

Patient Education Booklet

Weight Loss

When starting a weight loss program, what you eat is as important as how much you eat. There is an audio CD available to you; it covers the kinds of dietary changes necessary for good health and weight loss. Follow the dietary changes suggested in Appendix and in the audio CD. It is suggested that make all of the suggested dietary changes strictly for 30 days. For those who have trouble with that much discipline, follow the dietary advice in the next section "Eight Easy Dietary Changes"

BMI

If you know your height and weight, calculate your BMI here:

1 inch = 2.54 centimeters; 1 meter = 3.28 feet; 1 foot = .305 meters

1 pound = .454 kilograms; 1 kilogram = 2.2 pounds

BMI _____

Calorie Counting:

The chart on the next page will give you an idea of how many calories you burn each day. This first chart is for a 30 year old woman, 5'6" tall. Younger women will burn a few more calories, older women will burn fewer. Similarly, if the woman is taller, there are a few more calories burned. These numbers are approximations and are just to give you an idea of how many calories you should be consuming.

	Sedentary	Lightly Active	Moderately Active	Very Active	Extremely Active
100 lbs	1545	1600	1855	2100	2470
125 lbs	1680	1750	2020	2285	2690
150 lbs	1820	1890	2180	2470	2910
175 lbs	1955	2030	2345	2660	3125
200 lbs	2090	2175	2510	2840	3345
225 lbs	2225	2315	2670	3030	3560
250 lbs	2365	2460	2835	3215	3780
275 lbs	2500	2600	3000	3400	4000
300 lbs	2635	2740	3165	3585	4215
325 lbs	2770	2885	3325	3770	4435

The chart that follows is the amount of calories burned each day by a 30 year old male who is 5' 10" tall Younger women will burn a few more calories, older men will burn fewer. Similarly, if the

man is taller, there are a few more calories burned. These numbers are approximations and are just to give you an idea of how many calories you should be consuming.

	Sedentary	Lightly Active	Moderately Active	Very Active	Extremely Active
100 lbs	1720	1785	2060	2335	2750
125 lbs	1910	1990	2295	2600	3060
150 lbs	2110	2190	2530	2865	3390
175 lbs	2300	2395	2760	3130	3680
200 lbs	2495	2595	2995	3395	3995
225 lbs	2690	2800	3230	3660	4305
250 lbs	2885	3000	3460	3925	4615
275 lbs	3080	3200	3695	4190	4925
300 lbs	3275	3400	3930	4450	5240
325 lbs	3470	3610	4165	4720	5550

If you want to lose weight, find the approximate number of calories you burn in a day and reduce it by 10 to 20 percent. Also, increase your activity and begin to exercise.

Beyond Calorie Counting

Simply reducing the number of calories you consume is not enough. A Snickers candy bar has 238 calories—the same number of calories that is in four ounces of flank steak, a small potato and a cup of green beans. The candy bar will ruin dietary control; not only will it fail to supply any food value, it will actually deplete nutrients. You are actually better off eating twice as many calories in the meal as you are eating a candy bar. You want to eat nutrient dense foods. There are other issues that can help you with your weight loss.

Thyroid

Low thyroid function can make it very difficult to lose weight. The symptoms of hypothyroidism include the following:

- Feel cold even when others do not.
- Fatigue and lack of motivation
- Poor memory
- Loss of interest in sex
- Dry, itchy or scaly skin
- High cholesterol
- Muscle cramps at rest
- Constipation
- Cysts and fibroids
- Sadness or crying for no reason.
- Puffiness under the eyes
- Ankle swelling
- Depression
- Frequent colds
- **Inability to lose weight**

All of the symptoms are not necessarily present in hypothyroidism. This is an issue that is worth looking into, because it is commonly missed or misdiagnosed. According to research appearing in the *Archives of Internal Medicine*, there may be as many as 13 million Americans with undiagnosed hypothyroidism.

Hidden Food Sensitivities

A good food can actually be bad for you. Many people are sensitive to a food and don't even realize it. Very frequently it is a favorite food.

Coca Pulse Test Procedure (To Find Hidden Food Sensitivities)

1. Establish a baseline pulse by counting the pulse for a full minute before trying a particular food.
2. Put a food in your mouth (on the tongue). It must not be swallowed. Taste it for at least one minute.
3. Retake the pulse while the food remains in your mouth. Take the pulse for a full minute. A change of four or more is considered a sensitive reaction. The greater the degree of allergenicity, the higher the pulse will be.
4. Spit out the tested ingredient (do not swallow it) and rinse your mouth with water; retake the pulse. When it returns to baseline, another food can be tested. This test may not be valid if you are taking a drug that controls the heart rate, such as a calcium channel blocker or a beta-blocker.

There are several rules for accurate pulse testing:

- Because accuracy is important, the pulse must be measured for one full minute.
- If the pulse count when standing is greater than that when sitting, it is a positive indication of food or environmental sensitivity.
- If the pulse count is measured at least 14 times each day, and if the daily maximal pulse rate is constant (within one or two beats) for three days in succession, it indicates that all food sensitivities have been avoided on those days.
- If the ingestion of a frequently eaten food causes no acceleration of the pulse rate (at least six beats above your estimated normal maximum) that food can be tentatively considered nonsensitive.
- The pulse reaction to an inhaled allergen (particularly dust mites) is more likely to be of shorter duration than a reaction to a major food allergen.
- Pulse rates that are not more than six beats above the estimated normal daily maximum should not be blamed on a recently eaten food but on an inhalant or recurrent reaction.

- If the lowest pulse rate does not regularly occur before rising, after the night's rest, but at some other time in the day, it usually indicates sensitivity to dust, dust mites or something in the sleeping environment.

Alkalize Your Diet

This is a more important issue than most people realize. Appendix A has more information about the alkaline ash diet and how it can help you with weight-loss and improve your health.

Digestion

Problems with digestion can make it difficult to lose weight. If you have reflux, gas, bloating, constipation, diarrhea, or fatigue after eating you should call the office to discuss how to improve your digestion.

Insulin

Sugar consumption and insulin insensitivity are very important issues for someone trying to lose weight. Symptoms of insulin resistance include fatigue, weight gain, brain fog, carbohydrate craving, and periods of hypoglycemia after a high carbohydrate meal (often needing a nap after eating). Approximately 50% of patients with high blood pressure are insulin insensitive. Approximately 30% of American adults are insulin insensitive and 25% have Syndrome X. The *Journal of the American Medical Association* states that if a patient has three or more of the following symptoms: waist measurement greater than 40" in men (35" in women), triglycerides greater than 150 mg/dl, HDL lower than 40 mg/dl, blood pressure greater than 135/85 or fasting glucose of 110 mg/dl, Syndrome X is present.

Problems with sugar and insulin cause weight gain, along with a variety of other health problems. In general, if you have a BMI greater than 30, carry weight around their abdominal area and crave sugar and starch—you may have problems with insulin insensitivity. Getting insulin production under control is the key to weight loss. You need to pay attention to the glycemic index of foods. Vitamin supplementation is also helpful.

Dietary changes are, of course necessary. You need to go on a low glycemic diet—avoiding high glycemic foods like refined carbohydrates. You should eat a major meal that contains protein for

breakfast (this gives glycemic control throughout the day). You should also eat slowly and eat until you are full. Only eat three meals per day.

Regular exercise is necessary. You also need to stop snacking. The snacking issue is a tough one; many people are labeled as hypoglycemic. Some feel weak or shaky if meals are delayed or feel the need to snack every two hours (or have been told to do so). You need to wean from this by increasing the time between snacks. When you first eat, you produce insulin which helps to store the calories of the meal. As time goes on, you produce glucagon, which helps to burn the stored calories. The first three hours after eating, insulin is dominant; after three hours glucagon becomes dominant. You cannot lose weight if you keep producing insulin and snacking makes you produce insulin. It is especially important not to eat between dinner and bedtime. The dietary changes are difficult, but necessary.

There are two terms that you should become aware of: *glycemic index* and *glycemic load*. The glycemic index is a measure of the amount the blood sugar increases when a food is eaten. The food is compared to a like comparable amount of a control food like glucose. It is the blood sugar increase from the food, divided by the blood sugar increase caused by the ingestion of glucose—so it is expressed as a percent. It is something that is clinically measured for an individual. The glycemic index for a particular food will vary between individuals. There are charts that express glycemic index as an average. In other words, some people will have a larger glycemic response to the food, some people will have a smaller one.

The glycemic load is the most practical way to apply the glycemic index to dieting, and is easily calculated by multiplying a food's glycemic index (as a percentage) by the number of net carbohydrates in a given serving. Glycemic load gives a relative indication of how much that serving of food is likely to increase your blood-sugar levels. Its measurement takes into account the amount of fiber (the total of net carbohydrates is equal to the total carbohydrate, minus the dietary fiber). Food containing a lot of fiber will have a low glycemic load, even if the glycemic index is high. A carrot, for example, has a glycemic index of 47, but only has a glycemic load of two.

In general, foods with a glycemic index above 70 should be avoided. In general, you want to eat foods with a glycemic index below 55. You would like to eat foods with a glycemic load that is less than 25.

Glycemic Index and Glycemic Load Chart

FOOD	CARB GRAMS	GLYCEMIC INDEX	GLYCEMIC LOAD
4 oz PEANUTS	15	14	2
1 CUP CORN FLAKES	26	81	21
1/2 GRAPEFRUIT	11	25	3
2 SLICES PIZZA	42	30	13
1 CUP LO FAT YOGURT	47	33	16
1 MEDIUM APPLE	16	38	6
1 CUP SPAGHETTI	38	42	16
1 LARGE CARROT	5	47	2
1 MEDIUM ORANGE	12	48	6
1 LARGE BANANA	55	52	14
4 oz POTATO CHIPS	55	54	30
1 SNICKERS BAR	64	55	35
1 CUP BROWN RICE	42	55	23
1 TBSP HONEY	17	55	9
1 CUP OATMEAL	16	58	12
1 SLICE WHITE BREAD	14	73	10
MACARONI & CHEESE	47	64	30
1 SMALL BOX RAISINS	32	64	20
1 CUP WHITE RICE	52	64	33
1 TBSP SUGAR	12	68	8
1 SLICE PUMPERNICKEL BREAD	12	41	5
1 CUP WATERMELON	11	72	8
2 CUPS POPCORN	10	72	7
1 BAKED POTATO	33	85	28
1 PEAR	11	38	4

This is a less than perfect system. There is not a lot of accurate data and the glycemic index and glycemic load has not been measured for a lot of foods. Similar foods can have very different values. Also, the values on charts are estimated, because they vary between individuals. How the food is prepared can affect the glycemic index and glycemic load. Another problem is that relying on glycemic index and glycemic load only is not enough to lose weight. It is still possible to overeat relying only these values. The value in knowing these values is that they will help you to keep insulin production under control. If you have insulin insensitivity, it is important that you have an idea of how foods are affecting your insulin production.

Supplementation

What nutrients you need is, of course, an individual issue. We can discuss this during a nutritional consultation. Simply call the office and make an appointment.

Leptins

When a diet becomes difficult to follow, your appetite begins to increase or your weight loss begins to plateau, the problem may be with leptins. It may be a good idea to give yourself permission to eat a bit more and simply try to maintain your weight for a while. This will help to prevent yo yo dieting.

Appendix A: Necessary Dietary Changes

Healthy Eating

People are so confused about what they should and should not eat. There is so much conflicting information about diet. Registered dieticians talk about the food pyramid, which would give you a diet heavy in grains. Dr. Atkins talks about carbohydrates as being the source of all our health woes. Dr. Dean Ornish and Covert Bailey decry the evils of fat. John Robbins makes a strong case for a totally vegan diet. The Zone diet seeks to give a balance between protein, carbohydrate and fat. *Sugar Busters* seeks to reduce insulin production. A lot of the information seems to be conflicting and the various dietary gurus have harsh things to say about each other's diets.

None of the dietary experts can dispute the nutritional rules below. They may offer refinements like, "Watch your fat consumption," "Watch your carbohydrate consumption" or "Stay away from animal products," but none of the experts would say there is anything wrong with the following list of dietary advice. There may also be a little controversy about the implications of not following the advice. (Some may dispute that sugar consumption will cause yeast to grow in the intestines, for example, but they would not dispute that consumption of refined sugar is a bad thing.) The advice about water has become controversial, but drinking a lot of water isn't a problem if you are not drinking a lot of coffee, tea, sodas or other drinks.

Basic Diet

1. Drink plenty of water each day: You need water to keep your cells hydrated and protected, to eliminate waste and ensure the health of your mucus membranes. Adequate hydration will improve a number of health problems including sinusitis, constipation, inflammation, allergies, fatigue, joint pain, headaches and many other afflictions.

Your body cannot adequately eliminate waste products without enough water. If toxic chemicals or heavy metal poisoning is at the root of your health problems you will have a much easier time getting better when you are properly hydrated. Drink more water and less soda, coffee, tea or juice.

2. Eat plenty of vegetables: Plenty means that at least $\frac{1}{2}$ to $\frac{3}{4}$ of the food you eat (by volume). Vegetables are very high in fiber, vitamin C, folic acid and minerals. They provide you with many health benefits, such as the following:

- Fiber in vegetables slows the absorption of fat and toxins. One of the best ways to lose weight is to eat plenty of fiber. Eating adequate fiber can help normalize cholesterol levels and blood pressure.
- Vegetables nourish normal flora, which in turn nourish the lining of the GI tract, produce vitamins and inhibit yeast and other undesirable organisms.
- Vegetables speed up bowel transit time, which reduces bowel toxicity and prevents irritation of the GI lining.
- Vegetables contain folic acid, which is necessary to produce serotonin (preventing depression and overeating), increases energy and helps reduce the chances for a heart attack.
- The minerals in vegetables help prevent osteoporosis. (Other nutrients besides calcium are important for healthy bone.) Minerals are also important enzyme co-factors, so most major functions of the body are dependent on minerals.

- Eating vegetables can reduce the instance of cancer and heart disease, increase your energy and mental clarity, reduce the problems caused by bowel and liver toxicity, help reduce the symptoms of allergies, asthma, arthritis, skin problems, digestive problems, sinusitis, chronic pain and many other health problems.
- Eating vegetables helps to alkalize the diet. (We will go into the concept of alkaline and acid ash foods in the next section.) Ideally $\frac{1}{2}$ to $\frac{3}{4}$ of the volume of the food you eat should be vegetables. Corn and potatoes don't count as vegetables. Fruit is also good for you; it is a good source of vitamin C and fiber. Eating vegetables is stressed here because when people are told to eat more fruits and vegetables, they tend to increase fruit intake but not vegetable intake.

3. Avoid deep fried food, trans fats, partially hydrogenated oil and hydrogenated oil:

As time passes, we keep finding more bad things about hydrogenated oil and fried foods.

Hydrogenation is the food industry's way of turning liquid oils into solid fats. This gives packaged foods a longer shelf life than if they were made with natural oils. Hydrogenation produces trans fats, which have been linked to a number of health problems such as the following:

- Cancer: Women with higher levels of trans fats in their cells are much more likely to develop breast cancer than women with low levels of trans fats.
- Pain and inflammation become much worse for patients who consume hydrogenated oils. They chemically prevent the formation of natural anti-inflammatory substances that are normally produced by the body. If you suffer from chronic pain or have recently been injured, strictly avoid hydrogenated oil.
- Heart disease: High levels of trans fats create platelet aggregation, which is the beginning of the plaque associated with coronary heart disease. Lately a lot has been written linking inflammation with heart disease.
- Trans fats are incorporated into the cells and make them less resistant to chemicals, bacteria and viruses. This could be a source of immune system problems.
- There may be a link between trans fats and ADD, depression and fatigue. Brain and nerve tissue have a high content of fat. Some researches believe that when trans fats are incorporated into the nerve cells they affect function, creating problems like ADD and depression.
- Muscle fatigue and skin problems are also linked to hydrogenated oils. Most chips and fried snacks contain hydrogenated oils. Hydrogenated oils are found in a lot of packaged foods like crackers, cereals and even bread. They are often found in margarine (margarine is much worse for you than butter); mayonnaise; and a lot of bottled salad dressings. Read labels.

Not all fats are bad for you. Permissible fats include raw nuts (not roasted), virgin or extra virgin olive oil and avocados.

4. Avoid refined sugar: The average American eats 150 pounds of refined sugar per year. Compare that to seven pounds per year consumed in England in 1750. Refined sugar increases insulin and adrenal hormone production and can cause the following health problems.

- Increased production of adrenal hormones causes the body to excrete essential minerals.
- Sugar consumption increases the body's need for vitamins B and C.
- Eating a lot of sugar aggravates many of the problems we associate with emotional stress. Sugar stresses the adrenal glands.
- Sugar feeds yeast and other one-celled organisms found in the bowel, causing them to multiply. These organisms produce toxins, irritate the lining of the GI tract and take the place of normal, more beneficial flora, thus removing the benefits of helpful bacteria.
- Eating sugar causes blood sugar swings. Blood sugar increases immediately after consuming sugar, prompting the body to produce insulin. Excess insulin creates more sugar cravings.
- Eating sugar creates insulin insensitivity. More sugar is eaten, more insulin produced, etc. This stresses the pancreas and sets the stage for adult-onset diabetes.
- There is a connection between sugar consumption and high cholesterol. Patients with Syndrome X (high cholesterol, high LDL, low HDL and high triglycerides) often have the problem because of consumption of sugar and refined carbohydrates.
- Sugar consumption can make pain and inflammation worse.
- Sugar can cause or aggravate allergies, sinusitis, asthma, irritable bowel, Candidiasis, migraine headaches, fatigue, depression and even heart disease.

5. Avoid refined carbohydrates: The average American gets 50% of his or her calories from refined carbohydrates. Refined carbohydrates are grains that have had the fiber, vitamin E, B vitamins, bran and germ removed. In other words, the nutrients have been removed and you are left with the starch. They create all of the same health problems created by refined sugar. Go back and read the problems caused by refined sugar and realize that the list is exactly the same for refined starches

Refined carbohydrates fill you up—but not with vitamins and minerals. This stresses your digestive system and your endocrine system. Eating refined carbohydrates uses up precious vitamins and minerals.

Often people eat refined carbohydrates because they are low in fat and mistakenly think that because they are “complex carbohydrates” that they are actually good for you. Refined carbohydrates include white bread, white rice, and pasta that are not labeled *whole grain*. Read the labels on bread. Brown-colored bread labeled *wheat bread* isn't usually whole wheat. If the label says *enriched, white flour* on it, you're not getting a whole grain. Use brown rice instead of white rice.

6. Avoid chemical additives: Avoid processed foods and chemicals. The average American consumes 10 pounds of chemical additives every year. This has had a devastating effect on our health. The FDA tests single additives, but no one has any idea what combinations of additives do to us. Stay away from packaged foods with chemical additives and you will be much healthier.

7. Eat slowly, chew your food thoroughly: Ideally, chew your food until it is liquid. You will be satisfied with less food and you will have better digestion. Your saliva has enzymes that facilitate digestion. Also, it is easier to digest small particles than large ones. Most people eat too fast. Not chewing well stresses your digestive system and can lead to poor absorption of nutrients, digestive problems like gas and bloating and promote the growth of harmful bacteria in the digestive tract.

8. Never skip meals: Skipping meals stresses your adrenal glands. If you are trying to lose weight, not eating is a poor strategy because your metabolism will slow down to accommodate the reduction in calories. As a result you become fatigued and will ultimately gain weight.

Alkaline Ash Diet

Having given you a list of noncontroversial ways to improve your diet, let's add one controversial subject, the alkaline ash diet. People who follow the concepts you are about to read really seem to enjoy better health than people who do not.

Proponents of the alkaline ash diet believe that we eat too many acid-forming foods and that excess acid is a source of many of our chronic illnesses. Critics of the diet say that the body's pH is tightly regulated and cannot be affected by subtle changes in diet. What the critics do not say is that they tried putting chronically ill people on the diet and did not see good results. You won't hear critics say this because the opposite is true. People who go on this diet usually are rewarded with better health. This diet is appropriate and beneficial for just about any chronic health problem.

The critics may be right about the diet directly affecting pH. In all likelihood the diet probably affects the body's ability to buffer acids. In other words, the "acid" diet probably doesn't change the pH of the body but rather makes the body work harder to maintain its pH.

According to proponents of this diet, eating the wrong foods creates acid systemically. Diets that are high in fat, protein and simple sugars are too acid. To reduce the acid burden the body links acids with alkaline minerals (like potassium, calcium and magnesium) and excretes them.

The excess acid load has a negative effect on energy production in the cells, enzyme function and tissue resilience and repair. This acid burden, when coupled with constant exposure to pollution, food additives, and poor digestion, burdens the immune system and exceeds the body's reserves. A continuous state of distress can emerge, resulting in the increase of the chemical messengers of distress (such as cortisol, adrenaline, and insulin).

Some practitioners believe that we don't live off the food that we eat; we live off the energy in the food we eat. They believe that it is better to eat live, raw foods than it is to eat cooked foods. Some confusion in terminology has resulted because of the way that the discussion evolved. In investigating how different foods might affect the acid-alkaline balance, various foods were burned to ash in the laboratory, and the pH of the resulting ash was measured. These foods were then classified as acid, alkaline or neutral ash foods.

In fact, if you read various authors about the alkaline ash diet you will see lots of inconsistencies. One author will say that nuts are all acid; another will say the almonds and cashews are alkaline. Quinoa is either acid or alkaline depending on whom you read. There are differences in opinion about how pH should be measured. One author will say the urine should be pH 7, another will say that a pH of 6.8 is good.

Various alternative practitioners have referred to acid- and alkaline-forming foods, based on the reaction of foods in the body. One thing that is considered a highly acidic way to eat is the combining of carbohydrate with protein.

In general, alkaline ash foods contain more magnesium, calcium, potassium and/or sodium. These are minerals that form alkaline compounds. Most fruits and vegetables are considered alkaline. Acid ash foods contain more chloride, phosphorus or sulfur, minerals that form acid compounds. These acid ash foods include meat, fish, poultry, legumes and grains, which all contain high levels of phosphorus, and mustard and eggs, which contain sulfur. Some fruits like plums, prunes, cranberries or rhubarb are considered acid-forming since they contain either oxalic or benzoic acid, organic acids which are not completely broken down in the body.

There is some individual variation as to whether foods are treated as alkaline or as acid. Genetics also plays a role; some groups can handle protein better than others. One possible explanation may be that people of different blood types handle protein differently. People who are blood type O seem to do better with more protein. Many groups of people who have not been exposed to civilization and therefore enjoy life relatively free of our civilized chronic degenerative diseases eat a diet that is a little more acidic (according to the model presented) than what is recommended here. Their diets are very nutrient-dense and that is at least as important as pH balance.

For regaining health, eating 80% alkaline foods and 20% acid foods has been recommended. Eating four vegetables and two fruits to one starchy food and one protein food approximates this number. The reason this proportion works well here is that most Americans eat a high-acid diet. We eat a lot of grain and protein and not a lot of vegetables. We also tend to combine starch and protein. Changing these eating patterns often has dramatic results in improving health.

The excess acid load has a negative effect on energy production in the cells, enzyme function and tissue resilience and repair. This acid burden when coupled with constant exposure to pollution, food additives and poor digestion burdens the immune system and exceeds the body's reserves. A continuous state of distress can emerge, resulting in the increase of the chemical messengers of distress (such as cortisol, adrenaline and insulin).

Whether or not you believe in the effect that food can have on your systemic pH, the alkaline ash diet is a very healthy way to eat. In fact, the issue may be more about our capacity to buffer acids or alkaline foods. A diet that is too high in protein and refined foods may make it harder for you to regulate pH; it doesn't put you in acidosis. Blood never becomes acidic during life; the critics of this way of thinking are right about that. The diet is, however, effective for restoring health—for whatever reason. Increase the amount of alkaline foods and decrease the amount of acid foods to help to restore your health.

There are those who have taken this information to mean that all acid foods are bad all of the time and that you should never eat animal products, and that all acid-forming foods are akin to poison.

There are some problems with this way of thinking; a diet in which these acid ash foods are absent can lead to deficiencies that undermine the body's ability to maintain the proper blood pH.

Meat and other animal foods provide protein and vitamin B₁₂; red meats provide zinc. Both are needed for the regulation of acid-base balance. Fat-soluble vitamins and protein found in organ meats, shellfish and meat in general help maintain the health of the lungs and kidneys. Good lung and kidney function is necessary for good acid-base regulation.

The concept of alkaline and acid ash is a good one, but you also have to take into account the need to eat natural, nutrient-dense foods. With that in mind, take a look at what kinds of foods improve alkalinity.

Alkaline foods: Fruit (most), vegetables (except peas, beans), lentils (some consider lentil acid, others consider them alkaline), spices, herbs and seasonings, seeds and nuts.

Acid foods: Meat, fish, poultry, eggs, grains and legumes.

Of course, this is a generality. Some grains, like wild rice, quinoa and oat are mildly alkaline. Quail eggs and duck eggs are mildly alkaline. Nuts are generally alkaline, but walnuts and Brazil nuts are acidic. There are books written on the alkaline diet, or you can ask your health care provider. If you want to get into more accurate detail, Dr. Russell Jaffe has written a book on the subject, *The Alkaline Way* (not to be confused with *The Al Kaline Way*, which is about baseball). In general, alkaline ash foods are those that contain large quantities of magnesium, calcium, potassium and/or sodium—minerals that form alkaline compounds. Most fruits and vegetables are considered alkaline. Acid ash foods are those that contain chloride, phosphorus or sulfur—minerals that form acid compounds. These acid ash foods include meat, fish, poultry, legumes and grains, which all contain high levels of phosphorus, and mustard and eggs, which contain sulfur.

Many foods that seem acidic to us are actually alkaline. Foods like lemons, oranges and tomatoes, for example, are considered alkaline.

It must be stressed that these lists vary and sometimes it is best to follow the general rules: grains and proteins are acid, and fruits, nuts, seeds and vegetables are alkaline. The important thing to do is to eat a lot of produce and to eat whole and unprocessed foods (like the advice given in the Basic Diet).

If you want to restore your health, about 80% of your diet should be alkaline foods. In more practical terms, the recommendation was four vegetables and two fruits to one starchy food and

one protein food. This is the proportion of foods for the day. If, instance you have 3 oz. of protein one day, you need 12 oz. of vegetables and 8 oz. of fruit for the day. You are also allowed 3 oz. of grain, but it is not to be eaten with the meat.

Maintaining health is easier. If you do not have any major health problems, you need eat 60% alkaline foods to maintain your health. This translates to one protein, one starch, two vegetables and one fruit. If you have 6 oz. of protein, you then need 12 oz. of vegetable and 6 oz. of fruit for the day. You are also allowed 6 oz. of grain—but it is not to be eaten with the meat. When you eat this way, fruits and vegetables will dominate your diet; if these are fresh and raw, so much the better. If you can get organic produce, that will remove the burden that pesticides place on your body. There is a fair amount of variation in what is considered alkaline and what is considered acid. For that reason, we are going to try to avoid all of the controversy and make it simpler. If you want to follow this in more detail, get Dr. Jaffe's book.

Animal products are on the list of acid foods, but you are allowed some of these—unlike those eating a strict vegetarian diet, you can have some meat. It's like following Thomas Jefferson's advice to use meat as a condiment, which may be healthier than a strict vegetarian diet.

Grains are on the list of foods that should be minimally consumed. What do Americans eat? They eat sandwiches, chicken and rice, meat and potatoes and other combinations of meat and starch, in other words, an extremely acid-forming diet. Eat more alkaline foods and fewer acid foods and your energy will increase and your health will improve.

Americans tend to eat a lot of grains. Grains are considered acidic and we probably eat more than are healthy for us. Limiting grain consumption may be a good idea. Many patients do better when they limit or eliminate grains.

If you need more energy or if you have *any* chronic health problem you need to follow the proceeding diet. Even though there is a lot of controversy about the alkaline ash diet (even among proponents who can't seem to agree on particulars), patients do very well when they follow it. There are a few controversial concepts added to the Basic Diet like food combining and alkaline ash eating, but try it. This diet does seem to help a lot of health problems.

Healing Diet

1. Drink at least 8, eight-ounce glasses of water each day.
2. Eat plenty of vegetables.

3. Avoid deep fried food, partially hydrogenated oil and hydrogenated oil.
4. Avoid refined sugar.
5. Avoid refined carbohydrates.
6. Avoid chemical additives.
7. Eat slowly, and chew your food thoroughly.
8. Never skip meals.
9. Follow the rules for more alkaline eating. These include the following:

If you have any chronic health problems eat 80% alkaline ash foods and 20% acid ash foods. In more practical terms, eat four vegetables and two fruits to one starchy food and one protein food.

If you enjoy good health, maintain it by eating 60% alkaline ash foods and 40% acid ash foods. Eat mostly *raw* produce. It is okay to eat cooked food, but we are going to follow Dr. Reams' idea that we don't live off the food that we eat, we live off the energy in the food we eat. It is better to eat live, raw foods than it is to eat cooked foods. Do not eat protein and carbohydrate together—this acts to acidify the body. Do not eat fruit with grains or other foods—this acts to acidify the body. Realize that alcohol and caffeine are extremely acidic and should be limited.

When you follow the basic diet you are still able to follow familiar eating patterns. You can have meat and potatoes, a sandwich made with protein and a whole grain bread or fruit in your oatmeal. Adding the disciplines of the alkaline ash diet may make it so you have to change how you think about eating. You really have to just think of eating as providing your body with fuel and not about likes and dislikes. You will probably have to plan your meals in advance and not just grab food on the run. Try it very strictly for 30 days. Most people can do anything for 30 days. It will improve your health and energy and help you to see the connection between how you eat and how you feel.

Because eating this way is so different, here are some daily menu suggestions.

<i>Day 1:</i>	Breakfast	Apple with almond butter
	Lunch	Tuna (mix it with olive oil chopped onion and celery); celery stalks, carrot sticks or cucumber slices
	Dinner	Sweet potato (you can use some clarified butter, which is alkaline), large green salad (oil and cider vinegar) and mixed, cooked vegetables.

	Snacks	Any fruit, nuts or any vegetable
Day 2:	Breakfast	Oatmeal
	Lunch	Turkey, large green salad
	Dinner	Brown rice, cooked vegetables, large green salad
	Snack	Any fruit, nuts or any vegetable
Day 3:	Breakfast	Quinoa
	Lunch	Chicken vegetable soup, large green salad
	Dinner	Chicken, large green salad, cooked vegetables
	Snacks	Any fruit, nuts or any vegetable
Day 4:	Breakfast	Melon
	Lunch	Hommus, taboule, goat feta cheese and cucumber slices
	Dinner	Beef vegetable soup, large green salad
	Snack	Any fruit, nuts or any vegetable.
Day 5:	Breakfast	Vegetable omelet (chopped onion, spinach, tomatoes and bell peppers [if nightshades are not a problem for you]).
	Lunch	Stir fried vegetables and brown rice
	Dinner	Broiled salmon, avocado and a green salad

Try to dominate your diet with raw foods. If your meals have a lot of cooked food, add raw vegetables to your diet. If you must snack, snack on raw vegetables (it is better not to snack, if you can avoid it). Another way to get raw, alkaline food in the diet is to make fresh vegetable juice. If you are busy, simply eating protein with a lot of vegetables is a quick, easy way to make a meal. For example, you can broil a chicken breast, boil some broccoli and make a large salad. It's fast and it's fairly alkaline. Another strategy for busy people is to make stews or soups and eat them throughout the week. Just snack on raw vegetables to make sure that you get enough raw food.

In restaurants it isn't that difficult to eat a relatively alkaline meal. In an Italian restaurant you can order chicken, fish or meat with cooked vegetables and a large salad. Even at McDonalds you can take the bun off of your quarter-pounder and order a salad. McDonalds even has a salad with chicken in it. Many fast-food restaurants now have salad bars. Some will question the quality of even the "good" food at a fast-food restaurant, but the issue here is how to get the best possible meal in a given situation. In a Mexican restaurant you can order fajitas without the

tortilla. In a Chinese or Thai restaurant you can get stir-fried vegetables; you can also get a non-fried spring roll as an appetizer.

Raw foods are very good for you. There may be some validity to the argument that we consume the energy from the food we eat. Raw foods have enzymes and higher levels of vitamins like folic acid and vitamin C. Some people, however, have problems when they eat a lot of raw vegetables. If you are such a person, call this to the attention of your health care practitioner. You may need nutritional support for the gall bladder. (Beta-TCP, by Biotics Research helps thin bile.) If someone pokes you under the right side of the ribcage, does it hurt? This may be an indication of problems with the gall bladder. You may need bile salts or you may need pancreatic enzymes.

Everyone is different and approaches dietary discipline differently. It is strongly suggested that you follow the above dietary rules strictly for at least 30 days. Should you do that, you will get a very good idea of how good a good diet will make you feel. This will make future discipline much easier. Some people may have some difficulty, so we have put together a minimal program. Following it, with the proper supplementation should make it easier to have the discipline to follow all of the necessary dietary changes in the future.

Eight Easy Dietary Changes

We are hoping that you can follow the complete dietary program that was presented in the workshop. Changing your lifestyle can almost always guarantee an increase in energy. Unfortunately, when most people hear what is necessary to have health and energy, they become a little discouraged. You can make a few, very easy changes that will improve your health immeasurably. Better yet, these improvements will make future self discipline easier.

Sugar: Of course everyone knows that you should give up refined sugar in order to enjoy good health and energy. Sugar is addictive. If you must eat it, you can minimize the negative effect of sugar and reduce your craving for it.

1. Eat a good sized breakfast and make sure that it contains protein. Eat it slowly. Eating protein in the morning will drastically cut sugar cravings throughout the day (don't skip *any* meals)
2. If you must have something sweet, make sure that it is after a meal. Do not eat sweets first thing in the morning or between meals on an empty stomach.

3. If you must have something sweet, have cane sugar. Absolutely do not consume products with high fructose corn syrup—they undermine your ability to control your appetite.
4. Avoid artificial sweeteners—they will create problems with controlling appetite.

Baked goods: Of course you should eat whole grains and avoid white, refined flour. This is hard for some people, but some minor discipline is easy and will pay big health dividends.

5. If you eat baked goods, eat them without additives. Bromine is in dough conditioners; these suppress the thyroid and create weight gain, depression and fatigue. Absolutely avoid bleached flour. If you read the label on a loaf of bread and there are things that you cannot pronounce, don't buy it.
6. Eat good junk. Look at ice cream; it is a sweet snack and not totally good for you. You can buy ice cream (like Bryers) that does not have a lot of additives. You crave the sugar—not the stabilizers and additives.

Change your oil: The kind of oil you consume can affect both your appetite and energy.

7. Absolutely avoid hydrogenated and partially hydrogenated oils and trans fats. These undermine your endocrine system, your energy and your immune system. Taking an omega-3 essential fatty acid, like flax oil is also very good for you. Get some flax seeds and add them to salads.

It's not what you don't eat that is important: What you do eat is even more important.

8. Eat as much fresh, raw produce as you possibly can. This will improve your digestion, reduce pain, increase energy, and reduce your appetite.

Notes:
