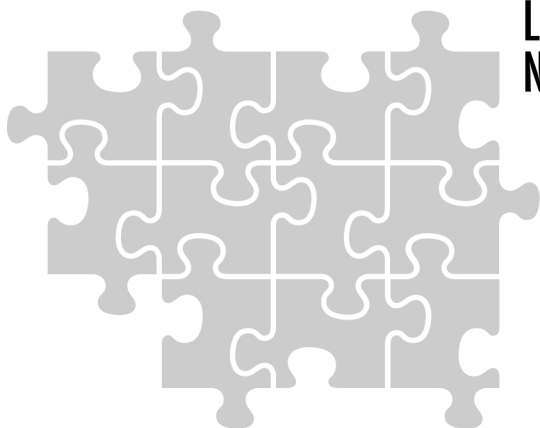


CHAPTER 11

LEARN ABOUT NUTRITION



Improving your diet is paramount to improving your health. While improving your diet may not actually cure you, *not* improving your diet will *never* get or keep you healthy. If you are unwilling to alter your eating habits from those of the Standard American Diet (SAD), then don't even bother trying to get well—I seriously mean that!

Even before I learned anything about what was wrong with me, I intuitively changed my diet. I stopped eating as much sugar, white flour, and other foods that I later discovered were devoid of almost any nutritional value.

You Are What You Eat. This statement has been repeated so many times, it has become almost a mantra. Yet there is much truth in it. Clinical and university studies have proven time and again that a diet

high in *refined* carbohydrates and trans fatty acids is detrimental to the body. Sadly, many of the foods in our diet are processed and contain high amounts of toxic chemicals, heavy metals, hormones, and antibiotics. In addition, because of ever-increasing amounts of synthetic fertilizers, pesticides, and herbicides, much of our food is also grown in devitalized—or dead—and poisoned soil.

The typical American lacks many of the nutrients necessary for the body to effectively detoxify and defend itself from infectious and environmental onslaughts. Under the SAD, the body is typically deficient in many of the elements it needs to sustain itself. In most developed countries, we are extremely well fed, yet we are the most *nutritionally starved* people in the world! The body cries out for the nutrients it was designed to receive and thus signals to the brain, “EAT MORE!”—even though it has already satisfied its caloric needs. This is a key element behind why obesity has become rampant.

Fat. Fat in the diet has really gotten a bum rap in recent decades. Contrary to popular belief, fats actually do not make you “fat,” as in overweight. When ranchers prepare their livestock for butchering, they feed them *grains* to fatten them up. If their livestock were fed fat, they would actually *lose* weight.

The same is true for humans. Simple sugars, refined carbohydrates, and grains are actually what make the body gain weight. And this principle has been proven by the general success of the Atkins diet. On the Atkins diet, you will lose weight rapidly, but many of the foods encouraged actually make it unhealthy in the long run. For this reason, I don’t recommend following it, though there are many other diets that are actually much worse.

For the most part, the low-fat diet craze of the past few decades has radically damaged many people’s overall health. It sounds crazy, almost controversial even, but there is plenty of research to support this. And in the decades since low-fat foods/diets have been intro-

duced, obesity, heart disease, diabetes, and many other chronic conditions have risen dramatically.

Are low-fat diets the *primary* cause for these? Maybe, maybe not. But take into account everything else that you have read in this book thus far, and remember that the body is a systemic organism, completely dependant upon all its systems and sub-systems to adequately perform their roles. Referring back to the analogy of the “immune account” at the beginning of this book, low-fat diets should be considered costly withdrawals.

There are three primary types of fat in foods: Unsaturated fats, saturated fats, and trans fatty acids, or “trans fat” as it is commonly referred to. The body actually requires both unsaturated and saturated fats. But trans fats, also known as hydrogenated and partially hydrogenated, are the ones to stay away from. These man-made fats are extremely unhealthy in so many ways.

Trans Fats. Trans fats are produced when vegetable oils are heated, in a process called hydrogenation. This is the type of fat most commonly found in processed foods including commercially baked goods, margarine, “snack” foods, and fried foods like french fries and fried chicken.

Unfortunately, many people have dreadfully mistaken beliefs about hydrogenated and partially hydrogenated oils. This is understandable because after all, these came from vegetables, and vegetables are good, right? Because of this line of thinking, many people believe that eating foods like margarine are actually healthy. Yet nothing could be further from the truth!

Mary G. Enig, PhD, is one of the world’s true experts on fats and trans fatty acids. The following list is a compilation of adverse effects reported in humans and animals from the consumption of trans fatty acids, based on decades of research done by Dr. Enig.

Trans fat has been shown to:

- Lower “good” HDL cholesterol in a dose response manner (the higher the trans fat level in the diet, the lower the HDL cholesterol in the serum)
- Raise the bad LDL cholesterol in a dose response manner
- Raise the atherogenic lipoprotein (a) in humans (increases blockages in the arteries)
- Raise total serum cholesterol levels 20-30mg%
- Lower the amount of cream (volume) in milk from lactating females in all species studied, including humans, thus lowering the overall quality available to the infant
- Increase blood insulin levels in humans in response to glucose load, increasing risk for diabetes
- Increase insulin resistance thus having an undesirable effect in diabetics
- Affect immune response by lowering efficiency of B cell response
- Decrease levels of testosterone in male animals, increase level of abnormal sperm, and interfere with gestation in females
- Cause alterations in cell membranes, including membrane fluidity
- Cause alterations in fat cell size, cell number, and fatty acid composition
- Escalate adverse effects of essential fatty acid deficiencies

Some of these findings may sound overly scientific and be difficult to understand, but the research of Dr. Enig and others is clearly showing that trans fats have numerous debilitating effects on the body. And hopefully you will be convinced to decrease your own consumption of foods containing trans fats.

Now, let’s look at the good fats.

Saturated Fats. The following list describes how saturated fats are essential for the body. It is from a study entitled, *“The Skinny on Fats,”* produced by the Weston A. Price Foundation.

- Saturated fatty acids constitute at least 50% of the cell membranes. They give our cells necessary stiffness and integrity.
- Saturated fats play a vital role in the health of our bones. For calcium to be effectively incorporated into the skeletal structure, at least 50% of the dietary fats should be saturated.
- Saturated fats lower lipoprotein (a), which is a substance in the blood that indicates proneness to heart disease.
- Saturated fats protect the liver from alcohol and other toxins.
- Saturated fats enhance the immune system.
- Saturated fats are needed for the proper utilization of essential fatty acids. And essential Omega 3 fatty acids are better retained in the tissue when the diet is rich in saturated fats.

With this list, I purposefully used the word “saturated” over and over again to drill into you—or in all probability, drill *out* of you—the common myth that saturated fats are bad. Read this out loud, “SATURATED FATS ARE GOOD.”

According to this same study, saturated fats are actually the preferred fuel of the heart. In times of stress, the heart actually draws upon the reserve of saturated fat surrounding it for energy.

Sixty percent of the brain is made up of saturated fat. And saturated fats actually lend a hand with the development and structure of every cell in the body as each cell’s membrane is comprised entirely of fat. (If trans fats are the primary source of fat in the diet, the body creates inferior cell membranes.)

In general, saturated fats are commonly found in meats, dairy, poultry, nuts, and seeds. Some of the best saturated fats you can eat are unprocessed, unpasteurized raw butter and cream, extra virgin coconut oil, egg yolks from cage-free chickens, and meat from grass-

fed, free-range livestock. Unfortunately, most of the conventional medical establishment, including the American Medical Association (AMA), has not recognized the dire need for saturated fats to be present in the diet.

Now, I know firsthand that it can get very confusing when trying to figure out which diet plan to follow since everyone claims to have *the* answer. But I am not trying to push the latest, greatest diet onto you. All I ask is that you take a look around. Do people seem to be getting more, or less healthy?

The diet “rule” that I begin with is this: If God made it, it is usually good. If humans have altered it to make it last longer on a store shelf, or more convenient for mass-production, it is probably bad.

Unsaturated Fats. Unsaturated fats are more commonly understood than saturated fats, and therefore more commonly recommended. (The AMA does recommend these.) So you have probably seen many products touting Omega 3’s as an ingredient. This is a good thing because these unsaturated fats are essential for normal growth and health. Nuts and seeds are excellent food sources of unsaturated fats as they contain “essential oils.”

Despite their increasing popularity, many, if not most, Americans are significantly deficient in Omega 3 and some specific Omega 6 essential oils. These are potent anti-inflammatories, and accordingly, a deficiency in them has led to a near epidemic of inflammatory conditions including cardiovascular disease, arthritis, and IBS, to name a few. The intestines can become inflamed because of infection, “bad” foods, and/or an imbalance between Omega 3, Omega 6, and other oils. If we don’t have the appropriate level of oils, many organs and tissues can become inflamed.

Omega 3 and Omega 6 oils are called “essential” because the body has to have them to survive. Because the body cannot manufacture these itself, it must get them from the diet. The body uses these two

essential oils to make many other chemicals and fatty acids that perform many important functions within the body.

But it is possible to go overboard on one or the other. Too much Omega 3 and not enough Omega 6, or vice versa, can cause an imbalance that will affect a number of systems in the body. For me, once I started to learn about the importance of Omega 3, I focused on getting as much as I could. But Omega 3 was all I understood at the time and I overdid it. In a subsequent Fatty Acid test (which I will talk more about in Chapter 13), I learned that I had not only overcome my deficiency of Omega 3, but I had greatly exceeded it and was now deficient in Omega 6 and other oils instead.

One oil in particular was Gamma Linoleic Acid (GLA) which is critical to the immune system. I found that the enzyme required to manufacture GLA was not working properly, mainly because of my overconsumption of Omega 3 oil. Therefore, I needed to take a GLA supplement.

An interesting book on this subject is, *"The Omega-3 Connection: The Groundbreaking Omega-3 Antidepressant Diet and Brain Program,"* written by Andrew Stoll, MD. Dr. Stoll has done extensive research at Harvard treating depressed people with nothing more than high amounts of Omega 3 oils. And he has produced astounding results!

Know Your Fats. I really cannot emphasize the importance of fats enough. Humans have been eating saturated and unsaturated fats since time began. But our health has declined *rapidly* since the introduction of trans fats and our switch to "no-fat" and/or "low-fat" foods.

The subject of fats, trans fats, and low-fat diets is actually very complex bio-chemically. I have really only scratched the surface in this book. If you have an interest to learn more, I recommend Dr. Enig's book, *"Know Your Fats: The Complete Primer for Understanding the Nutrition of Fats, Oils, and Cholesterol."*

Cholesterol. When you start talking about fat most people ask, “But what about my cholesterol?” My response is basically, “Cholesterol has been falsely accused as the ‘killer’ when it is only at the ‘scene of the crime.’” Gradually, the myth that high cholesterol is the cause of heart disease is being slowly dismantled, mostly by university-based research.

Cholesterol is actually a very important chemical in the body. All hormones are produced using cholesterol. And cholesterol transports oil-soluble vitamins like A, E, and D to every cell in the body. These must be the reasons why the liver manufactures cholesterol so abundantly!

Researchers are discovering that heart failure results from a chain of events. Often stemming from chronic infection, the arteries become inflamed and damaged, and the body attempts to repair itself utilizing calcium and cholesterol, or “plaque.” If the blood vessels are inflamed, a build-up of calcium and cholesterol may occur. But they are not the *underlying causes* of heart disease; they are just trying to fix the problem!

Infection, inflammation, and hyper-insulin from a diet high in refined carbohydrates, are generally the true causes of heart disease. These problems can be handled without manipulating cholesterol levels. It is far better to *cut out* simple sugars and refined carbs from your diet than to rely on prescription drugs, or literally, *cut out* pieces of your body through dangerous and expensive operations.

Along those lines, employing the use of a drug to unnaturally force the liver to stop making cholesterol is generally not a good idea. Although, I concede there may be instances where it is warranted. However, many doctors are now “taught” by pharmaceutical representatives that heart disease stems from a “deficiency” of statin drugs which artificially and dangerously drive down cholesterol levels and put a strain on the liver and the heart. (Statin drugs also deplete the body of CoQ10, an important chemical for generating energy and protecting the heart.)

But relying upon information from sales reps is not entirely the fault of the doctor. With so many chronically ill patients to see, who has time to read all the new studies?

Grains. While not *all* grains are bad (and I'll address this towards the end of this chapter) research has clearly shown that in every culture where grains became the primary food source, degenerative illnesses became epidemic. Over the past five or more decades, the recommendation of a high carbohydrate, low-fat diet, with heavy emphasis on grains, has become a health disaster. Obesity and diabetes have reached epidemic proportions and heart disease is the leading cause of death in all developed countries, according to the World Health Organization. It doesn't take much inspection to understand why this diet plan is actually very harmful.

It is not unusual for people with any sort of digestive issue to have great difficulty digesting grains. In fact, most new diet books are proclaiming the health and weight-loss benefits of eating fewer grains. I believe that removing almost all grains from the diet is an excellent step forward for anyone suffering from chronic conditions—especially those with gastrointestinal conditions.

There is now such an incredible body of information on this subject that I invite you to research it further on your own.

Sodas, Colas, and Pops. I think the worst carbohydrate of any kind is soda pop. The phosphate, or phosphoric acid, in soda pop changes the chemistry of the body dramatically—and not for the better. The pH of soda pop is less than 3, which is very acidic. To neutralize this powerful acid, the body must use loads of minerals, such as magnesium and calcium. And the more soda you drink, the more likely you are to be deficient in these minerals.

Strangely enough, diet sodas are worse than regular soda because in addition to them being acidic, you also give the body very high doses

of aspartame or some other synthetic, toxic, sugar-substitute. In the case of aspartame, when it is absorbed into the body, it breaks down into the following: Aspartate, which is a neurotoxin under certain conditions; Phenylalanine, which will lower the level of serotonin (the “awake” hormone); and Methanol, which is highly toxic because it converts to formaldehyde—an embalming fluid!

Yet aspartame is the most widely used artificial sweetener, and is the basis for an entire industry of diet desserts, low-calorie soft drinks, sugar-free chewing gum, flavored waters, and more. The way in which it was approved for use by the FDA in 1983 is an interesting story in itself. But I’ll skip the details and just say that there were plenty of scientists who were justified in their efforts to block this harmful substance, even though they failed.

Not surprisingly, 80% of the 6,000 complaints received by the FDA from 1985 to 1988 were regarding aspartame. For more information about the long-term dangers of aspartame, use a good search engine to find the several dozen sites covering this issue.

Sucralose—the sugar-substitute phenomenon of the 21st century more commonly known by its marketing name, Splenda®—is really no better than aspartame, even though it is “made from sugar.” It is actually produced by adding three chlorine atoms to sucrose. But as toxic as chlorine is to the body, the bigger problem is with the maltodextrin and dextrose that is added. And similar to aspartame, several years after its introduction, there have been a growing number of reports on the many dangers of Splenda.¹⁶ A simple query with a good search engine will lead you to numerous sites about this as well.

So while you *should* remove sugar from your diet, you should *not* replace it with toxic sugar-substitutes! Use natural sweeteners such as Stevia, Xylitol, and raw honey.

Water. Water is what your body requires and craves the most. There is no question that tap water is almost always bad water, even though

it has become very convenient in most developed countries. Tap water often contains many harsh chemicals and heavy metals. Chlorine, to name one, is toxic to the body and can alter the intestinal balance of bacteria by killing off the good bacteria that reside in the intestines. In the case of swimming pools and showers, the body can readily absorb chlorine through the skin. I suggest you just stay away from tap water. And thankfully, there are showerheads now available that will filter out chlorine and other toxins.

So what is the best source of drinking water? Some people swear that distilled water is the best. Others claim that reverse-osmosis water is the best. And still others say that alkaline water is the best. Who can you believe?

In the case of distilled water, some researchers believe that it tends to detoxify the body. This is not a bad thing, because we obviously live in a very toxic world and the more help we can give the body, the better. It also seems like a good idea that our water serves as a detoxifier, not as a source of toxins! Other researchers feel, however, that long-term use of distilled water is not beneficial because it may also slowly leach essential minerals from the body.

I really don't know who is right on this matter. But I prefer the alkaline water that I receive from my Microwater™ maker. I favor it over the others because it removes all the bad chemicals, yet leaves many of the good minerals naturally found in water.

The real key here is to give your body pure, toxin-free water—and probably more than you are giving it already.

Diets

Since learning the importance of a nutritious diet, I have read many books and tried many different programs. Thankfully, I have never been overweight, so I have never needed any of the popular diet programs that focus solely on weight-loss. Here are my opinions on the diets I know most about.

The Candida Diet. I have been on the Candida Diet many times, and until I learned an important “secret,” I found it to be quite difficult for me to maintain this diet. I often lost a great deal of weight, which weakened my immune system, making it even harder for me to recover from the relapses. I generally found it difficult to get enough calories unless I ate plenty of protein.

While on the Candida Diet, there are so many things to avoid, particularly foods you are allergic to. I am allergic to dairy. So yogurt, which is recommended on this diet, was one of the things I was not able to have. Also, you basically are not allowed to eat ANY sugars, fruit, or processed starches. Avoiding starches like pasta, bread, and white rice is a *huge* switch for most people because they are accustomed to deriving so much of their energy from these carbohydrates. Yet avoiding high-glycemic foods that the body rapidly converts to sugar is crucial since you avoid foods that yeast and other organisms in the digestive tract thrive on. The problem is that most people are left saying, “So what *can* I eat now?”

Basically, you are left with meat and most vegetables. Your body can survive on meat and vegetables alone, but you generally have to eat more of them to fill the caloric amount your body needs. And actually, eating too much meat can cause the body to become overly acidic, which is also not very healthy. Eating a large quantity of vegetables is great, but for someone like me, this can get boring fast.

When trying to recover from illness, the body, especially the immune system, needs “fuel.” Most people that begin the Candida Diet do not get enough fuel necessary for their caloric need. Therefore they end up finding it a very difficult diet to maintain.

It was difficult for me to stick to as well, until I discovered virgin coconut oil! Coconut oil is composed primarily of “medium chain triglycerides,” or MCTs. (Raw butter and cream have a significant amount of MCTs as well.) A great benefit of these fats is that they do

not have to be processed by the liver to be converted into energy for the body. And coconut oil is very high in caprylic and lauric fatty acids. Both of these acids are antifungal, antibacterial, and antiviral—and these help fight the candida yeast and other parasites! I consume approximately 1 tablespoon of coconut oil, 2 to 3 times per day. I take it, literally, right out of the jar. I also use plenty of raw butter as well.

Along the way, I discovered that raw, unprocessed honey also provided my body with the fuel it needed to heal. While it does have a high sugar content, if you eat it sparingly and/or mix it with raw butter, it will slowly absorb into the body without feeding the candida. Raw honey contains antimicrobial properties as well, so this will also help fight candida and other organisms.

Life was great when I discovered I was able to taste sweet again with raw honey. I learned about this from the book, *Breaking the Vicious Cycle: Intestinal Health Through Diet*, by Elaine Gottschall. Thousands of people have followed her protocol to gradually experience healing from very serious gut diseases, including Colitis and Crohn's Disease.

But in the end, I learned that the "secret" of sticking to the Candida Diet was good old *FAT!*

The Zone Diet. The Zone Diet is a balanced diet which suggests consuming 40% protein, 30% carbohydrates, and 30% fat at each meal or snack. It has become very popular, fueled by the success of the book, *Enter The Zone*, by Barry Sears. With the exception to Sears' views on Omega 6, soy, and saturated fats, I think the Zone Diet is generally a good diet to follow.

Eat Right 4 Your Type. Through what I believe was Divine coincidence, I discovered the book, *Eat Right 4 Your Type: The Individualized Diet Solution to Staying Healthy, Living Longer and Achieving Your Ideal Weight*, by Dr. Peter D'Adamo, during a time in which I was struggling

to learn the foods that were best for me. Dr. D'Adamo prescribes a diet based simply upon a person's particular blood type. He also explains why one person's food can be another person's poison. And why one person can thrive on a vegetarian diet, when another will feel miserable. (Although I have yet to meet a dedicated vegan that I thought was truly healthy. The few healthy vegetarians I do know all consume fish and/or eggs.)

For me, this book confirmed something I had long suspected; wheat really bothers me. I had suspected it numerous times before, but never enough to totally abandon it. The problem is that wheat seems to be in *everything!* Every lunch at the office seemed to involve wheat in some form or another. And when I traveled for business, or just needed to pick up something on the go, the easiest, most convenient thing was always a sandwich, a burger, or pizza—my favorite!

Dr. D'Adamo's book explained that wheat contains a protein called "gluten." Gluten is difficult for people with Type O blood to digest. I am Type O.

Strangely enough, it is not exactly an issue of being allergic to gluten; it's more that the body just does not tolerate gluten because it cannot digest it well. When I stopped eating wheat, I could tell I felt better. And I also definitely noticed when I cheated.

Dr. D'Adamo's research and logic supporting his theory that a person's blood type affects their ability to digest food made sense to me, but there were elements in his theory that I did not fully agree with. It is very possible, however, that the primary reason many people do feel better on this diet is because he recommends a lesser amount of carbohydrates, especially grains, than most people typically consume.

So What Do I Eat?

Through trial and error, I have combined principles from various books to create my own diet plan. It most closely resembles the Zone

Diet because I usually try to eat a balance of protein, low-glycemic carbohydrates, and good fats in each meal or snack.

Foods that I emphasize in my diet are high-quality “grass-fed” meats, high-quality caught-in-the-wild fish, organic vegetables, high-quality oils, brown rice, and limited fruits. If you are not allergic to them, you should eat organic, cage-free eggs and unpasteurized, raw dairy items including butter, cream, milk, yogurt, kefir, and other lacto-fermented foods.

This diet is often referred to as a “Paleolithic” diet. (As in, this is what cavemen ate.) These foods provide the nutrients the body truly needs. And as we start eating them, the body will actually start to crave these nutritious foods, rather than sugary sodas, fried foods, and so on.

Raw Foods. I generally try to eat foods as raw as I can. Now don’t get me wrong, I am not a raw “food-ist,” but as I mentioned previously in Chapter 4, the more raw the food, the more nutritious it typically is. For this reason, I am a fan of what I like to call “cold dead fish”—sushi and sashimi. I also eat steaks cooked very rare.

For snacks, I enjoy raw nuts and seeds—especially almonds, pecans, and pumpkin seeds. Researchers at the Weston A. Price Foundation are even finding that there are “hidden gems” trapped inside these nuts and seeds. When soaked in water, they begin to germinate, or grow. During this process, they become more readily digestible as the concentrated nutrition within them is released. In turn, their nutritional value skyrockets! After they are soaked for a short period, the nuts and seeds are dried out. Surprisingly, the taste is so enriched—using only water and a pinch of sea salt—that a wonderfully rich flavor is unleashed.

While nuts and seeds are fairly nutritious when they are totally raw, soaking and drying them has proven to make them much more beneficial. This is actually how many cultures have traditionally prepared nuts and seeds.

Vegetables. I will eat some vegetables raw, but I usually prefer to steam them lightly. I also like to “juice” certain organic raw vegetables, especially celery and parsley. Juicing is a potent way to deliver concentrated, highly bio-available minerals, vitamins, and enzymes to the body in the form of a nutrient-dense drink. I use only organic vegetables and thankfully, many more stores are stocking these because of rising demand.

There are several powdered juice products that are quite good, especially because they are obviously much more convenient than juicing. And while freshly juiced vegetables are ultimately more advantageous to the body, high-quality powdered-substitutes can be the next best thing if we have little time or energy to juice raw vegetables ourselves.

I have had to mix different powdered drinks to find the formula that works best for me. But I prefer those powdered drinks that have less ingredients rather than many. The more ingredients, the more likely there will be one that I am allergic to.

Bread. This may shock you, but I do actually eat bread. I’m sure this is surprising given all the previous discussion about my intolerance to wheat and gluten. But in reality, it is the *gluten* that I have a reaction to, and there is one particular type of bread that has *no* gluten in it at all. It is called Ezekiel 4:9® bread and is made from “sprouted” grains. Sprouting, or soaking the grains in water, eliminates the gluten from the grains.

Ezekiel bread allows me to eat a sound carbohydrate that is not a vegetable. Without it, I don’t know what I would do. Sprouted bread can be found in most health food stores, or even in the freezer section of some gourmet markets. There are several varieties available. Read the labels and taste several to find out which ones you like best.

Flax and Fish Oil. I have found flax and fish oils to be great sources of unsaturated, essential fatty acids. And these fatty acids are

extremely important to achieve and maintain wellness. If the body is deficient in these, 2 tablespoons of a high-quality flax or fish oil in the morning, taken over a period of a few months, will typically be enough to replenish the stores. After that, halving the dose to 1 tablespoon per day is usually sufficient for maintenance.

For a variety of reasons, these oils need to be very high-quality. My biggest concern, particularly with low-quality fish oil, is that it may contain high amounts of heavy metals and other toxic substances. I only use a liquid form of fish oil that comes in a bottle. This way, I can taste it to make sure that it has not gone rancid. This can, and does, happen with oils.

Call me paranoid, but I believe virtually all oils in capsule-form are rancid. And even if they are not, you cannot really tell anyways because you can't taste the oil when it is encapsulated! I'm sure that there are some very high-quality, pharmaceutical-grade flax and fish oil capsules which are not rancid, but I still prefer my taste buds to tell me that for sure.

You can purchase flax and fish oils at most health food stores. However, it is important that you buy them fresh and use them before they go rancid. Be sure to check their expiration date.

Protein Shakes. Chronically ill people characteristically need more protein in their diet. Oftentimes it is not possible to prepare a nutritious meal when you don't feel well or are in a hurry. Thankfully, protein shakes provide a convenient method to get high-quality food into my body. I especially like protein shakes for breakfast or after I exercise, but I also try to make sure that I have some carbohydrates and fat to keep this a balanced snack.

The real trick for me has been finding a protein powder that I can tolerate. Whey protein powders are often recommended for chronically ill people, and for many they work great. But for me, most whey protein powders give me trouble because of my adverse reaction to

dairy. So I typically use rice protein and/or egg-white protein shakes and steer clear of whey.

It Works For Me. I have been following this diet plan for years now and have found it to be the best for me to maintain my health and energy. To revisit the cholesterol issue, my cholesterol level has remained consistently less than 200, even with a high amount of saturated and unsaturated fat. Before I knew about the importance of good fats, my cholesterol would dip down to 110. Actually, this is extremely dangerous and unhealthy. Statistically, depressed levels of cholesterol are strong biochemical markers for cancer and suicide; so I guarantee you *will feel terrible* if your cholesterol is that low.

What I Do Not Eat

The Bible records in Leviticus 11 and Deuteronomy 14 that God told Moses which foods to eat and not eat. Among other things, God told Moses that he should eat fish with scales, and meats that “chew the cud and that have divided hooves.” These rules became the Jewish “dietary laws.”

Interestingly, during the time when plagues killed millions of people across Europe, the Jewish communities that strictly adhered to these dietary rules were almost completely unaffected. Their clean state of health was in fact so obvious, that they were falsely accused for starting the plagues, and were persecuted because of it.

Even though I am not Jewish, I still refrain from eating foods like pork, shrimp, scallops, and lobster because this is what God instructed. And research done by both Jews and non-Jews alike, is now demonstrating the scientific reasoning for this.

For example, Dr. D’Adamo, author of *“Eat Right 4 Your Type,”* concluded strictly from his scientific observations that none of the blood-types did well with pork. In addition, shrimp and the other

crustaceans are all scavengers and tend to contain the highest amounts of toxic chemicals and heavy metals of any food.

Don't get me wrong, I like the taste of many of these foods, but I have learned that I am far healthier when I do not eat them. That doesn't mean that I believe I have to eat this way in order to get to heaven. But I do believe that if I eat the foods that God said are unclean, they will get me there faster!

Soy. Soy protein is something I will *not* eat. Soy has been heavily marketed, but I have serious reservations about the true health benefits of soy. I have done a great deal of reading about this and am convinced that in many ways, there is much misinformation that has been blindly accepted by the mainstream.

Don't believe me? Just go to the following websites to learn more about some of the real negatives regarding soy as a food source:

www.westonaprice.org/soy/index.html

www.soyonlineservice.co.nz

www.wholesoystory.com

One of the scariest things about soy is that many people are feeding soy-milk formula to their newborn babies. This formula floods the baby with strong, estrogen-like chemicals which can be extremely harmful for a newborn. And it can be especially destructive for baby boys to receive these estrogen-like chemicals during the time *testosterone* is supposed to be flooding their systems to produce healthy male development!

As you will recall from Chapter 6, the best thing—by far—for all babies is their mother's breast milk.

Cookware and Microwaves

Cookware is a topic most people don't even think twice about. But the pots and pans that food is cooked in are actually very important. It

has been demonstrated that materials from aluminum and Teflon® coated cookware can actually penetrate the food as it cooks.

This is true especially in the case of aluminum. There is a great deal of research which shows how high levels of aluminum affect our health and are even suspected to play a role in the development of Alzheimer's. While aluminum in the body can come from many sources other than cookware, it just makes sense to switch to high-quality, stainless steel cookware that does not release *any* metals when heated.

Even more drastic than changing pots and pans, is the fair amount of research showing that microwaves radically change foods into substances our body basically does not know how to handle. This is disappointing to learn because of the convenience factor that microwaves provide. However, there are many studies being done to support the idea of microwave ovens proving to be unsafe.

To read more about this topic, you can access information on the Internet at the following website:

www.relfe.com/microwave.html