

Optimizing Health

Gregory W. Peterson, D.C., C.C.S.T., F.I.A.M.A.;
N.D., Ph.D. Candidate

“The people need to learn that the natural condition of human beings is one of health, and that every instance of sickness and suffering, unless caused by accident, is caused by some wrong doing on the part of the sufferer.”

—Dr. Harriet Austin, 1850

Congratulations on taking the first step in taking charge of your health and changing it for the better. Unlike many Americans that have given up hope you have made a decision to move forward on the path to abundant, vibrant, and radiant health. While complete health restoration may not be possible in some, I can assure you that the more closely you follow the dietary instructions here the more health benefits you will gain. You will enjoy *better* health no matter your present health status.

Many Americans have been convinced that their genes determine what disease they will get and when, so there isn't much they can do to control their health. The truth is genes actually play a very small role in the development of disease and illness. The July 13, 2000 issue of the New England Journal of Medicine stated: “80 to 90 percent of human cancer is due to *environmental factors*.” It is what we do to and how we care for our genes that cause disease.

Others rely on the early detection/treatment method of disease control to protect them. This is not much more than waiting for disease to happen. Still others make an effort to prevent disease by “eating right”, exercise, and reducing their exposure to germs (a.k.a. the Fear of Germs disease) yet they still get sicknesses and diseases.

Illness and disease don't just happen! Health is not a mystery! Sickness isn't lurking around a corner waiting to attack some unsuspecting or some undeserving individual. It happens when you allow your body's resistance or ability to fight disease to weaken and/or you expose yourself to too many stressors or negative things such that your body can no longer fight it.

In my 20 years of studying health I have seen what works and what doesn't work. In this article is the information you need to effectively take control of your health, age gracefully, free of the diseases and illnesses considered inevitable. The instructions here will work if you follow them. Most people will lose weight following these directions, **if they need to**. We have programs designed for weight loss. This is a guideline for long-term eating and health improving habits.

There are numerous ideas, concepts and suggestions on the right type of diets, foods, vitamins, minerals, hormones, enzymes and combinations of the above to help you be healthier. The bookshelves are replete with books promising the latest in “breakthrough” diets that will help you look younger, live longer and combat cancer or heart disease. There are diets that state you need 40–30–30 carbohydrate–protein–fat, while another says 80–20 protein–carbohydrate, and another says vegetarian is best. Yet, if you put an Eskimo on a vegetarian diet he/she will get diarrhea, rotten teeth and an awful disposition. With this in mind I have attempted to put this guide together for my patients. Based upon a balance of “good” research and common sense, not only will you be healthier, most people will lose weight following these directions if they need to.

The KEY idea for abundant health is to eat **fresh nutrient-dense whole foods as close to their natural state as possible and avoid the things in your life that are harmful or health robbing**. The majority of our food supply has been refined, bleached, chemically preserved, sterilized, homogenized, artificially colored and flavored, hydrogenated, synthetically fortified and enriched, defibered, denatured, canned, frozen, and exposed to hundreds of harmful chemicals. It is difficult for me to imagine how anyone would consider these types of foods capable of providing all the minerals, vitamins, enzymes, phytochemicals, cofactors, electrolytes, and essential fatty acids necessary to support a healthy lifestyle. Just because you can put it in your mouth and chew it does not make it food.

The guidelines may seem long, restrictive, and hard to follow. Start slowly on this journey to health and try to involve your whole family. Some of the dietary suggestions may go against what you have heard or read in the past. An ant eats an elephant one bite at a time, so should you take one bite at a time. If we do not make the time and effort to improve our health and remain healthy now, then we had better make time later for disease and illness.

Remember, being healthy is a choice! Science has proven that you do have control of your health by controlling the things you put into your body, what you do to your body, and the toxins to which you expose it. By elimination and avoidance of the things that take away health, while increasing the health-improving things such as better nutrition, exercise, adequate sunlight exposure, fresh air, etc. we will enjoy abundant healthy rewards.

Good Luck and here's to Good Health!

Let's begin with the foods that **must** be avoided, many of which have become staples in the average American's diet:

FOODS TO AVOID

1. White sugar, white flour and polished white rice.

These three things are some of the biggest health robbers over which we have control. White flour was actually banned in this country at one time, but because of pressures from the food industry the government backed down and allowed it. Presently, the germ and bran are generally used for animal feed. (I guess they are more valuable than people are). Dr. Royal Lee, a pioneer in the nutritional field, once said, "The whiter the bread, the sooner you are dead."

In the processing of white flour the germ, bran, and 20 - 30 known valuable nutrients are removed, and then "enriched" with 3 - 5 synthetic nutrients. These added synthetic nutrients have no benefit to human health, and actually render the bread worse than had it not been enriched at all. As well, store bought whole wheat bread is only marginally better than white bread.

Grinding your own wheat, resulting in a versatile flour, is quite simple, and well worth the effort in taste, quality, nutritional value, and cost-effectiveness. See us for information on grain mills and recipes for simple bread baking and healthy baked goods

Sugar is a drug that poisons your body and robs health. It weakens your immune system and promotes the growth of yeast organisms. To get a perspective of just how bad sugar is, consider this: if you smoke and eat sugar, it would probably be a healthier choice for you to give up the sugar. In most individuals sugar is worse for your health than smoking.

A 12-ounce can of non-diet pop has at least 8 teaspoons of sugar. The average American consumes 54.5 gallons of pop a year and a total of about 170 pounds of sugar per year, equaling a half-pound of sugar consumed every day. Cereals from the grocery store generally have more sugar than wheat or oats. Sugar can be listed as: sugar,

high fructose corn syrup, corn syrup, dextrose, sucrose, etc. They are all sugar and when added up will most likely be the main ingredient: sugar. They are purposely separated so that you do not realize that sugar is the primary ingredient. To combat this I instruct my patients to READ LABELS! The guideline to follow is that if one of these items is listed as number 4 or less, you may eat it with caution and in moderation.

Good alternative sweeteners, if used sparingly are: raw maple syrup, raw honey, brown rice syrup, succanat, date sugar, molasses, or fructose. Stevia is an herbal sweetener without any calories that improves sugar metabolism, and is by far the best sweetening choice. We have plenty of information on stevia.

Most of the rice sold in this country has been refined and processed just like sugar and wheat to create greater eye appeal. Beauty truly is in the eye of the beholder, during processing nearly all the nutritional value is removed. All that remains is a starchy carbohydrate pasty white substance. Therefore avoid polished, converted, instant and white rice and rice-products. Choose brown or bismatti rice, preferably organic.

2. Aspartame: a.k.a. Nutrasweet, or Equal.

Aspartame is the technical name for Nutrasweet, Equal, Spoonful, and Equal-Measure. It accounts for over 75 to 85 percent of the adverse reactions reported to the Food and Drug Administration (FDA), more than food and other food additives combined. There are 90 different documented reactions to aspartame, some life-threatening, these include: death, headaches, migraines, slurred speech, anxiety attacks, breathing difficulties, memory loss, heart palpitations, vision problems, loss of taste and depression, to name a few.

Aspartame is a neurotoxin as it contains ten times the normal allowable level of methanol, a deadly poison. The Environmental Protection Agency recommends a daily consumption of less than eight milligrams of methanol, while a typical diet soda contains 55 milligrams. The possible complications of methanol toxicity include: blindness, brain swelling, cardiac damage, numbness, pancreatitis, shooting pains, and even death. During digestion methanol is broken down into formaldehyde which is known to cause cancer.

Phenylalanine, the major component in Nutrasweet, can cause the levels of the brain neurotransmitter, serotonin, to decrease, which may lead to depression. Phenylalanine can cross the placenta into a fetus and may cause growth disruption of the fetal brain. Many Americans lack the needed enzyme to properly metabolize phenylalanine leading to toxic levels of phenylalanine in the blood.

Aspartic acid or aspartate, an amino acid, is approximately 40 % of the chemical make up of aspartame. In Nutrasweet, it can significantly raise blood levels of aspartate and glutamate shortly after being consumed. These substances lead to "over excitation". . Hence they are referred to as excitotoxins and eventually lead to premature neural cell death. Aspartame actually interferes with glucose metabolism, making weight reduction more difficult in obese individuals.

Since aspartame is a food additive it does not fall under the more strict food regulations. When considering aspartame consumption, as with exposures to all toxins, to quote Clint Eastwood, "Do you feel lucky today?"

3. Non-organic meats and all pork and processed luncheon meats.

The feeding of hormones and antibiotics to animals has led to number of serious consequences causing ill health. Half of the antibiotics produced in this country are fed to animals. As a result of the over-crowded and sunlight-deprived living conditions of animals, antibiotics are fed to them to prevent the spreading of disease. Hormones are given to the animals to speed up the time it takes for the animal to come to market. These drugs are passed through the food and are partially responsible for antibiotic resistant diseases, hormone problems, and even cancer in humans. By eating organically raised meat you are assured the meat is free of hormones and antibiotics.

Pigs are animals which were created as scavenger animals, they will eat anything. They have a very short digestive time, which allows toxins to be deposited in their skeletal muscle within hours. This process allows for the absorption of partially digested food particles in to the skeletal muscle. In order to allow for the utilization of their food their skeletal muscle is loaded with parasites, which serve a symbiotic purpose; that being, they help to break down the partially digested food particles. The parasites and viruses in pork can be passed on to humans, even with cooking. Additionally, pork frequently contains mold spores. Pork is used in labs that culture cancer cells, as it will actually promote the growth of cancer cells. I caution my patients to avoid all pork.

Avoid all processed and cured meats as they may contain large amounts of “bad” fats, pork, and other animal byproducts as well as nitrates and nitrites. Nitrates and nitrites break down in the digestive tract into cancer-promoting agents called nitrosamines.

The best source of meat is free-ranged (meaning they are allowed to roam while growing as opposed to strict confinement) chicken, turkey, lamb, buffalo and beef. Wild game can be a good source, however some of their food sources make for an area of concern. Grass-fed beef has a number of health promoting benefits. They are richer in omega-3 fatty acids and CLA or conjugated linoleic acids which are both health promoting.

4. Margarine and other hydrogenated oils.

Margarine and other hydrogenated oil products are fake foods, and pose a serious health threat. Scientists have proven that hydrogenated oils increase “bad” cholesterol, decrease “good” cholesterol, increase triglycerides, and increase proteins which cause plaquing of the arteries. Therefore, they significantly increase stroke and heart disease.

Hydrogenated oils are trans fatty acids, are dangerous to your health, and therefore need to be avoided. They are present in commercially made cookies, crackers, doughnuts, pastries, deep-fat fried foods (including those from all major “fast-food” chains), chips, and imitation cheeses. Partially hydrogenated oils are no safer than hydrogenated. In fact, all hydrogenated oils are only partially hydrogenated. Trans fatty acids may be listed as “polyunsaturated” so read food labels closely. ANY QUANTITY OF HYDROGENATED FATS IS TOO MUCH!

Let me explain further. All natural fats occur in “cis” configurations (healthy). “Trans” configurations (unhealthy) are created when a healthy oil is destroyed during the processing through heating, bleaching, deodorizing, and then hydrogenating. The “cis” and “trans” configuration refers to the structure of the molecule, structure determines function; just like a lock and key. Each lock will accept only a certain key. The same is true here. Trans fatty acids cause cell membranes to break, interfere with normal cell metabolism thus allowing toxins or foreign substances to enter the cell. Abnormal cell membrane function can lead to cancer and heart disease as well as interfere with normal brain function.

If you have any “Crisco,” other solid shortening, or margarine please throw it away. Butter is a much better choice. A butter spread that we like is: In a blender mix 1C. softened butter, 1/2 to 1C. oil (previously discussed, flaxseed would be best here, use to your flavor preference), 1 Tbl powered goat’s milk (optional), Celtic Sea Salt to taste. Keep this in the refrigerator. You have not only an excellent alternative but one that will provide necessary essential fatty acids as well. Look for liquid cooking oils that are cold-processed and expeller-pressed.

5. Milk.

The ad campaigns “Got Milk” are everywhere. When I instruct my patients to avoid milk and unfermented milk products such as cheese, most are shocked. Pasteurized homogenized milk that most drink is an unhealthy beverage choice!

The biggest concern with milk consumption is toxic exposure. Dairy cows might be injected with genetically engineered bovine growth hormone (BGH), which increases their milk production as well as milk's dangers. Dairy cows are routinely given antibiotics for both prophylactic and treatment purposes. The FDA monitors the levels of eighty different allowable antibiotics contained in the milk. Synthetic vitamin D is added to replace the natural form removed along with the buttermilk. In addition, I consider the dioxins, pesticides, herbicides and other carcinogens to which the cows are exposed, to create a greater risk than benefit gained from the consumption of milk.

Milk is one of the top allergy-producing foods. It has been proven to play a role in insulin dependent diabetes, rheumatoid arthritis, leukemia and infertility. It has been shown to be involved in: diarrhea, atherosclerosis, bloating, gas, skin rashes, acne, and gastrointestinal bleeding.

I routinely inform my 1% or 2% milk-drinkers that they have been sold an unhealthy product. These two products contain non-fat dried milk. The cholesterol in non-fat dried milk is oxidized and rancidified in its processing. This altered cholesterol promotes cancer, heart disease and accelerated aging.

Pasteurized and homogenized milk is not a good source of calcium. The processing of milk changes the structure so that its calcium becomes less soluble and less bioavailable. In fact, countries with the highest consumption of processed milk also have the highest incidences of osteoporosis. Better sources of calcium include fresh green leafy vegetables and high quality calcium lactate supplements.

Raw unpasteurized milk is healthy because it contains live enzymes and has not been chemically altered during the processing. Even those who are lactose intolerant are often able to tolerate raw milk. Unfortunately, in order to extend shelf life and thus increase profits, it is unavailable for most. If you know a farmer who raises their dairy cows organically, you can buy raw milk from them (as an animal feed), it will stay fresh up to seven days. Raw goat milk is equally healthful.

6. Shellfish (lobster, crab, shrimp, etc.).

It would be wise to eliminate all shellfish, as they are bottom-feeding scavengers. A scavenger's job is to clean up waste. Shellfish are typically harvested along shorelines and in shallow waters. They therefore tend to be exposed to higher levels of toxins (herbicides and pesticides) than deep-sea fish, because of run-off. Due to a poor excretory system they retain higher levels of toxins as well. Additionally, shellfish are notorious for being infested with parasites and viruses. Deep-sea, cold water fish (with fins and scales) contain many health promoting nutrients and need to be part of a healthy diet.

7. Soy.

The soybean has been marketed as a health food by the soybean industry as a means to increase demand. They have taken health benefits out of context and published them without weighing the negative effects. The truth is soy is not a health food; it is a food that inhibits and even destroys health!

Let's take a brief look at soy's negative effects on health:

- Soy is high in phytates or phytic acid. This organic compound makes the absorption of essential minerals such as calcium, iron, magnesium and zinc extremely difficult.
- In order to make soy protein digestible it must be highly processed. The processing destroys the food value and makes it toxic.
- Soy contains substances that can significantly decrease thyroid function.

- Soy blocks enzymes necessary for protein digestion, which can lead to digestive problems and protein deficiencies.
- Soy contains a clot-promoting substance that causes red blood cells to clump.
- Soybeans can contain high levels of herbicides and pesticides.
- A large proportion of soybeans are from genetically modified seeds which have been banned in many countries.
- Soy may reduce libido (sex drive). Vegetarian monks find it beneficial in helping them remain celibate.
- Soy appears to increase the incidence of cancer of the thyroid, esophagus, pancreas, and liver.
- Soy's "estrogenic" effect seems to accelerate aging, exacerbate cardiovascular disease, contributes to osteoporosis as well as other negative hormone effects.
- Soy formula contains concentrations of estrogen compounds 13,000 to 22,000 times that of breast milk or conventional milk-based formula. Is this why some girls are beginning to have secondary sex changes as early as eight and male sperm counts have plummeted?

The Chinese did not consume soybeans until they learned how to ferment them, and then only as condiments. Fermented soy products appear to be less dangerous and may be consumed periodically as tempeh, soy sauce, miso, and tofu.

8. Microwaved food.

Microwave ovens were originally developed by the Nazis during W.W.II to support mobile operations. The technology was brought to the United States by the War Department for further scientific investigation. The Soviet Union also received the technology and was very active in their research on them. Unlike the US, the Soviet Union has banned the use of microwave ovens because of health concerns, and has issued international warnings on the environmental and biological health hazards.

Microwaves are a high-energy, high-frequency electromagnetic wave that heats food by causing food molecules to vibrate at frequencies up to 2.5 billion times per second. This super heats foods by creating motion in the cells causing friction and heat. This high heat destroys the structure of proteins, vitamins, enzymes and cofactors. Structure determines function; once the structure is changed these compounds cannot perform the function which they were designed to perform in your body.

All forms of heat over a certain temperature cause damage to living organisms. Just look what happens to your skin when you touch a hot object. The cooking of foods has been proven to increase an inflammatory response within the body when ingested. The super heating and resultant change of structure caused by microwaves has been proven in clinical studies to be associated with a decline in hemoglobin levels. These reductions may contribute to anemia, rheumatoid arthritis, thyroid malfunctions as well as a host of other autoimmune diseases.

If you have looked at a can of infant formula you may have seen a warning about heating formula in a microwave oven. Perhaps, like most Americans, you thought that was because it could cause overheating or uneven heating. In December of 1989 the medical journal Lancet published an article stating that when heated certain amino acids were converted into compounds that were neurotoxic (toxic to the nervous system) and nephrotoxic (toxic to the kidneys). Not only is bottle-feeding quite inferior to breast-feeding, it can be downright toxic.

HEALTH PROMOTING DIETARY HABITS

All right. Now we know what foods are unhealthy and probably dangerous. Let's take a look at eating habits which will promote health. We are going to develop habits rather than menus or diets. A habit or method of eating will give you guidelines for choosing foods under any circumstance. Whereas, a diet is eating certain foods in a certain manner.



These health promoting dietary habits are based upon the principles of moderation and common sense. If you will take the time to understand the principles taught here, from the restrictions to the recommendations, you will have a more clear understanding of the two principles as they relate to healthy living.

The purpose of these guidelines is to remove excesses: excess toxins, excess stress on the digestive system, excess processed food and excess consumption of food in order to promote health.

When considering your dietary choices consider these four characteristics:

- 1. The QUALITY** of the food eaten. Is it health promoting or is it disease promoting? Is it free of residual toxins such as hormones, herbicides, pesticides, artificial flavors or preservatives?
- 2. The NUTRITIONAL CONCENTRATION** of the food eaten. Is it packed with health promoting vitamins, minerals, phytochemicals, cofactors and coenzymes? How processed, denatured, or devitalized is the food?
- 3. The DIGESTIBILITY** of the food. Some foods when combined with other foods promote poor digestion. This characteristic will be discussed more fully later in Food Combining Principles. Some foods are easily digestible and can therefore be overeaten.
- 4. The QUANTITY** of the food eaten. An excess of any food item which exceeds the body's ability to digest it properly will lead to obesity, food sensitivities, heart disease as well as a host of other diseases.

Dietary excess has become a major problem in this country. We have "super-size" meals and buffets for every type of food imaginable, which encourages over eating. Eating excesses lead to a condition of DIGESTIVE OVERLOAD. Digestive overload occurs when our ability to properly digest and absorb our food is hindered because of the excess.

When we do not properly digest our food, undigested particles are then introduced into the intestines. Undigested food in the intestines is like a buffet for all the bad flora there such as bacteria, molds, fungus and even parasites. This condition of disturbed intestinal balance is referred to as "Intestinal Dysbiosis". It causes fat particles to become rancid, proteins to become putrid and carbohydrates to ferment.

Bloating, belching, and flatulence are signs of intestinal dysbiosis. Intestinal dysbiosis is a major cause of altered intestinal permeability, a condition in which partially digested food particles are absorbed into the blood stream. Altered intestinal permeability can lead to: Inflammatory joint disease, depression and other mental disorders, fibromyalgia, food allergies or sensitivities, Coeliac disease, obesity, diabetes, heart and other diseases. This digestive overload causes SYSTEMIC OVERLOAD.

The purpose of these Health Promoting Dietary Habits is to reduce stress to the digestive and other organ systems and promote health.

GENERAL RULES FOR HEALTH PROMOTING DIETARY HABITS

- Eat food in as whole a state as much as possible. For example, a piece of fruit (a sugar food) is more desirable than an equivalent amount of refined sugar, such as fruit juice.
- Eat organic foods whenever possible rather than conventionally raised foods.
- Eat small meals whenever you are hungry. Let your appetite dictate eating times.
- Eat fruits and desserts separate from the meal. One hour before a meal or two hours after a meal is best. They require little digestion and will ferment in the digestive process causing gas and bloating.
- Eat some raw (uncooked) food with every meal.



Vegetables.

We all know that we need to eat more vegetables, our mothers told us so when we were younger. Almost all vegetables promote health, some more than others. As a rule the more color it has, the more life-benefiting phytochemicals it contains. The darker and deeper the color, the greater the phytochemical content and therefore its nutritional value. The minimum daily recommendation is three to five one-half cup servings, more is better!

Not all vegetables are created equal though. Organically raised vegetables are superior to conventionally raised. By choosing organic, not only will you limit your exposure to potentially harmful substances such as herbicides, pesticides and insecticides, but you will receive greater nutritional benefit also. Research has shown that organically raised vegetables contain significantly more vitamins, minerals, cofactors, coenzymes, and phytochemicals.

Research has also shown fresh raw vegetables to be the best. Lightly steaming them is also acceptable. Frozen is the next best thing. Cooked foods were found to contain fewer live enzymes which led to mild changes in white blood cell counts, indicating that they were triggering allergic reactions in even otherwise healthy individuals. Pressure-cooked or canned foods caused moderate increases in blood composition, so they should be limited. Artificial and highly processed foods (all boxed and prepared foods) do not contain enzymes and caused significant increases in white blood cell counts.

If you have special dietary needs, for example, weight loss or candidiasis, your treatment recommendations will further clarify choices for vegetables. For now just try to increase your consumption of vegetables.

See the section on washing of fruits and vegetables for non-organic vegetables.

Fruits.

Organic is again best. Choose locally grown fruits when possible. Fruits should be eaten by themselves, at least one-half hour before meals or two hours after. Try eating 2 -3 servings of raw, ripe fruit daily as a snack between meals or first thing in the morning.

Since fruits are loaded with enzymes they are easily digested. If they are eaten with other foods, their digestion will be interfered with and they will begin to ferment. The fermentation will result in intestinal gas production and may potentially toxify the intestines.

See the section on washing of fruits and vegetables for non-organic vegetables.

Healthy Fats.

Without fats we could not exist. Your brain is 60% fat. Fat is used in the membrane of every cell in your body. We use fat to power our cells, clot our blood, and to make hormones. There are three critical facts we need to consider: 1) too much fat can lead to disease, 2) too little fat can lead to disease, and 3) the type and balance of fats is absolutely essential. Healthy fats are essential to optimum health.

Use only organic seeds or oils. When choosing oils use cold-processed, expeller-pressed oils exclusively. Coconut oil, butter or ghee (clarified butter) are perhaps the best high-temperature (375° F/190° C) cooking oils. Olive oil is a reliable cooking oil for moderate temperatures (325°F/163°C). Sesame, pistachio, hazelnut, and almond are also good moderate temperature oils. For lower temperature (212°F/100°C) cooking safflower, sunflower, and pumpkin are good choices. For cold uses as condiments and salad dressings flax and walnut are good choices. Keep oils in dark containers and in the refrigerator when not in use. This is especially true for flaxseed oil. Oils can also be frozen to prolong freshness.

Omega-3 fatty acids are essential fatty acids, as they cannot be made in the body. They must be included as part of a healthy diet. Flax seed oil is one of the richest sources of omega-3 fatty acids. DHA is another important omega-3 essential fatty acid and comes primarily from cold-water fish. If fish is not a regular part of your diet (2 – 3 servings per week) then in addition to supplementing your diet with flax seed oil you should also add fish oil or DHA to your program. A natural health care practitioner can help you determine your need and dosage.

Raw flax seeds, which can be ground in a food processor or coffee grinder, are an excellent source of essential-fatty acids. They are also one of the highest sources of omega-3 fatty acids. Raw sunflower and pumpkin seeds are also good sources of essential fatty acids. A healthy diet would provide for all of these on a regular basis.

Your hair, skin and nails will be noticeable benefactors to increased intake of good oils. Lowered cholesterol, improved hormone and immune function, clearer thinking, as well as other health benefits will become noticeable.

Grains.

High fiber complex carbohydrates, including whole grains and whole-grain products such as barley, brown rice, oat and wheat, are needed in limited quantities by most. Four grains that are loaded with nutrition and low in gluten and therefore less likely to cause allergic reactions are: amaranth, buckwheat, millet, and quinoa (pronounced “keen-wah”).

I do not recommend a high-carbohydrate diet, but I certainly recommend eating some complex carbohydrates daily. White flour and white polished rice are not whole foods and do need to be eliminated.

Make sure you read labels. If the label says “enriched” you know that it is not a whole grain and it also contains synthetic vitamins to replace a fraction of the real ones removed during processing. Make sure that the label says “whole-wheat flour” so that you are not paying extra for a little caramel coloring to make it look like whole-wheat flour. Squeeze the bread, if it is not firm and heavy it is not whole grain bread and should be avoided.

Try “sprouted” grain breads. It is a naturally sweet, nutty bread that you will find as delicious as it is nutritious. The grains are sprouted, crushed and then formed into a loaf and baked at a low temperature for a longer time. The best choice of all is to buy a flour mill and grind your own wheat. We have done it in our family for years, and we all agree it is worth it.

Never overindulge with grains as they tend to slow digestion, and increase the release of insulin which can lead to obesity, diabetes and heart disease.

Protein.

Contrary to what the food faddists might say, most American adults do not get enough good high quality protein. The average adult needs 60 – 150 grams of protein per day. Of course this depends upon a person’s body weight, body type, gender, activity level and whether or not you are pregnant. For a rough estimate of your protein need, take your weight and think of the number as grams. Multiply that number by 0.5 to 0.7, higher numbers for athletes in training.

e.g. a 200 pound male who works out, figure 0.6 or 60%, $200 \times 0.6 = 120$ or 120 grams of protein per day.

Remember from our discussion earlier, try to avoid meats that are not organically raised and free-ranged animals. Grass-fed beef is higher in omega-3 fatty acids, conjugated linoleic acid (CLA) and a cancer-fighting compound known as nitriloside or B17. Try to avoid the hormones and antibiotics that are in most conventionally raised beef. Remember our goal is to promote health.

Eggs are a great source of protein as well as being packed with other health promoting nutrients. Eggs are not all created equally though, it is important to look for organically fed free-ranged chickens as their nutritional value is much greater. Eggs contain DHA, an omega-3 fatty acid that is important for mental health, intelligence and eyesight. They also are rich in carotenoids, choline, and other vitamin and minerals.

But aren't eggs bad for cholesterol? In two words, Absolutely Not! In fact there are factors in the eggs that actually help maintain healthy cholesterol and fight heart disease. As with any food and most things in life; Moderation is the key. Limit your consumption to two or three eggs, three or four times per week.

Include legumes as a protein sources. Try to rotate your protein sources. This is important in reducing the chances of developing food sensitivities.

Beverages.

Your primary beverage needs to be pure water if true health is your desire. A minimum intake should be at least eight glasses daily. A better guide for health optimization is to divide your body weight by two. This equals the number of ounces you should drink daily. For example, a 256-pound individual would need 128 ounces or one gallon per day; a 128-pound person would need 64 ounces or 1/2 gallon per day. Requirements differ widely. For example, a 5 foot 2 inch female working indoors is certainly going to have a different requirement than a 6 foot 3 inch male doing heavy construction work in 90-degree heat.

It is best to drink water at room temperature. Ice water can damage the delicate lining of your stomach. As a general rule, drink two eight-ounce glasses of water before breakfast, a glass of water about a half hour prior to lunch and supper. Drink an additional two glasses between meals and before bed to adequately hydrate your body. **The best rule is: drink water whenever you are thirsty!** Prior to your first drink in morning, run the water for a minute or so, as water sitting in the pipes can leach toxins from them.

Freshly pressed or squeezed fruit or vegetable juices are also healthful beverages. If you use a juicer, I recommend consuming the fiber along with the juice. Herbal teas are also good. Coffee is not an acceptable water substitute as it does contain caffeine, which depletes water reserves, and decaffeinated coffee can contain several chemicals. Coffee beans generally come from countries where there is little if any concern over the use of herbicides and pesticides. A cup or two daily of fresh ground organic decaffeinated coffee is acceptable.

Spring or filtered waters are the preferred source for water. Most of the water supplies in this country have been polluted with a number of dangerous compounds, posing a serious health threat. If you do have your own well make certain to have your water tested. Check with your local extension office for a simple test. I recommend a very detailed test with a nationally certified lab. Contact me if you need more information.

Do not drink tap water if you are on a municipal water supply. Chlorine and fluoride (chemicals used to treat tap water) are extremely detrimental to your health as they are toxic substances in even small quantities. Even bottled water can legally contain up to 50% tap water. Instead, I strongly encourage the use of water filters, for further information contact the clinic.

Avoid distilled water as all of the minerals have been removed. This acts to draw the minerals out of your body. As well, other changes that occur in the distillation process make it an undesirable water source. Distilled water for a short course of detoxification may be recommended to help pull impurities out of your body.

The shower and bathtub are areas that are usually overlooked, yet are a significant source of chlorine exposure. Hot steam opens pores and increases chlorine absorption through the skin. Additionally, it increases chlorine gas inhalation via the lungs. Chlorine is highly toxic to the body. Shower filters to remove chlorine are inexpensive. Your hair and skin will notice a pleasant difference quickly. Additional information is available at our clinic.

Salt.

Like eggs, salt has been falsely labeled as an unhealthy food. Some researchers have admitted that they would like to retract their statements about the dangers of salt. The truth is: Salt is essential to life! The refinement and processing of salt makes it unhealthy.

Most of the salt sold in this country, whether it is sea salt or land salt, is equally inferior and will not be beneficial to your health. The life-benefiting trace minerals are removed in the refinement and processing. All that remains are the sodium and chloride ions which are truly plentiful in our American diet. Refined sodium chloride (table salt) without the trace minerals is what is damaging to your health.

We have found Celtic Sea Salt™ to be beneficial to everyone, even those who may have been instructed to restrict sodium in their diet. The trace minerals as they are found in this naturally occurring real sea salt are essential and health promoting. The truth is, it is the kind of salt which makes a difference in your health.

Celtic Sea Salt™ is quite different in color and appearance from the salt you are familiar with. This is because the salt is not treated in any way and comes to you with all of the trace minerals, enzymes and valuable cofactors still present. Synthetic mineral supplementation cannot equal its rich mineral content. It can be difficult to find so we do make it available in our clinic.

FOOD COMBINING PRINCIPLES

Food combining is the practice of eating compatible foods during the same meal. Like other principles discussed, food combining is important for health promotion. Certain foods just naturally combine better with other foods, which reduce digestive overload. Since acids and bases have the effect of neutralizing each other, different types of foods affect digestive enzymes differently. Different foods digest at different rates and under the influence of different digestive enzymes.

Proper food combining will result in greater: energy, mental ability and clarity, emotional stability and stress handling capabilities. Improper food combining can lead to digestive stress, which causes gas, bloating, and constipation. One leads to better health, while the other leads to ill health and disease.

Food combining can get quite intricate. I have tried to simplify the basic principles here for you:

- Eat fruits by themselves. They digest easily and tend to ferment if eaten with other foods causing gas, bloating and a potentially toxic bowel situation. Eat fruits a half hour before or two hours after a meal. Eat melons and citrus by themselves, as they do not combine well with other fruits or foods.
- Do not eat starches (pasta, rice, potatoes, carrots, corn or bread) with proteins.
- Protein can be eaten with non-starchy vegetables (asparagus, broccoli, brussel sprouts, cabbage, cauliflower, celery, cucumbers, kale, leafy greens, peppers, radishes, watercress, and sea vegetables).
- It is best to eat only one protein type at a meal. Proteins include: Eggs, beans, meats, nuts and seeds.
- Proteins and fats or oils do not combine well. Seeds can be loaded with oils, which require longer digestive times and therefore, should be eaten by themselves.
- Fats, oils and seeds combine favorably with vegetables (both starchy and non-starchy).
- Do not eat desserts shortly after a meal. If you must have a dessert wait two hours. Since they are generally loaded with sugars, they will ferment in the intestines causing gas, bloating and a potentially toxic bowel syndrome.

FRUIT, LEGUME AND VEGETABLE WASHES.

Daily we hear and read reports about the dangerous chemicals in and on our food. An often overlooked yet important step is the proper washing of fruits, legumes and vegetables. If you are not able to obtain organic vegetables make sure that you thoroughly wash your produce. It is a good idea to use a light rinse even on organic foods because of dirt and insects. There are several methods to help reduce pesticide residue.

The basic methods for removing most of the fungicides, herbicides, insecticides, pesticides and waxes are:

- Mix a half-cup of freshly squeezed lemon juice (juice, rind and all) per gallon of clean water and use as a food wash. Follow with a clear water rinse.
- Mix 40 drops of liquid grapefruit seed extract in a gallon of water and use as a food wash. Follow with a clear water rinse. You can put this solution in a spray bottle and use as a ready mix spray.
- Mix 1 tablespoon of 35% food grade hydrogen peroxide in a gallon of water as a food wash. Follow with a clear water rinse. This can also be used as a pre-mixed spray form.
- Add one half to one-cup vinegar to a sinkful of water and soak for 20 to 30 minutes. Again rinse after this soak. This is for foods for which you have a little more concern.
- Diluted formulas of Shaklee's Basic H™ or Amway's LOC™ make good food rinses. There are also prepared food washes available in the grocery or health food store.
- Some recommend soaking the vegetables in a 1% Clorox bleach solution for several minutes. This would be a tablespoon or two in a sinkful of water. Make sure you thoroughly rinse the produce in clear water for 30 minutes. I am sure this is an effective method, although it is not my preferred method.

BEAUTY AND PERSONAL CARE PRODUCTS.

Chemicals used in the manufacture of personal and beauty products can be absorbed through the skin. If you aren't convinced, try this little experiment; Take a clove of garlic, cut in half, and rub liberally on your big toe. About 30 minutes later give someone you love a kiss. See if they don't notice the garlic. Conclusion: If you do not want it inside your body, do not put it on the outside of the body.

Generally I recommend to my patients they choose commercially available natural beauty and personal care products. In particular, avoid antiperspirants as they contain aluminum, with which a number of health problems are associated.