

Rationale For Healthy Snacks

We love to snack. That is not by accident. It is how we were designed. In the pre-industrial setting, humans were hunters-gatherers-scavengers. They ate what was available when it was available.

There were no refrigerators, cupboards, packages, dinnerware or five-course dinners. A few berries here, some nuts there, a fortunate kill you were able to steal (from a predator), a lucky find of a honey-filled beehive or a successful hunt were your meals/snacks. That's it, there were no other options. We therefore learned to eat while the eating was good.

There are health advantages to snacking. Small meals are more easily digested, and create less digestive stress and less putrefaction in the lower digestive system due to inefficiently digested food. Single foods are also easier to digest than large complex meal mixtures composed of fruits, desserts, vegetables, starches, fats and carbohydrates.

More frequent small meals also create what is known as the post-prandial (after a meal) alkaline tide. This means that after a meal the body releases alkaline buffers that decrease the body's acidity. The more frequently we eat, the more alkalinity. Metabolic acidosis underlies most modern diseases and is virtually present in all people. (Refer to the "Healthy Water" monograph.) Acidosis is caused by drinking acidic municipal water, breathing acidic industrial or home environment air, eating processed foods, drinking acidic beverages and gorging on large meals.

But because snacking has been equated with junk food it is usually viewed in the pejorative. Snacking is also associated with obesity. But snack problems are due to the kinds of snacks commonly available, not because of the act of snacking.

Most snack foods are designed to appeal only to taste. They are predominantly refined sugar or refined processed flours. As such, they are a "quick fix" for those afflicted with the epidemic of carbohydrate addiction. They are not made with health as the primary consideration.

Although we can alter eating habits somewhat so that smaller, more frequent and simpler meals are eaten, we will not be returning to the ideal hunter-gatherer-scavenger style anytime soon. But this archetypal model is important and should always be kept in mind since it is the mold out of which our genetic program emerged. When we vary too much from what our genes expect, disease results.

How to Select Snack Foods

Given the above considerations, and given that prepared snacks and treats are here to stay, here are suggestions to select the best packaged snack products:

- Eat a variety of snacks that have the features detailed in this paper. Remember, variety is the spice of health because it broadens the horizon of nutrients, decreases the chance for the development of allergies and sensitivities, and decreases potential toxin impact by decreasing exposure and increasing time for detoxification.

HEALTHY SNACKS

W Y S O N G

ORIGINS™ BARS

A delicious natural "un-cereal bar" made with ingredients exactly as a person would find in nature. It is rich in natural proteins, vitamins, minerals and nutraceuticals with over 125 nutrients in all.

Ingredients: Almonds, Brazil Nuts, Pecans, Cashews, Macadamia Nuts, Prebiotics (including Inulin), Flax, Plums, Walnuts, Maple Syrup, Apples, Dairy Concentrate (including Colostrum, Lactoferrin, Lactoperoxidase), Honey, Bee Pollen, Enzymes, Oat Sprouts, Probiotic Cultures (including *Lactobacillus acidophilus*, *Lactobacillus bifidus*, *Lactobacillus plantarum*, *Enterococcus faecium*), Quinoa Sprouts, Spelt Sprouts, Vanilla, Cinnamon, Coral Calcium, Milk Calcium, and Wysong Oxherphol™ (Vitamin E Tocopherol Epimers, Fat-soluble Vitamin C, Organic Chelators and Natural Botanical Oleoresins).



ORIGINS UN-CEREAL™

A natural alternative to commercial cereals and snacks.

Ingredients: Almonds, Brazil Nuts, Pecans, Cashews, Macadamia Nuts, Prebiotics (including Inulin), Flax, Plums, Walnuts, Maple Syrup, Apples, Dairy Concentrate (including Colostrum, Lactoferrin, Lactoperoxidase), Honey, Bee Pollen, Bananas, Blueberries, Strawberries, Enzymes, Oat Sprouts, Probiotic Cultures (including *Lactobacillus acidophilus*, *Lactobacillus bifidus*, *Lactobacillus plantarum*, *Enterococcus faecium*), Quinoa Sprouts, Spelt Sprouts, Vanilla, Cinnamon, Coral Calcium, Milk Calcium, Wysong Oxherphol™ (Vitamin E Tocopherol Epimers, Fat-soluble Vitamin C, Organic Chelators and Natural Botanical Oleoresins)



CHOCOLATE THERAPY™ (Dark or Milk)

A delicious velvety chocolate packed with macadamias, almonds, cashews, and flavorful nutrition.

Ingredients: Dark or Milk Chocolate, Macadamias, Cashews and Almonds, Lecithin, Cocoa Butter, Organic Butter, Organic Flax seed, Coral Calcium, Milk Calcium, Probiotics, Wysong Whole Soy™, Xylitol, and Wysong Oxherphol™ (natural antioxidants).



TRAIL MIX™

A special blend of raw (therefore not nutritionally degraded) seeds, nuts and dried fruits including organic sunflower and pumpkin seeds, organic dates, raisins, peaches, pears, apricots, apples, almonds and cashews.

Ingredients: Sunflower Seeds, Cashews, Almonds, Raisins, Dates, Pumpkin Seeds, Peaches, Pears, Apricots, Apples.



- Seek raw foods that can be digested.
- Look for whole grain products if choosing processed snacks.
- Avoid hydrogenated fats with their inherent trans-fatty acids.
- Avoid refined sugars. Choose natural sweeteners instead.
- Avoid refined salt.
- Avoid non-nutritious additives.
- Seek beneficial non-processed nutraceuticals, pre- and probiotics, enzymes (destroyed unless added after processing) and other specifically beneficial health-first ingredients.
- All fats and oils should be raw and added to the product AFTER it is heat processed.
- Natural, and proven effective for the specific application, antioxidants should be added to any packaged product. Avoid products with the “no preservatives” slogan. The toxins produced by oxidation are more dangerous than the toxicity of the synthetic antioxidants.
- The ideal package material is oxygen- and light-barrier, and is vacuum packaged to prevent oxidative degradation.
- Store all processed snacks in the freezer (best) or refrigerator. Many processed snacks actually taste better in this frozen state too. Treat them like fragile foods.
- Squeeze air out and seal tightly if you have not polished off the whole package at one sitting.
- The best complement to packaged snacks is fresh fruit, not sugared and/or acidic drinks.
- Look for organic ingredients.
- Select fun products from serious manufacturers, not food trinkets from silly, profit-only driven producers.

If you want to apply these principles, you don't have to apply them perfectly. Don't get crazy. Just try to make the best choices with the least compromise using the archetypal model.

Origins™

This delicious natural food is the result of over 20 years of conceptual and technical development. The goal of Origins is to provide food exactly as a person would find in nature. That means no heat processing.

Origins™ (patent pending) Meal-In-A-Bar is delicious, healthy, natural food. That means no synthetics, no refined sugars, and no grain carbohydrates. It is rich in natural proteins, vitamins, minerals and nutraceuticals. A single Origins bar is a true meal. Perfect for dieters, backpackers, athletes and anyone on the go.

Origins is hand batched using special (patent pending) nutrient-protective processing and packaged in a light barrier, nitrogen flushed, single bar, 30 gram package.

Origins Un-Cereal™ contains over 125 non-heat degraded natural nutrients, including a variety of raw nuts, berries, fruits, probiotics, prebiotics and other nutraceuticals, immune-enhancing dairy concentrate, sprouts, antioxidants and a host of vitamins, minerals and enzymes non-denatured as a part of the natural ingredients themselves. No synthetics, no refined sugars, grain starches or non-nutritional additives.

Origins Un-Cereal is perfect for breakfast, as a yogurt topper, an addition to dessert, or a snack.

You will find no other product that has gone so far to achieve the ideal, and true, breakfast and snack food.

- Natural vitamins and minerals
- Essential and omega-3 fatty acids
- Immune-stimulating nutrients
- Abundant antioxidants
- Active probiotics and enzymes
- Excellent fiber and high protein

Origins Un-Cereal is hand batched using special (patent pending) nutrient-protective processing and packaged in light barrier, nitrogen flushed, resealable, 250g stand-up pouches. A single serving

of Origins Un-Cereal is a true meal. Perfect also as a snack for dieters, backpackers, athletes and anyone on the go. It is a natural alternative to commercial cereals and snacks.

Chocolate Therapy™

A delicious velvety chocolate packed with macadamias, almonds, cashews – *and flavorful nutrition.*

A Different Kind of Chocolate

Chocolate has been consumed for thousands of years. The Aztecs and Mayans used chocolate and its derivatives as money, because they valued it so highly. Both these civilizations also used chocolate to treat a multitude of illnesses.

Wysong's Dark or Milk Chocolate Therapy heart-healthy chocolates are not your average chocolates. They contain natural whole ingredients, including some organics, and are loaded with protein, minerals, antioxidants, and essential fatty acids. Hydrogenated oils and trans-fatty acids are not present. Wysong chocolate is nutritious food from nature with all its original goodness, and is not degraded by heat.

Chocolate

Cocoa is an important source of antioxidant polyphenols (flavonoids), which comprise 12-18% of its total weight on dry basis. The major phenolic compounds are epicatechin, proanthocyanidins and catechin and are at higher levels than found in apples, onions or wine. Dark chocolate contains higher levels of these beneficial compounds than milk chocolate and white chocolate contains none. Dark chocolate contains 53.5 mg of catechins per 100 grams. By contrast, 100 ml of black tea contains a mere 13.9 mg of catechins.

Epidemiological studies associate the ingestion of flavonoids with a reduced risk of cardiovascular disease and certain types of cancer. Physiological actions include reduction of oxidative stress, inhibition of low-density lipoproteins (LDL) oxidation, decreased platelet aggregation and adherence of monocytes to vascular

endothelium, vasodilation, fibrinolysis (breakdown of blood clots), immunomodulation, anti-inflammation and inhibition of various stages of tumor development.

Further, recent research has revealed that Theobromine, found in cocoa, is nearly a third more effective in stopping persistent coughs when compared with codeine, currently considered the best cough medicine. It works by suppressing vagus nerve activity, and causes no adverse effects on the nervous system.

A direct correlation has been shown between dark chocolate flavonoids and heart health. A study found that eating 100g (3.6 oz) of dark chocolate daily resulted in a 12 mm Hg decrease in systolic blood pressure and a 9 mm Hg decrease in diastolic pressure after 15 days. The group also experienced a significant reduction in several measures of insulin resistance compared to the white chocolate group. Levels of LDL (bad) cholesterol dropped by about 10 percent in the dark chocolate group, but stayed the same in the white chocolate group. Remember, however, that the bioavailability of these compounds depends on other food constituents, and their interaction with the food matrix, so binging only on chocolates would definitely not be healthy.

Just like the Milk Chocolate Therapy you've enjoyed over the years, and unlike any other chocolate on the market, Dark Chocolate Therapy is supplemented with natural enzymes and probiotics, atop a bounty of tree nuts and whole soy isoflavones. Wysong's 7.5 oz. Dark Chocolate Therapy box delivers over 1200 mg of polyphenols...and it's delicious!

Nuts

Raw macadamias, cashews, and almonds are used in Wysong's Chocolate Therapy... and no skimping. Nuts are a good source of pantothenic acid (vitamin B₅), which is converted by the body to pantethine. A number of studies

suggest that pantethine may reduce blood levels of harmful forms of triglycerides and cholesterol. Nuts are also a whole food source of monounsaturated fatty acids and polyunsaturated fatty acids, as well as an excellent source of protein, nutrients, and non-weight-gaining fats. They are especially high in the amino acid arginine, which helps to relax blood vessels in the heart and elsewhere by releasing nitrogen dioxide. They are also one of the best natural sources of the antioxidant vitamin E. Nuts contain large amounts of dietary fiber and are additionally one of the main food sources of copper and magnesium, both of which have been shown to be protective against coronary heart disease.

Xylitol

Xylitol is the only known cariostatic, (cavity-inhibiting) reduced-calorie sweetener (2.4 cal/g versus 4 cal/g for sugar). This unique, natural carbohydrate functions to rehardened demineralized tooth enamel, as well as to prevent tooth decay, reduce and inhibit dental plaque, moderate gingival inflammation, and inhibit the growth of putrefactive bacteria in the mouth.

Whole Soy™

Wysong Whole Soy is especially concentrated in isoflavones and phytoesters, both of which have anticancer effects. Whole soy polysaccharides (fiber) improve the postprandial return to normal of blood sugar levels. Whole Soy also contains stabilized essential fatty acids including omega-3, -6 and -9.

Calcium

Wysong Chocolate Therapy contains both milk calcium and coral calcium. Milk calcium also provides phosphorus (in the ideal 2:1/Ca: P ratio), magnesium, potassium, sodium, iron, and zinc, not just calcium. Coral calcium, additionally, is an excellent highly bioavailable source of organically complexed minerals.

Oxherphol™

Oxherphol is a natural food antioxidant derived from botanical extracts, mixed tocopherols, fat-soluble vitamin C,

organic sequestering acids, isoflavones, phospholipids, and other natural ingredients. Oxherphol stabilizes the nutritious fatty acids in Wysong chocolates effectively and safely without the use of synthetics.

Butter

Organic butter is an abundant source of vitamin A and also contains vitamins E, K, and D (which are fat-soluble). Organic butter is also rich in trace minerals, such as selenium, an antioxidant. Butyric acid, lauric acid, and conjugated linoleic acid are healthy fatty acids additionally found in butter.

Flax

Flax seeds are rich in essential fatty acids. These are fatty acids that the body is incapable of synthesizing on its own in sufficient quantities to meet metabolic demands. Essential fatty acids play critical roles in cell and organelle membrane structure and a wide array of physiological processes. Flax seeds are especially high in omega-3 fatty acids.

Probiotics

Probiotic (pro-life) cultures can enhance the immune system, inhibit pathogens, decrease disease recovery time, and create an overall improvement in health. Probiotic organisms are important in inhibiting pathogens, maintaining a beneficial enteric pH, synthesizing nutrients and producing enzymes which enhance digestion.

Trail Mix™

Trail Mix is a special blend of raw (therefore not nutritionally degraded) seeds, nuts and dried fruits including organic sunflower and pumpkin seeds, organic dates, raisins, peaches, pears, apricots, apples, almonds and cashews.

A delicious and guilt-free way to nibble a snack.

These statements have not been evaluated by the Food and Drug Administration. These products are not intended to diagnose, treat, cure, or prevent any disease.

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