

EATING FOR A HEALTHY LIFE

FUEL FOR A LIFETIME

Eat and nourish your body with WHOLE LIVE FOODS

Proteins/Meats/Eggs – try to use fresh, organically grown meats such as beef, lamb, chicken, turkey, duck & game meats.

- eat organically raised organ meats.
 - Seafood, all types from deep sea water and fresh water
- Eat all you want, just leave the breeding off.

Fats – the good stuff gives flavor to foods and life to the body.

Butter – fry everything in butter.

Cream – whipped with a little honey & vanilla – a really good treat

Beef fat – on steaks and roasts

Lamb, goose, chicken & duck fat.

Extra virgin olive oil.

Dairy - whole milk always.

- hard cheeses (cheddar, swiss, mozzarella, Colby, pepper jack, farmer)
- eggs eat all you want.

Carbohydrates – grains, fruits, vegetables, nuts & beans.

Always use fresh for best results.

Frozen is your second best choice.

Fresh or frozen fruits & vegetables – refrain from canned as the nutritional value is greatly reduced so you need to eat more to feel full.

Nuts – are really good. Eat the raw (not processed & salted) or uncooked as cooking and processing makes the oil in them not good for our bodies to digest.

Always eat your proteins and fats together along with some low carbohydrate vegetables like a salad or lightly stir fried fresh veggies in butter.

Eat fruits by themselves. They will digest in 5-15 minutes and want to leave the stomach. Proteins, fats, eggs, meats etc. can take an hour or more before it is ready to leave the stomach. Compare it to shopping with our kids. As adults we look, read labels, try things on for size, etc. Our kids are yelling, “Daddy, I want to go to the toy store. Mommy, I need to go potty. Can we leave now?” My grandma always said “Leave the kids home if you want to get something done.” So leave the fruits to eat alone at another time.

Breads – need to be made from fresh ground flour. Yes, fresh ground flour. It is the whole life food. Grind the flour and bake what you need. Grinding and then freezing the extra flour kills the vitamins and the germ of the flour. So use it fresh. Whole grain flour bought in stores is not good because it has been on the shelf too long. It is now oxidized – rusting away – losing its vitamin and mineral content and its life giving germ.

Seasonings – use salt to taste. In salads use vinegar mixed with extra virgin olive oil. Do not use corn, canola or other vegetable based oils. These are too processed and your body cannot digest them. Use natural dressings, herbs and seasonings. Experiment with different combinations until you find one you especially enjoy.

Eating this way can be fun!

Killer Foods – white flour, breakfast cereals, sugar (white & brown), candy, pastas (spaghetti, macaroni, etc.), crackers, rice.

In the USA these grain products are pure starch. When these are consumed it turns to sugar in the body. The residues of poisonous bleaches remain (to maintain the shelf life and keep bugs away). This too enters your body, much to its detriment.

Carbohydrates, especially the foods made from grains are the most common and easily over processed foods. You see breakfast cereal, corn chips, wheat thins, crackers, breads, rolls, ho hos, Little Debbie snacks, macaroni, spaghetti, noodles, rice cakes, puffed rice, the list goes on and on!

Grains in their raw condition (like you were going to plant them in the ground) are life nourishing, healthful foods with a rich abundance of vitamins and minerals. The big problem is that when the grains are milled, rolled, ground, bleached with chlorine and processed, all the good “stuff” is taken out. It is now sterile and all that remains is purely starch. The manufacturers do add back some chemical synthetic vitamins which the body cannot use. These go down the toilet. They become your septic tank’s vitamins and minerals. You suffer from the ill effects of this devitalized food while others get rich – the miller, the baker, the doctor and finally the casket maker.

For example, eating these processed grains are just like you building a house. You call the lumber yard, order all the lumber to frame up your house – the 2 x 4s, rafters, plyboards, door jambs, etc. The truck delivers all these materials in the form of saw dust with a note that says “We just processed all your wood into saw dust as it is easier for us to handle, load and deliver. Hope your house turns out fine!” Now you know you couldn’t even begin to build an outhouse from all that sawdust. That is what processed grains are like – they have no material to build and repair your body. They only give you the dead calories from starch which turns into sugar. These dead calories give only energy to burn, but your body cannot burn that much energy at one time. So now your body has to store the excess.

Eating our modern diet of high carbohydrate, low-low fat diets recommended by the USDA pyramid would have you consuming about 2 cups of sugar each day. In 1900, the average American consumed approximately 4-5½ pounds of sugar per year. In 2000, the average American man, woman or child consumed 187 pounds of sugar for that year. My grandma always said, “Don’t eat much sugar. It will always make you sick.” She died in 1973 at the age of 96.

So then this is what happens. Pure starch from the processed grains is converted directly into sugar. For example, one cup of breakfast food, macaroni, or one slice of bread turns into approximately 2½-3 tablespoons of sugar. Your body can’t use that much energy at one time, just like your car doesn’t use 20 gallons of gas all at once. We have a gas tank for our car and our body will form its own ‘gas tank’ with the excess sugar stored as fat. A tank around our waist, a tank around our hips, a tank around our chin, and lots of tanks are found in our blood vessels – especially the blood vessels of our heart.

Here is how it happens – we eat the dead devitalized grains which are a pure starch/sugar. This raises our blood sugar. Your pancreas then releases lots of insulin to bring down your blood sugar. The insulin carries the sugar to your liver. The liver turns this excess sugar into stored energy (like the 20 gallons of gas in the tank of your car) called triglycerides. These triglycerides are eventually stored as cholesterol and then body fat is deposited to our other various body fat tanks.

Now just as starch from processed grains raises your blood sugar, the same process happens when you eat sugar contained in pop, candy, fruit pies, ice cream, cookies, etc.

The insulin hormone functions to lower blood sugar by turning it into fat. So insulin's main job is to force your body to make fat. If you want to get rid of fat, you have to get rid of insulin. Insulin will cause 40-60% of those processed carbohydrate foods to be made into fat. About half of that bagel, cereal, toast, pasta, pop or candy will find its way into one of your fat tanks!

Many physical symptoms come on because of having high insulin levels from eating processed foods. They can show up as physical fatigue, mental fatigue, low blood sugar syndrome, dizziness, bloating, sleepiness, weight gain, diabetes, increased triglycerides, high blood pressure, depression, addictions to stimulants, polycystic ovary, high cholesterol, stroke, coronary heart disease – these and even more health conditions can be related to high insulin levels caused from eating processed starches and grains, as well as processed foods and sugar.

My grandma always said, “You have to eat fat to stay thin and healthy.” I think she must have been right.

As you eat all the processed starches and sugars, the high and low blood sugar syndrome happens. Cholesterol and triglycerides rise, allergies, asthma, obesity and diabetes results. Your body begins a downward regression of health simply because all those dead processed grains you eat provide no life giving nutrition for repair. It gives only dead calories stored as fat. Ongoing clinical research over the last 40 years by Dr. Wolfgang Lutz, M.D. shows that high insulin levels are the root cause of disease because the insulin hormone disrupts our body's biochemical balance.

Now, you say, this goes against what the medical man says. He says just the opposite. Well, let's keep it simple. What do you feed animals to make them fatten up? Grain, right? Common sense, right? “Remember that a lie unchallenged is accepted as truth.”

Let's look at Jesus. He came to save us from our sins. The Pharisees made getting to heaven so difficult with all their rules and regulations. Jesus says – Just believe, accept me and what I say, and live your life. This is a very simple solution to get to where you want to go – Heaven. Good health is simple as well. Our body is made from the dust of the earth so the recommended warranty parts to fix it should come from the earth as well in the form of whole foods with live enzymes, vitamins and minerals.

Just as Jesus called the Pharisees a lifeless bag of dry bones, this is what happens to our body by eating dead lifeless foods and listening to dead lifeless rules about food. My grandma always said, “The best way to get your kids to heaven is to beat the hell out of them.” Now she never really did any beating on me, but I sure thought twice before doing anything bad. So now you have to take a stand. Beat out of your diet dead disease causing foods like sugar, white flour, pasta, pizza, pop, etc. Replace them with whole unprocessed foods found on the first page of this handout.

I have many patients who take this eating plan to their medical man and he tells them “That way of eating is very bad for you. It will kill you.” Medical science will tell you this. So... in 1992 the British Medical Journal published these findings on medicine.

- Only 15% of medical interventions have valid scientific proof. (So in other words, 85% of what medicine does has no scientific basis – let's just try it and see what happens.)
- Only 1% of articles in medical journals are scientifically sound.
- Many of the medical treatments used today have never been assessed at all. (In other words, "Gee, Dr. Jones, this procedure worked for me, you'll have to try it sometime.")

So then why, since the medical man has pushed eating lots of low fat and high carbohydrates for the last 35 years, is heart disease, strokes, diabetes (which by the way is the only non-infectious disease classified as an epidemic by the Center for Disease Control), depression, ADD, osteoporosis, low blood sugar syndrome, digestive dysfunction, getting worse and growing more frequent?

The Center for Disease Control stated that diabetes alone in 1997 is the third leading cause of death in the United States. Its annual cost (or should we say income into the medical pockets) was 98 billion dollars. This is a fair amount for the result from eating corn flakes, bagels, pasta, pop, candy, etc. This accounts for the typical high carbohydrate – low fat diet we are recommended to eat by our medical man.

Let's use some common sense. Currently about three-fourths of medical schools offer education to doctors in nutrition. This consists of three to ten hours of class time. Current chiropractic school curriculums range from 150-175 hours of class time in nutrition taught to those individuals training to be chiropractors.

You have also the age old battle between the medical man and the chiropractor. The medical man says your body has broken down so let us take out the bad part and replace it. Or, if that isn't practical, we will stimulate that tired organ with drugs. Let's treat the symptoms and forget the cause and prevention.

The chiropractor says to fix the cause of the malfunction, whether it be diet, or nerve malfunction in the spine, or lack of exercise, or too much stress. Give the body food to repair itself. My grandma always says, "If you have a skunk under the house get rid of it instead of wearing a clothespin on your nose all day and night."

Let's look again at the Pharisees and Jesus. The Pharisees had all their rules, regulations, guidelines, tests and works to get to Heaven. Jesus said, "Hey people, it is very simple. Just follow me." This makes the Pharisees pretty angry for it cuts deeply into their income and prestige. And so it is with the chiropractor.

In 1963, the Pharisees, I mean the medical man and his American Medical Association's meeting held on November 2-3, outlines and adopted this guideline: "Our prime mission is to be first – the containment of chiropractic and ultimately the elimination of chiropractic 'as a recognized health care provider'". In 1972, Dr. Stevens, M.D. the head of the Pharisees against chiropractic stated under court testimony, "The AMA intended to destroy the entire chiropractic profession, acting not in the interest of science (and patient health & welfare), but as an adversary to chiropractic. (My thought in parenthesis above.) So let's kill (or crucify) our competition."

On February 7, 1990, the United States Court of Appeals ruled that the AMA and all medical doctors were found guilty of actively destroying the chiropractic profession. They were guilty of violating the Sherman Antitrust Act (naughty, bad medical man). The AMA appealed to the US Supreme Court and the Supreme Court said they were "bad boys", just like organized crime. (So they were guilty of crucifying the chiropractor.)

Like my grandma always said, “You can get rid of an old horse by shooting it or you can just not feed it and it will die slowly.” So there we have it.

Keeping it simple, eat good whole foods that provide live body nourishing and repairing vitamins, minerals, and enzymes. Exercise – doing the things you enjoy doing. Get seven to nine hours of sleep every day. Love one another as you love yourself. Take a stand and just do it. Decide to be healthier. Don't let dead foods ruin your health. You can do it. Commit yourself to eating good whole nourishing foods for a minimum of three months. You will see you can be healthier and happier than you think. There are no more reasons to refuse being in better health. Not only will it improve the life you live, it may save the life you've got.

God is on our side. He has okayed it for us to eat meat. We read in Genesis 9:3 that after the flood God told Noah, “Every moving thing that lives shall be meat for you.” And God tells us to choose the good, live foods. In Deuteronomy 30:19 “I have set before you life and death, blessings and curses. So choose life that you and your offspring may live.” So we best eat whole, live, health supporting foods. It is a win-win situation.

EATING SIMPLY – TO BE HEALTHY

Let's start today. The Russian physiologist, Ivan Pavlov, won the Nobel Prize for medicine in 1904 for his research on digestion. Pavlov found that different foods caused different reactions in your digestive tract, requiring different chemicals and different speeds of digestion for absorption. He found that if you combine proteins and fats (like meats, fish, cheese, eggs, etc.) with concentrated carbohydrates (like breads, pasta, cereal, desserts, etc.) it will result in poor digestion and absorption of nutrients as well as causing intestinal irritation and inflammation. This was a big step in scientific research. It proved exactly what the kosher dietary laws, that are centuries old, have been telling us about mixing different foods.

Breakfast: Your best meal. Protein increases levels of norepinephrine in your brain. This makes thinking easier, gives you more mental energy and increases your metabolism.

Eggs – however you like them.

Breakfast Meats – ham, bacon, sausage, steak

Omelets – with two or more different vegetables, cheese.

* Always use butter, olive oil or bacon grease to cook eggs.

No cook breakfast – try hard cheese with slices of roast beef, ham or turkey in between.

Also good is sliced chicken breast left from supper the night before. String cheese on celery sticks or celery sticks filled with cream cheese and rapped with thin sliced ham is delicious.

Have a dish of cottage cheese with sliced hard boiled eggs, salt pepper & paprika. Add tuna or salmon if desired.

Be creative! If you like, eat your steak, roast beef or grilled chicken and salad for breakfast. Be yourself. After all who are “they”. We always second guess what will “they” think? It really doesn't matter. It's your health.

Lunch: If you are like me, I bag my own lunch so I know what I'm getting.

Try some deli meats folded, wrapped and stuffed between slices of hard cheese. Or dice the meat and spread throughout a leaf lettuce or spinach salad. You can use tuna, salmon, chicken, steak or any meat on salads. Top them with sliced eggs or egg salad. Season with a good salad dressing, vinegar & oil, or even a dash of Tobasco or steak seasoning.

If you go out to eat, order the chicken breast, grilled, and a salad. Have unsweetened ice tea to drink and leave the bread alone. Leave the pop and dessert alone as well. You can reward yourself with ordering two chicken breasts – just leave the empty carbs alone.

Order Breakfast at Lunch if you like! Order grilled meats of all kinds with a salad. Just leave the buns behind. Remember Pavlov. Don't eat meats and breads together – it's not good for you!

Supper or Evening Dinner: Grill your New York strip steaks or sirloin. Eat with it a big salad or stir fry some vegetables in butter. Top with your favorite seasonings. Try some baked cod, salmon, shrimp, prime rib and chicken as well. Leave the bread, rolls, chips and sweets alone when eating meats. You'll have enough to eat with meats, salads and vegetables. Have you ever heard of people overeating on prime rib or baked fish? You hear lots of people say, "I overate on fudge, cake, cookies, pizza, popcorn, etc. I just can't get enough of them." That is because they are dead foods and your body is crying out for some food that is nourishing.

Well, there you have it. Keep it simple, keep it healthy with whole fresh foods. Wean your self away from the processed breads. They convert to sugar raising your insulin levels. High insulin causes biochemical and hormonal imbalances in the body resulting in disease.

As a side note – when eating high calorie breads, starches, pasta and desserts – they are digested very quickly, usually in 5-15 minutes. This raises your blood sugar and insulin levels telling your body that the "tank" is full or you now have enough energy to run for two or three hours. So all those eggs, bacon, ham, steak, roast beef, baked fish, or prime rib that you ate along with the rolls, bread or pop is not needed for energy. Now those good, life giving foods in the meat, eggs, etc., are turned into fat and not burned but stored away.

That piece of bread you just had with your meat was just like trading your inheritance for a can of pop – just to quench your thirst.

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