



Eating The Indigenous Way

Raise Your Energy Level & Stay Healthy as a Way of Life



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About Me

Tyrese Gould Jacinto "Bright Flower"

As a member of the Nanticoke Lenape Indian Tribe, born in Bridgeton, and the daughter of the late Phyllis and Chief Mark Gould, who were among a core group that initiated the modern-day structure of the ancient tribe I was, therefore, immersed in tribal life from an early age.

As a skilled craftsperson in Lenape arts, especially healthy indigenous historical herbs and food, shell work and basket weaving and the mother of five children and one grand-daughter, I am eager to pass on Lenape traditions to future generations.

My philosophy is "The world is a whole, with humans as part of the picture."

In my opinion, the Indigenous way of living refers to the lifestyle of those that inhabited the Americas before the European arrival. Specific ways varied among original man, but all indigenous living is based on the understanding that man is part of the world as a whole and it is a matter of balance. The natural world thrives when its interrelationships is honored, nurtured and kept in harmony.

The Indigenous way philosophy recognizes aspects of the natural world which can be experienced directly and intuitively. Just as each human has an immeasurable inner life which powerfully influences well-being as does nature include forces which must remain integrated for our true balance.

Indigenous Your Entire Being; Body, Soul and Spirit!

<http://www.theindigenouway.com/health.html> – Great Health Information

<http://www.nativeadvancement.com/food-preservation.html> – Freezing Food

What is Eating the Indigenous Way?

For 2.5 million years, early man foraged and hunted for seafood, meat, vegetables, fruit, nuts, roots and seeds. This period of time before the development of agriculture is known as the Paleolithic era. The Indigenous Way is also known as the Paleo way of eating, Stone Age way of eating, hunter-gathering way of eating and the caveman way of eating. No matter what you call our ancestors, some things haven't changed. Man's digestive systems have evolved only the slightest amount in the 10,000 years since farming changed our way of eating. Now termed Eating the Indigenous Way, the modern way of eating is an approach to nutrition that mimics the early man's way of eating for ultimate health.

Our minds are modern, but our bodies and brains still need the same food. Gastroenterologist Walter L. Voegtlin first popularized the Paleo Diet in the 1970's. He argued in, "The Stone Age Diet," humans as carnivores, chiefly needs fats, proteins and a small amount of carbohydrates for optimum performance. For the last 30 years, obesity has been increasing in the United States. Our modern way of eating are laden with preservatives, processed sugars, and fried foods. Today's health crisis has led to a renewed interest in Voegtlin's tested approach to healthy living.

Benefits of Eating the Indigenous Way

The advantages of eating the Indigenous Way have been researched and proven in numerous academic journals. It is amazing how changing what we put in our mouths can cause dramatic changes in our quality of life.

- Lose Body Mass- Although the Indigenous Way is not designed as a weight loss plan people inherently lose weight. The foods that make up the Indigenous Way are what we call fat burning foods. In fact, the Indigenous Way allows you to eat large quantities of delicious food while restricting calories. The result is a lean, fit body.
- Fight Disease- the Indigenous Way is proven to help prevent diabetes; Parkinson's avoid Parkinson's, cancer, heart disease and strokes.
- Improve Digestion- Many digestive problems such as, irritable bowel syndrome, Crohn's disease and indigestion can be avoided.
- Combats Acne- Eating the indigenous way means avoiding the foods that cause acne. When sebum is overproduced or obstructed the sebaceous glands enlarge and form pimples. Foods in the Indigenous Way do not cause the insulin spikes that cause a sebum boost. As a result, you can expect smoother, more attractive skin.
- Feel Good- Not only does the Indigenous Way help people become healthier and look younger it also makes you feel better. Paleo supporters swear by the caveman lifestyle because it just "feels" right. The only way to find out the energy and confidence they experience is to try it for yourself.

Way of eating Basics

People assume the Indigenous Way is complicated and difficult to follow. It is actually quite simple. Eat real foods. For a guideline on portions, 56–65% of your calories should come from animals, 36–45% from plant based foods. Keep proteins high at 19-35% carbohydrates at 22-40% and fat at 28-58%.

What to Eat

Eating an Indigenous Way is more about experimenting than limitations. Mother Nature provides a large variety of delicious foods to explore. Instead of settling for a box of processed macaroni and cheese, feast on a meal that excites your taste buds and your energy level. Here is a small list of the many foods to incorporate into your way of eating.

PROTIENS

Meat	Game	Poultry	Fish	Shellfish	Eggs
Beef	Pheasant	Goose	Tuna	Lobster	Chicken eggs
Veal	Deer	Chicken	Salmon	Shrimp	Goose eggs
Pork	Duck	Turkey	Trout	Scallops	Duck eggs
Lamb	Wild Turkey	Quail	Halibut	Crab	Quail eggs
Goat	Rabbit	Duck	Sole	Clams	
Rabbit	Moose		Bass	Mussels	
Sheep	Woodcock		Haddock	Oysters	
Wild Boar	Elk		Turbot		
Bison			Cod		
			Tilapia		
			Walleye		
			Flatfish		
			Grouper		
			Mackerel		
			Herring		
			Anchovy		

VEGETABLES

Standards	Green Leafy	Squash	Root	Mushrooms
Cauliflower	Collard Greens	Butternut	Turnips	Oyster
Broccoli	Lettuce	Spaghetti	Carrots	Button
Celery	Spinach	Acorn	Beets	Portabella
Bell Peppers	Watercress	Pumpkin	Parsnips	Chanterelle
Onions	Beet Top	Zucchini	Artichokes	Porcini
Leeks	Dandelion	Yellow Summer	Rutabaga	Shiitake
Green Onions	Swiss Chard	Buttercup	Sweet Potatoes	Crimini
Eggplant	Mustard Greens	Crookneck	Radish	Morel
Brussels Sprout	Kale		Yams	
Artichokes	Turnip Greens		Cassava	
Asparagus	Seaweed			
Cucumber	Endive			
Cabbage	Arugula			
Okra				
Avocados				

SUPPORTING PLAYERS

Fats	Fruits	Nuts & Seeds	Flavor Enhancers	Fresh & Dry Herbs
Olive Oil	Apples	Brazil Nuts	Cayenne Pepper	Parsley
Avocado	Oranges	Pistachios	Chilies	Thyme
Coconut Oil	Bananas	Sunflower Seeds	Ginger	Lavender
Clarified Butter	Strawberry	Pumpkin Seeds	Onions	Mint
Lard	Cranberry	Sesame Seeds	Garlic	Rosemary
Tallow	Grapefruit	Pecans	Black Pepper	Chives
Veal Fat	Peaches	Walnuts	Hot Peppers	Tarragon
Duck Fat	Pears	Macadamia Nuts	Star Anise	Oregano
Coconut Flesh	Nectarines	Pine Nuts	Mustard Seeds	Dill
Nut Oils	Plums	Chestnuts	Fennel Seeds	Bay Leaves
Nut Butter	Pomegranates	Cashews	Cumin	Sage
Lamb Fat	Pineapple	Hazelnuts	Turmeric	Coriander
	Grapes	Almonds	Cinnamon	
	Papaya		Paprika	
	Cantaloupe		Nutmeg	
	Kiwi		Cloves	
	Lychee		Vanilla	

Foods to Eliminate

The main foods to eliminate are processed foods, the largest source of toxicity and malnutrition. Processed foods are the easiest items to eat these days, and we eat entirely too much. Grains that form the base of sandwich breads, cereals and pasta have no place in the Indigenous Way. Also, the processed fats and vegetable seed oils are also counterproductive to our health. Legumes, especially soy, and vegetable seed oils should be banished from your way of eating. There are no refined sugars little dairy and absolutely no processed foods in the Indigenous plan.

Tips for the Indigenous Lifestyle

Unfortunately, the cheapest and quickest foods available today are usually the least nutritious. Our busy lifestyles have our kids raised on a way of eating of processed and fast foods. The popular culture even makes eating real foods an odd concept. Even knowing the proven benefits, some never try the Indigenous Way because they believe it is too difficult. Living a long, healthy fulfilling life is well worth a few small changes. While not as easy as stopping at a drive through, maintaining an Indigenous lifestyle is realistic with a few tips.

- Stay Organized- The number one tip is to be organized and prepared. The biggest challenge will be to have Indigenous foods available at your home and plan your meals. You are much more likely to eat healthy food choices if it is readily available at home.
- Change How You Shop- Find the best farmers markets, butchers and grocery stores in your area. Before going to the grocery have a list of items you plan to pick up. Also, shop the perimeter of grocery stores to avoid the aisles filled with processed foods. This may be difficult at first, but after a month or so you will know longer feel a need to peruse the sugar aisles.
- Clean Your Pantry- Clear your cupboards of all the cereals, pasta, and processed foods in your cabinets. Don't worry. You will replace these foods with much more satisfying fresh and healthy foods.
- Learn to Work the Kitchen- Unlike a way of eating based on grains, there are many foods to eat on the Indigenous Way you should never become bored. The best way to take advantage of everything nature has to offer is to learn how to cook. By combining the diverse flavors, there is an endless amount of tasty dishes to excite your taste buds.

- Dress Your Food- Most of the condiments on the store shelves are filled with preservatives. However, you can enhance the flavor of your foods by making your own condiments at home. Ketchup, mustard, salad dressings and sauces can be made at home naturally with delicious results.
- Exercise- Just changing your eating habits will cause you to lose weight naturally on the Indigenous Way. Add exercise to the mix, and you will be amazed at how quickly you notice a difference. Your true, toned physique will come out as pounds shed. You will also notice the amount of energy increased compared to when you ate a traditional way of eating. Start feeling strong, energetic, mentally sharper and all around younger.
- Join Support System- Find chat rooms and forums where like-minded people meet. Participate at a gym where the Indigenous Way is the main lifestyle choice. It is nice to share ideas on the best Indigenous books, and even give advice on keeping true to the way of eating plan. Joining a community online or in person is extremely motivating when you learn about how the other member's lives improved just from staying true to the Indigenous way.

Indigenous Friendly Desserts

One of the biggest stumbling blocks with the Indigenous Way plan is desserts. Most desserts have unnatural sweeteners and starchy carbs that spike insulin levels. Most sweet treats are a recipe for disaster. However, with kids, special celebrations and Birthdays sometimes a sweet treat is in order. There are some very tasty Indigenous desserts that can help you transition fully into the Indigenous lifestyle without indulging in bad choices or having a gluten stomachache. While it is not a good idea to eat desserts after every meal, Indigenous friendly desserts can stop hardcore cravings from your pre-Indigenous days.

Here is a list of whole food substitutions you can use to whip delicious Indigenous friendly desserts together.

- Almond flour, Millet flour, Oat flour- Nutritious, high protein flour perfect for making muffins breads and of course, traditional macaroons.
- Raw Honey– Because honey can be eaten straight from the tree, it is considered a true Indigenous sweetener. Though it is a whole food, honey is highly caloric and does spike the insulin level, so leave sparingly. However, honey is the perfect sugar substitute.

- Cocoa- Unsweetened dark chocolate has nutritious antioxidants and sticks to the limited dairy rules. Opt for the natural cocoa over the Dutch processed version that loses its benefits during processing.
- Pure Vanilla Extract– Pure vanilla extract is a staple in any bakers cupboard. Just make sure to buy the pure stuff not the cheap flavoring.
- Coconut Oil- Coconut oil is a medium chain fatty acid, which means it transfers directly to the liver where it is used for energy instead of being stored directly as fat. It also stimulates the thyroid gland helping speed up metabolism. Coconut oil adds a subtle sweetness to cobbler, pancakes and other baked recipes.
- Coconut Milk- A great dairy substitute, coconut milk contains lauric acid. Lauric acid is proven to fight influenza, herpes, HIV as well as improve the immune system. Use coconut oil to make ice cream, hot cocoa, pudding, and even egg nog.
- Nuts– Nuts are loaded with good fats the bodies need. Hazelnuts, pecans, macadamias and almonds are lifesavers in the kitchen. Use nuts for pie crusts, candies or even as simple spiced nut blend.
- Frozen Fruit- Freeze berries to make easy desserts. Use them to make rich frothy smoothies or sorbet. Frozen grapes and cherries taste delicious straight from the freezer. Try frozen bananas on a stick or blended down for a creamy ice cream experience.
- Dates- Dates are natural sweeteners that do not add its own flavor like honey. They contain simple sugars like dextrose and fructose that are easy to digest and replenish your energy. Blend dates in the food processor with wet ingredients when baking. They also work well for binding snack bars.

CONCLUSION

The Indigenous Way is proven to have a healthier life. Add exercise to the mix and you can achieve your very best health. Despite popular belief, the Indigenous lifestyle is not restrictive and can actually open your palette to a whole new world of culinary experiences. There are a variety of high quality cookbooks and website that will help you along the way. Once you experience the transformation you will wonder how you ever functioned. Get the most of your life and enjoy optimum fitness with the Indigenous Way plan.