

The New Nutrition Basics

“In 1988 the former Surgeon General Dr. C. Everett Koop stated that the American diet was the cause of approximately two-thirds of the deaths due to disease in America. He said Americans were not starving from lack of food, but they were malnourished by simply not eating the proper food. It is no wonder when 70 percent of the food produced in America is processed or refined. It no longer contains the nutrients that were there when it was harvested.

According to dietitian Elizabeth Somer, Americans consume more table sugar in a year than our ancestors did in a lifetime...average sugar intake is approaching 20 teaspoons a day, enough to add on 42 pounds of body fat.” (Natural Medicine Alert) Excess sugar in the liver can impair its function. When the liver stores too much glucose, it must work harder to produce bile and essential digestive enzymes. Over time, this maltreatment takes its toll on the liver, resulting in damage to the liver cells, which in turn manifests as inflammation. We can trace many degenerative diseases to over consumption of not only table sugar but also simple carbohydrates such as pasta, white rice, white flour products and white potatoes.

Consuming a diet high in refined carbohydrates displaces the protein, vegetables and high quality fats that are essential to good health. One of the most prevalent effects of this diet is “hypoglycemic syndrome” where one’s blood sugar is on a roller coaster with severe ups and downs throughout the day. This extreme metabolic stress, if experienced on a regular basis, becomes the foundation for the onset of many kinds of imbalances such as high blood pressure, increased cholesterol levels, fatigue, hormone disruption, depression, sleep disturbances, bowel disorders, Candida and pain conditions as well as hypoglycemia, diabetes, obesity, and heart disease.

The following are suggestions based on 20 years of clinical and personal experience; please practice listening to your own body to know what is right for you.

General Guidelines

- Chronic disease and pain are almost always associated with an acidic pH. To maintain an alkaline state in your body so your metabolism, enzymes, immune system, and repair processes function at their best: consume lots of fresh vegetables, fruits and clean water every day; juice or broth made with celery, parsley, green beans, zucchini and/or spinach and/or powdered green drinks with lemon juice added are great ways to alkalize.
- Highly refined foods, consisting of mostly fats, sugars, and simple starches are acidifying and should be avoided. Reduce or eliminate all *refined* carbohydrates from your diet: all sugars, pasta, white flour products, white rice and potatoes.
- Eat whole, unrefined foods as close to their natural state as possible.
- When eating carbohydrates, fresh vegetables and fruits are healthy choices as well as the complex carbohydrates of whole grains such as brown rice, millet, quinoa and flour products made from whole grains.
- Keeping the body well hydrated by drinking clean water is essential. Drink water every time you feel hungry –the sense of hunger is often the signal the body really wants more water. If still hungry, then eat.
- Maximize wellness by using organic foods, especially free range organic meats, eggs and dairy whenever possible. Commercially fed animals are given high doses of hormones and antibiotics and these substances are concentrated in the fat portion of the food when you eat it.
- All foods are not created equal. For information on the reasons for a local food supply, grass fed meats and organic foods read [The Omnivore’s Dilemma](#).
- Include good sources of water-soluble fibers by eating pears, apples, and oat bran. Freshly grind 2 Tablespoons of flax seed (in a coffee grinder) and add to cereal, salads, or in a smoothie 4-7x per week. Fiber binds with fat and cholesterol in your intestines and speeds them through the digestive tract. Mix the ground flax seed in water and take 1st thing in the morning to help with constipation.

- Add flora enhancing foods such as alfalfa and greens, kefir, miso, yogurt, sauerkraut, wheat grass, and acidophilus.
- Also, too much cold or raw food and drink will weaken the digestion. Include soups, congee (soupy, well-cooked grain porridge), well-cooked grains and steamed veggies into your daily diet. Drink warm or room temperature fluids, especially if it is cold outside or your digestion is already weak (i.e. gas or bloating, fatigue, tired after eating, overweight, sluggish). Salads and fresh fruits are more appropriate in the warmer months. Iced drinks and ice cream will weaken the digestive fire and thus the entire body. Eat ice cream and other frozen treats (even the nonfat variety) sparingly and infrequently.

Protein

Eat protein every day, or at every meal as some nutritionists advise. Proteins are comprised of nitrogen-rich amino acids, nine of which are essential for our bodies to function properly (the body cannot synthesize them so they must be obtained from the diet). Women need about 50 grams and men about 60 grams per day, depending on physical activity, stress, and constitution. (In divided servings throughout the day, 2 to 4 oz per meal.)

Good sources are: salmon, mackerel, tuna, sardines; chicken and turkey; buffalo, beef or lamb. Include eggs and dairy products, especially plain yogurt, in the diet. Aged cheeses are very acidic so fresh goat or feta cheeses are better choices. Beans and legumes such as lentils are also good choices to include in your diet.

Use organic dairy products and free range eggs and poultry whenever possible, as well as grass fed buffalo, beef or lamb (not fed grains such as corn which is unnatural to them and changes the quality of the meat).

Instead of skipping meals or having nutritionally inadequate meals, you may wish to supplement with a good quality rice, pea, or whey (NOT soy) meal replacement powder. (See last page)

Fats

- Omega-3 fatty acids are essential for good cardiovascular, endocrine, and immune function. It is almost impossible to get enough in our diets so I recommend a *fish oil* supplement.
- Use olive oil, virgin and unrefined; butter (organic if possible); and coconut oil (for cooking at high heat)
- Reduce the use of Omega-6 seed oils (including canola, soy, corn, flax, sesame, sunflower, etc.).
- Reduce or eliminate all trans fats: hydrogenated and partially hydrogenated oils (margarine and most commercially produced baked goods such as crackers, breads, cookies, chips etc. all contain these oils).
- Fried foods should, of course, be kept to a minimum.

Breakfast

Eating lean protein and a small amount of high quality fat will nourish you and stabilize your blood sugar for the day. Try eating cooked cereal such as oat bran, oats or congee (soupy, well-cooked grain porridge) with a bit of butter or other seasoning to make it tasty, plus some form of protein; poached or hard boiled eggs; cottage cheese; plain, sugar-free kefir or yogurt with a small amount of maple syrup to sweeten; cold smoked lox or salmon; cheeses, almonds. Some people like having dinner for breakfast and will eat salmon and vegetables or a hearty chicken and vegetable soup. Soups strengthen the digestion and give you a nutrient-rich way to begin the day.

Lunch and dinner

Fill at least 1/2 of your plate with lots of your favorite vegetables, lightly steamed or sautéed, at least one meal per day. All these vegetables will help to alkalize your body and provide you with the minerals and fiber you need to stay healthy. Include lean protein and unrefined, whole grains with your meals. Add seaweeds such as kombu or wakame to soups, beans, and rice while they are cooking to increase the mineral content and make them more digestible.

Snacks

protein shakes with freshly ground flaxseeds or almonds and a touch of cinnamon and vanilla added for flavor; sugar-free yogurt or kefir, cheese, sliced turkey, hard boiled egg, raw almonds, almond butter or tahini (sesame butter) on crackers; raw veggies; whole, fresh fruit.

Beverages

Lots of clean water (the Nikken water filter is one of the best systems); herbal teas or green tea; upon arising: room temperature water with fresh squeezed juice of 1/2 lemon; lemon juice mixed with the green drinks alkalinize the blood and clear the liver. (Spirulina is too stimulating for many people so if you try this, use for short periods and discontinue use at the first signs of agitation or sleep disturbances)

Avoid (All these foods and chemicals make the body very acidic and thus more prone to illness. They also interfere with the absorption of essential minerals, exacerbating mood disorders, fatigue and chronic illness.)

- All sugars: corn syrup, high fructose corn syrup (HFCS), white or brown sugar, honey, etc., all artificial sweeteners (aspartame –NutraSweet, Equal-, Splenda, saccharine, sorbitol, etc.), Use Stevia if needed.
- mono sodium glutamate (MSG)
- trans fats: hydrogenated and partially hydrogenated oils. Use butter instead of margarine.
- ALL carbonated drinks, including diet soft drinks
- coffee, black tea, and alcohol
- processed meats, processed foods high in salt
- Unfermented soy products such as tofu and soymilk. Unless combined with mineral rich seaweeds, these products may leach minerals from the body. Also, many people are allergic to soy. Miso and tamari are fine to use.
- If it is too difficult to give up the simple carbohydrates totally, try to eat them sparingly and only occasionally. If you are going to eat sweets, bread, or other simple carbohydrates, do so *after or with* a protein meal or snack so the sugar will not go directly into your bloodstream causing metabolic stress.
- For a growing number of people, avoiding or eliminating wheat and/or dairy products is essential for restoring and maintaining good health. Both dairy (milk, cheese, sour cream, yogurt, ice cream, etc.) and wheat (in breads, pastas, cookies, crackers, cereals, etc.) may cause an inflammatory process in the body causing a myriad of symptoms and diseases.

Other considerations:

- Eat mindfully, bringing your whole self to the meal. Breathe and enjoy the physical act of nourishing your body and this will help you to chew each bite well and to know when you are full.
- A nourishing diet, eaten sparingly, is most beneficial to the system.
- Maintain a regular routine of meals so the body knows when it will be nourished. Do not skip meals, especially breakfast. Make your last meal of the day a bit lighter and eat it before 7:00 PM to give the body a chance to digest before sleeping.
- Moderation is the key. Follow these guidelines for the most part but not to the point of rigidity.
- Explore all areas of your life where you may find the nourishment you need so that food does not carry the entire burden of sustaining you.
- The best diet in the world still requires us to exercise in order to stay healthy. Our bodies were made to move and be active, on a daily basis. We need regular activity to increase metabolism and oxygenate our cells. 20 minutes a day of exercise will do wonders.

See following page for resources and recommendations:

To help mitigate the effects of stress and stabilize energy and mood:

- Exercise regularly 3-4x weekly, or daily, if possible. 20-30 minutes may be sufficient.
- Don't skip meals, especially breakfast: this will keep your blood sugar, energy and mood stable.
- Eat lean protein and lots of fresh vegetables and fruits daily. Use protein drinks as needed.
- Reduce/eliminate all refined carbohydrates from the diet (sugars, pasta, white bread) as well as alcohol and caffeine.
- Sleep 7-8 hours at night, on a regular schedule, as much as possible
- Decrease stress - whatever works for you, do it! Try these: Epsom salt baths/ drink 8-16 oz of celery juice for anxiety or insomnia/ inhale essential oil of lavender to relax, rosemary to invigorate/ get a massage/ do an aerobic workout to improve brain function and mood/do yoga and/or meditation regularly to lower cortisol levels, improve brain and immune function/take Omega-3s daily

Consider supplementing your nutrition with one or more of the following:

1. **Multivitamin:** Thorne Research *Basic Nutrients*, Enzymatic Therapy *Doctor's Choice Multivitamin*, or Designs For Health *Twice Daily Multi*, as directed, with food.
2. **Essential Fatty Acids** from fish oil: 1000 mg, with food, 1-3x daily. Nordic Naturals *Ultimate Omega*, Natural Factors *RxOmega 3 Factors*, Metagenics *EPA DHA Extra Strength*, Designs for Health *Omega Ultra Marine*. In liquid: Enzymatic Therapy *Eskimo-3* or Pharmax *Finest Pure Fish Oil*
 - *OmegaBrite* (4 caps daily) or *Omega 3 Mood* (3 caps daily) by Country Life (at health food stores) provide 1500 mg of EPA which has been shown to stabilize mood. 1-800-383-2030 or www.omegabrite.com
 - Light therapy has been proven effective for many people for mood, energy and sleep stabilization. See: Apollo Health: 1-800-545-9667 or www.mygolite.com. To order: www.costco.com or www.amazon.com
3. **Green drink:** Natural Factors *Enriching Greens*, Allergy Research *ProGreens*, Doctor's For Nutrition *Greens First*, Designs for Health *Paleogreens 1-3* x daily. Use the **powder** form for better assimilation, mixed in water (with 1 ounce of apple juice to sweeten, or fresh lemon juice if too sweet, if needed) for phytonutrients and to alkalize the body.
4. **Probiotics:** for overall digestive, eliminative and immune function: Metagenics *UltraFlor Plus*, Natural Factors *Multi Acidophilus with FOS*, Designs for Health *Probiotic Synergy*
5. As needed, it is better to use one of the following meal replacement powders than to skip a meal or have a nutritionally inadequate meal. Use rice, pea or whey, **NOT soy**, as in the following: Nature's Way *Alive!* Vanilla flavor, Metagenics *UltraMeal Rice*, Natural Factors *Slim Styles*, or Designs For Health *Paleomeal*.

Resources: For information on health issues, as well as suggestions for effective use of supplements: **Ask The Doctor:** www.atdonline.org. Enzymatic Therapy products are often recommended and are available on iherb.com or at your local health food store. And: www.alternativemedicine.com Click on left sidebar: "Conditions Center"

For more information and to order product at a reduced rate: www.iherb.com Search by **company name** first, then by specific product name.

It is important to get products from a professional line, as recommended above. These products are clinically tested and at therapeutic doses to give maximum clinical results. Toxins and heavy metals have been removed from the fish oils. **Use capsules or powders rather than tablets** as the former are much easier to assimilate.

Please consult with your healthcare practitioner before beginning any supplement program.

Recommended Reading: Andrew Weil, M.D.: [Eating Well For Optimum Health](#), [Healthy Aging](#); Paul Pitchford: [Healing With Whole Foods](#); Michael Pollan: [The Omnivore's Dilemma](#)
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