



Pura Vida Foodology Planet-wide

Dr. AvatarNirvana Perez - Foodologist - NP MD PhD

Ensenada | Mexico | Costa Rica | Hawaii | Bali | Indonesia | Philippines | Thailand | Africa | New Zealand

WHAT ARE THE 9 ESSENTIAL AMINO ACIDS?

Remember, your body is ONLY able to repair **IF** it has more building block materials than it needs to maintain minimum function. These building blocks are our 9 Essential Amino Acids (histidine, isoleucine, leucine, lysine, methionine, threonine, tryptophan, valine) and we can ONLY get them from foods like fruits, vegetables, beans, seeds, legumes and whole grains.

They don't have trendy names, catchy TicToc videos or #hashtags and most of us have trouble pronouncing them buuuuuut these 9 Essential Amino Acids are the building blocks that make your miraculous body possible. How amazing is that?

All whole living foods like fresh fruits, vegetables, beans, legumes, seeds, nuts, aquatic vegetables, algae and gluten-free whole grains have some or all of these 9 Essential Amino Acids. Whole living foods that have all 9 of these Essential Amino Acids are called "perfect foods" and we can create "perfect foods" by combining different whole living foods together. Creating "perfect foods" through food combinations and vocal toning are only some of the elements we study in Foodology, the alchemy and science of making food your medicine.

1) Isoleucine (eye-so-lou-seen) helps tissue repair, hemoglobin synthesis, regulating blood glucose, hormone production, energy levels, assists with wound healing and nitrogen growth within our muscle cells and DNA.

Eat lots of soy, chia seeds, flax seeds, quinoa, buckwheat, whole oats, lentils, spirulina, sunflower seeds, sesame seeds, hemp, seaweed, MSG, cacao, avocados, cashews, almonds, brown rice, all seeds, brazil nuts and legumes to avoid muscle wasting and shaking.

2) Leucine (lou-seen) helps stimulate muscle development, strength, growth and repair, regulate blood sugar, produce HGH and accelerate wound healing.

Eat lots of soy, chia seeds, flax seeds, quinoa, buckwheat, whole oats, lentils, spirulina, sunflower seeds, sesame seeds, hemp, seaweed, MSG, cacao, avocados, brazil nuts, beans, split peas, pumpkin, pumpkin seeds, all seeds, nuts and peas to avoid skin rashes, hair loss and fatigue.

3) Lysine (lie-seen) is responsible for muscle repair, muscle growth, boosting your immune system, increasing your mineral absorption, creating collagen, connective tissue and bones as well as regulating hormones, antibodies and enzymes.

Eat lots of beans, peas, soy, chia seeds, flax seeds, quinoa, buckwheat, whole oats, lentils, spirulina, sunflower seeds, sesame seeds, hemp, seaweed, MSG, cacao, avocados, parsley, brazil nuts, almonds and cashews to avoid developing chronic anxiety, nausea, dizziness, infertility and hormone imbalances.

4) Methionine (meth-i-o-neen) detoxes your cells, removes heavy metals like lead and mercury, protects cells from free radical damage, important for the growth and repair of blood vessels, muscles and tissue, reduces fat deposits in the liver, dissolves body fat, needed for strong skin, hair and nails as well as aiding selenium and zinc gluconate absorption.

Eat lots of beans, seeds, chia seeds, flax seeds, soy, quinoa, buckwheat, whole oats, lentils,



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hemp, spirulina, sunflower seeds, sesame seeds, seaweed, MSG, cacao, all seeds, avocados, brazil nuts, figs, whole grain rice, legumes and onions to avoid hormone imbalances, estrogen dominance and liver dis-ease.

5) Phenylalanine (fennel-ala-noon) is turned into tyrosine needed to make proteins and neurochemicals like epinephrine, L-dopa, norepinephrine, thyroid hormones, boost learning, boost memory retention, reduce symptoms of depression, Parkinson's and chronic pain.

Eat lots of soy, chia seeds, flax seeds, quinoa, buckwheat, whole oats, lentils, spirulina, sunflower seeds, sesame seeds, hemp, seaweed, MSG, cacao, avocados, brazil nuts, all seeds, pumpkin, beans, rice, almonds, peanuts, figs, raisins, leafy greens, most berries and olives.

6) Threonine (three-uh-noon) supports your immune system, liver, heart and central nervous system plus it's needed to produce elastic, collagen, muscle tissue, build strong bones, healthy skin and teeth, boost fat metabolism, accelerate wounds and tissue healing, increase digestive function and reduce anxiety and depression.

Eat lot of nuts, seeds, lentils, leafy greens, watercress, pumpkin, hemp seeds, chia seeds, flax seeds, soy, quinoa, buckwheat, whole oats, lentils, spirulina, sunflower seeds, sesame seeds, hemp, seaweed, MSG, cacao, avocados, brazil nuts, all seeds, almonds, figs, and raisins to keep your body healthy and dis-ease free.

7) Tryptophan (trip-toe-fan) gets turned into serotonin and melatonin, boost mood, lower stress, relieve depression, relax your body, promote healthy sleep patterns, brain function and central nervous system function, regulate appetite, mood and pain.

Eat lots of chickpeas, almonds, pumpkin seeds, bananas, peanuts, soy, chia seeds, flax seeds, quinoa, buckwheat, whole oats, lentils, spirulina, sunflower seeds, sesame seeds, hemp, seaweed, MSG, cacao, avocados, brazil nuts, and all seeds to avoid dementia, mood disorders, skin rashes, digestive issues, menopause, depression, reduce anxiety, relieve symptoms of restless leg syndrome and treat ADHD.

8) Valine (val-eeen) is needed for optimal muscle growth and repair, nervous system function, glucose distribution, mental focus, endurance, cognitive function, muscle coordination, lowering cortisol and preventing and curing metabolic and liver dis-eases.

Eat lots of nuts, beans, chia seeds, flax seeds, soy, quinoa, buckwheat, whole oats, lentils, spirulina, sesame seeds, sunflower seeds, hemp, seaweed, MSG, cacao, avocados, brazil nuts, spinach, legumes, all seeds, broccoli, gluten-free whole grains, whole grain rice, figs, apples, blueberries, oranges and apricots to avoid insomnia and reduced mental function.

9) Histidine (hiss-tuh-dean) supports brain health and neurotransmitters, helps detox heavy metals, create red and white blood cells, repair tissue, protect tissue from damage caused by radiation and heavy metals, crucial for building immunities, reproductive health, digestion, lowering obesity and managing insulin resistance.

Eat lots of soy, chia seeds, flax seeds, quinoa, buckwheat, whole oats, lentils, spirulina, sunflower seeds, sesame seeds, hemp, seaweed, MSG, cacao, avocados, brazil nuts, all seeds, beans, legumes and white potatoes to avoid anemia, chronic inflammation, arthritis and kidney disease.

As you can see we have lots of "perfect foods" that have all 9 Essential Amino Acids for a



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rich, satisfying and varied diet. Some of these “perfect foods” include: chia seeds, flax seeds, quinoa, buckwheat, whole oats, lentils, spirulina, sunflower seeds, sesame seeds, hemp, seaweed, MSG, cacao, avocados, brazil nuts and all Organic soy products like tofu, tempeh, edamame, soy milk, miso, cheese, natto, dried textured soy crumbles and more.

We've got 100s of recipes online with perfectly balanced nutrition that are easy to make, taste delicious and you can start making right now whether you're a master Chef or your specialty is burning toast.

Use Foodology to transform your relationship with food and transform your life.

#Foodology #WholeFoods #EatPlants #PerfectFoods #AllNine
#IsoleucineProducesHormones #LeucineAcceleratesHealing #LysineRegulates
#MethionineDetoxes #PhenylalanineBalances #ThreonineBuildsStrongBones
#TryptophanRelaxes #ValineEndures #HistidineProtects

Start Here (*button to week one recipes when I have them ready...*)

May your life be full of great joy with the health and abundance to enjoy it.

Dr. Ava Perez