



*Spring into  
Nutrition*

April 2024

*Dear Teggatz Clinic Patients,*

As the world around us awakens with the vibrant colors, sounds, and smells of spring, it's a perfect time to renew our commitment to our health! This month we will be sharing information about one of the Five Pillars of Health in the Functional Medicine world: nutrition.

Nutrition is the cornerstone of a healthy lifestyle, fueling the body with essential nutrients needed for growth, repair, and optimal function. A balanced diet supports immune function, maintains weight, and reduces the risk of chronic diseases. Good nutrition not only sustains physical health but also nurtures mental well-being, enhancing mood, cognition, and overall quality of life. By prioritizing nutrition, you empower yourself to thrive and live your best life.

Read on for more and as always, know that we are here to walk alongside you on your health journey. Let's do this, *together!*

Best In Health,

*The Teggatz Clinic Staff*



# Nourishing Wellness: Nutrition & Functional Medicine

When it comes to Functional Nutrition, not all calories are created equal. 100 calories of Oreos or Doritos are far different than 100 calories of broccoli or sweet potatoes. Functional Nutrition applies a Food as Medicine approach. We use food and its components of macronutrients, micronutrients, phytochemicals, fiber, and other properties to support and improve our health down to the cellular level. Though there are certain principals of nutrition that apply to everyone - nutrition is truly a personalized unique experience for every person. This is called bio-individuality. Everyone's body is unique and no ONE food plan or way of eating will work for every body.

With this Bio-Individuality in mind, we have many Functional Nutrition Food Plans that we work with and personalize for our patients.

- CORE food plan is a basic, whole food plan easily adjustable to different lifestyles: vegetarian, vegan, paleo, etc.
- Elimination diet is a short term plan focused on eliminating foods, allowing the body to heal and decrease inflammation, then reintroducing foods one at a time to determine your specific food intolerances and/or sensitivities.
- CardioMetabolic food plan is similar to the Mediterranean Diet and is specialized to support those with metabolic syndrome or other blood sugar and/or cardiovascular health concerns.
- Low FODMAP food plan is tailored to those with specialized gut health needs that have trouble digesting certain foods.
- Anti-Candida food plan is another specialized gut food plan specifically for those with a yeast overgrowth.
- Detox food plan is an advanced plan focused on removing foods while increasing others to support the body's natural detoxification pathways.



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- Mito food plan is similar to a keto way of eating but focused on low-glycemic carbohydrates, high-quality fats, and phytonutrient-rich plant foods to support cellular energy production and mitochondrial health for cognitive and neurologic health.
- Bright Line Eating is a unique Food Addiction recovery program focused on creating healthy boundaries around food to create peace and freedom around what and when to eat.
- Autoimmune Protocol (AIP) food plan is an elimination diet that goes deeper and longer into removing foods and reintroducing them to support those with an autoimmune disease to support improvement of their symptoms and potential remission.

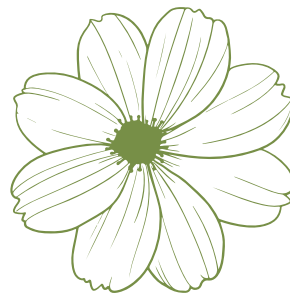
The world is currently full of dietary advice and options. It can feel incredibly overwhelming to know what to eat, who to listen to, what information to trust. When you work with us at The Teggatz Clinic - Dr. Teggatz helps you determine the best food plan for YOUR body based on your personal needs and preferences as well as your medical history and symptoms in correlation with your labs and testing!

Then Linnea helps you adapt the food plan into your personal life and work on creating habit change to actually FOLLOW the plan!





# Lettuce-less Salad



When you think of nutrition or dieting or food plans - most people think "I should eat a salad" OR at least...eat more vegetables. Well, salads are great - but not the only option for optimizing your nutritional profile and getting in those veggies. During my 90 pound weight loss journey I ate very few salads. I wasn't a fan of them and decided not to force myself to eat something I didn't want to eat!

Enter - The Lettuce-less Salad!

I would eat this almost every day for lunch. Changing around the vegetable, protein, fats, and dressing/seasonings is endless and created incredible variety!

## BASE - VEGETABLES

Chop/dice into small bite sized pieces your vegetables. Vegetables that work great:

- Bell Peppers
- Tomatoes
- Cucumbers
- Carrots
- Snap peas
- Radish
- Onion
- (Seriously - any raw veg you want to try should work!)

## PROTEIN

- Chickpeas - roasted or canned
- Black Beans
- Edamame - cooked or roasted
- Chicken - cubed or shredded
- Ground meat - turkey, beef, pork, chicken, etc
- Tofu or Tempeh



## FAT

- Avocado
- Extra Virgin Olive Oil
- Olives
- Coconut - shredded or canned milk
- Cheese

## DRESSING/SEASONING

- Tex-Mex: Salsa, Lime Juice, Tajin
- Sweet & Savory: Balsamic Vinegar, brown mustard, garlic powder
- Asian: Sesame Oil, Rice Vinegar, Soy Sauce/Tamari/Coconut Aminos, Chinese 5 Spice, Ginger, Garlic
- Indian: Coconut milk/shreds, curry seasoning
- Mediterranean: Olive Oil, Red Wine Vinegar, oregano, garlic



## EXAMPLES:

- Tex-Mex -> Peppers, onion, tomatoes, avocado, black beans, salsa, lime juice and Tajin
- Sweet & Savory -> Carrots, onion, tomatoes, cucumbers, shredded chicken, avocado, balsamic vinegar, brown mustard, garlic powder
- Mediterranean -> Onion, tomatoes, cucumber, chickpeas, feta/olives, olive oil, red wine vinegar, oregano, garlic

As you can see - the possibilities are *endless!*

Chop and mix all your ingredients. Some things are best left out until you are ready to eat such as roasted legumes (chickpeas/edamame). I would make up my lettuce-less salad in the morning and let all the flavors combine and marinate then add in my roasted chickpeas right before eating my packed lunch at work. YUM!!

Talk about a DELICIOUS way to get in LOADS of fresh vegetables and healthy proteins and fats!

*Linnæa Offerman*  
Nurse Health Coach



# Supplement Spotlight

*For more  
information  
please visit  
the Ortho  
Molecular  
website.*



“MitoCORE® is scientifically formulated, based on published research, to boost mitochondrial reserves and recharge cellular energy production. MitoCORE® includes the powerful antioxidant trio of alpha lipoic acid, N-acetyl cysteine and acetyl L-carnitine, all shown to recharge cellular energy production and the primary cellular antioxidant pools of vitamins E, C and glutathione. MitoCORE® also includes key micronutrients and phytonutrients, including green tea, broccoli seed extract and resveratrol, to protect the mitochondria and continually renew the cycle of energy production.”

# Mindful Eating Away from Home

When we work on our health through nutrition - getting in a lot of fresh fruits and vegetables, healthy fats, clean protein sources, lots of fiber... etc, it is far easier to accomplish these goals in the comfort of your own kitchen and home. You are in control of what foods you have at your finger tips.

But what about restaurants, traveling, and social gatherings out?

Here are some tips and tricks to manage your health and nutrition away from home.

## Restaurants:

- The amazing thing about restaurants these days is that almost all keep their menus ONLINE!
- When you step into a restaurant your senses are overrun with sights, sounds, and SMELLS. These can derail you unless you have a concrete plan made ahead of time. I highly recommend looking through the menu at home and knowing exactly what you will order before walking into the restaurant.
- Restaurants are in the business of serving food to a variety of people, and it is incredibly common these days to have food allergies and sensitivities. Be ready to advocate for yourself - ask for substitutions, ask if there are ingredients hiding that you don't want to consume, etc.
- If you are having trouble finding something on the menu that will meet your needs - CALL AHEAD during non-meal hours! Ask to speak to the manager or head chef and discuss your questions and needs.

## Traveling:

- Rental homes/condos with kitchens are often used over hotels. You can find one close to a grocery store and stock up on breakfast and lunch foods then save your restaurant visits for supper.
- If you are driving to your destination, you can pack a cooler with your meals for the car and even a large camping cooler stocked full of foods for the trip. This is also a great way to save money!



## Social Gatherings:

If you are invited to a friend or family's home for a meal and you are unsure if you will be able to eat food on your plan, ask if you can bring a dish to share. Then make something you can get most of your meal from if needed. Make a large bowl of the "Lettuce-less Salad" to share knowing you can take a large serving of it and have your veggies, protein, and fat all taken care of.

There is nothing wrong with asking the host what will be served and explaining you have food sensitivities or restrictions recommended by your physician. If it is challenging for the host/caterer, there is nothing wrong with eating before or after the event OR bringing your own food along!

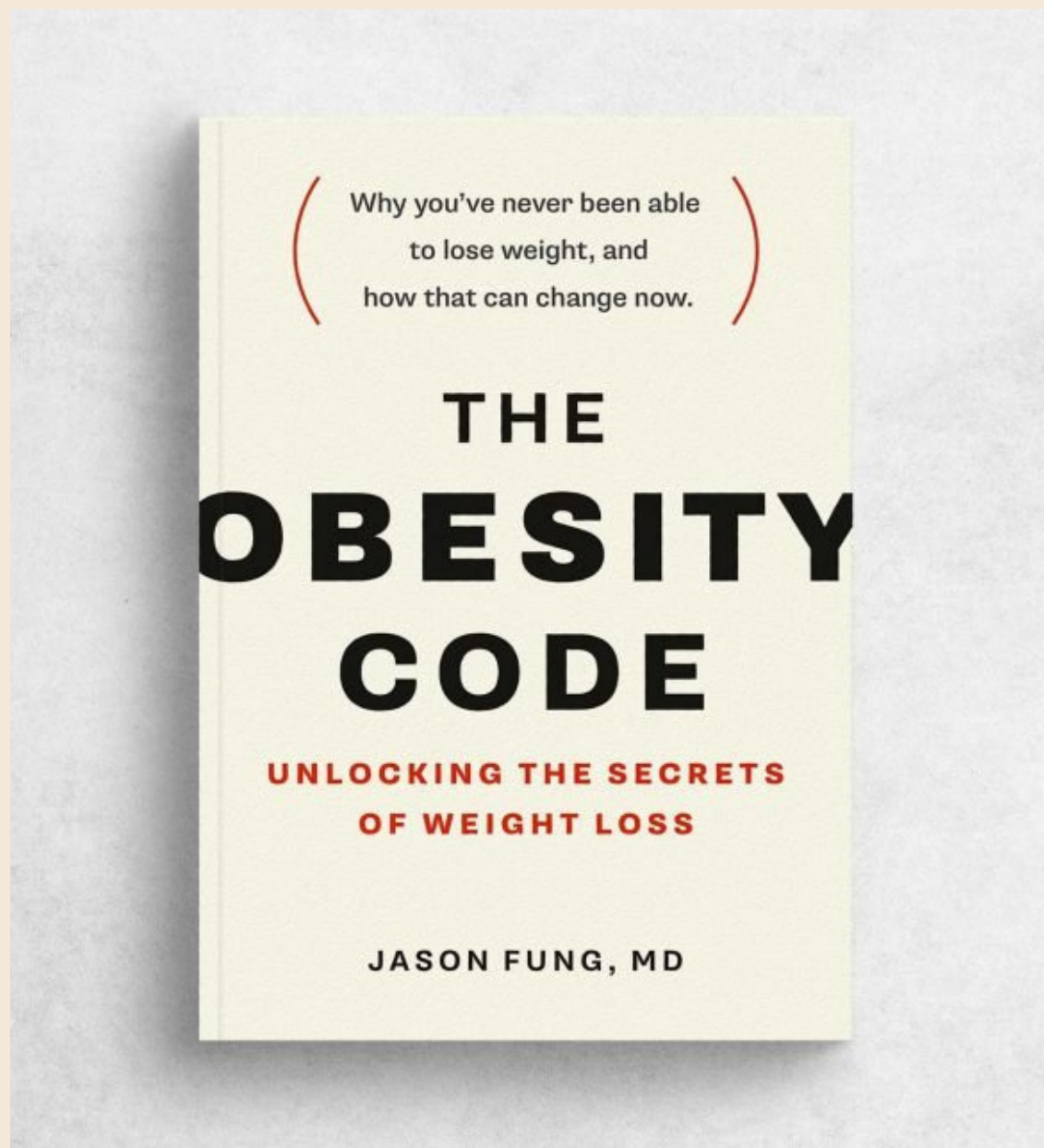
If you're interested in working through your own scenarios and setting health and nutrition goals, health coaching might be right for you! I will never tell you what to do - but offer insightful questions and the occasional recommendation for you to chose the path that is right for YOU and your HEALTH based on your personal goals.



*Linnea Offerman is thrilled to serve patients with a holistic and functional approach. While joining Dr. Teggatz in the clinic, Linnea has graduated from The Functional Medicine Coaching Academy. FMHC is the gold standard in Health Coaching Certification with the only program designed and delivered in collaboration with The Institute for Functional Medicine (IFM) and fully approved by the National Board for Health and Wellness Coaching. Linnea is passionate about supporting your health goals through Health Coaching.*

# RESOURCES WE LOVE

- Harness the power of intermittent fasting for lasting weight loss.
- Understand the science of weight gain and insulin resistance.
- Stop suffering and ditch calorie counting, yoyo diets, and excessive exercise.



Please visit:

<https://theteggatzclinic.com/resources-we-love/> for more products we recommend or to purchase *The Obesity Code* through our Amazon Affiliate link!