

DIET GUIDELINES FOR BUSY PEOPLE

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Today's traditional medicine is very efficient in acute or emergency situations. However, when it comes to chronic conditions such as arthritis, allergies, chronic fatigue, cancer, heart disease, etc., the medical establishment can only offer symptomatic relief. Furthermore, very little emphasis is placed on disease prevention.

According to statistics, the major causes of death in our society today, besides heart disease and cancer, are hospitalizations and over-medication. Certainly, those who use preventive measures, reduce their risk of death from such avoidable circumstances.

Chronic conditions do not appear overnight, although their symptoms may progress quickly. They take years to develop and our modern lifestyle with its environmental issues and daily stress is the major cause. Most of the toxins (approximately 80 percent) that contribute to cancer and heart disease are absorbed via the intestinal tract through food and drinks.

Here is an effective guideline that will help minimize health risks for people who are not always able to eat healthy, home-cooked food.

FOOD: Minimize pork, white and refined sugar products (i.e. corn syrup), artificial sweeteners and white flour products. Avoid consumption of packaged foods containing preservatives, MSG, and any chemical name appearing on the label that you cannot pronounce.

DRINKS: Avoid tap and distilled water; minimize sodas and cow's milk. (Cow's milk is only good for baby cows.) After the age of 3, the body loses its ability to digest milk; if used, the best choice is goat's milk.

Consequently, if your daily diet consists mainly of the above items, your health may be at great risk.

BREAKFAST - This is one of the most important meals of the day. **YOU DON'T SEND A HORSE OUT TO WORK ALL DAY WITHOUT FEEDING IT IN THE MORNING.** Your stomach acid is at its highest level of concentration in the morning which makes digestion of rich foods, especially protein easier.

EXAMPLE: 1 or 2 eggs three times a week, reduce potatoes and grain products to three times per week, use butter in moderation, preferably coconut fat/oil (never use margarine), hard cheese, turkey, chicken, vegetables, or heat yesterday's leftovers (do not microwave). Try to integrate as much organically-grown food as possible.

Skip the traditional orange juice because it contains too much acid and sugar, particularly if it's not fresh-squeezed.

Eat as much organic fresh fruit (pineapple, papaya, kiwi, apples, berries) as you can between meals. This will help to purify the blood and its natural sugar is the number one energy supply for your cells. Fructose bypasses the pancreas and is instantly available as energy supply without stressing your body.

What about breads and cereals? All ground grains become rancid if not baked or consumed in a short time. Prior to processing, grains are stored in areas where pesticides and fungicides are applied due to sanitation requirements. This applies to organically-grown products as well which may have been grown organically but are chemically tainted due to legal requirements that force companies to use pesticides and fungicides in the name of sanitation.

I grew up on a farm and our grain storage area always provided shelter for families of mice. Big deal! Every farmer knows this. It must be pointed out that the chemicals used to sanitize grain are far more harmful to the human organism than any mouse droppings could ever be. So, if you're concerned about hygiene, please note: before bread is made, grains are cleaned and then baked at over 400 degrees. This process worked for thousands of years. In modern society however, Mickey Mouse became a dangerous disease-causing creature. By the way, a mouse is not a rat. So for our protection, the USDA and FDA approved spraying harmful chemicals in storage places. Also it is common that grain seeds are sprayed with mercury-enriched solution to prevent fungus growth.

Unless you know where your bread or cereal comes from, be cautious. You may notice, now and then, that even your sandwich out of the health food store can make you sleepy and tired.

Good alternatives to common wheat products are buckwheat, quinoa, millet, Canadian rye, and brown rice. Instead of using standard cow's milk for cereal, use goat's milk or rice milk. If your meal was overcooked or you felt it was depleted of nutrients, I recommend taking either plant enzyme capsules *with* your meal, or better, proteolytic enzymes one to two hours *after* your meal. This will support the digestive process.

Restricting grain products from your diet will help with many obesity-related problems, including prevention of diabetes.

If you don't eat in the morning, you will become weak and lightheaded (hypoglycemic) around 11 a.m. due to low blood sugar. You can't be very productive when you feel like this. And you can't afford to get sick on the job either. Many people try to alleviate this problem with a soda, coffee or a candy bar to keep themselves going. A good solution to this is a protein rich breakfast. Don't rely on simple sugars and junk food.

WEIGHT LOSS – Rigid and strict diet guidelines seldom work long-term. Instead they promote frustration and guilt. Diets should be tailored to meet individual needs. So, there should be as many diets as there are people on this Earth. You can easily design your own menus by using simple suggestions. Try to buy a large variety of good quality food, organically-grown when available.

By eating a large breakfast and lunch (protein rich) accompanied by a light evening dinner including enzyme supplements, one can lose more weight than with any other diet programs.

Eat as much as you want in the morning but very little after 3 p.m. Avoid micro-waved foods. Studies have shown that micro-waving food causes protein molecules to become indigestible, form free radicals, and build up unnecessary deposits in the body. Undigested protein can trap water and become a substantial contributor to future chronic disease conditions. The worst time to eat a rich meal is at night. This is due to the reduction of stomach acid necessary to digest protein, particularly when you're over 40.

The reason that most people do not have an appetite in the morning is because their rich, late-night evening meal still sits half-digested in their stomachs. Typical symptoms resulting from late night protein meals are: poor sleep, bad breath, puffy eyes and face, coated tongue, foul taste in mouth, shaggy hair, muscle pain and body stiffness, feeling extremely fatigued, and other symptoms of auto-intoxication. It is a protein intoxication.

DRINKS – The level of pollution has been significantly proven to be too high in tap water (see TIME Magazine, Nov. 15, 1993). Drink between four and six glasses of bottled water a day according to your body weight and physical activity. Bottled water should be low in minerals which are sometimes expressed as parts per million, PPM on the label. Use water no higher than 70 PPM. Of all water filtration systems, reversed osmosis tested the best. See article, The Water Controversy.

Avoid sodas (including diet) and too much coffee. The phosphoric acid in soft drinks will leach calcium from your bones. The best beers are the German imports or microbrews that don't give you a headache after one beer. Since the sixteenth century, Germany has a strict purification law which is printed on the label, and is still in place today.

SNACKS – The very best snacks are, and always will be, fresh fruit (if possible, organically grown) ... like kiwi, papaya, dry unsulfured apricots, pineapple, apples, berries, etc.

CHOLESTEROL – According to the media, cholesterol is the big boogie man who gets you. High cholesterol is a metabolic dysfunction and only partly related to your diet. A healthy person can eat a cholesterol rich diet and still have normal values. **STRESS** and **LACK OF EXERCISE** are two of the major factors that raise your cholesterol levels beyond the normal. Regular exercise and following this diet guideline can help you maintain a normal cholesterol level, which is much healthier than just adhering to a cholesterol-free diet.

Use a small rebounder trampoline in the office or at home for five to ten minutes a day. Start slowly but regularly, and then increase your endurance. This will circulate the blood and lymphatic fluid.

Don't look at your total cholesterol level, but rather to the ratio of your HDL and LDL levels, along with your coronary risk factor (which should be ideally 4:1).

Cholesterol suppressing drugs are no long-term answer. Margarine and low or non-fat dairy products are not the answer either. These products can actually raise your cholesterol due to the fact that fat stimulates your bile production, which is necessary to break up fats in your food. Without this stimulus bile is reduced; resulting in higher cholesterol.

THERE IS AN EMOTIONAL COMPONENT TO THIS, TOO!

ASK YOURSELF THESE THREE QUESTIONS:

Am I happy with my life?

Do I love myself?

Do I take care of myself?

If you can answer "yes" to all three questions, it will be easy for you to stay healthy. And, in the event you do get sick, you will be able to recover quickly.

Become eccentric about what you eat. Enjoy it! (I know executives who even take their bottled water and salt to the restaurant.) You work like a race horse, so you deserve to eat only the best foods. Remember each day of your life comes only once.

START TO CELEBRATE YOUR LIFE!

LUNCH – You've earned this meal, so make it a good one. Lunch should be your main protein meal. When you go to a restaurant, have soup rather than salad or raw foods, such as sushi, due to the increasing viral, bacterial, and parasite problems. Avoid tap water; order bottled water instead. Also, demand MSG-free food. Alternate your daily menu as well as your restaurants.

Eat fast foods only occasionally, but even then, limit deep-fried foods. Fried food sits like a rock in your stomach and merely slows you down. If you order fish, eat small-sized fish like trout, sole, etc., because larger fish have a long lifespan, travel thousands of miles and therefore accumulate and store more toxins (Mercury, Cadmium, PCP, ect.)The protein of larger fish such as shark, tuna and swordfish is too tough and can take up to 18 hours to digest. This will also drain your energy.

Plan enough time so you can eat in a relaxed manner and chew your food well. Think of how Italians eat and celebrate their meals. I know very busy professionals who plan an hour-and-a-

half for their lunch break. It's only a matter of time management throughout your day. Don't wait for your doctor to tell you to slow down and take it easy *after* you've had a heart attack.

If you have cravings for sweets, eat fresh fruits or buy unsulphured dried fruits, like apricots as a between-meal snack. Your sugar craving could also be an indicator that there is a problem with digesting protein. If you feel a little tired after lunch be aware this is normal. Every animal rests after it has eaten. Take 15 minutes to half an hour to rest. You will work twice as effectively following a rest period and have much better concentration.

DINNER – The rich evening meal is more stressful on the body because it strains the digestive tract at a time when it should be resting. While we are sleeping, the digestive tract will slow down. Therefore, food consumed late at night, particularly protein, will be less digested, assimilated and absorbed.

When your digestion wakes up around 6 AM, the metabolic by-products and toxins from protein putrefaction resulting from a late night meal will enter the blood stream at this time. This makes it easy to understand why upon rising in the morning, many people feel stiff with puffy eyes, as if they had partied all night when in fact they went to bed early!

A heavy evening meal is the reason many people have no appetite in the morning and therefore skip breakfast. They feel nauseated at the thought of breakfast, but develop a ravenous hunger by noon due to the drop in their blood-sugar levels. To avoid auto-intoxication from undigested foods simply limit protein at night– all meats, nuts, eggs, beans, tofu, and hard cheese. These foods need up to 10 hours (or more) to fully digest. Your stomach acid, which is necessary to break down protein is greatly reduced in the evening, particularly after age 40, as I mentioned earlier. This is the main reason for acid reflux.

So what shall I eat? There is almost nothing left anymore! Believe it or not, in the old days people grew up on vegetable dishes because they simply could not afford to eat meat every day. Get a German cookbook and learn how to prepare the most delicious vegetable dishes you've ever eaten. German people rarely eat bland and steamed vegetables like we do. You would not eat your meat steamed without any spices or gravies would you? It's all in the preparation, and I guarantee even children would be surprised at how good vegetable dishes taste when prepared and served with spices, sauces and gravies.

This information is based on many years of observations and is easy to integrate with your lifestyle. You will have much more energy and an increased libido. You will sleep better and will wake up rested with a healthy appetite just as children do. Your skin will start looking healthier and you will lose your excess weight without going on a harmful diet.

The statements above have not been evaluated by the FDA. The nutritional suggestions and research provided are not intended to diagnose, treat, cure or prevent disease and should not be used as a substitute for sound medical advice.