

"Eating for Health Not Hunger"

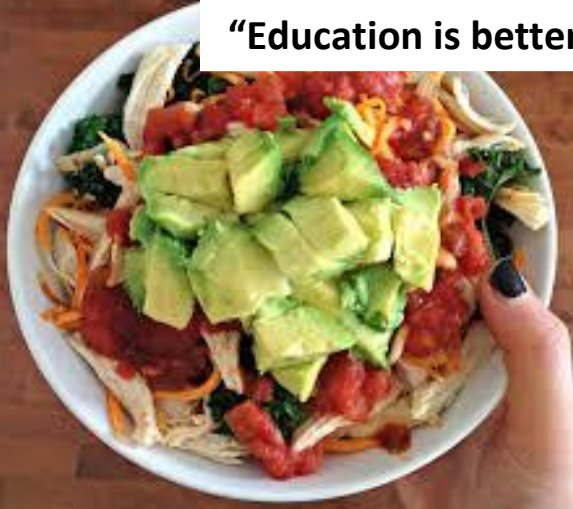
Awaken Your Curiosity and Intuition



DIABETES
HIGH BLOOD PRESSURE
CAN'T LOSE WEIGHT
LONGEVITY
SLUGGISH THYROID
OBESITY
TOXINS
YEAST INFECTIONS
ANTIBIOTICS AND DIGESTION
MERCURY FILLINGS
REFINED FOODS
ENVIRONMENTAL
MSG
EDUCATION
HORMONE IMBALANCE

THE TRUTH ABOUT YOUR FOOD AND ENVIRONMENT

"Education is better than Medication"



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Chapter 1.

Introduction and disclaimer

No part of this booklet is intended to diagnose, treat or cure any disease. Any aspects and recommendations contained within it are followed at the individuals own risk.

That said, please understand one thing, no one knows your body, and what is perceived to be normal on a day to day basis better than one person, that person is you! Doctors, Consultants, Iridologists, Nutritionists, Homeopaths, Herbalists, etc, might know more about the anatomy and physiology of the human body than you, but you and only you truly know what is normal. So, if any issue develops that causes concern and no diagnosis prevails, then persist until you are satisfied. Anxiety and stress, accompanied by pain and other physical health concerns perpetuate into other areas of health. Spiritual, social and emotional health will all inevitably suffer. Unfortunately, there are many issues that are becoming prevalent in today's modern society that your GP fails to recognise, diagnose, and in some instances even bluntly refutes. In some instances they are contributing to vast epidemics via poor and misguided protocols involving the prescription of antibiotics (more on this later under the heading "Digestive Health"). Once you have read this booklet in full, you may even question their true understanding of health. Hundreds and thousands of people each year have no choice other than to seek answers elsewhere. Does nature, its foods and remedies have the answer to our

many manifestations of disease, lost vitality, obesity and diabetes etc? The causes are under our noses, at times they are being suppressed and denied as a result of industrial, commercial and financial implications.

Many health issues are addressed using this diet plan, in some circumstances supplementation is essential and this will be discussed when appropriate. But one thing always becomes evident to all and the world to see, that the issue of weight gain, obesity and the many self perpetuating illnesses that manifest as a result of it are reaching epidemic proportions. This diet plan also gives explanation to the issue that I term “Stubborn Weight Loss”. So if you have tried everything there is to try, low calorie diets, exercise, slimming clubs, starvation and still weight loss avails you, then this diet plan normally succeeds where all others fail. Never before has obesity been so prolific. TV reality shows supported by exercise and diet guru’s, doctors and dieticians have all shown on national TV and in the media that weight loss has never been so difficult. Why?

Scaremongering has no value to me, but this booklet should serve many purposes, help many people control and overcome long standing issues. I hope that it serves as a wake-up call. If it encourages its readers to take note or even **question some of the content**, research some of the theories and products, take control of their own health as nature intended, then I, as the author will have achieved one of my main goals.

Who and what are nutritional therapists? Well there is without doubt a divide between government registered Dieticians and Nutritionists as well as

Nutritional Therapists. Dieticians are trained via government syllabus, government nutritional guidelines and rarely will speak out against policy and public health advice. Dieticians are employed at most Hospitals and National Health Care establishments. They will not agree in public to some of the content of this document. They do not support the detox and toxic load theories of disease, because the government does not. In fact despite being employed at our health care establishments, still to this date very little emphasis is placed on nutritional input for treatment protocols in diseased, unwell or elderly patients convalescing in our hospitals and nursing homes today. Why?

Now, if Nutritional Therapists were given reign in our health care settings: Freshly prepared vegetable and fruit juices would be served to all patients at least twice per day. Organic foods would be used. Urine output would be monitored for colour and concentration, water and fluid input monitored to maintain hydration levels. Bowel frequency would be monitored, whole food meals would be prevalent.

Of course rogue therapists exist, as do very poor GP's and other medical professionals. Adequately qualified therapists will be able to obtain insurance, be members of trade organisations, be able to register with laboratories, be able to present certificates and be recommended by others, so choose wisely and carefully. Often life experience outweighs documents and pieces of paper, none the less, research, ask questions and look at reviews if available.

Just a quick and important note on naturopathic medicine and certain types of practices and therapists. If, for whatever reason you choose to seek the services of anyone in this field, please consider one thing. There is a surge of “Eastern Medicine” health chains now springing up on all our high streets. It is vital that you are 100% assured that no rare and endangered animal parts and bi-products are used in their remedies before taking up their services.

Chapter 2.

Health Care and the Pharmaceutical Industry.

In America it is written into their constitutional law that “Cancer can only be treated via surgery and drug therapy”. What does that mean? Well, if a doctor or therapist treats and cures a person with cancer using nonconventional methods, they are arrested and imprisoned. As a result, clinics and practitioners move across the border into Mexico so as to continue practicing. The most famous of these is “The Gerson Institute”. This is a therapy involving deep detoxification and nutritional therapy. I hope you can all take the time to view or find the documentary called “Max Gerson Therapy - The Beautiful Truth” or “The Gerson Miracle”. At the time of writing this booklet they were available in their full form on “YouTube”. In my opinion, why would such laws exist, people who have been diagnosed as terminally ill have nowhere to turn. America’s “Food and Drug Administration” (FDA) is full of members who are associated with big pharmaceutical companies.

To make my point further, if a drug was discovered to be very effective against certain cancers, but, for whatever reason the drug could not be patented, which in turn meant that the drug companies could not make massive profits, do you think the drug would ever be available for use in any mainstream health care establishment in the UK or USA?

Now research “Sodium Dichloroacetate (DCA) - The Cancer Cure”, look at the news clips on “YouTube”.

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Where is this chemical? Clinical trials have now been completed. No profit! No Drug! The Pharmaceutical companies are the ones running our health care establishments. Not until all research, development and manufacture of drugs is done on a non profit basis, out of tax payers pockets will our best interest be put first. Unfortunately this will never happen, our health care is driven by profit, so if a miracle drug is discovered, but massive profits cannot be made, we will never see the cure. That is fact!

Think about this! Is it ethical for GP's who are responsible for the prescribing of drugs, to own all or have part shares in the Dispensing Chemist who gains profit from that prescription? They can and they do!!

Our medical students and Doctors are responsible for delivering our health care. In fact, they deliver "Disease management", for 90 % of the time, symptoms and diseases have already established themselves within the human body prior to a person visiting the doctors. Our health care is reactive, nutritional approaches are proactive, and look to preventing and eradicating cause and not treating symptom.

Let me give you an example, people with hypertension (high blood pressure), a very common problem that mainly stems from lifestyle issues including diet and nutrition: When visiting a GP with this issue the GP should insist on several readings to make sure "white coat syndrome" (stress due to visiting the doctors), does not exist (Many GP's don't even do this). If readings still remain consistently high then the

prescription pad is reached for! Now I, many years ago, was in this very situation. After three or four different prescriptions were tried, I walked away from drug treatment because the side effects of the drugs were, may I say, a little concerning. Not once was I consulted on diet and lifestyle factors. Not once! Unless blood pressure is dangerously high or you fall into high risk categories, why aren't diet, nutrition and detoxification used as the first port of call? What about your potassium and sodium intake? What about alcohol consumption? If our medical profession thought nutrition was so important to health, they would have been taught it at medical school. Some reasons for hypertension are explained later in this booklet. People who follow this plan normally see a drop in blood pressure readings, for reasons that will also be explained later. **Of course if you are on blood pressure medication, consult your GP or health care provider before you withdraw it and try diet instead or alongside it.**

Chapter 3.

Refined Foods and Your Health.

So what are refined foods? Well the answer is simple, foods that have been processed, de-natured and at times chemically treated in such a way that they no longer resemble the original food that was used at the start of the process. Colour, taste, texture and nutritional values in most instances will be affected, and always to the detriment.

So what is wrong with these foods? Well, our modern, hectic and busy lifestyles mean that unfortunately these foods are nearly always the first thing that is reached for when hunger raises its head. The issue is this, these foods deliver considerable calorific value, but no nutritional input. When these foods become the norm, our diets deliver the calories, too many of them, but all the nutrients required to support our organs and therefore metabolism are missing. This is a critical fact that you must grasp, understand and address to enable weight loss and many other diet related issues to be overcome.

Refined white flour – and all its bi-products **must** be eliminated (pastries, bread, pasta, pies etc). White flour is the most over consumed food stuff in western countries. Pasta derived from white flour is NOT a health food, it contains calories and gluten (that causes many digestive issues) and delivers no nutrients. So what if its low fat, you are consuming empty, devitalised calories.

Refined sugar - never before has there been such a massive overuse of a substance that causes so many health issues as refined sugar. Our supermarkets seem to have a license to overload it in everything without warrant to do so. Sugar can turn a relatively healthy product into a food that has the ability to cause long term chronic issues. Black Strap Molasses is a bi-product of the sugar refinery industry, it is sold in health food stores, it is a nutrient dense, brown syrup like substance. We as a nation prefer pure white sugar, stripped of any nutritional content and value. This is what our food retailers believe.

Understand food labels - ingredients are listed on our labels in order of greatest volume first. So if the first ingredient listed on a label is sugar, then there is more sugar in that product than anything else listed on that label. Now, look at some of your food boxes in your kitchen, look at the sugar added to nearly everything. Walk down the supermarket aisle and try to find a cereal that isn't loaded with it. Look at the yogurts, pickles, beans, soups and sauces. It is shameful! If you follow this diet plan you will **eliminate all refined sugar and foods from your diet, that also includes confectionary**. So get used to understanding and looking at labels. No more ready meals and pasta.

Refined foods digest relatively quickly, have no nutritional value and have had their fibre removed. The effect of this on blood sugar is critical to understand. In an ideal world we need our blood sugar to remain stable, constant, and not to have considerable peaks and troughs in it. As blood sugar spikes, insulin is produced in large amounts to lower sugar and transport glucose into cells and organs.

The next refined meal is then consumed and blood sugar peaks yet again, creating massive blood sugar fluctuations. When this continues insulin loses its functionality (insulin resistance), and ultimately type 2 diabetes often follows if the situation is not addressed. In turn when blood thickens due to glucose, it becomes more difficult to circulate, high insulin levels cause massive water retention and hypertension is the result. High blood sugar will inevitably cause hypertension.

As stated, individuals who fall into these eating habits are on a slippery road to the onset of type two diabetes, hypertension, heart disease, poor circulation etc. On top of that, poor mental focus and clarity, yeast infections, mood swings, hormonal imbalances, poor skin tone, malnutrition and poor digestive transit are all issues that probably will manifest as a result of the over consumption of such foods. If you doubt my claims, and suffer from some of these issues, **try this diet plan and see what happens for just one month.** When you eradicate these foods from your diet it is not uncommon to crave them for a few days or even the first week or two. **Urination output will increase** as blood sugar lowers and becomes more stable, insulin output becomes lower and stable. Excess water will be eliminated, blood pressure should then be moving in a more positive direction. Down!

You generally will not feel hungry on this diet plan. If hunger raises its head then you have allowed your blood sugar to fall too low. Every time you now eat a meal, treat it as a means to supply your body with nutrients, vitamins, minerals, healthy fats and protein and not just load it up with empty

calories. Grabbing a ham sandwich has no health benefits whatsoever, in fact its continual frequent consumption has long term health risks that you now should understand a little more about.

Table salt – the key aim of this diet is to maximise on nutritional input and reduce empty calorie intake. Table salt is a bi-product of the chemical industry which is iodised (iodine added) to help combat nutritional deficiency issues of the thyroid gland. Unfortunately table salt delivers nothing else only sodium and iodine. What I want everyone to do is switch to unrefined sea salt, supermarkets sell it, and use a vitamin supplement known as **Sea Kelp (Consult your GP if you have thyroid issues before adding kelp/iodine to your diet)**. In doing so, many trace minerals will have been added to your diet and the iodine content will still be intact. Use salt as a seasoning in small amounts only if totally desired, its elimination is unnecessary.

White Rice - is milled rice that has had its husk, bran, and germ removed. This alters the flavour, texture and appearance of the rice and helps prevent spoilage and extend its storage life. After milling, the rice is polished, resulting in a bright white shiny grain. The milling and polishing processes both remove important vitamins and minerals. A diet based on white rice leaves people vulnerable to the neurological disease beriberi, due to a deficiency of thiamine (vitamin B₁). White rice is often enriched with some of the nutrients stripped from it during its processing. Enrichment of white rice with B₁, B₃, and iron is required by law in the United States, although these nutrients are only a small portion of what has been removed.

By now you should understand the point being made here, **all refined foods should be eliminated**. Carbohydrates convert into sugars, excess sugars are converted into triglycerides, in other words **FAT**. **Refined foods deliver no nutrients required to support metabolism and the normal function of the human body.**

THIS IS KEY TO YOUR SUCCESS – YOU ARE EATING FOR HEALTH, NEVER FORGET THAT PRINCIPLE.

Chapter 4.

Meat or Vegetarianism (Quality, Environment and Animal Welfare)

Before continuing with this chapter it is important to note **that I am not trying to persuade people to convert to none meat consumption or vice versa.** I do have major concerns on product quality, the effects of the over consumption of animal protein and the subsequent effects that mass cattle rearing has on our environment. Animal welfare issues including cage rearing, general brutality, mishandling & cruelty, slaughter practices, drugs and hormones, inappropriate diets and feeds, lab testing are often a main driving force in converting individuals to vegetarianism. I hope that after completing this chapter you realise that we need to reduce our consumption of animal protein considerably, choose with a conscience and environmental awareness – That’s a small ask!

Meat Quality - again here we have a food type that supermarkets and meat processors will do anything too to try and maximise profits. Steroids are used in cattle to maximise muscle mass, antibiotics are administered as precaution. America and other countries feed beef on a corn and grain diet that has a lower fibre higher sugar content. This is totally unnatural for the cattle. This can create an acid environment in the cattle’s digestive system, causing ulcers and bacterial infections including E.Coli. Once in the process chain, as a result, in **some countries meat is sterilised using “Irradiation”**, this is the process of exposing

the foodstuffs to **ionising radiation**. Research this yourself, very little testing has been conducted on the long term safety of this method of sterilisation. Many countries have not excepted it as a result. Further processing may involve salt water being pumped into the meat so as to increase water retention. Water is sprayed onto it prior to freezing to increase pack weight. This is all done under some kind of disguise, such as adding water and salt to increase succulence. Bacon, ham and cured products use nitrates in their curing process. These meats have now been scientifically proven to increase certain cancer risks, predominantly that of the pancreas. If you suffer from **migraines** here may lie your cause. You must eliminate all forms of processed meats and food additives from your diet. Supplement magnesium at 75% RDA, that is 300 mg per day, eliminate dairy completely from your diet, cheese included. Dairy is also often the underlying cause of asthma, eczema, migraines, sinus and digestive issues.

Environmental Impact – this may be news to the majority of you, but “Animal Agriculture” (Cattle Rearing) generates more global warming **greenhouse gases** than the automobile industry in its entirety. Methane produced by the animals digestive process is 86 times more destructive than Carbon Dioxide to our climate. The economics of rearing cattle on a mass scale do not add up. The drain on resources including the deforestation of our forests including the Brazilian Rain Forests to accommodate grazing land and the cultivation of Genetically Modified (GM) Soya cannot continue. Subsidies by governments to the industry mean the true cost of the end product is not reflected in its end price.

One head of cattle can eat up to 140lbs of feed per day, consisting of grains and pulses. This volume of feed multiplied by the total head of cattle could feed the worlds starving population many times over.

Taking a look at the fishing industry, for every one pound of targeted fish up to five pounds of by-kill are caught. Again sustainability is a main cause of concern.

TO CONCLUDE – baring in mind the environmental impact it may prudent to at least try and reduce animal protein intake, I eat meat but at a reduced volme.

Animal Welfare – without dwelling on this very important subject matter too long, there is a direct correlation between the volume of meat we eat and the number of reared animals required to meet that demand. Obvious I know! But as demand grows, ways of rearing animals also evolve, often at the expense of animal welfare. Now several patients of mine encouraged me to find and watch a documentary called “Earthlings”, this is a hidden camera documentary that is brutal and shocking. Please make an effort to find it and watch it in its entirety.

How would you feel if after giving birth someone came along and stole your baby? This is what happens to dairy cattle, several times over! Not forgetting experimentation so you can apply makeup, buy perfume and dye your hair.

Vegetarian – many vegetarians and vegans choose to be so due to the issues highlighted in this chapter. This diet can easily be adapted to meet their requirements. One must consider several nutrients when totally eliminating meat from your diets. Often B12 supplements are required as is Zinc and Iron in some instances. When replacing meat we need to consider replacement options for complete proteins or combinations of plants that provide the same. Here are a few options of complete plant proteins: Quinoa, Amaranth, Hemp Seed, Spirulina, Soybean(Not GM) and Buckwheat.

Applying this knowledge to the diet - All processed meat should be eliminated on this diet plan. No bacon, ham, sausages, frankfurters, salami, etc. Keep to lean chicken, turkey, beef, pork, fish, sea food and eggs. Consider **reducing your dependency on animal protein**, eat very small amounts, but of the highest quality you can afford, go organic if you can. Make an effort to use plant protein. **Eat with a conscience and knowledge that your consumer and dietary habits impact on the environment and animal welfare, but ultimately the choice is yours.**

Note! Scientific evidence now confirms that a vegan or vegetarian diet improves longevity compared to someone who eats a lot of meat.

Chapter 5.

Understanding Fats

Most people understand the concept that there are good fats and bad fats. But again I wish to explain that most fats fall under the heading of “Refined Foods” to some extent. The bad fats are the saturated and hard fats, with a few exceptions. Saturated fatty acids (bad fats) are found in all fats and oils but are mainly abundant in hard fats. Butter is a product of processing milk, lard is extracted and rendered from animals. Certain oils that are available in supplement form are extracted from seeds and nuts. So again the point I’m making here is this, if we take a supplement, let’s say flax oil for omega3, all we are getting is that target nutrient, oil. Now instead of taking the oil in an extracted form, what if we consumed the seeds and nuts in their whole form. Seeds and nuts have a high nutrient content, therefore, yet again, every opportunity should be taken to maximise nutrient intake, and wherever possible, food should be consumed in its whole form for those reasons. However, oil supplementation is at times essential under certain circumstances with its benefits outweighing its denatured status.

Cold Pressed Olive Oils – now olive oil has some remarkable health benefits, but believe it or not it contains one of poorest contents of Essential Fatty Acids in comparison to others. For the first month on this plan I advise that you refrain from using this oil until you start to realise some of your weight loss goals. Although the ability of olive oil to protect

against heart attack and stroke is unequalled, it still will add many calories to your daily intake. Please resume using olive oil for salad dressings after the first month on this plan.

A typical example is the sunflower seed, we all know its oil is widely used, but what about the seed, one cup of seeds contain the following nutrients where its refined oil will not..

Vitamin A	23.0 IU
Retinol Activity Equivalent	1.4 mcg
Bate carotene	13.8 mcg
Vitamin C	0.6 mg
Vitamin D	0.6 mg
Vitamin E (Alpha Tocopherol)	15.3 mg
Beta Tocopherol	0.5 mg
Gamma Tocopherol	0.1 mg
Thiamin	0.7 mg
Riboflavin	0.2 mg
Niacin	3.8 mg
Vitamin B6	0.6 mg
Folate	104 mcg
Food Folate	104 mcg
Dietary Folate Equivalents	104 mcg
Choline	25.3 mg
Betaine	16.3 mg
Pantothenic Acid	0.5 mg
Minerals	
Calcium	35.9 mg
Iron	2.4 mg
Magnesium	150 mg

Phosphorus	304 mg
Potassium	297 mg
Sodium	4.1 mg
Selenium	24.4 mcg
Fluoride	24.4 mcg
Zinc	2.3 mg
Copper	0.8 mg
Manganese	0.9 mg

So what are the oils we need that have health benefits? These are omega3 (super-unsaturated), omega 6 (polyunsaturated) and omega 9 (monounsaturated) oils or Essential Fatty Acids (EFA's). Omega 9 can be produced in the body so it tends to get left by the wayside. Humans need more omega 6 than omega 3, in fact the ratio is not cast in stone, but in general we need three times more omega 6 than omega 3.

Here is the problem, most of our cooking oils are sunflower and rape seed oils. These are Omega 6 oils that contain NO Omega 3, so now we have a nation that is deficient in Omega 3. With this consumption and usage of frying oils we have put the actual consumed ratio to about 15:1. So we turn to Omega 3 oil supplements to balance out the equation, unless we stop frying all our food, which we should!

Before we continue, it probably is worthwhile mentioning the fact that all these essential oils are destroyed via the application of heat. Cooking with these oils does not deliver the health benefits you may expect to believe. So frying with expensive oils is a waste of money, for example. In fact even exposure to light and oxygen can start to break down these oils.

By far the best and healthiest oil is, believe it or not, hemp seed oil. It is very rare in the fact that it has the perfect ratio of Omega 6 to Omega 3 @ 3:1. Hemp seed oil comes from the seeds of the marijuana plant, however, it does not contain any of the constituents obtained from smoking the plant. It is widely available in capsule and bottle forms. The hulled seeds are indeed a very nutrient dense food, that are loaded with the EFA's and many other vitamins and minerals our bodies require and also a source of complete protein. Wow!

The current situation with most people due to the deep frying of food in Omega 6 oils is the need to supplement with Omega 3 oils. The best oil containing omega 3 is **Flax Seed Oil**, the other most popular oil people turn to is **Cod Liver Oil**. However there is much controversy over this oil because of the uncertainty as to the possible traces of heavy metals such as mercury being present. Concerns also exist over the possibility of Vitamin A and D toxicity associated with excessive fish oil supplementation. Unlike fish oils, flax seed oil contains naturally occurring beta carotene which the body will convert to Vitamin A as needed. Thus, needless to say, no risk of Vitamin A or D toxicity exists.

So historically, if you supplement with oils, ditch the Cod Liver Oil and switch to Flax Seed.

As for the purpose of this diet, we will be consuming the whole foods and not extracted oils. And, because **we will not be deep frying any of our food**, our intake shall be based on the consumption of whole foods

in the form of **hulled hemp seeds**, or the combination of **Pumpkin, Flax** and **Sunflower** seeds. The benefits of this seed combination are recognised by high street health food stores, hence they are sold in pre mixed bags for our convenience.

Chapter 6.

The Importance of Water and its Quality.

Water makes up more than two thirds of human body weight, and without water we would die in a few days. The human brain is made up of 95% water, blood is 82% and lungs 90%. A mere 2% drop in our body's water supply can trigger signs of dehydration: fuzzy short-term memory, trouble with basic maths, dark and smelly urine, difficulty focusing on smaller print, such as a computer screen (Are you having trouble reading this? Have another drink!). Mild dehydration is also one of the most common causes of daytime fatigue.

Children and indeed some adults may be very adverse to drinking water. Government guided educational policy on healthy eating in my opinion is counterproductive because of this. Water consumption is encouraged and soft drinks are discouraged. But the net effect of this is the fact that during a school day, little or no water gets consumed. Children become dehydrated and ultimately fatigue, concentration and the other previously mentioned symptoms manifest. To drink the healthier form of diluted fruit juices and squashes is far better than not drinking any water at all. Is your child's water bottle still full when you collect them from school? This is a serious issue caused by our and other nanny state ethics.

Besides that, is our tap water as healthy and as pure as you may be led to believe?

Water is important to the mechanics of the human body. The body cannot work without it, just as a car cannot run without fuel and oil. In fact, all the cell and organ functions that make up our entire anatomy and physiology depend on water for their functioning.

In general we do not drink enough, but how much do we need to drink? Well the answer varies from person to person, and on a day to day basis. You will see a two litre guide line promoted as a common norm, but it really does depend on many things: the foods you eat, the type of work you do (physical or not), the amount of perspiration lost during exercise, caffeine consumption, etc. Your best guide is your urine which should be only slightly tinted with a pale straw colour. This way you know you are hydrated. Drink to maintain this colour. If it's dark yellow and smelly take action now!

Water quality even in well developed countries is still to this date a very controversial issue. Drinking water that we obtain from our taps is processed from waste water and raw sewage. Because of this great efforts are made to ensure, via filtration and chemicals that no health hazards exist. So as a result of this chlorine and fluorides are added to safeguard its consumers. When we turn on our taps we are drinking chlorinated water. That is fact!

Chlorine is a highly efficient disinfectant, and it is added to public water supplies to kill disease-causing bacteria that the water or its transport pipes might contain.

Chlorine introduced into the water supply can react

with other naturally-occurring elements to form toxins called trihalomethanes (THMs), which eventually make their way into our bodies. THMs have been linked to a wide range of human health maladies ranging from asthma and eczema to bladder cancer and heart disease.

Chlorine has done its job immediately you turn on your tap, it is not used nor needed by the human body. My main concern with chlorine is the effect it has on the digestive system and its ability to kill bacteria in the digestive tract. It does not discriminate, it kills beneficial bacteria in the bowels as well as the bacteria it has been used for in the pipe work system of your water supply. This is covered more in depth under the heading “Digestive Health, Chlorine and Antibiotics”.

But now, the “World Health Organisation” is warning that low concentrations of Pharmaceutical Drugs are being detected. These drugs enter the water chain via urine and excreta, out of date products that are discarded via the toilets and poorly controlled pharmaceutical manufacturing and production facilities allowing waste to enter local water courses. How many women are on the contraceptive pill? How many women are on hormone replacement therapy?

Rainwater flushes airborne pollution from the skies, and then washes over the land before running into the rivers and lakes that supply our drinking water. Any and all chemicals generated by human activity can find their way into water supplies. In my Clinic I distill tap water and keep the residue to show clients. You certainly would not consider drinking this residue because the smell and colour are without doubt a little

concerning to say the least. We need to remove the chlorine to enable re-population of the digestive tract with Beneficial Bacteria.

Applying this knowledge to the diet plan - All drinking water must be filtered.

Chapter 7.

Digestive Health, Chlorine and Antibiotics.

“We are what we eat!” We have all heard that phrase before, well it is not entirely true. Firstly, digestion starts in the mouth with chewing (mastication). When we chew, saliva mixes with the food, the enzymes Amylase and Lysozyme found in the saliva help start the process. The former initiates the breakdown of starch into smaller carbohydrate units, while the latter inhibits bacterial growth in the oral cavity. Chewing is vital to make sure all the nutrients are extracted from our food. There is no point putting peas and sweetcorn in our mouth if we see it the next day in the toilet bowl. Chewing food is not a matter of counting, it is nothing to get hung up about. All foods are different, the rule of thumb is this, food should be chewed to the point that we do not have to consciously make an effort to swallow it. Try it. Chew your food until it makes its own way down the throat.

Now food enters the stomach, where Hydrochloric Acid (HCl) and other enzymes are added. Food can stay in the stomach for up to 3 hours, particularly when high protein meals have been consumed.

Hydrochloric Acid (HCl) has numerous functions, it plays a role in our immune defence by acidifying the stomach, it kills bacteria and pathogens that may be on our food. It is this point I wish to dwell on for a while. The sale and consumption of **yogurts** is a massive industry. These yogurts are touted to have significant benefit due to the beneficial

bacteria they contain. What about the HCl? Surely any beneficial bacteria will be killed won't they? Well the answer is yes. Firstly you must be aware that most of these yogurts are loaded with refined sugar (read the labels), anyone who understands digestive health would not put refined sugar in any of their products, yeasts thrive on sugar. Secondly, if you consume these products, do so on an empty stomach and never during or directly after a meal. You need these products to pass through the stomach as quickly as possible to get out of the acid environment. Even then, large amounts are needed to give any bacteria any chance of making it into the duodenum and onto the small and large intestines.

Our digestive system is a little eco system, in it we have bacteria and fungi that in general live in harmony with each other. They both keep one another in check. We do not want an overgrowth of any one species, or severe health issue will develop. To kill bacteria a bactericide (antibiotic) would be required. To kill fungus a fungicide (anti fungus substance) is required. One will not, and does not kill the other. **Now PLEASE understand that one basic but critical principal.** Our Doctors do not. When antibiotics are prescribed, during the course of treatment, the fungus is given opportunity to thrive because the bacteria that keep the fungus in check are being killed off. It is this fungus overgrowth that is becoming an undiagnosed epidemic and the cause of great distress and suffering to all who succumb to its grasp. The symptoms are far outreaching because the fungus (Candida) thrives and becomes systemic (body bound), causing many issues: fatigue, brain fog, skin issues, heavy coated tongue,

abdominal pain and many more. But, one thing becomes the definitive diagnostic guide, **all symptoms are sugar reactive**, yeasts and fungus eat sugar, meaning as blood sugar reduces the severity of symptoms reduce also because the **food** (sugar) supply is low. This diet plan is of a Low Glycaemic Index, meaning blood sugar will remain constant and relatively low. If you have a myriad of undiagnosed symptoms that improve on this plan, then you may wish to investigate this further, but seek help. The subject matter is too great to cover via this diet plan, but take it from me, assistance and support will be required. Candida (yeast) overgrowth is the cause of many digestive issues also: irritable bowel syndrome (IBS), malabsorption and food intolerances all could be associated with it. Now, currently our Doctors do not recognise it, do not know how to diagnose it and they even will probably tell you that it is all a load of hysteria. It is NOT! They play an active role in its cause, via antibiotics and poorly conceived protocols. Seek help from a Practitioner of Natural Medicine who knows all about it, how to treat it and understands its effects on you, the patient. Do not self prescribe, the internet is full of people praying on this debilitating condition. So now you may understand the connection with **chlorinated water** and **antibiotics** and now understand that our digestive system is being destroyed with yeasts becoming the dominant species. How many of us know people with IBS? Or is it?

Now you understand how the digestive system becomes imbalanced (this is known as Dysbiosis) and you know yeasts thrive on sugar loaded foods. Perhaps you will now look at that yogurt container you bought at the supermarket

and replace it with a natural, sugar free alternative, and only consume it on an empty stomach, although Pro Biotic Supplements are the better choice.

The bacteria in the digestive tract play many roles, they aid in digesting food, manufacture and produce important vitamins, manage and eliminate toxic substances, play a key role in our weight management and in our first line immune defence. The best way to maintain a healthy gut is to follow a healthy diet plan, and **always** follow up a course of antibiotics with a good quality **probiotic supplement**. I argue that antibiotics should be used in conjunction with antifungals and the treatment then be followed up by probiotics. But that seems to make too much common sense for our health care professionals to understand.

Medical researchers at Stanford University in America administered probiotic supplements to individuals who had undergone gastric band surgery. The surgery had caused an overgrowth of (unwanted) bacteria in the GI tract. The probiotics had an additional unexpected positive effect whereby the patients shed more weight. These types of research findings are widely published on the internet. I hope by now you understand the importance of digestive health.

Applying this knowledge to the diet plan - I shall recommend probiotics as part of this diet plan. Good quality probiotics are enteric coated or designed to get past the stomach acid. Yogurts are not.

Chapter 8.

Xenoestrogens, the Pathogenic Time Bomb.

Xenoestrogens are also called "environmental hormones" or "EDC" (Endocrine Disrupting Compounds). Most scientists that study xenoestrogens, regard them as serious environmental hazards that have hormone disruptive effects on both wildlife and humans. They attach to the body's oestrogen-receptor sites, in both women and men. These xenoestrogens interfere with hormonal signalling and are believed to cause an increased risk of breast, prostate, and reproductive cancers, reduced fertility, early puberty in children, menstrual irregularities, endometriosis and other disorders. A new area of research is now pointing to the **weight gaining effects of xenoestrogens** and other endocrine disruptors. These chemicals literally fool the human body into treating it like our normal biologically produced hormones. They invade its host and set up nest just like the cuckoo taking over another birds nest and ejecting any previously laid eggs. They mimic possibly every action normal biological Oestrogens perform. Remember hormones are responsible for the way we look, including the distribution of fat. Now here's the issue, **they are not detected via normal blood and saliva screening tests performed by your Doctor or Health Care provider.**

Petrochemical compounds are xenoestrogens found in general consumer products such as creams, lotions, soaps, shampoos, perfume, hair spray and room deodorizers.

Industrial solvents are a common source of industrial xenoestrogens often overlooked, they are commonly found in cosmetics, fingernail polish and fingernail polish remover, glues, paints, varnishes, and other types of finishes, cleaning products, carpet, fibreboard, and other processed woods.

Pesticides and herbicides such as lawn and garden sprays and indoor insect sprays are also sources of minute amounts of xenoestrogens. While the amount may be small in each, the **cumulative** effect from years of chronic exposure can lead to having too much oestrogen in your body.

The use of plastics as food containers is also cause for concern, particularly when heat is applied, chemical structures loose stability when heat is applied and chemicals end up leeching and contaminating the foods or products contained within it. Tin cans are now very often lined with a plastic coating that contains bisphenol-A (BPA), a xenoestrogen. Styrofoam drinking cups are an absolute must avoid.

If you doubt these issues, contact your local Health Visitor or Hospital Maternity unit, and ask why they now discourage the heating up of baby milk in plastic feeding bottles. Plastic bottles, from water bottles to **baby bottles**, can leach bisphenol A and other hormone disruptors into foods and liquids.

We are all exposed to them all the time. They have also worked their way into the water supply by becoming airborne (as in industrial air pollutants) or through agricultural chemicals leeching through the ground.

Growth hormones injected into dairy cattle have brought hormone disruptors into our milk supply and, to a certain degree, into our meat supply. These xenoestrogens became part of our environment about 70 years ago.

Here is a list of chemical oestrogens, it is by no way complete:

- Bisphenol A (monomer for polycarbonate plastic and epoxy resin; antioxidant in plasticizers)
- DDT (insecticide)
- polychlorinated biphenyls / PCBs (in electrical oils, lubricants, adhesives, paints)
- Alkylphenols (intermediate chemicals used in the manufacture of other chemicals)
- atrazine (weedkiller)
- 4-Methylbenzylidene camphor¹⁰11 (4-MBC) (sunscreen lotions)
- butylated hydroxyanisole¹² / BHA (food preservative)
- Dieldrin (insecticide)
- endosulfan (insecticide)
- erythrosine / FD&C Red No. 3
- ethinylestradiol (combined oral contraceptive pill) (released into the environment as a xenoestrogen)
- heptachlor (insecticide)
- lindane / hexachlorocyclohexane (insecticide)
- metalloestrogens (a class of inorganic xenoestrogens)
- methoxychlor (insecticide)
- nonylphenol and derivatives (industrial surfactants; emulsifiers for emulsion)
- polymerization; laboratory detergents; pesticides)
- pentachlorophenol (general biocide and wood preservative)
- **parabens (lotions and cosmetics)**
- phenosulfothiazine (a red dye)

- phthalates (plasticizers)
- DEHP (plasticizer for PVC)
- Propyl gallate (used to protect oils and fats in products from oxidation).

Detoxifying these oestrogens is very specific and slow, the supplements required to help eliminate them are expensive but essential. These are covered under the heading “Troubleshooting”. **Only use them if the diet plan fails.**

Please take time to research this further, look it up on “Wikipedia” and all the other web sites urging concern. There is an abundance of scientific research available that provides evidence to substantiate my findings.

Chapter 9.

Toxins, Heavy Metals and Amalgam Fillings.

Toxic pollutants are everywhere. It is the body's continual task to detoxify and protect itself. Toxic substances are in the foods we eat, water and beverages we drink, the air we breathe, the clothes we wear, the cleaning agents we use, air fresheners, cosmetics and deodorants, the list is endless.

It is an inescapable fact that each year **One Billion** gallons of pesticides are sprayed onto the foods we eat in Great Britain alone. Every item of fresh produce, unless organic, comes with instructions to wash before consumption. Even a bunch of grapes, look at the next purchase you make to check. Now ask yourselves honestly how often you wash your fruit and veg. Combine these toxins with poor lifestyle, poor water intake, over consumption of alcohol, a sedentary approach to exercise and the net effect will be that of a steady decline into ill health.

Multifactorial Genetic Disorders are inherent genetic weaknesses that at times are triggered by environmental issues such as toxins. The trigger for certain cancers are very often multifactorial. Not enough, in my opinion, is publicised on this issue, **toxins cause disease.**

Toxins can also interfere with our endocrine system and hinder the many hormone messengers our body uses and triggers to maintain health. A very toxic individual will be showing signs of fatigue, may have skin eruptions, boils and cysts are problematic. Alcohol may not be tolerated very well as the liver becomes overburdened. Water retention, weight gain and high blood pressure (hypertension) may also be present.

Of course this is not a diagnosis, but if your GP can't give you any answers, then here may lie some kind of explanation for your many ill healths and possible difficult weight loss.

This book is not intended to be a detoxification guide, I coach this on an individual basis, however the nature of the foods, the filtered drinking water and probiotics will have mild detoxification effects. I would recommend if you are interested in understanding detoxification then study it outside of this eating plan. I run "Detoxification Workshops" for small groups and individuals due to the complexity of its undertaking.

Heavy Metals – before I delve into this subject I wish to make one thing clear, never, and I shall repeat that, never, undertake a heavy metal detox protocol without great consideration. Heavy metal detoxification is a very serious undertaking. Many of the possible symptoms of heavy metal toxicity could and probably will manifest themselves in you once the process is undertaken, particularly if poor products, protocols and advice is being followed. You have been warned. **I write this section for information purposes only my comments are based on clinical practice.**

Heavy metals are a major concern for Nutritional Therapists and other naturopathic practitioners. Lead, arsenic, nickel, mercury, cadmium and aluminium are all included under this category. Cadmium, for example is a carcinogenic (cancer causing) and is found in tobacco. This category of toxins are inhaled and absorbed into our blood streams, to later take up residence in our cells and organs, They can accumulate in the brain, kidneys, liver, endocrine glands to name a few. Our industrialized nations play a major role through industry in this ever growing concern. Lead pipes, tin cans, cooking

utensils, industrial fumes and waste, all are sources to be considered.

I have included this chapter within the book to make people aware of the issue. The diet plan offers no way to eliminate nor identify these metals as being an issue to the reader. Here are some of the potential symptoms of heavy metal toxicity, remember other medical conditions can also cause similar symptoms, so do not use as a diagnosis:

1. Poor concentration
2. You do not dream or remember your dreams.
3. Headaches and migraines
4. Cold fingers and toes.
5. Dizziness and bouts of incoherence.
6. Fatigue.
7. Unexplained bouts of anger and severe outburst.
8. Severe mood swings.
9. Aches and pains.
10. Renal Colic. (Sharp Kidney Pain)
11. Testicular pain.
12. Irregularities in the Semen/ ejaculate.
13. Food intolerances.
- 14. Weight gain, difficulty losing weight.**
15. IBS
16. Poor skin tone and acne.
17. Insomnia.
18. Vertigo.
19. Tinnitus.
20. For the practitioner, the patient will be therapy resistant. (Does not respond to normal protocols)
21. Arrhythmia
22. Spaced out and withdrawn, from a social aspect.
23. Candida overgrowth.

24. Parasites.
25. Tremors
26. Muscle twitches.
27. Visual disturbances.
28. Short and long term memory loss.
29. Slurred speech.
30. Tight Chest.
31. Chest pain.
32. Metallic taste in mouth.

This list is only a shortened version, research it for yourself, your findings may surprise you and startle you even further.

Mercury is one of the most toxic substances known to man that is not radioactive. The handling and disposal of this substance including spillages is covered by a document known as a “COSHH” data sheet. **Control Of Substances that are Hazardous to Health.** Type in the words “Mercury COSHH” on your internet web browser. Please do this, it is important. You will have many options to view, that highlight the very dangerous nature of this liquid metal.

Now, if there is one crime against humanity that has ever been committed, and is still being committed, then it is the use of **Amalgam Fillings** in dentistry today. There is overwhelming evidence as to the very serious issues created by mercury, remember the “COSHH”, but for some strange reason Health Authorities seem to think that it is OK to put this toxic metal in our mouths,. Yes **Amalgam Fillings contain mercury.**

The World Health Organization (WHO) has stated that there is **no** safe level of mercury. That means that no amount of mercury is safe. Even if enough mercury hasn't accumulated to manifest a symptom directly or indirectly related to chronic mercury poisoning, it doesn't mean you are not being poisoned by it.

It's a scientific fact that toxic mercury vapour is continually being released from amalgam fillings. 80% of it enters the body and accumulates in it. This accumulation occurs because over time the body loses its effectiveness at removing mercury and is less and less effective at doing so. If mercury is stored in your body it also makes it a hazardous waste container. So don't be fooled by any Health Authority and those who support the use of mercury fillings. Mercury is continuously released from amalgam fillings and that alone makes them a health hazard. You shouldn't be in the same room with mercury vapour, let alone having it being released from your fillings. If mercury is safe to put in the mouth, why, when fillings are removed are they disposed of as toxic waste?

Many countries throughout the world are banning the use of mercury fillings, the UK is seeing a steady increase of dentists converting to mercury free status purely on a voluntary basis. Some American States are also following suit. Why is there such denial? Well, if the truth was publicly announced and the list of health issues made common knowledge, the flood gates would open to law suits and legal claims in their billions.

How are these toxins diagnosed? This is a topic of great controversy. Many Doctors and GP's will tell us that a blood and urine sample is enough to establish any toxic burden we are currently carrying. But in essence this is absolute nonsense. Only if these samples are taken during or

around the time of a large exposure will these tests be relevant. So now understand, a simple urine test is of no value whatsoever, so don't be fooled by those who say otherwise. Mercury, for example once in the blood stream, gets absorbed into tissue and cells throughout the organism. Once in, it is extremely difficult to get out. A common and very dangerous method Doctors may employ, who understand this fact, is the use of a "Chelation Challenge Test". Urine is analysed before the test, then large doses of chelating agents are administered, and urine then sampled over the next 48 hrs following. The chelating agent (drug) draws and binds metals to it for elimination via urine. The danger of these challenge tests is something to be concerned about, for when the chelating agent is administered, large amounts of toxins are drawn out of their hiding places. But, once out, the bond between agent and metal sometimes fails and toxins get released back into to blood stream were they redistribute and re-toxify, very often than not into the brain, liver and kidneys. **Challenge tests are Dangerous.** "Hair Tissue Mineral Analysis" can be a good test to show toxic burdens, but not always 100% reliable.

Very Important Note! Many of you after reading this chapter may want to think about removal of mercury fillings. Let me urge caution when choosing a dentist to perform this task. Removing a filling without due care and attention to you the patient and your safety may put you at greater risk of toxicity. For when a filling is removed a Rubber Dam should be placed over the tooth to prevent ingestion of the drilled debris. In addition to that, air extraction should be used within the room, a breathing mask should be offered to you and the dentist should be conversant in the use of activated charcoal as a pre and post procedural supplement. BE WARNED!

I will close this subject by asking you to look at a YouTube video called “How mercury Causes Brain Neuron Damage – By The University of Calgary.” Once again you make up your own mind, but never self diagnose, and never try unsupervised heavy metal detox. You will be in a worse state of health than you currently are if and when it goes wrong.

Chapter 10.

Stress and Cortisol, the fat promoting hormone.

Stress is a fact of life. We all experience challenging situations that calls on us to take action. However, too much stress makes the nervous system go haywire. Over time, it can cause harmful chemicals to accumulate in your body. Gaining an understanding of these effects and what can counteract them can help us all make more informed choices about how we take care of ourselves and view our work life balance.

When a small child perceives a situation to be stressful and too difficult to cope with, they release this anger and stress in the form of a TANTRUM. As we develop into adulthood we are taught that certain outbursts and visible expressions of anger are not sociably acceptable, so as an end result we hold onto these emotions and eventually over longer periods of time the social and physical effects of it start to manifest in many forms.

Under stressful situations, many different hormones are secreted by the adrenal glands. The two that have the greatest impact on every aspect of our health, from the chemistry of our blood to the tension in our muscles, are **Adrenaline** and **Cortisol**.

Adrenaline reinforces a fight or flight reaction by giving chemical orders all over the body to help us react quickly to threatening situations. It raises blood pressure, increases the heart rate and the respiratory rate, shuts down the digestive system, directs blood to the biggest muscles for

quick action, and tells the liver to release stored sugar into the blood for extra fuel. Adrenaline can save your life!

Cortisol is secreted by the adrenal glands in response to long-term stress. It is commonly found in elevated levels in the blood under very stressful conditions. Patients in rehab hospitals often have high levels of cortisol, as do those who are clinically depressed. It is the main substance that is measured as an indicator of long-term stress. When it lingers in the body for prolonged periods, cortisol has been seen to weaken many types of tissue — especially muscles, tendons, and ligaments — raising the risk of chronic back, neck, and other injuries. It can also suppress the immune system, making it more difficult for us to heal when we are injured and making us more vulnerable to getting sick. But when it is secreted in moderation, cortisol is a very beneficial chemical that acts as a powerful anti-inflammatory agent. In fact, manmade versions of cortisol, called corticosteroids, are frequently prescribed to treat inflammatory conditions. The fact is that these chemicals are important to our health. It's true that when too much adrenaline or cortisol floods our system for a long time, we can get seriously ill or become vulnerable to pain and injury. But without these chemicals we would also have serious problems.

Chronic long-term exposure to stress hormones disrupts the body's metabolism causing elevated blood sugar, high cholesterol, high blood pressure, and increased body fat levels due to increased appetite. Stress stimulates cravings for sweet, calorie dense foods and salty, high carbohydrate snacks. **These hormones causes the body to store fat**, lose muscle and slow the metabolic rate. Stress makes you burn fewer calories and cortisol can actually reduce the body's ability to release fat from its fat stores to use for energy. Instead, we become sugar burners and fat storers. Stress hormones cause

increased body **fat in the abdominal region**, exactly where we don't need or want it.

Seven tips to help you be more aware of cortisol levels and also reduce them:

1. Eliminate caffeine from your diet. It's the quickest way to reduce cortisol production. 200 mg of caffeine (one 12 oz mug of coffee) increases blood cortisol levels by 30% in one hour! Cortisol can remain elevated for up to 18 hours in the blood.

2. Look at your sleep pattern. The average 50 year old has night time cortisol levels more than 30 times higher than the average 30 year old. If you are waking up in the middle of the night or too early in the morning, feel tired at around 4.00pm in the afternoon and get a burst of energy around 11.00pm at night then you could have a stress issues and adrenal fatigue.

3. Exercise regularly to build muscle mass and increase brain output of serotonin and dopamine, brain chemicals that reduce anxiety and depression. Exercise is also a way of getting rid of that pent up anger that as children we expressed as tantrums.

4. Keep your blood sugar stable. Avoid sugar in the diet and refined carbohydrates to keep from spiking your insulin production. Follow this diet plan.

5. Meditate or listen to relaxation tapes that promote the production of alpha (focused alertness) and theta (relaxed) brain waves. Relaxation, deep breathing, having a therapeutic massage all have roles to play in eliminating pent up stress.

6. Bach Flower Remedy – Rescue Remedy – this is a great supplement that you spray under your tongue.

If you have a stressful situation to cope with, a meeting at work, exams, a presentation, a few squirts of this under the tongue has a remarkable relaxing effect.

7. Other Supplements – if you suspect stress and adrenal fatigue to be an issue then I advise consultation with a qualified holistic practitioner. However more details of this issue and supplements are discussed under **Chapter. 13. Trouble shooting and supplements that work.**

So if: You feel tired for no reason, have trouble getting up in the morning, even when you go to bed at a reasonable hour, are feeling rundown or overwhelmed, have difficulty bouncing back from stress or illness, crave salty and sweet snacks, feel more awake, alert and energetic after 6PM than you do all day. Feel wired and tense but can't think straight, have a foggy brain. Can't shift that belly fat. Then here may lay your answer.

Chapter 11.

Monosodium Glutamate (MSG)

I wanted to take the opportunity to raise awareness of this ingredient. Although on this diet plan you shouldn't be consuming MSG because you will be on a whole food diet, your knowledge of it will benefit you and those close to you, be it family or friends who may be consuming it without knowledge.

MSG (E621)– also known as Sodium Glutamate is a flavour enhancer used in the food industry. It is often associated with Chinese food, but its usage is far more outreaching than that. In the UK, most major supermarkets have eliminated it from their “Own Label” products, but still stock thousands of branded products that use it without conscience.

Before I proceed further it may be worthwhile noting that MSG is injected into lab rats and mice to induce liver inflammation, obesity and type 2 diabetes. Yet, as a food ingredient it is deemed safe by many countries, but remains extremely controversial.

Many people exposed to MSG report health issues and symptoms such as: headache, flushes and sweating, facial pressure and tightness, numbness and tingling, palpitations, chest tightness, nausea and weight gain. However research strangely has found no link between these symptoms and MSG.

Now, have you ever eaten a Chinese meal to find yourself feeling hungry not too soon after?

Have you ever tried eating just a few of those famous tubes of crisps to find 10 minutes later you've scoffed the full tube? Why?

Many web sites report that MSG blocks the signals sent to the brain that tell it that you have consumed your fill. In essence, it increases your appetite soon after consumption. Many studies can be found on the internet all supporting these claims.

I have no doubt from my personal experimentation with MSG loaded food stuffs, that it does indeed increase appetite and therefore is a major concern in today's epidemic of obesity and type 2 diabetes.

Be aware, MSG is abundant in BRANDED FOOD STUFFS, crisps and snacks, packet rice, the list is endless. German Food discounters now trading worldwide, at the time of this going to print are blatant users of this controversial ingredient.

Chapter 12.

Food Intolerances

Now, if there is one thing that can prevent weight loss when following this dietary advice it is food intolerances. Food intolerances generally cause noticeable health issues that you can't quite put your finger on or get a diagnosis for. Here are some typical examples:

- Digestive Issues including IBS like symptoms
- Hives and other skin problems
- Joint and organ aches and pains
- Neurological disturbances
- Chronic Fatigue
- Difficult weight loss or even weight gain
- Foggy head
- Asthma and other breathing difficulties
- Deep depression

Typically these symptoms will come and go in severity as your consumption of the culprit foods varies on a day to day basis. It is critical to note that CANDIDA (Chapter 7) can cause very similar symptoms to these, but candida symptoms will fluctuate with sugary foods, so please remember that fact.

Food Intolerances are reported to trigger a protein sensitive IgG immune reaction, the reaction can be slow and delayed, making finding the culprit foods tricky. Laboratory tests can be found for this food sensitivity reaction but they tend to be expensive, often up to £260.

Another concern of mine is that often practitioner registration with these labs comes with pre requisite sales targets, which to me has unethical connotations.

Food diaries are a popular way of identifying culprit foods, your diet should be clean and not processed in anyway. Having to note every ingredient listed on food labels is difficult and impractical. This diet is an ideal opportunity to make food diaries simple. If after following this plan you feel food intolerances are a possibility, then follow it again and keep a diary. **You can down load instructions and a free food diary from my web site.**

Common food sensitivities include Dairy, Wheat and Gluten, eggs and certain fish

Chapter 13.

Exercise and its importance.

I do not wish to dwell on this subject for too long as most people know the importance of exercise and its benefits, exercise:

- Shapes and tones
- Builds muscle, when appropriate weights are used.
- Reduces blood lipids (fats).
- Increases and improves metabolism.
- Is great for controlling blood sugar.
- Is essential for cardiac and respiratory health.
- Has social, spiritual and mental benefits.
- Is essential for weight loss when combined with diet.

Note! If you are extremely overweight, then exercise will be difficult. Set some achievable goals, walk as much as you can, walk faster if you can, research arm chair exercises, try your best to increase physical activity at your own pace.

Ultimately it would be great if you could work up to doing thirty to forty minutes of cardiovascular exercise at least three times per week, take it steady and build up slowly one step at a time. Join a gym; take part in the exercise classes to help with motivation.

Make use of **“Personal Fitness Trainers”** if your budget permits, ask them if you can share a training session with you and a friend. If budget is an issue and only the odd session can be afforded, then make sure any programme they give you can be sustained in the gym by yourself without needing a training partner. If you are border line Type 2 diabetic or **“Insulin Resistant”** and your demeanor permits get the trainer to show you the **“High Intensity Interval Training” (HIIT)** method. This method deploys bouts of high intensity training for around 25 to 30 seconds. Scientific research has proven this to increase glucose metabolism and reduce insulin resistance. If your trainer doesn't know about it, then get another one who does. Motivation and technique are all stumbling blocks to overcome when exercise and weight loss are your main goal. Personal Trainers, group classes and clubs can be essential to help you achieve these objectives.

Now, as far as other health benefits are concerned I will introduce the subject matter of **“The Lymphatic System”**. The lymphatic system is an extensive drainage system that returns water and proteins from various tissues back to the bloodstream. It is comprised of a network of ducts, called lymph vessels or lymphatic's, and carries lymph, a clear, watery fluid that resembles the plasma of blood. Some scientists consider this system to be part of the blood and circulatory system because lymph comes from blood and returns to blood, and because its vessels are very similar to the veins and capillaries of the blood system. Throughout the body, wherever there are blood vessels, there are lymph vessels, and the two systems work together. However, the

significant difference is this, our **circulatory system has a pump**, the Heart, and the **lymphatic system does not**. Our lymph system relies on movement, the contraction and relaxation of our muscles to help squeeze this fluid around our bodies. Bearing in mind the lymphatic system is predominantly involved with immune function, we may now see that living a sedentary life style and being a couch potato has many more ramifications other than weight gain. Our immune system is also reliant on our movement and exercise choices. It is impossible for us to be truly healthy without a flowing lymphatic system.

Swelling, especially of the feet and legs. Enlarged lymph nodes, inflammation, breakdown of skin tissue may be noticed. The lymphatic system may be involved with ear infections, chest, breast and other infections as well. Fatigue, localized fluid retention, skin discoloration and **weight gain via fluid retention** are all common issues when the lymphatic system is becoming stagnant and congested. “Lymph drainage massage” and exercise are prescribed under such circumstances. Find a masseuse who knows this technique.

There are also great herbal extracts that can be used to help with this issue, but please use exercise and massage as your first port of call. I do not wish readers to self prescribe herbal remedies wherever possible. If you think you have a Lymph issue then seek consultation if the aforementioned fail.

Chapter 14.

The Eating Plan, Bowl and Supplements.

Now I have explained the impact that your lifestyle, food choices, environmental issues and drugs are having on your long term health, we set about rectifying some of them via diet and supplements.

There are just a few critical points that **MUST** be adhered to when on this diet:

- FOUR meals must be consumed each day, not two, not three, FOUR. Spread out evenly. If you eat fewer meals, blood sugar will be too low and you will simply crave junk, sugar, refined foods and eat them. **Be warned.**
- Nothing but whole foods should be consumed, no refined foods, remind yourself and recap on Chapter 3 if needed.
- All Drinking Water will need filtering, buy a water filter.
- Each meal you consume will be portioned via the use of a bowl. No calorie counting, no points to keep track of. If you wish to buy “Tupperware” bowls with lids, that’s fine.
- Your starting bowl size is **500ml**, buy two or three bowls, or measure 500ml of water into a measuring jug and find one you may have that holds the 500ml, no more no less.
- Never heat meals up in plastic containers, eating cold salads out of them is fine.

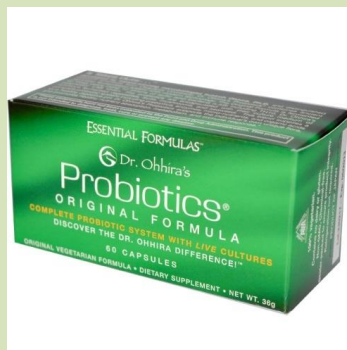
- If a warm meal is being consumed, tip out the bowl onto a glass or ceramic plate to heat it up.
- Replace table salt with unrefined sea salt or Himalayan Rock Salt.
- Buy Sea Kelp tablets, they are widely available. Depending on the tablet size you buy you need about 450mcg / day of iodine. So if a tablet delivers 150mcg of iodine, take three (3). Iodine is an element that is needed for the production of thyroid hormone. The body does not make iodine, so it is an essential part of your diet. The RDA is 150mcg, however 450mcg is well within safe limits.
- Stop all other nutritional supplements other than those in this plan.
- Buy Hulled Hemp Seeds (Internet) or Pumpkin, Flax (Linseed) and Sunflower seeds combined (High Street and Internet). No other oils to be used nor consumed.
- Each Bowl **must** contain a minimum of **five different coloured plant based ingredients of equal portion by volume**. Don't get too scientific, just use your eye. This is a great way of ensuring variety. Colour pigments are indicative of nutritional content. Beta-carotene (Orange) in carrots for instance. Get your kids to eat as many different coloured foods as you can, make it a competition and reward them as they progress.
- Always try to eat a small amount of good quality protein with each meal. Plant based or Animal, remember to reduce your dependency on animal protein. Recap on chapter 4.

- Here is a list of probiotics I have tried and tested: each listing will last one month or more, they vary in price, find one that suits your budget and buy. They are listed in order of preference, take one each night on an empty stomach with a glass of tepid (not cold, not hot) water.

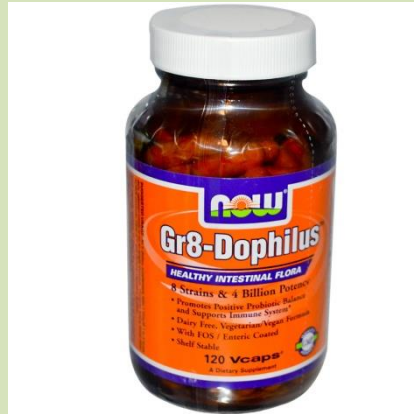
- Jarrow-Dophilus EPS



- Dr. Ohhira's, Essential Formulas, original Formula (best probiotic on the market, very expensive).



- Now Foods, Gr8-Dophilus, 60 Vcaps
(Very effective at reasonable cost)



- Bio-Kult Multi Strain.



Sample Daily Meal Plan and how to use the bowl for each:

Breakfast:

Only one third of the bowl must ever be full of breakfast cereal.

A Third of a bowl of **no added sugar** Whole Grain Museli, or any other whole grain, no sugar cereal.

Top off to **half a bowl level** with mixed berries (frozen defrosted is fine).

Almond Milk or another no added sugar milk substitute.

Take Sea Kelp (150mcg or less of iodine)

Meal 2: Chicken or Quinoa salad

Half chicken breast or sliced in bottom of bowl. (Quinoa instead)

Now the 5 layers of plant based food items (including carbohydrates) all of equal volume.

1 Layer of organic whole grain rice

1 Layer Tomato

1 Layer Radish.

1 Layer shredded lettuce.

1 Layer Cucumber.

Take Sea Kelp (150mcg or less of iodine)

Meal 3: Cod Fillet (Buckwheat as a vegetarian idea) and Mixed Vegetables

Small piece of Cod (The frozen blocks you can buy are fine if budget is an issue)

Now the 5 Layers of plant based food items (Including carbohydrates) all of equal volume,

1 Layer of Adzuki Beans

1 Layer of Peas

1 Layer of Carrots

1 Layer of Bell Peppers

1 Layer of Sliced Mushrooms

Or you could have topped the bowl up with mixed frozen veg. Try and keep it simple. (Another Salad is also fine)

Take Sea Kelp (150mcg or less of iodine)

Meal 4: Normally the family meal (Chicken Curry or your Vegetarian option)

Do not eat within 4 hours of going to bed.

Try and keep the family meal as close to norm as possible, but within the whole food guidelines:

Layer your bowl as in Meal 3. using Whole Grain Rice instead of Adzuki Beans, change the vegetables if you wish.

Tip onto a plate and pour on some curry sauce.

Snacks: Two palm full (not hand) of mixed seeds or hulled Hemp seeds. **Per Day.**

On retiring to bed take one probiotic tablet.

Chapter 15.

Why The Plan Works, Foods to Eat & Do's and Don'ts.

Why The Plan Works

Never before has such a diet plan and book been written that is all encompassing. The plan addresses refined foods, blood sugar regulation and the onset of type 2 diabetes, nutrient and iodine intake, thyroid nutrition, appetite control, bowel health, endocrine function, environmental issues, animal welfare, toxins, stress and exercise. All of which impact on our health, wellbeing and ability to lose weight. The plan was devised initially to help in my clinical practice. I am sure when you try it, your faith will be restored in using foods as a way to regaining health, lost vitality and more importantly as a way for you to lose weight without hunger when other plans have failed you. Take back control of your life. **It can be done!**

Foods to Eat.

- Carbohydrates: All pulses such as Adzuki Beans, black eyed beans, butter beans etc, quinoa, whole grain brown rice (not easy cook), bulgur wheat, potatoes (with skin). Buy dried produce, soak and cook your own. Avoid canned wherever possible.
- All fresh vegetables, and I mean all, as many colours and as much variety as possible. Fresh is best, frozen is also fine.

- Mixed berry fruits to be consumed only with breakfast, and even then in small quantities. If fresh berries are too expensive then supermarkets all stock frozen berries at reasonable cost. Fruits are high sugar foods so please stick to this rule.
- All drinks made with filtered water. If tea and coffee are being drunk then skimmed milk only. Remember, try to keep urine pale straw coloured to maintain hydration levels.
- Home grown, freshly picked foods are the most nutritious. Raw food (except meats) is also most beneficial as they contain all their nutrients and vital enzymes that are destroyed during cooking. Water soluble nutrients are also lost during cooking, hence the cooking water changes colour. Salads are perfect.
- Stews, soups and **One Pot** cooking methods are good foods, as all cooking liquor is also consumed which contains vital nutrients. That is why homemade chicken broths and soups are traditionally used and are good for general tonics, convalescing and recovery situations.
- Vary foods as much as possible, remember this diet is about whole foods, nutrient dense foods, healthy fats and clean/ filtered water. If your budget extends to organic, then please do so. It's not just about what organic foods contain; it's also about what they do not.
- Small quantity, high quality meats and fish with each meal except breakfast of course, please try and increase plant proteins as a substitute.

Do's and Don'ts

- **Do** lightly season your food to taste with sea salt.
- **Do** eat four meals, the diet will fail otherwise.
- **Do** use sea kelp, the diet may fail otherwise.
- **Do** eat the recommended seeds, you need the Omega's.
- **Do** use the portioning methods in Chapter 10.
- **Do** chop food finely to fit more into the bowl.
- **Do** make your own stews and soups.
- **Do** try and keep the last meal as the family meal, but adapt it to keep within the eating plan guidelines.
- **Do** exercise.
- **Do** avoid pasta, even wholegrain if possible.
- **Do** eat eggs, omelettes (2 egg) and chopped salads fit in the bowl just fine
- **Do** use the probiotics as part of this plan, you may even realise other health benefits from doing so.
- **Do Not** skip a meal, if you are not too hungry then only half fill the bowl.
- **Do Not** eat any refined foods, ever.
- **Do Not** binge on high sugar foods, a high loading and peak in blood sugar will make you feel ill. Be warned.
- **Do Not** eat within 4 hours of going to bed. This is the only time you may feel hungry. Your metabolism slows down at night, and weight loss can occur when asleep. Eating late will have the opposite effect of this.
- **Do Not** consume energy drinks before going to the gym, *or at any time*. You need your body to use fat storage as an energy source. It will not do so if you consume glucose drinks.

- **DO Not** drink alcohol, it is one of the reasons you are having to use specific diet methods such as this.
- **Do Not** expect miracles, you will lose weight on this diet. You will not feel hungry. Try it for One Month. **You will feel amazing.**

Chapter 16.

Trouble Shooting with Supplements that work.

Step 1. So, for whatever reason you have tried this diet plan but have not attained your goals. The first thing to do is evaluate your goals, if you have lost 6 lbs or more and feel great, which you should, then continue applying these guidelines of nutrition as a long term lifestyle improvement plan. The diet is working.

Step 2. If you have not achieved 6lbs or more weight loss or want to step up the rate of weight loss. Firstly make sure **ALL** points in the plan are being followed. Then secondly adjust your bowl size down by 50ml or 100ml. The bowl size is not cast in stone. So move from 500ml bowl to 450ml or 400ml, only you know how you feel and how hungry you are.

Step 3. Try adding two teaspoons of Organic Maca Root Powder to your morning cereal or add it to a glass of water and shake it in. It tastes a bit like caramel. Maca is a root vegetable that only grows at very high altitudes – between 4100 and 4500 metres – high in the Andean mountains of Peru and Bolivia. It's tradition as a celebrated food and medicinal plant for the people of this region, including the Inca, goes back hundreds of years.



Maca is reported to have many health benefits, I take it on a daily basis and certainly felt overall improvements in general well being. It is widely available on the internet and Ebay, just buy loose powder. Here are some of the reported

benefits:

- Contributes to overall well being.
- Increases energy and stamina.
- Improves physical endurance and libido.
- Supports healthy fertility.
- Regulates hormones and improves PMS issues.
- Helps in reducing Adrenal Stress.
- Aids in weight loss by supporting the Endocrine system.

I hope you research the products I recommend before deciding to try them. There are some incredible foods and supplements available, all derived from nature's pharmacy, the drug companies wish never existed.

Step 4. Just to reiterate one fact, no part of this document is intended to diagnose, treat or cure any disease. It is for information purposes only, without consultation you should research each product and then decide whether you wish to try products listed, follow doses I advise and also read each packet or item you purchase and follow its guidelines.

Now to move onto: Toxins, Oestrogen and Xonoestrogen

Evaluate from the list below whether any of the symptoms are pertinent to yourself. Remember your doctor would pick up natural Oestrogen issues, if you are not sure get advice from your health care professional.

Here are some reported issues of oestrogen dominance:

Men

Poor concentration

Poor libido

Difficulty Sleeping

Irritable

Depressed

Breast Tissue

Can't Loose Belly Fat.

Women

Mood swings

Hot Flushes

Fatigue

Headache & Fuzzy Head

PMS (Bad) & Acne

Poor Libido

Difficult weight loss.

So, the best supplement by far to help combat this issue is

Calcium D- Glucarate



This an absolute miracle supplement. It is also recognized and recommended by many cancer research centres. You need 500mg once per day in the morning. That is two tablets of the one illustrated here in this book. One 60 tablet tub lasting one

month. Should your weight loss issues be Oestrogen related then combine this product with this diet plan for one month and watch what happens!

This product supports detoxification via the liver and bowels, the effects it has on general health can be very beneficial. You will finally start to realize that beauty is from within as your skin becomes clearer and starts to glow, acne and pimples may clear and general health improves. Now hopefully you may realize the importance of detoxification.

General Detoxification as previously mentioned is too big a subject to be covered in this plan, research this subject matter outside of this diet plan. Or seek consultation.

Step 5. Stress and Cortisol – So yet again we come to some self evaluation, generally people who suffer from stress know they are but continue to ignore the signs, suffering as a result. To recap possible signs are:

Poor sleep patterns, sleep in afternoon, energized at night.

Fatigue and exhaustion.

Irritability and anger

Depression and anxiety

Weight gain.

You know you are stressed but don't know what to do.

So you followed the guidelines relating to stress on **chapter 9** but now need to turn to supplements:

The best supplement to help the body cope and adapt to stress is Rhodiola



Rhodiola Rosea grows in the Arctic regions of eastern Siberia. This herb is a popular plant in traditional medical systems in Eastern Europe and Asia.

Russians have drunk rhodiola tea for centuries as an energy booster. Rhodiola Rosea root is often used for stress relief. It

encourages a healthy stress response to physical, mental and emotional challenges.

Rhodiola appears to:

- help the body become more resistant to stress and
- enables the body to adapt more effectively to challenging circumstances and also
- helps the body to recover from fatigue and other symptoms associated with chronic stress or adrenal exhaustion.

The stress response affects many hormones and brain chemicals such as cortisol, dopamine and serotonin.

Research indicates that the adaptogenic qualities of Rhodiola Rosea root help to bring these stress hormones and neurotransmitters back into healthy balance.

Take 500mg standardised extract 2 times per day, with food. Other options are widely available such as liquid tinctures, just follow guidelines on the product you purchase.

Rhodiola is not a quick fix, its actions can take a couple of weeks to take hold, please be patient but it has many benefits.

Rhodiola is the most beneficial herb by far for stress and tension in our everyday lives but one issue will still plague individuals who suffer from stress. That is the influence of psychological and physiological states under stress. The activity of our brains is very difficult to control, when we are stressed, putting our brain into relaxation mode can at times be very difficult.

L-Theanine is an amino acid derived from green tea leaves, it has been shown to reduce mental and physical stress, like some other components of tea, theanine has tremendous potential as a cellular protectant. Studies in animals and humans demonstrate theanine's ability to help promote relaxation, boost cognitive function, and support brain health. It crosses the blood brain barrier quite quickly and its effects can be felt within hours of its ingestion. It is nature's stress, tension and relaxation solution without adverse or drowsy side effects. It combines well with Rhodiola in combating stress.

Best taken on an empty stomach take 100mg once or twice per day. Or follow recommendations on product label.



Many brands exist. Suntheanine seems to top the bill, shop around and see what you find.

Step 6. Lastly I come to a supplement that enhances fat metabolism particularly when physical activity is playing a major role in weight loss efforts. So if you are hitting the gym, taking part in exercise classes etc, then this product will aid in weight loss.

L-Carnitine - is responsible for transporting fat to the fat furnace in our cells called mitochondria. Unless fat makes it to

the mitochondria, it cannot be oxidized, no matter how much you exercise or diet.



When Carnitine is taken a couple of hours before training it is not unusual to experience improved energy levels as a result of the fat metabolism taking place and being used for energy. Carnitine is definitely best used in conjunction with a low

carbohydrate diet such as this one. Dosage varies and results will also. L- Carnitine Fumarate seems to deliver the best results, but again shop around and see what you find. Dosage ranges from 500mg up to three times daily. Follow instructions on product packaging.

NOW, IF AFTER FOLLOWING THIS PLAN, INCLUDING THE SUPPLEMENTS YOU STILL DO NOT LOSE WEIGHT, THEN YOU WILL NEED TO CONSIDER A FOOD INTOLERANCE AS A CAUSE IF OTHER SYMPTOMS ARE PRESENT. (CHAPTER 12, p38)

Chapter 14.



About The Author

Born in 1967 Peter Brown had a varied and interesting career in food production management. In 2004 his health started to deteriorate. Chronic fatigue, bowel issues, hypertension, food sensitivities all were prevalent. Eventually liver disease ensued, but after finding little explanation via conventional medicine he turned to nature and natural cures. After deep detoxification protocols, parasite cleansing, dietary and lifestyle changes, juice fasting and other protocols his liver recovered. Inspired and equipped with life experiences and qualifications Peter now helps others in regaining some normality back to their lives with his self applied knowledge, using food as part of the solution, as nature intended.

Clinic Information - Peter Brown.

- ❖ Iridologist, Nutritional Therapist, Clinical Herbalist
- ❖ Colon Hydrotherapist (Colonic Irrigation)
- ❖ Detoxification Coaching.
- ❖ Seminars tailored to specific needs.
- ❖ Weight loss coaching.
- ❖ Fully Qualified, Insured and CRB Checked

www.ThePeterBrownClinic.com