

Please Note: This is a work in progress, but you can still get a lot out of this as it is now, enjoy.

NUTRITION AND LIFESTYLE THERAPY

There are three main thought processes you have to consider with nourishment and food.

1. What you eat.
2. When you eat.
3. How you eat and prepare your food.

Remember the most important thing is the actual nourishment you absorb from your food and drink. As every person is unique, there will always be variations according to individual needs. A few basic guidelines, however, are appropriate as we seek a way of eating that creates balance and harmony. Frame of mind is of utmost importance at mealtime; relax and slowly chew your food for optimal digestion and assimilation, mealtime is not the place to discuss the day's problems.

What you eat.

What you eat and drink is one of the main source of nourishment besides breathing, sleeping, and the environment around you. In general food should be in its whole form as much as possible, meaning the less refined the better. Refined foods generally equal loss of nutrients, such as vitamins, minerals, fats, fiber, and phytonutrients. The natural fiber is also taken out, including insoluble fiber, which is food for our intestinal bacteria and yeast that help us by breaking down certain foodstuff, detoxify, and even creating chemicals that influence our mental and emotional state. Phytonutrients:

<http://nutrition.ucdavis.edu/content/infosheets/fact-pro-phytochemical.pdf> You should eat a wide variety of foods for a good balance of nutrients. This does not mean that in one meal you should have three different grains, five different vegetables, legumes/beans, fish, etc. It would be better to have one grain, one legume, and one to three different vegetables at a meal and then at another meal have a different grain or, legume with one to three different vegetables or fish with rice and one to three vegetables. This is what I mean by a wide variety of foods. Another way to do this is to rotate you foods so you don't eat the same thing over and over.

Example: For a 1 week meal plan you should have 3 different breakfasts, lunches, and dinners that you can rotate throughout the week.

The long winded, important subject of fats

You can skip this section, just knowing all the fats talked about below are good for you, it's just some are better than others.

Fats come in three forms, polyunsaturated, monounsaturated fats and saturated fats. They are all good for you! Polyunsaturated Fats: Nuts, seeds, algae, leafy green vegetables, fish (esp cold water fish) and krill. Monounsaturated Fats: Red meat, whole milk products, nuts, olives and avocados. Saturated Fats: Animal fats and their products; butter, ghee, lard, cheese, cream and vegetable products: coconut oil, palm kernel oil, and cocoa butter.

There are 2 Essential Fatty Acids and 2 other very important Fatty Acids that you will want to get in you diet at least a few times a week. We can not make the first two and many people have a poor ability to convert these essential fatty acids into EPA and especially DHA.

The first is Alpha-Linolenic Acid (LNA or ALA), and it belongs to the omega-3 family of fatty acids. You can find ALA in Chia Seed, Perilla seed, Flax Seed, Hemp Seed, Walnuts, Pumpkin Seeds, Brazil Nuts, Sesame Seeds, Avocado, Dark green leafy vegetables such as Kale, Collard Greens, Swiss Chard, Mustard Greens, Purslane.

By far the highest food source of ALA is flax oil and Flax seed then Chia seeds.

These foods have not especially popular in the typical American diet, although that is changing, so it is no wonder that many people in the US population are deficient in ALA. This deficiency plays a role in practically all degenerative diseases like heart disease and cancer, arthritis, skin conditions, diabetic neuropathy, immune function, and premenstrual syndrome.

The second is Linoleic Acid (LA) belonging to the omega-6 family of fatty acids. It is found abundantly in safflower seeds, evening primrose seeds, grape seed, sunflower seeds, pumpkin seeds, sesame seeds, corn oil, soy oil, and in most nuts.

The typical American diet contains too much LA in comparison to ALA because people consume so much refined vegetable oils made of the above mentioned foods. They not only cook with these oils, but also eat margarine, crackers, cookies, and other processed foods which contain those oils.

The right ratio of linoleic acid versus alpha-linolenic acid in the diet is important. It should be between 4:1 and 1:1, meaning equal amounts of LA and ALA and up to four times as much LA as ALA, while the typically American diet can be as high as 20:1.

Some researchers believe an imbalance may lead to a variety of mental disorders, including hyperactivity, depression, brain allergies, and schizophrenia.

Besides nourishing the brain, neurological, eye and vascular system, another primary function of EFAs is the production of prostaglandins, they regulate body functions such as menstrual cycle, fertility, conception, induce labor, regulate platelets, heart rate, blood pressure, blood clotting, cell wall integrity, increase gastric mucus secretions, decrease gastric acid secretions, help regulate bronchial dilation or constriction, and play a role in immune function by regulating inflammation and encouraging the body to fight infection.

Now the so called non-essential omega-3 fatty acids.

EPA (eicosapentaenoic acid) and DHA (docosahexaenoic acid). The body can convert ALA to EPA, and then EPA to DHA; however, some people do not convert ALA to EPA and especially EPA to DHA efficiently so getting these oils in your diet would be a good assurance policy, especially if you are planning to get pregnant or are currently pregnant.

Infants and children need DHA for proper brain, nervous system and eye development so getting this from their diet can be extremely important. Breast milk will have all the fatty acids needed for healthy growth only if the mother has these in her diet, and the same goes for vitamins and minerals.

Non-essential omega-6 fatty acids include AA (arachidonic acid) and GLA (gamma-linolenic acid) which your body makes from LA (the omega-6 essential fatty acid). GLA is the only one you may want to supplement, is easy to get in foods or supplements such as Spirulina, Borage Oil, Evening Primrose, Hemp seed Oil and Black Currant Oil.

AA is very important for growing babies muscle, brain and nervous system, is easy to get in foods such as Animal Organs, Poultry, Eggs, Meat, Fish and can be converted from Linoleic Acid (LA).

GLA can convert to DGLA and then Prostaglandin PGH1 which has helps regulate the immune system and has anti inflammatory properties.

WARNING! Oil pesticides, which are very fat-soluble, tend to be concentrated in oil products. Therefore, it is a good idea to buy organic oils whenever possible. Oils especially high in pesticide residue are soy, corn, cottonseed, and canola.

All unsaturated fatty acids, polyunsaturated or monounsaturated are subject to oxidation and rancidity, (monounsaturated less so.) Protect your oils from air, light and heat, buy oils in small quantities and use before they become rancid.

Look for oil that is organic and cold pressed, not cold processed or solvent extracted. Ideally, the oil should be in an opaque bottle. Buy smaller quantities, amounts you can use, before they become rancid. Keep your oils in the refrigerator. Avoid frying at high heats, all oils will go bad with high heat, see below. Do not use margarine; this is an artificially hydrogenated product with trans-fatty acids. Butter, Coconut and Olive oil are probably the best oils to cook with low heat and longer cooking times while safflower, rice bran and peanut oil for higher heat and shorter cooking times.

TYPE OF FAT	SMOKE POINT	NEUTRAL = refined
Safflower Oil	510°F/265°C	Yes
Rice Bran Oil	490°F/260°C	Yes
Light/Refined Olive Oil	465°F/240°C	Yes
Soybean Oil	450°F/230°C	Yes
Peanut Oil	450°F/230°C	Yes
Clarified Butter	450°F/230°C	No
Corn Oil	450°F/230°C	Yes
Sunflower Oil	440°F/225°C	Yes
Vegetable Oil	400-450°F/205-230°C	Yes
Beef Tallow	400°F/250°C	No
Canola Oil	400°F/205°C	Yes
Grapeseed Oil	390°F/195°C	Yes
Lard	370°F/185°C	No
Avocado Oil (Virgin)	375-400°F/190-205°C	No
Chicken Fat (Schmaltz)	375°F/190°C	No
Duck Fat	375°F/190°C	No
Vegetable Shortening	360°F/180°C	Yes
Sesame Oil	350-410°F/175-210°C	No
Butter	350°F/175°C	No
Coconut Oil	350°F/175°C	No
Extra-Virgin Olive Oil	325-375°F/165-190°C	No

When You Eat

Since digestion is predominantly a calm, relaxed, meaning parasympathetic function, you should eat in a calm and relaxed manner to improve digestion, especially for people with naturally weak or sensitive digestion. So having a heated or excited conversation, even if it is a positive one, will inhibit the digestive process to some degree and for many to a large degree.

Do not eat late in the evening or close to bedtime. If you still have most of your undigested food in the stomach when you go to sleep, meaning lying down, your food with digestive juices can go up to the top of the stomach and irritate the lower esophageal sphincter, and over time (for some people a shorter time) this sphincter will lose its ability to keep the stomach contents away from the esophagus. As time and irritation continue it may lose this ability to a great extent and result in what is called GERD. You don't even have to be lying down to promote this, if you do lifting, bending or vigorous walking as any part of your work or daily activities, or even excessive laughing soon after eating any meal, this may be a problem, especially if it is already irritated.

Once the lower esophageal sphincter is irritated enough, it will no longer prevent the food contents of the stomach from going up the esophagus and it will take a longer time to heal. Even if you changed your daily habits to eating an early dinner, in a calm manner, chew your food well, eliminate the irritating foods, reduce the amount of lifting, bending and vigorous walking after a meal, it only takes one bad day or night to reverse days of the healing process. Remember the two steps back and one step forward analogy!

Breakfast: Quinoa or whole Oat groats with walnuts, almond, sunflower seeds, (pick one) or blueberries, raisins, apples, cranberries, etc. Eggs with a bagel or toast (organic sprouted whole grain), or an omelet with grilled vegetables. Butternut or acorn squash omelet, or make a burrito with black beans and your favorite salsa or herbs and spices, or nut butter with a sour apple or celery for a lite breakfast.

If oil is desired, put it on after the food is cooked or cook at a low enough temperature so that the oil does not smoke. Even the best quality oils become hard to digest or even toxic to the body when overheated, see above.

Again, foods should be eaten in their whole form, or as minimally processed as possible.

Peel fruits or vegetables only if the peel is hard to digest or contaminated with chemical sprays that you can't remove with soap, salt water, diluted hydrogen peroxide or just washing the outside with a sponge. Good article on fiber <http://www.ncbi.nlm.nih.gov/pmc/articles/PMC3705355/pdf/nutrients-05-01417.pdf>

Search out organically grown foods to avoid the toxic chemical residues of the commercial growing processes. Below is a link to Environmental Working Group, which has a simple list of foods and their ranking for pesticide use. As always not everything on this website or any website is completely correct, but I think this part of it is helpful. <http://www.ewg.org/foodnews/>

Keep snacks to a minimum between meals or try not to snack at all. Most snacks tend to be junk food and we tend to consume them without thought or need or even worse, emotional eating. We usually aren't hungry when we do snack, it is just something to do while we are watching TV, reading, studying or socializing. The emotional foods tend to be sugars or refined carbohydrates, and according to Chinese Medicine, the sweet flavor tends to relax you for a short period of time but the craving can come back even stronger and you end up in a sugar/carb trap. Should some people have snacks between meals? Yes, some constitutional types are fast metabolizers and need to eat more often, just so it is normal food you would eat at a regular meal.

Do not space meals too far apart or too close together, generally 2 - 5 meals per day are enough. This varies from person to person, but a regular eating schedule is helpful and less stressful to us than skipping a meal or eating at random times. This is also true for exercise, elimination, and sleep.

Have most of your fruit between meals. If fruit stays in the stomach too long, fermentation can begin, causing a fullness sensation and gas. Fruit should be eaten in small amounts because of the high amount of sugar, (esp fructose) and the lower nutrient value compared to vegetables, since most people drink juice rather than eat the whole fruit and think that counts as a serving of fruit. Most juice is processed and has very little nutritional value compared to the whole fruit. Some people are juicing the whole fresh fruit and even though this is much better than regular juice they tend to have too much. If you are going to juice, it should be a mixture of mostly vegetables with some fruit and the quantity should be a reasonable amount that you could eat at a meal.

Although fruit is a "natural" sugar it can still cause a severe fluctuation in blood sugar, especially with people that have borderline hypoglycemia. This quick increase in blood sugar levels from fruit happens because our body glucose regulatory system has become inefficient due to excessive intake of refined sugars/carbs in our everyday life. This has made fruit an extreme food for some people, when it should be a nourishing and energizing food.

You should stop eating approximately three hours before you go to bed or before 7pm if possible. Do not have a late night snack; as this will start the whole digestive process going again when you should be sleeping, and promote one of the most common disorders today, gastric reflux. This has become so common that many people think it's normal to get heart burn and taste our food again at night or the morning. This also inhibits the body's normal functions that only occur at night when we are asleep, in other words our quality of sleep goes down.

How you eat and prepare your foods

When you eat, you should be thinking about what you are eating and that the ultimate purpose to this mandatory joy or chore is to nourish our whole being!

How you eat relates to the chewing, complexity or simplicity of your meal, cutting your food, especially harder to digest foods, into small pieces and chewing each bite well before you take another bite, and how you prepared your food.

As stated above, are you sitting down and taking time to specifically eat, or quickly grabbing a bite while you are working, rushing around or driving? Your goal is to eat in a relaxed and pleasant atmosphere that promotes digestion and not when you are overly excited, angry, or emotionally charged which inhibits digestion and your ability of getting the full potential from your food and drink.

This includes our protein, fat, carbs, sugars, vitamins, minerals, phytonutrients and anything else we receive from our food that we are unaware of, and hopefully the mental and emotional enjoyment that should be a part of the nourishing function of food and drink.

Are you chewing your food thoroughly or just going through the motions so you can quickly wash it down and get the next bite in. Chewing is a major part of digestion, it tells our digestive system what it needs to do next, allows us to extract the flavors of the food, and increase the food's surface area.

This allows the digestive enzymes, amylase from the saliva to break down starches, and hydrochloric acid (HCl) and pepsin from the stomach to breakdown proteins. The Hydrochloric acid in the stomach can also destroy pathogens we may have ingested with our food, while the mucus the stomach lining produces protects the stomach lining from the extreme acid in the stomach.

Since all of our digestive juices work by surface contact the more you chew the greater the surface area and the easier it is to digest the food. Digestion, particularly of the starches, begins in the mouth, due to the enzyme in saliva called amylase, and continues in the stomach as long as the pH is mildly acidic. One the HCL level increases amylase function decreases and pepsin increases which breaks down protein.

Foods that are difficult to masticate, such as red meat, should be cut into small pieces, or Chia and Flax seeds, which should be ground up or soaked before eating.

Digesting food takes energy, approximately 5-15% of our daily energy expenditure, with the most energy consuming being alcohol, then protein, carbohydrates and fat taking the least. (I could not specifically find the energy expenditure for sugar, but it is less then the carbohydrate energy expenditure),

<http://www.nutritionandmetabolism.com/content/1/1/5>

Drink only a minimal amount of fluids just before, during and approximately 1 hour after your meals. If you drink to much fluid with the meal the excess fluid will slow the digestive process down by diluting the hydrochloric acid and digestive enzymes. Digestion can be one of the more energy consuming processes of the body if you are eating the wrong foods let alone the wrong way. I am not saying you don't drink fluids with your meal, in fact some foods need water to help with digestion, such as animal protein, while other need very little, such as vegetables, so you fluid intake just before, during and right after meals will vary according to your constitutional dietary guidelines and the type of food you are eating. If this is done in a chronic manner, it can weaken the whole body by weakening your ability to break down and assimilate your food into the nourishment needed for your daily life.

You should drink most of your fluids (water) between meals. A good general guideline to determine if you are drinking too much or too little water is to count the number of times you urinate in twenty-four hours.

In general you should urinate five or more times a day and the urine after the 1st urine in the morning (which tends to be a darker yellow and can have a slight odor) should be straw yellow to clear, not cloudy, or odorous, and the flow good and with a "normal" volume. If the urine is always clear with copious amounts and no odor you are probably drinking too much water and if it is darker yellow, slightly cloudy and/or odorous you are probably not drinking enough water.

The foods you eat should not only nourish you but also nourish your good gut flora which can help you digest your food, make vitamins, detoxify, and promote a healthy mucosa lining in the bowel. Speaking of good bacteria: any fermented food you buy like Yogurt, Kefir or Sauerkraut, must state on the label: "with active cultures," "living cultures," or "contains active cultures." If the label doesn't say this, then assume that the bacteria in that product are dead. Of course we are talking about the good bacteria and yeast in fermented foods that promote our health and not the bad bacteria that will make you sick! One of the best ways to ingest and promote good bowel flora is to eat fermented foods, such as Sauerkraut and other fermented vegetables, Kefir, Water Kefir, Kombucha, Natto, and Miso, and remember they must say they have live cultures in them.

This website has excellent videos and free ebooks that teach you how to make almost any kind of fermented food. <http://www.culturesforhealth.com/>

Food preparation

Cooking Methods: Baking, Broiling, Oil Stir-frying, Pressure Cooking, Raw, Sauté, Sprouted, Steaming, and Stewing (light boiling, as in soups). Each of these methods has their time and place for each constitution type. You can use herbs and spices to influence the property of foods for good or bad depending on your type.

Cookware: Glass, stainless steel, earthenware or ceramic coated are the best utensils for cooking. Aluminum and copper are the worst because these metals can easily leach into the food. Cast iron can leach too much iron into your food if used too often.

Under each food category I will talk about specific food preparations that will improve digestion and nourishment you can get from these foods.

Just to get this out of the way!

According to botanists a fruit is the part of the plant that develops from a flower and the part of the plant that contains the seeds. The other parts of plants are considered vegetables. These include the stems, leaves, roots, and the flower bud.

The following are technically fruits: avocado, beans, pea pods, corn kernels, cucumbers, grains, nuts, olives, peppers, pumpkin, squash, sunflower seeds and tomatoes. Vegetables include celery (stem), lettuce (leaves), cauliflower and broccoli (buds), and beets, carrots and potatoes (roots). OK done.

All food should be Organic if possible, and wild caught fish over farm raised fish. There is a yes and no list (you can download these from the same place you got this pdf from) for each category and constitutional type are very broad in general. Some foods will be a big no for some and only mildly aggravating for others. You can use warming spices for cool or cold property foods to help balance them out for the Water constitution, but this is not the best way to do it.