

# Healthy Diet

By Dr. Beverly Lawrence, Ph.D., CCP, C.A.Ht. CSC, L.Ac.  
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This article is written for patients, friends and prospective patients. I say the same things over and over to people about what and how to eat healthy. So, this document is to create a reference for people to hopefully answer questions you may have about what to eat. We get sick mainly because of diet and life style. Eating a proper diet can not only prevent many conditions it can facilitate the body's ability to heal when we are out of balance.

The information included is based on clinical experience, research, training at SCNM and PIHMA, as well and from the many books I have read on the subject. It will be updated occasionally as more research gets published so check the date on top to ensure you have the latest version.

Diet means what you typically eat in a day. This is not a weight loss paper; however, many people do lose weight following this program. It is important to use common sense when following any recommendations. If you are allergic to something or have an intolerance to it then substitute something else. Mainly this paper will include some simple basics for everyone and some added benefits depending on specific conditions.

## **Things to avoid especially: Wheat, Corn and Soy**

Corn and soy have been GMO modified (genetically modified). Even organic growers may use GMO modified plants so just because it says organic or natural does not mean it is not modified. Wheat may not be GMO modified but when harvested the fields are flooded with a toxic chemical that gets into the wheat and can cause many gastrointestinal issues.

- Wheat may lead to and/or aggravate joint pain, IBS, spastic colon, and many other conditions.
- Corn has been shown to cause tumors. It was originally developed for the cattle industry to fatten the animals before slaughter. When the animals developed massive tumors and many died, they stopped feeding it to animals and instead got the FDA to approve it for human consumption.
  - Popcorn – very bad for you, hurts the colon. GMO modified as well. The microwave popcorn is especially bad because of the other chemicals added to the product. They do not have to list what they spray inside the bag before adding the product.
  - Fresh Corn – unless you grow it yourself from seeds you know are not GMO modified then even if it is organic and fresh it may still be GMO corn.
- Soy – the toxins are stored in the lecithin which is added to most processed food today. Fresh soy beans (edamame) are toxic. If you must eat soy at least cook them first. Some say that the Japanese eat soy and have a lower incidence of breast cancer. In the book *"The China Study"* it was reported that they still get cancer, just a different type. They also are not using American soy which is GMO modified.

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Avoid all dairy, it is acidic (i.e. cancer food), has steroids, antibiotics and other chemicals in it that were given to the cows. Selected imported cheese, like Gouda and Brie, are ok as the fermentation process eliminates the toxins and these specific two have vitamin K. American cheese, cheddar, etc. is made with toxic milk. Yogurt should also be avoided, yes yogurt is dairy also. Yogurt with fruit added is especially bad because of the high levels of fructose in them that can spike the blood sugar and lead to obesity. The probiotics in most yogurts are dead so it is basically not a healthy food. Organic yogurt with no fruit added can be tolerated by some. Ok, butter is a dairy product but organic, unsalted butter is good for you in small quantities.

Avoid any products with high fructose corn syrup as this can lead not only to obesity but diabetes as well.

Avoid all carbonated beverages and sodas. The carbonization leaks into the gut and can cause bloating. Diet sodas contain artificial sweeteners that can cause cancer and are known neurotoxins. Non-diet soda can lead to obesity and diabetes because of the high content of refined sugar.

Avoid the use of microwaving for all meals. The microwave causes the food to become more acidic. An acidic body can lead to many adverse health conditions including cancer. The occasional use is probably ok as long as there is no history of cancer. Microwave ovens also do not get hot enough for long enough to cook food in a way that kills any pathogens (bacteria, etc.) that maybe present. So, do not use it for anything but reheating or melting foods like butter.

Avoid all processed foods as much as possible. Read the ingredients. Some foods like Gatorade have antifreeze in it. If you don't know what the ingredient is and the name is a long chemical name then it probably isn't good for you. BHA and BHT are preservatives that were found to be carcinogenic and banned from food. Manufacturers only have to declare what was added to the food. Some manufacturers spray the inside of the bag or package with BHA and thus do not declare it as it is not in the food. This is very common with potato chips and similar foods. Most processed foods also contain wheat, corn syrup, high levels of salt and may also have been prepared with toxic oils.

Avoid peanuts as they are covered with a toxic mold. Some people are allergic to peanuts. If you are not you may have underlying inflammation caused by the mold and not realize it. This can lead to weight gain and other health issues long term.

New to the avoid list are any foods that contain palm oil. While there are no know issues with this oil the deforesting in Indonesia is destroying the environment there as well as the habitat of the orangutan. Today palm oil is being added to most processed foods.

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## Things to include in the diet:

Next will be various foods that you might want to consider adding to your diet if you have specific conditions or if you just want to be healthy and avoid future health issues.

Organic Apple Cider Vinegar is very good for everyone as it helps to alkalize the body (i.e. anti-cancer), it helps eliminate allergies, it helps with digestion and has many other benefits. If you have acid stomach issues this may also help with this condition as well. Take one tablespoon daily. It can be added to food while cooking, vegetable drinks or even added to water. It can also be used to make a great salad dressing. It can also be applied to damaged hair for 5-10 minutes then rinsed out to make it shiny again (dilute one-part ACV to 10 parts water).

Turmeric is good for digestion and many other benefits. Add one teaspoon per serving. This is one of the ingredients in curry, makes it yellow. It has no flavor so add it liberally to the food you cook. It will not affect the taste and will benefit your digestive system. Add it to every meal. Pepper makes it more bio available.

Cinnamon is great for balancing blood sugar. Add ½ teaspoon to the food you cook or vegetable drinks you make. You probably will not taste it but it will add a slight extra flavor to the food. Add it to every meal.

Raw, organic honey from your local area (or bee pollen) has been shown to reduce seasonal environmental allergies. One teaspoon daily can be added to beverages or food as a sweetener. Caution – never give honey to infants or any children under the age of two years old as their immune system is not developed yet and it can be fatal.

Sea weed has natural iodine that supports thyroid function. There are many snack versions at stores that carry organic foods. This can also be added to cooked foods and vegetable drinks.

Sea salt, Celtic Salt and/or Himalayan salt are the best to use when cooking. It comes in many varieties and brands. It is coarse and not processed. It contains iodine is good for the thyroid as well as other minerals which the body needs. Iodized, processed salts have no additional benefit as the iodine it contains is not bioavailable (i.e. the body does not absorb it) and the refining process makes it toxic to the body.

Fermented foods like sauerkraut and similar fermented foods are good for you and have many of the health benefits of apple cider vinegar.

Avocados are very healthy for many reasons. They contain protein, oil, and taste good. They can be added to vegetable drinks for very beneficial and tasty results. Avocado oil (not processed) is also good to add to food for flavoring and on the face as a moisturizer. Do not cook with the oil as it will destroy its healthy properties.

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Coconut oil is also very good for the body and the liver. It can be used for cooking, baking as well as added to vegetable drinks. Use it topically to moisturize the skin. It has been shown to boost the immune system to kill bacteria, viruses, and even yeast, fungus, and candida. Coconut oil helps balance sugar metabolism and other hormone functions like the thyroid. It may also lower cholesterol. It is a natural antioxidant that assists with the body's natural healing processes. It can be used to clean the teeth by "pulling" it or on the tooth brush with a small amount of baking soda added as an abrasive. Some even use it as an underarm deodorant.

Organic olive oil is another wonderful oil to add to the diet. It can only tolerate low heat for a short time so it is best NOT to cook with it. Add it to Epsom salts for a healthy body scrub. Read the label before buying. Today many bottles that say organic Olive Oil are actually a blend of several oils and not pure Olive Oil.

Not everyone can tolerate nuts. If you can, these nuts are the best for you:

- Almonds – good for the heart, brain and may even lower cholesterol. There are some indications that they may prevent cancer, balance blood sugar and even help with weight loss. The oil (unprocessed) is good for the skin and can be used for massage.
- Walnuts – good for the brain and brain function, has omega-3's which may balance cholesterol, the oil also is good for the skin.
- Pecans – contain vitamin E which is a good anti-oxidant, may lower cholesterol, they contain many minerals that the body needs and helps the body eliminate toxins, as well as protects the body from disease and infections.

Almond milk is another way to get the benefit of the nut. You can make it at home very easily. Use the left over pulp to make flour that can be used for baking. Make homemade crackers from the almond flour, a great way to have crackers that are wheat free.

Nuts and seeds are high in protein and can be added to meals and vegetable drinks to boost protein content. Animal protein is acidic to the body. Some people need some animal protein in their diet to get the nutrients (like vitamin B12) to stay healthy. Others seem to do well on vegetarian diets. A vegan diet is rarely healthy long term. So balance your diet with less animal protein and more nuts and seeds to get the needed protein.

Vegetable drinks can be made quickly and easily with a good blender. Use only organic vegetables and make it fresh daily. Experiment with different combinations. Foods like Kale are very bitter so add a bit of organic agave nectar to sweeten the drink or a small apple. Avoid juicing. Juicing removes the pulp that has all the fiber, takes too long and messy to clean up. Use a blender so you get all the pulp and fiber. The fiber is what the toxins attach to in order for the body to eliminate them.

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Include healthy fats with every meal. This may come from nuts or added oil. The good oils are organic olive oil, unprocessed almond oil and coconut oil but the first two are not good for cooking. Use grape seed oil for cooking. It is tasteless and can tolerate high heat without breaking down. Coconut oil can also be used for cooking as can butter. Fat makes you feel full and satisfied. It also is needed by the body to build cell walls. When low-fat and fat-free foods were introduced many people developed gall bladder problems. A small amount of fat with every meal makes the meal taste better, the body stronger and can help manage cravings. Organic Butter is a healthy fat and can be used for cooking if you like.

Eggs, some say eat and others say avoid. If eggs agree with you they are an excellent source of protein and nutrients. FYI: eggs are not dairy even though sold in the dairy section of many stores. Eat the whole egg. Always cook them to avoid salmonella. They can be soft or hard boiled or even poached. Buy free range, vegetable fed that have not had any steroids or hormones added to the hens.

## **Some weight management tips:**

Recent studies have shown that it is better to eat all food during an eight hour period than not eat the other 16 hours (many of which you will be asleep). This way the body naturally burns fat.

Also exercise first thing in the morning on an empty stomach to burn the highest number of calories and prevent evening cravings.

Eat lots of vegetables, vegetables and more vegetables. They are healthy and low in calories. Salads smothered in salad dressing have a very high calorie count so avoid rich dressings. Make your own dressing using a little olive oil and Apple Cider Vinegar with a few herbs added for flavor. Lemon instead of the ACV is also great tasting.

Avoid starchy foods, sugar, wheat (which the body turns to sugar) and fried foods.

Drink green tea, it helps the body process fat and has weight loss benefits.

Drink lots of water – a minimum of ½ of your body weight in ounces per day. If active or outside you will require even more water. The body needs water to lose weight.

Get 8 hours of sleep every night. The body needs the time to heal and make hormones. The lack of sleep will lead to weight gain.

Relax, meditate or do something to reduce stress. High levels of stress lead to binge and emotional eating.

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### **Water:**

Today many types of water are sold in plastic bottles. The plastic is very toxic and these toxins leach into the water. The softer the plastic the more toxic it is.

Many bottled waters are nothing more than tap water run through a charcoal filter to remove particulates. Recently one brand of water was discovered to have clear worms in it. Even Reverse Osmosis (RO) water only has about 80% of the toxins removed and it is acidic making it carcinogenic according to some. Other research indicates that the stomach needs the acid so the jury is out on that.

It is suggested to get a distiller and distil all your water then store it in glass containers. There is research that indicates that this is the only safe water to drink today. After distilling the juice of a fresh small (or half a large) lemon can be added to a half gallon of water and stored in the refrigerator. Drink this as your water as it is not only alkalized but has added minerals added back in. This will prevent dehydration and mineral loss through the kidneys.