

## Healthy Living

### Remake Your Body

The new year is always a time to rethink our habits. When it comes to renewing or resetting, your beautiful body can be remade by a thoughtful selection of foods at each meal you consume. This means that the power to regenerate and feel better exists every time you make food choices. If you want to feel lighter, move easier and over-all get back that bounce to your step, then take back control by making wise food choices. The colon is a good place to begin thinking about food and its relationship to the body.

The human intestine, when functioning properly, has the capacity to regenerate its lining every five to seven days! But folks, this is not new information as a paper written in 1961 confirmed that the epithelial lining of the small intestine is in a state of continuous replacement and demonstrated that the whole of the gastrointestinal epithelium has a similar equilibrium.<sup>1</sup> Meaning, the GI tract is constantly replacing cells and rejuvenating itself.

The primary nutrient required to create the cells that line the gut is protein. Daily rates of protein turnover in humans (300 to 400 g per day) are largely in excess of the level of protein intake (50 to 80 g per day).<sup>2</sup> Protein is made up of amino acids, often called building blocks of life. The daily protein turnover comes from breaking down proteins into

their individual amino acids and then putting them back together as other proteins. Protein is important to every cell in the body and the body uses protein to build and repair tissue. The GI tract alone uses up to 20% of the daily protein consumed! Enzymes, antibodies and hormones are all made up of protein. Anything with structure: hair, skin, nails, collagen and bone will also be made up of protein. What this means is the body is continually remodeling itself, sometimes using new amino acids from protein we ate, or sometimes remodeling protein that is already there into what is needed.

Diets high in fiber (what we used to call roughage) contain the parts of plant foods that the human body does not break down. Fiber acts like a loofah sponge to the digestive tract, scraping and sloughing off cells as it works its way to the exit. Soluble fiber can trap toxins and cholesterol, dragging them out with it. Insoluble fiber helps things move quickly, keeping the lining of the GI tract supple and healthy.

If you want to rejuvenate the body, then start with the gut! Eat plenty of high fiber foods — which means fruits, vegetables, beans, legumes, nuts and whole grains. When trying to eat more fiber, it is best to go slowly as the body needs to get used to moving it through. In addition, be sure to drink plenty of water for the soluble fiber to absorb. The added benefit of consuming plants to increase fiber is that you will increase the phytonutrient content of your diet. Phytonutrients are plant chemicals that support functions of the body including detoxification.

An increase of fiber means that you will start cleaning out your colon and increasing the rate at which those cells turn over. You need to be consuming adequate protein to ensure that you have all the building blocks to repair and rebuild the healthy new gut cells. There is protein and there is protein. . . Your body is animal protein. . . let that sink in. Yes, you can use plant protein to build your body, but clean, lean animal protein has the perfect make-up of amino acids to meet your needs. Plant proteins are excellent foods to include in your diet. Plant proteins will also be in plants, which means that they also may contain fiber, phytochemicals and other vitamins and minerals not found in animal protein. However, animal proteins contain all the essential amino acids which means that everything you need is already there.

This is certainly not a treatise to animal protein! It is a gentle reminder that the human body is designed to consume foods from both plant and animal sources. One way to rejuvenate is to choose the optimal foods sources



so as those nutrients are assimilated the body is stronger. Choosing clean foods: non-GMO, No GMO feed, no pesticides, no fertilizers and as closely aligned with organic standards as possible, is also a key component of fueling for optimal redesign. €

### References

1. Creamer B, Shorter RG, Bamforth J. The turnover and shedding of epithelial cells: Part I The turnover in the gastro-intestinal tract. *Gut*. 1961;2(2):110-116. doi:10.1136/gut.2.2.110
2. Schutz, Y. Protein turnover, ureagenesis and gluconeogenesis. *Int J Vitam Nutr Res*. Mar; 81(2-3): 101-7. doi: 10.1024/0300-9831/a000064.



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## Artichoke and White Bean Dip

1 can white beans  
2 cans rinsed/drained artichoke hearts, roughly chopped  
1 T black pepper  
1 bag washed spinach (chop roughly)  
1t dried thyme  
3 cloves garlic (finely minced)  
3 T fresh parmesan, grated (grate extra if you want to sprinkle it on the top before baking)  
½ C reduced fat sour cream OR ½ c plain Greek yogurt

For dipping:  
Whole grain crackers  
Vegetable sticks

Heat oven to 350  
Pulse/puree beans in a food processor. You can determine how creamy or chunky you would like them. Remove and place into a bowl. Add the rest of the ingredients, stirring to combine everything. Put everything in a baking dish. You may grate more parmesan and sprinkle it on the top if you would like. Serve with whole grain crackers and vegetable sticks.