

# Food Guidelines

**Eat organic foods whenever possible.**

## DO Eat

**THE CORE:** Fats for long term energy and essential body functions, moderate amount of meat for energy and muscle maintenance and essential body functions, starchy vegetables for short term energy & nutrients, leafy vegetables for concentrated nutrients, cruciferous vegetables for concentrated nutrients, whole grains for energy & nutrients, beans for energy and nutrients, and moderate amounts of fruit for energy & concentrated nutrients (especially berries and red fruits). Oils, nuts, seeds (especially flax seeds), herbs (especially turmeric), and spices top off the core. All foods should be organic and as natural (un-processed) as possible. This core is high in different kinds of fiber, which is essential for maintaining healthy digestive flora.

**Add protein, fats, and oils to a core of G-BOMBS: Greens, Beans, Onions, Mushrooms, Berries, Seeds.**

### Oils:

- Cook with **coconut oil**. Butter is okay if no coconut oil. Olive oil is not good but not as bad as other oils. (Don't cook with any other oil!)
- For raw oil, eat **coconut oil**, **olive oil**, flax seed oil, or other natural Omega-3 oil. (Olive oil degenerates quickly, so buy only small bottles, and maybe add astaxanthin to the bottle.)

### Whole organic unrefined foods:

- **meat** from **grass-fed** animals – beef or lamb (fat content is irrelevant)
- **fish** 2-3 times per week, especially \*Alaskan salmon
- **eggs** – 3 per day, especially raw free-range eggs, and especially with runny yolks
- lots of fresh organic **vegetables – starchy, greens, cruciferous**; especially \*spinach, \*kale, \*cabbage, \*bok choy, \*sprouted seeds [not alfalfa], \*celery, \*brussels sprouts, \*asparagus, \*sauerkraut, sweet potato, yam, kimchi, collard greens, mustard greens (generally, orange and red colors are better than green, and purple is better than orange and red)
- fresh organic **vegetable juice**
- **probiotic foods** – kefir, sauerkraut, kimchi, other fermented/cultured vegetables, raw un-pasteurized cheese, salted gherkin pickles, brine-cured olives
- fresh organic **fruit** in moderate amounts, especially \*blueberries, \*raspberries, \*blackberries, \*papaya, \*mango, \*goji cherries, melons, strawberries
- **beans** (at least every other day), especially lentils, peas, black beans, kidney beans
- as much \*garlic, \*onions, and **peppers (especially spicy)** as possible
- **nuts & seeds**: \*\*almonds, \*\*chia, \*\*flax, \*\*walnuts, \*macadamia, \*Brazil nuts, \*pumpkin, \*sesame, sunflower, hemp [no peanuts] (soak seeds for 6-8 hours in warm water, then grind them; or just use sprouted seeds [not alfalfa])
- **flax and/or seeds** 1-2 tablespoons ground
- **whole grains**: bread labeled “100% whole grain” (unless avoiding gluten), fermented sourdough, brown rice, wild rice, buckwheat, millet, oats, quinoa, rye, teff, whole grain pasta
- **herbs & spices**: \*turmeric, \*black pepper, \*oregano, \*thyme, cloves, basil, rosemary, cinnamon
- **yellow butter** 1-2 tablespoons 2 meals daily (or high vitamin butter oil)
- **cheese** from grass fed animals
- **raw cream** as desired
- **cottage cheese** as desired
- **Food-Supplements** as needed to make up for deficiencies:
  - \*green food powder – grasses, chlorella, spirulina, green-blue algae
  - \*fish oil (DHA, EPA)
  - whey protein concentrate as needed to replace unhealthy meats (not an isolate or hydrolysate)
  - turmeric-curcumin with black pepper
  - oils – coconut oil, flax oil, MCT oil, (fermented) fish liver oil, high-vitamin butter oil
  - raw cream
  - fiber as needed to assist a low-fiber diet or to cleanse the digestive system between meals

### Dark Chocolate

**Cruciferous vegetables:** cabbage, kale, bok choy, brussels sprouts, collard greens, mustard greens, turnip greens, radishes, broccoli, cauliflower

**Vitamin A (difficult to obtain):** #1 sweet potato, #2 kale, #3 red pepper, butter, cheese, eggs

**Whey protein concentrate** (not an isolate or hydrolysate) has beneficial effects that meat does not have, but it spikes insulin. It is okay to use in moderation. Use only organic, grass-fed, raw (non-pasteurized), cold pressed.

## DO Drink

Water as you **feel thirsty**, and as you are **sweating or evaporating** water in a dry climate

- **Mineral or hard water** whenever possible as your primary water – Pellegrino, Icelandic, etc.
- **Filtered water** when not drinking mineral/hard water

**Kefir** daily (organic, grass-fed)

**Green tea or hibiscus tea** daily

**Vegetable juice** as desired

## Don't Eat

### Toxins / Inflammatories\*

- **Transfats (the worst thing of all):** margarine, french fries, fried chicken, donuts, cookies, pastries, crackers, pizza dough
- **Vegetable oils**
- **Processed foods:** preservatives, hydrogenated oils, ice cream, microwaved food, pasteurized milk, soy, margarine, corn starch, wheat starch, artificial ingredients, modern-processed meats (ham, bacon, lunch meat, sausage, pastrami, salami, beef jerky, hot dogs)
- **Unhealthy meats:** pork, grain-fed chicken, shellfish, catfish, farm-grown fish, modern-processed meats
- **Burnt meat and burnt fat**
- **Foods with myco-toxins:** mushrooms?, peanuts, corn, sugar, yeast, cottonseed (oil), sugar from cane and beets
- **Glutens** (for some people, if not all people in varying degrees)
- **Non-fermented soy (soy sauce, soy protein powder, tofu, etc.)**
- **Processed salt** (use Celtic sea salt or Himalayan salt)

### Insulin spikers / Candida feeders / Vitamin robbers

- **Sugar**
- **Refined complex carbohydrates**
- **Stimulants:** alcohol, nicotine (all stimulants are also toxins)

\*It is well established that **inflammation** is the most common factor to degenerative diseases, which are the kinds of diseases that were rare – and are rare, outside modern societies consuming processed foods and high amounts of foods that were only consumed in very low amounts previously.

Note: processed meats using traditional methods are perfectly fine.

## Don't Drink

**Unfiltered water.**

**A lot of liquid while eating,** so HCl is not diluted in the stomach. Just sip water.

**Anything besides water** unless it comes from leaves – milk, soda, carrot juice, whatever. Coffee appears to be the exception and even prevents certain types of cancer.

## The most important guidelines

1. Eat a variety of **whole, unrefined/non-processed** foods, preferably organic:  
free range beef and lamb, 3 kinds of vegetables (starchy, leafy, cruciferous), orange and red fruits, free-range eggs, real butter and other dairy, olive oil, coconut oil, nuts, seeds, berries. probiotic foods like kefir and kimchi and sauerkraut, herbs and spices (especially turmeric), etcetera.
2. Eat plenty of **high fiber foods.**
3. Eat plenty of **anti-inflammatory foods.**
4. Eat **high-potassium foods** for sugar metabolism – spinach, yams, sweet potatoes, lima beans
5. Drink **plenty of clean/filtered water** between meals per the body's signals.
6. Give the body **rest** by refraining from food between meals, and by periodic fasting.
7. Don't eat **toxins.**
8. Don't eat **insulin spikers.**

## How to Cook

Use as low a temperature as possible, which means to generally boil and steam for cooking.

Starches produce harmful substances when baked, fried, roasted, toasted.

If using high heat, always cook meats with spices to get rid of a lot of the toxic compounds produced.

Potatoes: It is fine to bake potatoes; just don't eat the skin. The starchy part is actually boiled inside the skin.

Don't store potatoes in the refrigerator.

Cook with **coconut oil**. Butter is okay if no coconut oil. Olive oil is not good but not as bad as other oils. (Don't cook with any other oil!)

## How to Eat

Drink a little room-temp water 20 minutes before each meal to prepare the intestines.

Protein is the most important thing to eat for breakfast.

Eat complex carbohydrates (vegetables or healthy grains) with every meal to provide fast fuel for the brain and muscles.

Eat oil or fat with every meal: fatty meat, \*coconut oil from fresh coconuts, olive oil, \*butter, \*butter oil, \*flax oil  
(Oils should be extra virgin, organic, cold pressed, grass-fed – according to oil type.)

Eat slowly, savoring each bite and waiting before taking another bite.

If eating fast, stop eating before feeling full, even before feeling fully satisfied.

Pay attention to the body. If healthy, the body will advise the correct ratio of proteins to carbohydrates, and that ratio will change sometimes.

Food tolerances can change day to day, so pay attention to the body

Vegetables and fats/oils can be eaten with any kind of food. As much as possible, do not mix other kinds of foods:

- melon
- fruit / sugar
- starch
- meat
- eggs
- cheese
- acids (citrus/vinegar)

**Don't snack.** The body needs periods of rest to perform vital functions. Also, refraining from snacking is a form of intermittent fasting, which increases Growth Hormone and testosterone.

## Fasting

An occasional fast is very helpful for the body – cleansing toxins, boosting the immune system, boosting metabolism, re-setting tired and dysfunctional processes, etc. See the Fasting Methods document.

**Weight loss:** Restricting calories by eliminating a meal every day for 2-4 weeks is the most effective way to kick off long term fat loss. A lot of weight can be lost in this way, and that produces a number of benefits that help put into motion a long term plan of healthy eating and exercise.

## Anti-inflammatory Foods

green leaves bok choy celery beets	blueberries pineapple	walnuts chia seeds flax seeds	turmeric ginger	coconut oil bone broth salmon
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## Highest Fiber Foods

Different kinds of foods, and parts of foods, have different kinds of fiber. The body uses all of them.

Beans, in this order: <ul style="list-style-type: none"> <li>● Lentils</li> <li>● Peas</li> <li>● Black beans</li> <li>● Kidney beans</li> </ul> Berries, in this order: <ul style="list-style-type: none"> <li>● Raspberries</li> <li>● Blackberries</li> </ul>	Fruits, in this order: <ul style="list-style-type: none"> <li>● Pears</li> <li>● Apples</li> </ul> Vegetables: <ul style="list-style-type: none"> <li>● Brussels sprouts</li> <li>● Spinach</li> <li>● Asparagus</li> <li>● Onions</li> <li>● Garlic</li> </ul>	Seeds, in this order: <ul style="list-style-type: none"> <li>● Chia seeds</li> <li>● Pumpkin seeds</li> </ul> Nuts, in this order: <ul style="list-style-type: none"> <li>● Almonds</li> <li>● Walnuts</li> </ul> Oats/oatmeal
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