushrooms)
- Ashwagandha (Hormone balance, stress reduction)
- Siberian Ginseng (Eleuthero Root: Immune Support/Recover)
- Turmeric (Curcumin)

Honorable mentions

- Holy Basil
- Hawthorn (not technically considered an adaptogen, but has-adaptogen like effects/qualities)
- Gotu Kola)
- Rosemary
- Aloe
- Astragalus

Essential Oils for athletes:
OnGuard, Frankincense, Lemon, Peppermint, Wintergreen,
Balance, Deep Blue and Breathe



PILLAR 6: Self-Care

- So, what exactly qualifies as SELF care? Well, I'm talking about anything that you do simply for YOU. You do YOU.
- ANYTHING THAT RAISES YOUR VIBRATIONAL FREQUENCY.
- We are all electromagnetic beings and our beings emit a frequency-like a radio would. So, if you don't like how you're vibrating, you're tuning into a "radio station" that is not in alignment with who you **actually** are. When our vibrational frequency is low, we compromise immune function and our whole being slows down...including our metabolism.
- Anything that brings you JOY.

THANK YOU!! GO AMHERST COMETS!!

- My Food POV: **take care of your BODY, it's your vehicle to experience physical reality and the point is to live a joyful, energetic, healthy and pleasurable life. Healthy food is no exception.**
- If eating clean is difficult for you, then perhaps you're doing it wrong
- Virginia Sunshine Private Chef
- Holistic Health Coach
- Non-Toxic Lifestyle Ambassador
- Integrative Wellness Instructor
- Athlete Alchemist

www.VirginiaSunshine.com

