

## **Return to Quality Food**

*Quality Food is one of the  
Pillars of Health*

## **Quality Food and Eating PRINCIPLES**

Have you ever wanted to know the basic truth about what food is healthy, without all the contradictions? Here is the simple truth.

There are no exact *foods* that are perfect for EVERYONE, but there are PRINCIPLES of Eating Quality Food that do work well for everyone.

### **4 Principles of Quality Food. Be sure it is:**

#### **☑ Grown or Raised Naturally**

- ◆ Local
- ◆ In-season
- ◆ Natural Method of Growing or Feeding

#### **☑ Processed and Prepared Naturally**

- ◆ Raw when you can, cooked when needed/helpful.
- ◆ No chemicals, only readily available herbs or spices

#### **☑ Preserved and Stored Naturally**

- ◆ Frozen, Dried, Salt, Vinegar, or Sugar...others questionable

#### **☑ It would help Sustain You Well in Nature over time.**

- ◆ Providing Energy and good body function.

**The more principles you violate, the more likely the food will be bad for you.**

### **3 Principles of Quality Eating. Be sure to:**

#### **☑ Eat consistent with your blood culture**

- ◆ Food Preparation
- ◆ Dietary combinations, Proportions, & Frequency.

#### **☑ Eat Enough to maintain Energy & Attitude**

#### **☑ Choose Food for its Quality, Ease, and Taste**

**The more unhealthy you are, the more likely you will Want & occasionally Need to violate these principles.**

## What is “Quality Food?”

Ask these questions as you read the ingredient list to test the food quality.

### Grown or Raised Naturally

#### ☺ **Locally Grown or Raised**

- Are your fruit and vegetables and nuts and grains from your state or shipped across the ocean?

#### ☺ **In-Season**

- If you harvested your food, would it have gone bad yet?

#### ☺ **Natural Method of Growing or Feeding**

- If you & neighbors got together to grow/raise food for yourselves with 40 acres & a nearby wilderness, how would you do it with natural products?

### Processed and Prepared Naturally

#### ☺ **Raw when you Can...**

- Is it safe and easier to eat the food raw than cooked?

#### ☺ **No Chemicals...**

- What would you flavor with if you had to gather the ingredients yourself?

### Preserved and Stored Naturally

#### ☺ **Frozen, Dried, Salt, Vinegar, Sugar...others questionable**

- If you had to preserve and store your foods from scratch, how would you do it & what would you use?

### It would help Sustain you Well in Nature

#### ☺ **Providing Energy and good body function...**

- Would you choose this food as part of your diet if your life depended upon it over weeks, months, or years?

## EATING APPROACHES

**PROCESS** - I list these in order of **effectiveness & practicality**.

Start at the top and gradually introduce at least through #5.

1. **Seasonal** - *Staying Healthy with the Seasons*, by Elson Haas, MD
  - ◆ **Spring & Summer:** more fresh Fruits and Vegetables
  - ◆ **Autumn & Winter:** Root veg., Legumes, Nuts, & Grains
  - ◆ This automatically provides *rotation & variety* to the diet.
2. **Acid-Base Balancing** - Eat at least as much alkaline-ash foods (fruit, veg) as acid-ash foods so that your body doesn't steal minerals from bone or compromise quality body function.
  - ◆ Good idea always. Eat as outlined in this program: fruit/veggies > legumes > meat > grains, dairy > nuts, oils
3. **Live/Raw Food** - At the most basic level, this means only cook your vegetables a little, and eat raw sprouts and fruit so the natural enzymes aid in digestion and other benefits.
4. **Low Calorie-High Nutrient** - Many studies have shown that eating fewer calories than typical and MORE nutrients than typical reduces cancers & other diseases & lengthens lifespan.
5. **The Maker's Diet** - Jordan Rubin rediscovered healthy eating & God's eating recommendations for a self-destructive world.
6. **The Metabolic Typing Diet** - Dr. William Wolcott recognized that some people do well with much heavy meat & fat (Pro- 70%) and fewer carbs, others need mostly carbs (Pro- 40%), and yet others mixed(50/50%). He developed questionnaires and eating plans to help you decide. I believe this is a well-founded concept, worth trying. This approach addresses why some "healthy" eating choices make some people sick.
7. **by Blood Type** - Dr. D'Adamo developed eating plans that are designed to prevent negative food-blood interactions. I believe this is a fairly well-founded concept of variable worth.
8. **Vegetarian** - Eating only plant-based foods in order to avoid the potential problems associated with meat/dairy/etc.
  - ◆ Bad idea for most people, but much better than typical diet.

## COMPENSATORY EATING APPROACHES

**PRINCIPLES** - When the body is damaged/dysfunctional/overstressed in your intestines or other organ, you may need to .

1. **Rotation Diet** - Eating a food only one time per week to allow a food antigen/allergen fewer opportunities to leak into your blood from damaged/leaky intestines, causing allergic reactions.
  - ◆ Good idea for those with damaged intestines or allergies.
2. **Elimination-Reintroduction** - Avoiding potentially irritating foods/additives for at least 2 weeks -- noting improvements. Reintroduce the foods, one day at a time -- noting reactions.
  - ◆ Good for finding foods, etc. that irritate YOU.
3. **Juicing/Detoxification** - Eat to reduce the need for digestion and ↑ nutrient-dense food available for detoxification.
  - When 'Juicing', use more organic veggies than fruit.
4. **Food Combining** - Eating to make digestion easy.
  - Eat Fruits alone or with other fruit
  - Eat Proteins/meat separately from Starches/fruit/grain/leg
  - Protein + Vegetable or Starch + Vegetable digest easily.
  - ◆ Important for some with weak intestines/digestion.
5. **Anti-Yeast (Candida)** - Women are familiar with vaginal yeast infections, but intestinal yeast infections are relatively common, esp. after antibiotics. This diet reduces sugar of all types because yeast thrive off sugar. Other sources of yeast may be avoided if an *allergy* to yeast is suspected.
  - ◆ Great for those with much yeast overgrowth.
6. **For the Athlete** - Athletes need more calories and nutrients of all types. The best educational resource for athletic nutrition is Michael Colgan, PhD (colganinstitute.com)
  - ◆ Necessary to prevent premature aging and injury.
7. **Lactose Avoidance** - Avoid dairy products to prevent symptoms associated with **inability to digest** (NOT allergy).
  - ◆ Necessary for some, but not so much with RAW dairy.

## Compromising Principles Quality Eating and Drinking

1. Use “**Quality Food**” & “**Quality Eating**” Principles to *maintain* health.
  2. Use “**Compensatory Nutrition**” to *restore or accommodate* deficiencies/dysfunction.
  3. Use “**Manipulative Nutrition**” to *drive* function.
  4. Use **medication** to *suppress* or *replace* function.
- Δ **Need for “Compensatory” Eating and Drinking** - This involves supplementing or avoiding parts of food.
1. The more pure your blood line, the more limited your ability to digest some types of food.
  2. The more damaged your digestive system, the more likely it will be to have allergies or sensitivities to any food.
  3. The more damaged your digestive & metabolic system, the more limited will be your ability to use even quality food.
  4. Most people can heal and then benefit from quality food, but many will require some **Compensation** or **Manipulation**.
- Δ **We will discuss the Quality foods for the people with:**
1. **Healthy** intestines, without limitations – This will be the majority of our discussion, forming the foundation.
  2. **Healthy** intestines **with limitations**
    - a. Diets for Genetic, Digestive, and Taste Bud limitations – incl. Rotation diets, Vegetarian Diets, Acid-Base Balancing Diets, and some solutions for picky eaters.
    - b. Obesity; Insulin Resistance; High Cholesterol
  3. **Dysbiotic** (out-of-balance and dysfunctional) intestines
  4. **Intestinal Problems & Behavioral Disorders** (Autism, ADHD)
  5. **Damaged intestines** – Colitis, Crohn’s, Irritable Bowel (IBS), etc. which is usually also combined with dysbiosis.

## FATS AND OILS - OVERVIEW

	Good Sign	Bad Indication
Fats and Oils	Naturally-raised food, especially if “organic”	Composition manipulated or processed food: “ <b>Trans</b> ”; Partially <b>Hydrogenated</b> or <b>Hydrogenated</b> oils
	Moderation	Excess
		<b>Saturated</b> <i>can</i> be bad if cholesterol high
	Used at correct temperature	or oil overheated or stored wrong

### PRINCIPLES

1. We know that animals fed more naturally and wild have a significantly different fatty acid composition.<sup>1</sup>
2. Almost always, the composition is toward that which seems to prevent inflammatory diseases like heart disease and diabetes.
3. Processing foods often changes the structure of oils.
4. The more natural a state the oil is in the more likely it is healthy.

### COMPENSATORY-MANIPULATIVE NUTRITION:

1. High arachidonic acid (a type of omega 6, essential to health) seems to worsen inflammation, but other omega 6 fatty acids do not.
2. This is where things get tricky and ‘scientifically faddish’. At this time, a balance of arachidonic acid and EPA (an omega-3) seems to help the inflammatory disease so common at this time. Some good research also suggests supplementing GLA, but only when the EPA is high enough.<sup>2</sup> Treat this with caution, but it may be helpful in decreasing medication.

1) American Journal of Clinical Nutrition, Vol. 71, No. 1, 179S-188S, January 2000

Preferred Cooking Techniques of Selected Oils		
High-Heat Cooking	Medium-Heat Cooking	Low-Heat Cooking
Coconut (esp when baking)	Olive (not EXTRA virgin)	Extra virgin Olive
Peanut*	Corn, Canola Oil	Almond, Sesame
High oleic safflower	Hazelnut	Butter, Sunflower
*Critical to use organic because of high-pesticide use. Do not cook with flax oil or flax seed, b/c they are easily damaged.		

from *Clinical Nutrition: A Functional Approach*; The Institute of Functional Medicine, 1999, p. 94

## FATS AND OILS - OVERVIEW *continued*

### PROCESS

1. Toss out any foods that contain **hydrogenated vegetable oil, vegetable shortening, or partially hydrogenated vegetable oils**
    - Butter is better than margarine.
  2. Eat 4-6 teaspoons of **healthy oils** per day in salads, cold foods, or in cooked foods, using the Preferred Cooking Techniques.
  3. Cook using appropriate oil to prevent **Free Radicals & Trans** fats.
  4. Don't get on any fad that is inconsistent with eating foods that are naturally raised and reasonably available for the last 100-200 years. Eating very naturally does not get debunked.
  5. Select a balance of foods as presented in this program.
- Δ If you don't do #2 very well, you will need to supplement.
- ◆ Arctic cod liver oil, or EPA/DHA from salmon, sardines, or krill 100-1000 mg / day.
  - ◆ If EPA is high enough, GLA supplementation may also help.\*

\*Inflammation Nation: The first clinically prove eating plan to end our nation's secret epidemic, Fireside Publ, 2006by Floyd Chilton

### BENEFITS

1. **Reduce** Damage by free radicals ('nuclear waste' in your body)  
This results in slower and/or less **degenerative aging**.
2. Building blocks for heart, muscle, brain, hormones, etc.
3. Reduce damage and dysfunction of heart, muscle, brain, coordination, energy levels, and inflammatory conditions.  
Omega 3(DHA) ranges from 4.5% in the nerves to 16% in the brain, & Omega 6(ARA) from 7% in the nerves to 13% in the brain.  
[Prostaglandins Leukot Essent Fatty Acids. 2007; 77\(5-6\): 247-250.](#)

# CARBOHYDRATES

	Good Sign	Bad Indication
Fruits & Vegetables & Grains	Fresh	Other
	Organic	
	Whole	Processed to Remove
	Raw or Steamed	Heavily cooked

## PRINCIPLES

1. Carbohydrates are a necessary **source** of **energy** and **nutrients**.
2. The more you exercise, the more carbohydrates of all kinds you need.
3. Carbohydrates are broken down to sugar (glucose) in one or more steps.
4. More complex carbs are broken down more slowly (“**Least Impact**”).
5. The slower the breakdown, the less the rise in blood sugar.
6. Fiber, Fat, and Protein slow the breakdown process speed.
7. The less the rise in sugar, the less the rise in pancreas insulin.
8. The **Glycemic Index** is the blood sugar rise (speed of breakdown).
9. Fructose raises blood sugar, but is not measured in the **Glycemic Index**.
10. The damaged digestive system can only tolerate cooked and simple carbs.

## BENEFITS

1. Prevent Diabetes, many cancers, Heart Disease, & regulate Mood.
2. Reach and stay at target weight and be a better athlete.

## Carbohydrate Continuum

Highest Impact		Moderate Impact		Least (slow) Impact	
Alcohol	Simple Sugars	Simple Starch	Complex Starch	Complex Starch	Wood
Alcohol	Glucose	“White Things”	“Brown things”	“Green Things”	Not digestible
Beer	Sucrose, Fructose	White flour products	Whole grains	Broccoli & other green veggies	
Wine	White sugar	White rice	Beans / Legumes	“Yellow Things”	
	(anything ending in -ose)	Pasta	Roots	Squash & other yellow veggies	
	Fruit juice, Honey	Potatoes	Whole Fruit	Other colorful veggies	
	Corn syrup				

(Adapted from *Potatoes Not Prozac*, Kathleen DesMaisons, Ph.D. 1999, p. 135 )

**CARBOHYDRATE : GRAINS & LEGUMES**  
**“Moderate Impact”, “White” or ”Brown things”**

<b>Grain</b> (Rice, Cereals, Flours, Breads) & <b>Legumes</b> (Beans & Peas)	<b>Good Sign</b>	<b>Bad Indication</b>
	Organic	Other
	Whole, Complex	Enriched, Bleached

**PRINCIPLES:**

1. Grains & Legumes = source of protein and high in carbohydrates.
2. Whole grains & Legumes = great sources of Vitamins /Minerals /Fiber.
3. ↑ amounts of fiber (found in WHOLE food) slow the IMPACT of sugar.
4. Mixing grains and Legumes or nuts makes a “complete” protein.
5. Soaking common grains or legumes overnight, with Tbl yogurt & rinsing before cooking, ↓ gassiness, mineral-absorbing phytates and ↑ digestibility. Critical for some people.
6. Processing grains **dramatically** reduces minerals, protein, & fiber.  
⇒ Enriched, Bleached
8. Mixing grain/legume with fat, protein, vegetable ↓ IMPACT of sugar.

**PROCESS**

1. Frequently (or always) replace common grains with gluten-free grains: Brown Rice, Amaranth, Millet, Quinoa, & Wild Rice
2. Eat about 1-2 cups of whole grain / 1-2 day  
⇒ Decrease/Raise amount based on exercise level.
3. Eat 1/2 to 1-1/2 cup of legumes (beans or split peas) /1-2 day.
4. Choose “**Brown things**” & Limit foods from the “**White things.**”
5. **Decrease Processed** food and **Increase Whole** foods.
  - Outer grocery aisles, farmer’s mkt, “whole” on label.
6. Eat your “**Simple Sugars / Starches**” with some nut or other protein or fat / oil. This limits the negative blood sugar effect.
- Δ If Thyroid, GI, or NS disorder, 0 gluten x 2 wks, then reintro.

**BENEFITS** (same as “Carbohydrate”)

1. Avoiding allergens can heal thyroid, Intestines, &/or Nervous system.
2. Prevent Diabetes, many cancers, Heart Disease, & regulate Mood.
3. Reach and stay at target weight and be a better athlete.

## CARBOHYDRATE : VEGETABLES

	Good Sign	Bad Indication
<b>Grain</b> (Cereals, Flours, Breads)	Organic	Other
	Whole, Complex	Enriched, Bleached
	Raw or Steamed	Heavily cooked
	Local, Fresh	Imported, Stored

### PRINCIPLES

1. Mom was right. Your vegetables will make you healthy.
2. Source of many of the ‘phytonutrients’ that have been found to be very preventative in many disease conditions.
3. Studies frequently show that nutrient-dense **vegetables** are more effective than **isolated supplements** at preventing disease.

### PROCESS

1. First, eat 3-5 handfuls of “Least” impact vegetables per day.
2. Limit foods from the “**High Impact**” end and begin choosing foods from the “**Least Impact**” end of the “Continuum.” especially fewer “**White things**” and more “**Brown**” and “**Green Things.**”
3. **Decrease Processed** food and **Increase Whole** foods.
  - Outer grocery aisles, farmer’s mkt, “whole” on label.
4. Choose a variety of colors of vegetables. Each color represents other helpful nutrients.
5. Choose locally grown. Your farmer’s market is best.

### BENEFITS *(same as “Carbohydrate”)*

- By having **Higher nutrient density**, good carbohydrates help,
- Reduced cancer risk & Limit aging and degeneration
  - Improve function of all body processes

**CARBOHYDRATE : SIMPLE SUGARS – INCL. FRUITS & JUICES**

	Good Sign	Bad Indication
Sugar and Sweet comes in many forms	Whole Fruit	Full-strength juices
	Raw	Processed or <i>Artificial</i>
	Honey (small amt)	(Consistently more than 30% of total carbohydrates in diet)
	Stevia (herb)	

**PRINCIPLES**

1. Mom was right. Your vegetables will make you healthy.
2. Fiber (found in WHOLE food) slow the IMPACT of sugar.

**PROCESS**

1. Eat 2-3 pieces of fruit per day, & toss artificial sweeteners.
2. Choose **whole** fruit instead of another sweet snack or juice.
3. ↓ **Highest** Impact choice & ↑ **Least** Impact & “Good Sign”.
4. Generally, limit amount of “**Sugars**” to **1/3** of “**Total Carbohydrate**” in a single product. Exceptions: Milks, Juices.
5. Definitely **dilute juices** considerably (50%) & milk somewhat.
6. Eat your “**Simple Starches**” or “**Sugars**” with some nut or other protein. This limits the negative blood sugar effect.

**Fruit Continuum** (based on Glycemic Index)

Highest Impact			Moderate	Least Impact	
71+	61-70	55-60	46-54	41-45	25-40
<b>Dates</b>	Cantaloupe	Raisins	Orange Jce.	Oranges	Grapefruit
Watermelon	Pineapple	Apricots	Mango	Apple Juice	Blueberries
Sugar	Carrot Jce	Grape Juice	Grapes	Strawberries	Pear, Plums
		Honey	Banana	Peach	Cherries
			Pineapple j.		Apple

- **Note:** Dried fruit are concentrated sources of fruit sugars. One fruit that is **sweeter** or **cooked** than another of the same type will have a **higher Impact**.
- **Honey & Fruit** juices are positive choices as sweeteners, but their potentially significant blood sugar IMPACT from *fructose* should be noted.

**SOME OF THE BENEFITS**

1. Reduce fluctuations in blood sugar
  - ↓ damage from high insulin levels & ↓ endorphin addiction
  - Limit emotional low associated with low blood sugar

# PROTEIN INTAKE OVERVIEW

## PROCESS

*Take it Easy Note:* If you're within about 10-15 grams, don't worry about it.

### 1. Know How Much Protein **you Need**

- a. TYPICAL JOE (OR JOANNE): RDA recommendation grams protein per day = **healthy** body weight in lbs. (BW) x 0.31g, about 1/3. So, if your ideal wt. is 150, you need ~50 g/day.
- b. SERIOUS ATHLETES need more:
  - Endurance athletes need about 2x the RDA = BW x 0.6
  - Strength/speed athletes need about BW x 0.8

### 2. Know how much protein **you Can Get** (absorb) from your food.

- b. Generally, the **limit is ~30 grams** / meal ~ **deck of cards** - less if you are **NOT** creating a need (i.e. Pregnant, very active.)
- b. Some people(~15-20%) need their protein from mostly meat or mostly vegetable sources.
  - **Vegetarians** need to **complement** their protein foods. **Grains** and **Legumes** (bean-like stuff) need to be mixed with **Seed, Nut, or Each other.**

### 3. Know that the protein **Comes From** a **Healthy Source**.

- The most "natural" (well-nourished and clean-living) protein food (plant or animal) you have access to is probably your best option.

SOURCE	AMOUNT	GRAMS
Meat (fish, fowl, beef)	1 Cup	~30
Soy beans / Tofu	1 Cup	~30/18
Milk	1 Cup	9-11
Beans/Peas (cooked), Nuts	½ Cup	~10
Cheese	1 stick	8
Egg (medium)	1 egg	~6
Spinach (cooked)	1 Cup	5
Broccoli	1 Cup	~7
Bread	1 Slice	~2
Rice (whole, cooked)	¼ Cup	1

## BENEFITS

1. Enough to Maintain Muscle mass & Immunity.
2. Not too much so that the kidneys, etc. must overwork to limit acidity.

**PROTEIN AS : MEAT**

All Dairy, Eggs, Meat [fish, beef, bird]) **ARE complete proteins.**  
 They contain all the amino acids necessary for body function.

**MEAT AS : RED MEAT**

	Good Sign	Bad Indication
Beef	<b>Grass</b> -Fed, Free-range	<b>Grain</b> -Fed
	minimal marbling	much marbling

**PROCESS**

1. Acquire wild meat (Deer, Elk, Buffalo, etc.).
2. Find the beef: (*Buying whole or 1/2 cow will SAVE much money.*)
  - Grimmus Cattle Co. (559-585-8760)-Ask for **Grass**-Fed (full cow)
  - Don Mosley, DDS (559-561-2100) -1/2 cow-size available
  - internet search for “grass fed beef” to find mail-order
2. Eat ~ 1 palm full or a card deck volume **Grass**-Fed beef 5-10 times per week, if available. If not grass-fed, eat less frequently.
3. If you cannot get **Grass**-Fed, get **Drug-Free** from [Harris Ranch]
  - No Hormones, Antibiotics, Preservatives.
4. Next best is lean steaks or Freshly prepared hamburger
  - Pick out a good lean piece & ask the butcher to make hamburger.

**BENEFITS**

1. **Grass**-Fed beef is healthier for your heart.  
**Grass**-fed beef has an **omega 6:3 ratio of 3:1** vs. **Grass**-Fed beef, which has gobs of omega 6’s at **20:1**  
From : *Journal of Animal Sci.* 2000 Nov;78(11):2849-55
2. **Grass**-Fed beef is healthier for your intestines.  
 Grain feeding promotes the growth of dangerous E. coli that is more likely to pass through your stomach and infect your colon. When cattle are fed grass, the amount of dangerous E. coli decreases dramatically.  
From : *Microbes Infect* 2000 Jan;2(1):45-53

## MEAT AS: FISH

	Good Sign	Bad Indication
Fish	“Wild”	Farmed
	Fresh	Fishy smelling
	Cold-Water	Shellfish
	on Low-Toxin list	Hg, PB, PCB, Arsenic toxicity

### PROCESS

1. Eat high **omega-3, low-toxicity** fish 2-3 times per week.

- Fish especially rich in **omega-3 fatty acids**

*Wild Salmon, Wild Cod, Wild Halibut, Wild Trout*

- **Low-Toxicity** Fish

Wild Pacific Salmon	Flounder	Sole
Australian Orange Roughy	Talapia	Sardines

Wild Salmon, shrimp, clams, and tilapia--have such consistently low mercury levels that everyone, including pregnant women and young children, can safely eat them every day. - Consumer Reports July 2006

### AVOID

1. **Farmed fish** - ↑ fat, ↓omega-3's, making it much less healthy
2. **Canned tuna** - “Albacore” are consistently high in mercury (eat no more than 1 x per week). The others are usually lower, but may have an occasional yellowfish -- 3x higher in mercury than albacore.
3. Fish heated by case lights
4. Whole fish, UNLESS:

*Completely embedded in ice, Bright, bulging eyes, Vivid color*

### BENEFITS

1. See “**Benefits**” in “**OIL**” section.
2. See “**Benefits**” in “**PROTEIN**” section.

## MEAT AS : FOWL/EGGS

Fowl	Good Sign	Bad Indication
	Free-Range	(other = non-organic)
	“Organically” grown	(other = non-organic)
	Minimally Processed	Additives and preservatives

**PRINCIPLES**

1. Wild is always better.
2. Antibiotic-treated chicken and turkey have been proven to make human infections more likely and harder to treat.<sup>1</sup>

1 - Amer. Jour.of Clin. Nutrition, Vol. 71, No. 1, 179S-188S, January 2000

**PROCESS**

1. Find a healthy choice — Organic is best, Foster Farms is a distant second, but not too bad (and much less expensive).
2. Eat “organic” chicken every 2nd or 3rd time or for the kids.

**BENEFITS**

1. The less added junk in your food must be better.

## PROTEIN AS : EGG

**PROCESS:**

1. Find a local farmer (especially at the farmer’s market) who supplies Range-fed Chicken eggs.
2. Eat eggs several times per week, possibly less if you already have high cholesterol.

**BENEFITS:**

1. **Range fed** eggs have an omega 6 to 3 **ratio** of **1.3 to one**, whereas the "**supermarket egg**" has a **ratio** of **~2 to one**.
2. Great source (90%-100%) of many vitamins (B’s, A, D, E, K, calcium, iron).
3. Eggs are 2nd only to mother’s milk in protein usefulness.

## PROTEIN AS : PLANT SOURCE

### **PRINCIPLES**

1. Plants (legume, nut/seed, fruit, etc.) are **NOT *complete proteins***. They must be complemented with each other (or an animal product) to provide all the amino acids the body needs for proper function.

## PROTEIN AS : LEGUME (PEA OR BEAN)

Legume (Beans, Nuts, Nut Milk, Soy products)	Good Sign	Bad Indication
	Organic	(other = non-organic)
	Non-GMO	(other = genetically modified)
	Unsweetened	Sweetened
	Minimally Processed	

### **PRINCIPLES**

1. Yes, beans also have protein, but is it also hard to get at and there are MUCH more carbohydrates than protein or fat in beans.
2. Some can be eaten fresh or as sprouts.
3. **Soy** deserves special attention. It is a very common allergen. Soy has hormone effects which can be good or bad. Be careful, especially with children. Principally, soy is good -- but remember, natural & in moderation. Fermenting is natural and seems to increase the health benefit in many foods.

### **PROCESS**

1. Eat approximately 1/2-1 cup per day.
2. Cook beans into thick or runny soups.
3. Eat local peas or beans fresh / raw or steamed.
4. Split pea, Soy, Kidney, and Garbanzo are uniquely good for supporting the body's natural detoxifying.

### **BENEFITS**

1. Lower cholesterol level in those who regularly eat these.
2. Better bowel movements.
3. More balanced blood sugar.
4. Great source of some necessary minerals for energy and muscle relaxation.

## PROTEIN AS : NUTS, SEEDS

### PRINCIPLES

1. **Peanuts** deserve special attention. very common allergens. remember, natural & in moderation.

### PROCESS

1. Eat several times per week as a snack or as part of a meal.
2. Eat about 10 nuts per day
3. Choose Brazil, Cashew, Almond, Walnut, and Pecans primarily.

**BENEFITS** - These nuts have vitamins and minerals that are very **Protective** for the body.

## PROTEIN AS : GRAINS

**BENEFITS** - Excellent source of minerals, vitamins, and fiber. Yes, grain have protein, but is harder to get at and there are MUCH more carbohydrates in grains than protein or fat.

**PROCESS** — see “GRAIN” & “VEGETABLE” pages

**BENEFITS:** Excellent source of minerals and vitamins and energy.

## PROTEIN AS : DAIRY

### PROCESS

1. Educate yourself: [www.organicpastures.com](http://www.organicpastures.com)
2. Eat almost exclusively RAW, but only from certified RAW dairies!
3. Eat cultured/fermented for extra good bacteria.
4. Drink/Eat dairy with at least some fat remaining.

### BENEFITS

1. Good source of protein and calcium.
2. “Cultured” or Raw provides beneficial bacteria.

## PROTEIN FOR VEGETARIANS

**PROCESS - Vegetarians** need to complement their protein foods

1. **Grains** and **Legumes** (bean-like stuff) need to be mixed with **Seed, Nut, or Each other**, at least in a day. **Example:** Bean burrito or a nut butter sandwich.

### BENEFITS

1. Some people do very poorly with meat... *many* VERY poorly without.
2. Increased focus on vegetable intake in a great habit change..

## PESTICIDES: REDUCTION & REPLACEMENT

	Good Sign	Bad Indication
Food	“No spray”	(other)
	Organically grown	(other)

In pounds of pesticide per acre, these foods are the most sprayed  
 - ([www.pesticideinfo.org](http://www.pesticideinfo.org) for Fresno, CA):

- These must be eaten organically or peeled, when possible.**
- Carrots must be peeled even if organic, but then they are great.
- Edible** skins: **Eggplant**(18), **Carrots**(17), **Cucumbers**(13), **Spinach**(8), **Tomatoes** (for processing)(7), **Sugarbeets**(7), **Plums**(5), **Broccoli**(5), **Bell Peppers**(5), **Peaches**(4), **Grapes (all)** (4), **Apricots**(4), **Apples**(3), **Tomato**(3).
- Inedible** skins: **Tangerine**(9), **Watermelons**(8), **Pomegranates**(8), **Lemons**(4).



-Those highlighted in **RED** have at least 2 pesticides listed by state or federal gov't as Neurotoxic, Toxic to Reproduction/development, Carcinogenic, or VERY toxic!

Actually, they are ALL red. It seems that toxins are readily used on food. For example, **Metam-sodium** is used on many crops and is noted for its acute toxicity, carcinogenic effects, and developmental/reproductive toxicity, as well as possible endocrine disturbances. Eeeeech!

### PROCESS

1. Shop at locations *more likely* to be characterized by the “Good Sign” words
  - Farmer’s Market, Watson’s, Whole Foods or Trader Joe’s (Fresno).
  - Research other ideas with this great internet resource:  
<http://members.aol.com/homeview2/info/>

### BENEFITS

1. Lower Toxicity load on your body’s detoxification system
2. Increased probability for longer Healthspan (absence of disease/degeneration), especially for susceptible individuals.

## SUPPLEMENT

	Good Sign	Bad Indication
Supplements	Proud of Purity & Quality	“New low price”
	“Mixed” [carotenoids, etc]	Isolated nutrients
	Chelated minerals	Sulfates, Carbonates, etc.

1. Use “**Compensatory Nutrition**” to *restore* deficiencies.
  - ★ Vitamins, Minerals, Phytonutrients, EFA’s, Special Diets
  - Due to: Food problems, Tissue Damage, Environment, Genetics, Medication side-effects.
2. Use “**Manipulative Nutrition**”(high-dose, isolated) to *control* function.
  - ★ High-dose or Isolated Vits./Minerals/Phytonutrients/EFA’s/a.a., Herbs

### PROCESS

1. Choose a company you **trust** to deliver quality products
  - ◆ **Proud** of their “**high standards**” not their “**low prices**”
2. Choose vitamin complexes, not individual nutrients.
  - ◆ **Whole food** vitamins are generally **better for maintenance**.  
 These tend to be absorbed more easily and contain natural combinations that we haven’t discovered & synthesized yet.  
 Organic is superior
  - ◆ **Synthetic** vitamins are good for treating specific conditions.  
 {1-a-day vitamins are never high quality, but better than dirt.}

For **bioavailability** and **no gastric upset**, **Choose:**

“Mixed” ingredients is sign of more natural/effective type.  
 Amino acid chelates, like Glycinate, Aspartate, Lysinate, etc.

**Avoid:** Sulfates, Carbonates, Gluconates, Fumerates, talc, shelac

**Avoid Excessive** amts (esp. in liver disease, pregnancy)

**Avoid:** Manganese >2mg /d; Chromium >200mcg /d;  
 Selenium levels >200mcg/d; Vitamin A >5000 IU/d;  
 Beta Carotene is not harmful like Excess Vit. A.

3. Take Multivit/mineral, Fish/Krill oil, Phytonutrients
4. You may also test your nutrient status: [www.spectracell.com](http://www.spectracell.com)

**BENEFIT:** Reduce the risk and severity of **birth defects**,  
**disease, depression, and degeneration.**

## ALLERGIES AND SENSITIVITIES

### **PRINCIPLES - Why You Have Allergies/Intolerances**

The simple fact is: The tissues that respond to the allergen are not strong enough to withstand the attack.

Defensive Tissues: Body Linings (skin, mucosa) and Immune System

Dysbiosis → ↑ Permeability, ↑ Autotoxicity

→ ↓ Absorption (esp. active)

→ Incomplete Food Breakdown

Normal Digestion Full food Breakdown and Filtering

= 0 Allergen presentation

Allergy = Excess reaction in a normal process of defense

Sensitivity = Inability to tolerate

= Inability to Digest or Tendency to React excessively

The immune system includes many organs and all blood.

### **PRINCIPLES RELATED TO AUTISM & ADHD**

Autism, almost always, and ADHD, frequently, are strongly worsened by digestive problems. The poorly digested food allows normal foods to become very irritating food byproducts, including allergens and opiate-like chemicals, Casomorphins and Gliadomorphins. The damaged intestinal lining allows foods and chemicals to enter that should be kept out, and the lining is less able to actively absorb needed nutrients.

**PRINCIPLES RELATED TO AUTOIMMUNITY** – When the immune system gets bombarded and sensitized to allergens (esp. via the gut), autoimmune conditions (rheumatoid arthritis, lupus, multiple sclerosis, thyroiditis, etc. are often caused or triggered.

**PROCESS** - Find the Cause and Support Correction

- A. **REbuild** the **Immune System** and **REbuild** the **Intestines**
- B. **Assist in Detoxification** - Fruit, Veg., Nuts, “Quality” food.
- C. **Nourish** other Cells - EFA’s, Multivitamin/mineral

### **BENEFITS**

1. Fewer medications, Infections
2. Behavior / Socialization can improve significantly.

## IBS, CROHN'S, COLITIS, ETC

### PRINCIPLES

Some people eat all the right foods, and it makes them MISERABLE.  
What causes IBS... or other GI dysfunction? - genetic? -

Inability to **digest** well. It can recover significantly!

There was a time when YOU were OK. What happened?

It is possible to return, at least close, to where you were.

Definition:

- ◇ IBS - No positive tests, but combination of diarrhea and constipation
- ◇ Colitis - Inflammation of the colon with pain and diarrhea
- ◇ Crohn's - inflammation & ulcers of any intestine, with Pain and diarrhea
- ◇ Celiac Disease - Gluten allergy + above symptoms

### PROCESS - Find the Cause and Support Correction

1. Apply the 4 R's of "Allergies and Sensitivities", but the pivotal key is Step 1 - Remove irritants/hard-to-digest food. This must be done with GREAT diligence, over months.
2. For a good program, see [www.pecanbread.com](http://www.pecanbread.com), and read [Breaking the Vicious Cycle](#) & [www.food-allergy.org/crohns.html](http://www.food-allergy.org/crohns.html)
3. **REbuild the Immune System** and **REbuild the Intestines**
  - A. Remove - Irritants (likely allergens or hard-to-digest food)  
⇒ Gluten and Dairy are most common culprits, but may be anything.
  - A. Replace - diminished digestive enzymes or acid
  - B. Restore - by nourishing the intestinal cells - Glutamine, Aloe Vera, etc.
  - C. Reinoculate - Lactobacillus acidophilus & Bifidobacterium bifidus

### BENEFITS

1. Fewer medications, more regular bowel movements, improved overall health.
2. Healthier immune system, resulting in less over-reactivity, as seen in Asthma, all Allergies, and Autoimmune conditions.

## **OBESITY, DIABETES, & HIGH CHOLESTEROL**

### **PRINCIPLES**

1. High cholesterol is a known risk factor for heart disease, but there is much we have to learn.
2. Fat and even Cholesterol are not bad for you, but their excess, especially when you have active inflammation, is a problem.
3. Diabetes and heart disease very frequently seen together, because the same lifestyle leads to each.
4. Eating multiple times per day seems to be effective in reducing blood sugar & insulin problems & Obesity, Diabetes, etc.

### **PROCESS**

1. Decrease Inflammation - See “Alleries”, &
2. Increase Exercise - moderate intensity, high frequency (3-10x/wk)
3. Decrease Stress
4. Regulate Blood Sugar - eat frequently (3 meals, 2-3 snacks) and choose foods that are “Low Impact” almost always
5. Choose foods that are “Quality” as I defined at the beginning.

### **BENEFIT:**

1. Decrease Risk of Diabetes
2. Decrease Risk of Heart Disease
3. Decrease Risk of Stroke
4. Decrease Risk of Diseases of the Brain
5. You just plain look better and have more energy to do what you need to do.

## FEEDING CHILDREN...& PICKY EATERS

### PRINCIPLES

- ◆ - The earlier you start your children on healthy foods, the more normal they will seem to them.
- ◆ - It is important to win the battle with your children when you have “drawn the line”, but it is equally important to rarely draw the line.
- ◆ Reward any good choices emphatically & reasonably as they prefer.
- ◆ Kids have LOTS of taste buds and have texture preferences.

### PROCESS

1. Keep expectations high. Children will eat well, even if they go on a short hunger strike to prove their point.
2. Give the child choices between two or more options you select.
3. Puree - Using a food processor for solids or a blender for liquids.
  - ◆ Include fruit and vegetables in most or all foods: spinach and carrots in scrambled eggs or hamburgers, etc.
2. Use nutritious foods that “hide” well in other foods -- white beans or sardines or carrots in ground turkey or blueberries in muffins.
4. *Gradually* mix the foods for a subtle change.
  - ◆ Ex. whole flour + processed or water + juice until 50-100%.
4. Be an example. Eat more healthily than you expect them to.
5. Keep healthy foods available:
  - ◆ Apples, frozen berries, almonds, etc.
  - ◆ Purees frozen in baggies to mix in meals on short notice.
4. Dilute juices (eventually by 50%) with water.
5. Use healthy snacks as rewards.

### BENEFIT:

1. Prevent obesity, diabetes, asthma, etc.
2. Promote healthy brain, bone, muscle

### RESOURCES:

1. For the very young child: Super Baby Food (Ruth Yaron)
  - ◆ EVERYTHING to know for feeding a baby healthily.
2. For any picky eater Sneaky Chef (Missy Lapine)
  - ◆ GREAT steps for making GOOD child/adult food tasty.

## IMPLEMENTING HEALTHY CHANGES

### Putting it All Together



#### PRINCIPLE

Gradually implement an eating plan that supports “Quality Food and Eating”, Regulated blood sugar, High-nutrient density, and that *restores or accommodates* deficiencies/dysfunction.

Where the “Process” below contradicts the “Quality” principles, it is to accommodate for the pervasive heart disease and insulin resistance and excess body fat most people deal with.

#### PROCESS

##### Have a STRONG Reason Why

- ☞ Write down & REMEMBER the reason(s) for making these changes. (Also write down reasons NOT to change, for comparison.)

---

##### Build an Accountability Structure that Motivates You

- ☞ Write down the person, journal technique, reward, punishment, etc.

##### Reward Yourself Regularly

##### Add Good Habits, Gradually - Choose 1 per 1-2 weeks

- PLAN MEALS** at least 2 days in advance (1 week is best.).
- EAT 3 MEALS** per day, and preferably 2 snacks.
- EAT BALANCED MEALS. (this varies)**

##### % of Meal Calories:

- ◆ **Carbohydrate** ~65% (full hand full) - (Veg., Grain, Fruit, Legume)
- ◆ **Fat** ~20% (tsp-Tbl) - (Nuts, Oils, Fat in Meat/Eggs)
- ◆ **Protein** ~15% - (size of palm) - (Meat, Fish, Fowl, Eggs, Cheese, Yogurt, Nuts, Legumes)
- ◆ Unlimited extra Green & Brown veggies & “Least-Impact” fruit



## HEALTHY CHANGES - Step-by-Step

- ⇒ Notice that the fish (fatty meat) has both protein & fat.
- ⇒ The olive (or oil) is mostly fat. (The quantity of fat is proportionately smaller because fat has 2x the calories per volume.)
- ⇒ The Green, Brown, and Low-Impact fruit add lots of nutrients with negligible calories.
- ⇒ Eat fruit with nuts, cheese, or other protein / fat to slow sugar absorption.

### Snacks should be similar:

- ⇒ Notice that the nuts are in both the fat & protein category.

- FIND YOUR “METABOLIC TYPE”** & eat proportionately.
- REMOVE FOODS THAT IRRITATE.**  
(See “**ALLERGIES AND SENSITIVITIES**”)
- REMOVE *ARTIFICIAL* FOODS.**
  - ◆ No **fake** fat (margarine, Olea, etc.) or **fake** sugar (saccharine, NutraSweet, etc.)
- EAT A WIDE VARIETY OF “QUALITY” FOODS.**

### CARBOHYDRATES

- ◆ Eat Mostly “**Green**” and “**Brown things**”
- Transition **GRAINS, VEGETABLES, LEGUMES** and away from **High-Impact Carbohydrates** to **Low-Impact**
  - ◆ 1/2 to 1-1/2 cup pre-soaked, cooked whole grains per 1-2 days.  
Eat **only** Grain products with “**whole**” **grain** as first ingredient.
  - ◆ Eat 1/2 to 1-1/2 cup of legumes (beans) or split peas / d.
- Increase **FRUIT & VEGETABLE** Servings to 5-10 per day.
  - 2 - 3 per day
  - 4 per day
  - 5 per day - 10 per day... to incl. At least 2 ½ cups/  
handfuls of **fruit** and 2 ½ cups/handfuls **vegetables** per day
- ◆ Raw when you can, cooked when needed/helpful.
- Transition **FRUIT & JUICES** away from **High-Impact Simple Sugars** and mix with **Nuts** from **Low-Impact** .

## HEALTHY CHANGES - Step-by-Step

### PROTEIN

- Regulate Protein Intake
  - Get *Enough*, but not *Too Much*
  - Choose *Quality (Wild/Free-range)* **RED MEAT, FISH, FOWL**
  - Select *Quality* **PLANT SOURCES** of protein
  - Add *fermented* **SOY** or *cultured* Yogurt 2-3 x / week.
  - Eat 10-20 **NUTS** or 1-3 Tbl of pure nut butter (not peanut)
  - Transition **DAIRY** to *Raw* or *Cultured* with fat.

### FAT / OIL

- Eliminate use of Hydrogenated **OILS /TRANS FATS**  
No deep **fried** foods. Cook on Low to Low-Med heat with correct oil.
- Add good oils, with supplements, if needed.
- Pesticide **Reduction** and **Replacement**
  - Buy Farmer's Market and "Organic" foods
  - Wash Non-Organic Fruits & Vegetable thoroughly
  - Filter Water
  - Implement a Natural Pesticide Approach

**Note:** The *specific quantity* depends upon your lean body mass and the amount and intensity of your exercise..

- SUPPLEMENT** with QUALITY vitamins, minerals, & omega 3 oils
- Drink at ¼ - ½ gallon (32-64 oz) of water per day for a 120-lb person. (1 oz for every 2-3 pounds of body weight). Drink the higher amount of water if you sweat more, are more toxic, or drink caffeine.
- EXERCISE moderately** 3- 5 times per week for 30-60 minutes, including mostly aerobics and some resistance exercise.
- RELAX** and **LAUGH** frequently throughout each day
- ACCEPT** Forgiveness (John 3:16) and **FORGIVE** continually

For more copies of this CD program or to provide comments that we value very much, visit

[www.cvchiro.net](http://www.cvchiro.net)

**Resources for more detailed information:**

- ◆ *Nourishing Traditions: The Cookbook That Challenges Politically Correct Nutrition and the Diet Dictocrats* - by Sally Fallon
- ◆ *Staying Healthy With Nutrition: The Complete Guide to Diet and Nutritional Medicine* - by Elson M. Haas, MD
- ◆ *In Defense of Food* - by Michael Pollan - Great concepts and history of food industry gone bad.
- ◆ *The Maker's Diet* - Jordan Rubin
- ◆ [www.whfoods.com](http://www.whfoods.com) - Great resource for recipes and nutrient data.
- ◆ [www.nutritiondata.com](http://www.nutritiondata.com) - look up nutrition data for any food

**Sources for supplies:**

**This audio program has been developed by Dr Jay Hobbs,  
chiropractic neurologist.**

We welcome you comments  
and suggestions.

Email us at [healthyliving@cvchiro.net](mailto:healthyliving@cvchiro.net) .