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# Eating Like a Nomad

Patient Education

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## Eating - (Like a Nomad. Like your life depends on it!)

What if you wandered the landscape gathering greens alongside your goats? You would likely be taller, stronger, smarter, and relatively disease free. Robust vigor and health is what you seek and why you are here at Willow Wellness Center today.

A healthy eating example (and there are many!) is this: Every additional serving of vegetables eaten on a daily basis reduces stroke risk by 22%. So, let your food be your medicine as Aristotle taught. Use food to empower the change you seek in your life.

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Breathe deeply and aim for a goal, and this is a massive goal!  
Aim high and keep trying to get closer.

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A Nomad ate 9 cups of vegetables daily:

-3 cups of brassicae (broccoli, cabbage, cauliflower, brussel sprouts, raab, etc.)...daily

-3 cups of leafy greens...daily

-3 cups of all the other colors, shapes, and flavors...daily

Aiming will get you closer, and closer is already better!

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Use healthy oils! Olive oil, coconut oil, avocado oil, etc. Eat meats that are grass-fed and chickens and eggs that are free-ranged. Base fish purchases on the seafood buying guide ([www.foodandwaterwatch.org](http://www.foodandwaterwatch.org)). Choose safer produce and buy organic when possible. Grow your own produce and eat seasonally, if you are able.

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Laugh Daily for  
**No Reason!**

# Produce

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## The “Dirty Dozen”

Get these organic when possible or reduce and avoid them if possible:

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|----------------------|--------------------------|
| 1. Apples            | 7. Kale                  |
| 2. Bell Peppers      | 8. Lettuce and spinach   |
| 3. Potatoes          | 9. Nectarines (imported) |
| 4. Celery            | 10. Peaches              |
| 5. Strawberries      | 11. Pears                |
| 6. Grapes (imported) | 12. Cherries             |

## The “Clean Fifteen”

If organic are too hard to get or too expensive, focus on these:

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|---------------|--|
| 1. Onions     | 9. Sweet Potatoes                              |
| 2. Avocados   | 10. Broccoli                                   |
| 3. Mushrooms  | 12. Grapefruit                                 |
| 4. Pineapples | 13. Eggplant                                   |
| 5. Mango      | 14. Melon domestic watermelon<br>and cantalope |
| 6. Sweet Peas | 15. Sweet Corn                                 |
| 7. Asparagus  |  |
| 8. Kiwi       |  |