

The Best Way to Stay Healthy: Stay as Far Away from Doctors as You Can *

- * But please do see your doctor if you are not feeling well or not improving
- *and colonoscopies and mammograms save lives

Wear your seat belt, listen to the world around you, and never drink and drive
Find some exercise you like and do it, and thereby avoid doctors
Have a significant person (or pet) in your life
These paths will heal us

Promises I make to myself

I am healing
I put good things into my body
I have love to give away
I have money to give away
I live each minute of each day

The Meaning of Illness.

Our symptoms and diseases are our bodies telling us something is out of whack. Sometimes it is a subtle message like a tightness in our neck and shoulders or an aching in a joint. Other times it is the warning shot across the bow when we develop depression, diabetes, heart disease or cancer. This warning indicates that a major life change is mandatory. If we listen to our bodies, we will hear what is off and be able to address it. Often the problem arises from something we are putting into our body (or not putting into our body; we are what we eat). At times it may be related to our approach and attitude toward life. First, we will address what we are putting into our bodies.

You need a low insulin level to live a long, healthy and happy life.

Eating sugar and starch (pasta, bread, potatoes, rice) causes your blood sugar to rapidly increase. Your pancreas releases insulin in high levels to try to control the sugar. The **excess insulin** has these negative effects:

- Increases appetite making us hungry, even though we may have just eaten
- Promotes storage of the calories we eat as fat
- Inhibits the release of fat from fat cells, making weight loss more difficult
- Promotes the development of Diabetes Type 2 by increasing insulin resistance
- Makes you crash 1-3 hours after eating with fatigue, lethargy, decreased ability to think
- Damages blood vessels and thereby increases heart attacks and strokes
- Promotes the growth of all cancer cells (including breast, prostate, pancreatic cancer and others)
- Promotes depression by causing low brain glucose and low serotonin levels and dementia (Type 3 diabetes)
- Speeds up the cellular clock and causes premature cell death (apoptosis or programmed cell death).

The High Sugar and Starch Diet We are Eating Promotes a Higher Insulin Level.

Starch (pasta, bread, potatoes, and rice) is rapidly converted to sugar. Starch turning to sugar causes higher insulin levels. Higher insulin levels promote increased appetite, fat storage, disease and early death. Some authors (I among them) believe the epidemic of heart disease, diabetes, cancer and depression stems in a large part from the amount of sugar, corn syrup (in soft drinks, etc.), and simple starches we consume.

Excess sugar acts as molecular glue.

Sugar in our circulation acts as an important energy source, but excess sugar acts as molecular glue, attaching itself to proteins and cross-linking them into hard yellow-brown compounds (glycation). The result of this is thickened arteries, stiff joints, feeble muscles and failing organs- the hallmarks of a frail old age. So don't wait. Avoid excess sugar now.

So it appears: **Eating sugar is death.** (But a little death is OK?) **Eating starch is just like eating sugar.**

Eating fat and cholesterol does not make your cholesterol go up as much as eating sugar does.

Insulin stimulates the liver production of triglycerides and cholesterol. Insulin promotes the storage of fat in the lower stomach that supports a higher serum cholesterol level. If your insulin level is low, the more cholesterol you eat, the less cholesterol your liver makes, and vice versa. But if your insulin level is high, watch out. Your liver will continue to pour out cholesterol in addition to the cholesterol you eat. So get your insulin level down.

The American Heart Association Prudent Diet (the Food Pyramid diet)

The AHA Prudent diet was associated with more than twice the cardiac death and twice the cancer compared to the Mediterranean diet. This is from the Lyon Trial which was a randomized controlled trial in France completed in 1998. Summary: avoid the American Heart Association diet if you want to stay healthy. And use some sea salt. It helps to maintain your potassium and magnesium, which are excreted to help reabsorb sodium if you are on a low salt diet.

The Mediterranean diet is good but do not eat it.

Why? Because you don't work in the fields all day or ride your bike everywhere, and you have money and access to better foods. People without much money must survive on foods that are inexpensive and accessible. Hence the dependence on pasta, bread, potatoes and rice. Whereas these foods were the main foods available 100 and 2,000 years ago without the benefit of refrigeration or the trucking industry, now most of us have access to the best foods.

The Hunter-Gatherer Diet:

I read Neanderthin by Ray Audette, about the Paleolithic diet. It does make a lot of sense to eat what our genetic ancestors ate. Audette's book is full of very interesting material, but it seems he would choose to live in northern wintry climate where hunting was the major source of food. Eating predominately meat, fat, and nuts you will lose weight. What makes sense is to eat the Mediterranean diet without the products of civilization (grains, beans, and milk products).

How do we reduce the sugar and starch in our Diet?

The book I recommend to get started is The Best Way to Stay Healthy: Combined Volumes 1&2 (available on www.lulu.com). This book presents Nutrition for Women, which presents a complete plan to eat well and includes the recipes and ideas for cheating and getting away with it.

The Mediterranean Hunter-Gatherer Diet

What to eat:

(If you can eat it raw, then eat it) Buy organic, range fed, no hormones or antibiotics used if possible.

1. **Vegetables**- broccoli, cauliflower, Brussel sprouts, artichokes, celery, carrots, leeks, asparagus, endive, rhubarb, parsley, garlic and other spices, onions, and the greens of collard, spinach, mustard, kale, cabbage, kohlrabi and lettuce, etc. And don't forget lots of olive oil (1-2 cups per week) so you can absorb the fat-soluble vitamins like lutein (reduces eye disease) and vitamin K (reduces bone loss and heart disease).
2. **Oil**- olive oil, avocado oil, fish oils, coconut oil (I now avoid Canola oil due to recent rodent studies suggesting increased disease and early death compared to olive oil). Yes, you can cook with olive oil.
3. **Meats**- eggs, chicken, turkey. Organic without hormones or antibiotics. Organic beef and pork, and range-fed or wild venison, duck, buffalo, goose, rabbit, moose, elk, etc are also options.
4. **Fish**- salmon, sardines, bass, trout, squid, whitefish, and most other fish are excellent sources of protein and omega-3 oils. Shellfish including oysters, clams, mussels, lobster may be contaminated with pathogenic bacteria so choose carefully. Tuna and swordfish are higher in mercury and other toxins (so avoid the dark meat). Some fish (including Orange Roughie) are endangered and need to be allowed to recover.
5. **Nuts and seeds**- (See Elimination Diet handout: most tree nuts may promote gut inflammation) Macadamia, hickory, sunflower, sesame, coriander, celery, anise, caraway, cumin, dill, fennel, mustard and any others edible raw.
6. **Fruits**- cucumbers, avocados, olives and any other fruit eaten fresh. Limited amounts of the following fruits if you are trying to lose inches because of their higher sugar content: apples, cherries, papaya, watermelon, cantaloupe, oranges, lemons, limes, tangerines, pears, peaches, melons, pineapple, plums.
7. **Berries**- blueberries, raspberries, blackberries, and strawberries are best. (Currants, grapes are higher in sugar, as are all dried fruits so best to avoid).
8. **Alcohol?**- non-sweetened alcoholic beverages appear to reduce blood sugar and insulin levels and reduce heart disease. Alcohol appears to be metabolized as a liquid fat, not as a sugar. But not recommended for everyone due to the ever-present risk of alcoholism. Limit to 14 drinks/week for men, 9 drinks/week for women. (One "drink" is defined as 1.5 oz of 80 proof whiskey, 5 oz of 12% wine, and 12 oz of 5% beer).

Nightshade vegetables can be associated with arthritis in some people: (Please see Elimination Diet handout)

The nightshades (tomatoes, eggplant, peppers and potatoes) contain proteins call lectins, which can be seen by the immune system as an invader (like a bad bacteria or virus). This then turns on the immune system to attack the lectin. But there are proteins in our joints that are similar to lectins so the immune system attacks the joints as well. If you have arthritis or joint pains, try not eating the nightshades to see if your joint pain improves. **Try off these foods** for 4-6 weeks if you have arthritis so if it makes a difference and then have Ratatouille to see if your knees flare up again.

The Foods of Famine

What not to eat:

These are the foods that can be stored for long periods of time and are referred to as the products of civilization. They allowed us to gather in communities and survive living in climates with a short growing season. But although they provide calories, they are very short in important nutrients that prevent illness and optimize health. So avoid them when you can. (If you can not eat it raw, then don't eat it.)

1. **Grains**- corn, wheat, barley, rye, rice, millet, and all products made from them. (Limited amounts of grains including oats or rice are probably all right, but I still try to get my calories from vegetables and healthy oils).
2. **Beans**- avoid most varieties of hard beans (pinto and navy beans may stimulate the immune system in a harmful way), lima, soy, and fava beans.
3. **Potatoes**- all varieties of potatoes, beets, taro, cassava, turnips, and all products made from them. (Do you remember how the green parts of potatoes and their sprouts are toxic; that toxin is present throughout in lower concentration). Yams are ok if you are not trying to lose weight (they are not Nightshade vegetables).
4. **Dairy**- milk, cheese, yogurt, casein and all products made with them (see section on allergies on page 7). This is true of many of the low carb bars with milk protein added (casein). (but a little heavy cream is ok?)
5. **Sugar**- fructose, sucrose, maltose, dextrose, lactose, corn syrup and sweeteners, molasses, and all products made from them.
6. **Bad oils and fat**- the omega 6 oils (corn, safflower, sunflower, Crisco, soybean and vegetable oil) appear to promote cancer and should be limited (and balanced with the omega 3 oils). Partially hydrogenated vegetable oils (in packaged snack foods and frozen dinners, etc.) also seem to promote cancer.

My goal for a balanced diet is as follows:

- 5-25% of calories permitted vegetables and fruit (less if you are trying to lose weight).
- 55-70% of calories from monounsaturated fat (olive oil, coconut oil, avocado oil, grapeseed oil and almonds) and omega-3 oils in fish, walnuts (lots of liquid, healthy fat, please).
- 15-25% of calories from protein with an emphasis on fatty fish (salmon, herring, sardines and mackerel) as well as poultry (and perhaps some lamb, pork and beef as well?).

Rules of Thumb for Eating:

Eating fat makes you satisfied. The hormone CCK that holds the food in your stomach (making you feel full) and tells your brain that you are satisfied is released from the first part of the small intestine in response to FAT. If you do not eat fat, you will never feel full or satisfied.

- Shop the perimeter of the grocery store; if something will not rot or sprout, don't eat it
- It takes 20 minutes for CCK to be released and to get to your brain. No matter how much you eat, you will not feel satisfied for 20 minutes. Don't eat so much so quickly.
- Chew each bite at least twenty times. The food needs to be in small pieces for the body to extract the nutrients.
- Drink 8-12 glasses of filtered or spring water per day
- Don't eat pasta, bread, potatoes, and rice. Eat more low-sugar/starch vegetables and some fruit (a serving of fruit is 1/2 of a large apple, orange, etc.)
- Eat some protein and good fat with every meal and snack (almonds and walnuts are an excellent choice)

But before we get to the Nutrition for Women: "Sitting is the new smoking"

Exercise; do it. On a daily basis. Any exercise that you like will work: bicycling, running with intervals, rowing, mowing the grass or just walking up and down inclines. Activities of daily living will keep us healthy. But get up off the couch and do anything.

One main reason the exercise is it appears to boost our immune surveillance of cancers and reduces metastatic disease and death from cancer (in mice with exercise wheels) when compared to mice without exercise wheels, following an injection of a melanoma cell line into their abdominal cavities. It was the NK cells (part of our innate immune system) that were somehow more focused and able to recognize and destroy cancer cells. So, this is part of what gets me out of bed in the morning to go running; that, and for my overall sanity, which deteriorates significantly without some sort of mind-clearing exercise.

Try walking on a treadmill set at 15% grade at 3.0 to 3.6 miles per hour (or more). Try to keep your heartrate at 65-80% of your maximum predicted heart rate. This is Zone 2 exercise. HRmax for men: $206.9 - (0.67 \times \text{age})$. HRmax for women: $206 - (0.88 \times \text{age})$.

Nutrition for Women (Men, eat 50% more, please)

Monday	Best	Better	Good
Breakfast (Or Skip this meal to do time restricted eating)	Smoked wild salmon (2 oz) (130/9/11/0/1-5/30) Eaten with a fork 2-3 Tsp. Carlson's fish oil (130/14/0/0/2-8/0) Green tea	2 poached eggs with (140/9/12/2-0-2/3-0/426) 2 strips organic turkey bacon (40/1/6/0/0-0/20) 2-3 Tsp. Carlson's fish oil (130/14/0/0/2-8/0) Decaf coffee	Organic Italian turkey sausage (one link-4 oz) (160/6/26/4-2-2/2-0/70) 2-3 Tsp. Carlson's fish oil (130/14/0/0/2-8/0) Coffee
Lunch	Salmon salad (½ cup) (288/21/21/3-2-1/4-3/62)	Chicken salad (½ cup) (206/18/31/5-2-3/4-0/70)	Tuna salad (½ cup) (205/12/22/0/3-2/37)
Snacks	Sunflower seeds (1 oz) (180/16/7/7-4-3/4-0/0) Green tea	16 macadamia nuts (1 oz) (220/20/3/3-2-1/4-0/0) Decaf coffee	½ Green apple with Sunflower nut-butter (220/15/4/16-2-14/4-0/0) Coffee
Dinner	Sautéed steak (6 oz) with sautéed onion (338/27/48/6-2-4/3-0/130) Greens and olive oil (140/7/5/5-5-1/0-0/0)	Sautéed Flounder (8 oz) (320/13/38/6-2-4/1-2/100) Salad with 1 Tbs. Dressing (205/14/4/16-4-12/2-0/0)	Chicken stir fry (6 oz) (360/13/54/6-2-4/5-0/120) California style broccoli (175/11/9/12-6-6/3-0/0)
Dessert Or snack	Strawberry Smoothie (140/9/6/13-7-6/2-3/0)	½ cup frozen blueberries (88/6/1/9-4-5/0/21))	Fresh Berries (116/5/2/15-6-9/0/15))
Calories	1285 calories	1167 calories	1297 calories
Fat	98 gm (882 cal- 68%)	79 gm (711 cal- 61%)	77 gm (693 cal- 54%)
Protein	88 gm (352 cal- 28%)	89 gm (356 cal- 30%)	124 gm (496 cal- 38%)
CHO	32 gm	42 gm	57 gm
Fiber	20 gm	17 gm	20 gm
Net "carbs	12 gm (48 calories- 4%)	25gm (100 calories-9%)	37 gm (108 calories- 6%)
O-6/O-3	14 gm/16 gm (1:1)	12 gm/12gm (1:1)	20 gm/ 8gm (2.5:1)
Cholesterol	222 mg	585 mg	260 mg

Nutritional Content: Calories / Fat / Protein / Total Carb - Fiber - Net Carbs / Omega 6 - Omega 3 / Cholesterol

See The Best Way to Stay Healthy: Combined Volumes 1&2 for recipes and details.

Available from: <http://www.lulu.com/spotlight/georgesteelmd>

Nutritional approaches

- **Mediterranean Diet:** a dietary pattern based on traditional foods consumed in countries bordering the Mediterranean Sea, such as Greece, Italy, and Spain. It emphasizes plant-based foods, such as fruits, vegetables, whole grains, and olive oil.
- **Time Restricted Eating (TRE):** early versus late eating-no difference in weight loss and adherence better with late versus early, duration of eating window of 4-8 hours, eating from noon-8 pm (8 hours) or from 4 pm-8 pm (4 hours).
- **Calorie Restriction (CR):** greater longevity in all non-clinical studies but concerns about sarcopenia and bone loss.
- **Fasting/Intermittent Fasting:**
 - 5:2 method: Eating normally for 5 days a week and restricting calories to 500-600 on 2 non-consecutive days.
 - Eat-stop-eat: Fasting for 24 hours once or twice a week.
 - Alternate-day fasting: Fasting one day and eating normally the next.
- **Fasting Mimicking Diet (FMD):** The FMD is a 5-day diet high in unsaturated fats and low in overall calories, protein, and carbohydrates and is designed to mimic the effects of a wateronly fast while still providing necessary nutrients and making it much easier for people to complete the fast. FMD promotes ketosis, as it involves a period of significantly reduced calorie and protein intake, which can lead the body to burn fat for energy, a process that results in ketone production.
- **Nutritional Ketosis:** The nutritional ketosis diet is a high-fat, low-carbohydrate diet that aims to induce ketosis, a metabolic state in which the body burns fat for energy instead of carbohydrates. Consume 70-80% of daily calories from fats, such as olive oil, avocado, fish oil, coconut oil, and nuts. Limit carbohydrate intake to 5-10% of daily calories, focusing on non-starchy green leafy and cruciferous vegetables, berries, and lower sugar fruits. Moderate Protein: Consume 10-20% of daily calories from protein sources like lean meats, fish, eggs, and Greek yogurt.

The Supplements:

Much of our food is grown in depleted soil with the help of nitrogen fertilizers- more bushels per acre but nothing in it - at least not much of the nutrients we need. Eating organic is important for our bodies as well as the environment. I try to grow as much of my own food as possible and eat it fresh and raw. The following supplements can be used to hedge our bets and ensure some semblance of complete nutrition although if I could grow all of my food (in the South of France) I probably would not take supplements (except the MSM and the Carlson's fish oil- see below).

The following is the list of supplements to consider. The four I never miss are the MSM, chromium, magnesium and Omega-3 oils. I do not recommend excess Vitamin A or beta-carotene (more than 10,000 units) because the studies are equivocal, some with an increase in cancer. And both vitamins E and C and other antioxidants may block the training effect from exercise (not a good thing).

- **Carlson's Fish Oil** supplies Omega-3 oils and is more cost-effective (much higher doses per serving) than capsule of fish oil (and the capsules are almost always rancid-smell like rotten fish-and can be harmful). Omega-3 Oil reduces cardiac arrhythmias and death. Two teaspoons for women, one tablespoon for men. Also stabilizes mood in depression, bipolar disorder, schizophrenia. **Take with a tablespoon of extra-virgin olive oil to reduce oxidation.**
- **Vitamin D** 5,000 units per day. Flax seed and flax oil is no longer recommended due to possible increased cancer of the prostate and ovarian cancer. **If you take vitamin D, also take some vitamin K.**
- **Vitamin K** is another important vitamin/hormone that appears to be important in the reduction of Alzheimer's, osteoporosis and heart disease. The goal is 5 mg per day (not 100ug), but 1.5 mg is ok as well. That is a lot of kale or collard greens and be sure to cook them with some fat (Vitamin K is fat-soluble). I take **Carlson's K 5 mg (on-line)**.
- **Vitamin B-12** (1,000 micrograms) is recommended for all over age 50. Avoid taking more than 50 mg of B-6 as this can cause neuropathy (nerve damage).
- **Magnesium Citrate or Glycinate** 400-500 mg once or twice daily. **Calm powder, 2 scoops in water at bedtime.** Maintains health of bones and heart. Magnesium is necessary for the absorption and metabolism of calcium. Take Vitamin K as above.
- **Calcium Carbonate** 500 mg once daily We need to balance our calcium and magnesium to be 1:1 (ie. Equal amounts of each), so avoid excess Tums and if you take a little calcium if you must balance 1:1 Ca/Mag.

For people with arthritis, tendonitis, allergies, low mood or wrinkles (This is recommended for all of us**):**

- **Methylsulfonylmethane (Opti-MSM)** 1000mg capsules, take 3-4 capsules each morning. MSM is present in fresh fruits and vegetables (still on the plant or just picked minutes ago) but degrades in days of storage or with heating or processing (This is used as a horse supplement that is used if the horse is in the barn and therefore unable to graze on grass and drink rain water). This important sulfur donor (Not Sulfa! No relation to sulfa allergies) is important in creating healthy connective tissue and controlling inflammation of allergies, arthritis, and tendonitis. It reportedly reduces wrinkles over time and promotes healthy nails and hair.
- *Avoid glucosamine as it raises blood sugar and appears to promote development or worsening of diabetes.*

For people with diabetes, depression or low mood, high cholesterol, or those trying to lose weight:

- **Chromium picolinate** 500mcg per day. No longer present in the soil or our food in adequate amounts (due to over-farming without composting. Deficiency is common. Low body chromium worsens high cholesterol and insulin resistance (causing a higher insulin level leading to increased heart attacks, strokes, and cancer). Deficiency also related to chronic depression, which improves with supplementation in this dose. Old rodents given chromium behave more like young rodents (sounds good to me). Avoid if you have cyclothymia or bipolar disorder.
- **Berberine** 500 mg daily in the evening. May take up to 2 per day. Avoid before doing cardio exercise as it blocks the training effect of exercise.

Other Supplements to consider: (Pure Encapsulation, Thorne, Vital, Nature Made, Carlson's, Nordic Naturals, Life Extension Foundation, Jarrow, Doctor's Best, Solaray are reputable supplement companies)

- **Lutein 5mg/Zeaxanthin 2mg for eye health** Take one daily, reduces macular degeneration and maintains vision. I take the Pure Encapsulation version.
- **Silymarin (milk thistle) 250 mg for liver and prostate health** Take one or two per day.
- **Melatonin 1.5 mg IR/ER for sleep and anti-aging** Take one at bedtime. An antioxidant that may reduce heart dz.
- **Ashwagandha 500 mg for sleep** Take one at bedtime.
- **Lithium orotate 5 mg for mood, diabetes, brain health** Take one daily in the evening.
- **Nicotinamide riboside 250 mg** Take one or two in the morning. Replenishes NAD+ increasing cellular energy. I take Thorne ResveraCel.
- **Creatine 5 grams per day** To help maintain muscle.
- **Hesperidin 500 mg per day** To help maintain fitness, turns on CisD2 (longevity gene) and may protect against toxicity/oxidative stress from excess iron stores.

Only for people with or at significant risk for Alzheimer's, diabetes, or heart failure (exercise naturally raises the levels of these in the body, so I recommend exercise rather than these two supplements**):**

- **Co-Enzyme Q-10** is an antioxidant that may reduce Alzheimer's disease and prevent/improve heart failure, Diabetes, and breast cancer. The dose for prevention is 100mg per day. The dose for treatment is 100mg three times daily (up to 400mg three times daily in Parkinson's disease). If you are taking any of the cholesterol lowering drugs in the statin group (Lipitor, Zocor, Crestor, etc.) you need to take Co-Q10 100mg daily to reduce muscle and heart complications.
- **Alpha Lipoic Acid** is an antioxidant that prevents or improves nerve damage caused by Diabetes. The dose for prevention is 300mg once daily. The dose for damaged nerves in patients with diabetes is 300mg twice daily.

More on MSM:

When our ancestor Eve was in equatorial Africa and she became hungry, she wouldn't run to the Acme Grocery Store or the Seven Eleven for something to eat. She would go out into her yard (she had a very big yard) and find something to eat, still living, either on a bush or tree or perhaps running along. And she would probably eat it raw. What is interesting about this is that there are nutrients in fresh (still on the plant) foods but not in the best organic foods. An example of this is methylsulfonylmethane or MSM. I recommend the Opti-MSM (the one used in studies at UPenn, as the excipients in other brands appear to inhibit absorption and function of the MSM).

The Allergic Response

In my clinical practice, I have found food sensitivities to be much more common than I had ever expected. Milk and other dairy, peanut, and wheat allergies are causing some of the allergic rhinitis, asthma, and rashes that I see. Patients have been able to stop 2 or even 3 prescription drugs after eliminating offending items, then developing symptoms again when re-challenging themselves.

Many people have noticed that drinking milk gives them more mucus. Singers are told to avoid milk before concerts to reduce congestion. Athletes are told to avoid all milk products before sporting events to reduce secretions. What are our bodies telling us by this? Don't drink milk.

How do foods cause allergic symptoms?

It appears that large proteins absorbed through our gut stimulate our immune system and initiate much of the allergic response we see in the upper and lower respiratory tracts. The large proteins in milk and peanuts had apparently stimulated our son's immune system to react to dust, mold, and animal dander in his local environment. We could not eliminate the dust, mold, mildew, and mouse dander adequately from our old house but we could modify his diet, which in his case did the trick.

And this trick has worked over and over again in my patients. The most common offenders are milk protein (casein), wheat protein (gluten), and peanuts, as well as the sulfites in red wine and the proteins in orange juice and corn. My patients report that they have stopped all of their allergy and/or asthma medications and only need them if they cheat (i.e. Pizza and ice cream in milk-allergic, or flour-based products in wheat-allergic). One patient was a surgeon from Europe in his mid thirties with a history of asthma since childhood. He was very doubtful, but after he eliminated the most common foods that cause an allergic response (see list below), his asthma was gone. When he again tried wheat, orange juice and red wine (using the elimination and reintroduction diet), his asthma symptoms returned. Since avoiding these, his asthma has resolved and he no longer needs his inhalers (and his breathing tests are normal).

Dr. Oski, the emeritus chairman of Pediatrics at the Johns Hopkins School of Medicine, wrote a book entitled Don't Drink Your Milk. In this book he shares his clinical experience that milk, wheat, peanut, oranges, wine, etc. initiate an abnormal immune response in many individuals causing recurrent ear infections, asthma, and gastrointestinal problems. More on the elimination diet later.

Don't Drink Your Milk (if you have allergies, asthma, or head congestion)

The Dairy Council has done a wonderful job of marketing milk as an important calcium source. The Harvard Nurses Health study showed that the more milk women drank, the more fractures they had (in this study of 74,000 women, the women who drank three glasses of milk per day had more fractures than those who rarely drank milk). There are many healthier calcium sources, such as the leafy vegetables and sardines, etc. One cup of broccoli or one can of sardines provides you with more than half of the daily requirement. If you aren't going to base your major calorie intake on leafy vegetables, then I suggest one or two calcium/ magnesium supplements per day (see section on supplements).

Recently it has been shown that increased consumption of milk products by young women may increase their risk of eventual breast cancer. Even the organic dairy farmers milk pregnant cows that have very high levels of progesterone in their milk (pregnant cows do not suckle calves).

The following includes the most common foods associated with symptoms of sensitivity:

- Headaches: wheat, chocolate, MSG, nuts, wine, cheese, eggs, milk, citrus fruits
- Allergic rhinitis (hayfever): milk, wheat, chocolate, sulfites in wine
- Hives: strawberries, tomatoes, chocolate, eggs, shellfish, mangoes, pork, peanuts, nuts
- Asthma: milk, wheat, tartrazine (FDA yellow dye #5), aspirin, orange juice, sulfites in wine
- Hyperactivity, poor attention: corn, wheat, milk, soybeans, beer (grains- hops, barley)
- Eczema: eggs, citrus fruits, tomatoes

Milk Makes More Mucus (so does wine, wine vinegar, balsamic vinegar, orange juice, and chocolate)

Milk allergy and asthma is a well-known association in children. Athletes and singers are consistently told to avoid milk products before important engagements because they often increase airway congestion and secretions. So why do we encourage people to consume a substance otherwise foreign to their existence after weaning (for the USDA and the economy of course!)? Contrary to the popular belief that we outgrow our allergy to milk as we grow older, it can manifest itself in different ways in adults. These can include allergic rhinitis, chronic fatigue and chronic low-grade depression. I have seen many patients (including our son and the surgeon from Denmark) have their symptoms resolve completely following the exclusion of the offending food, most commonly milk, wheat, sulfites and peanuts.

Milk Products Are Everywhere (and take an effort to avoid)

- Milk, cheese, yogurt, ice cream
- Half and half in your coffee, Lattes (heavy cream is better because it is very low in casein, the allergenic protein)

- Pizza
- Bagel and cream cheese
- Cottage cheese
- Baked goods with casein (the milk proteins that promote allergy)
- Protein drinks with casein
- Any food with casein or whey listed on the ingredients
- Lactaid products still have allergenic proteins

But a little goat or sheep cheese are ok and perhaps butter.

What are the options?

- Fresh fruit or berries for dessert instead of ice cream
- What?! For pizza? Is there no acceptable substitute? But won't the anchovies protect me?

Inflammation Promotes Aging

As we get older, we develop problems related to inflammation (arthritis, heart disease and cancer). How do we avoid inflammation? There is accumulating evidence that the foods we eat are inflaming our GI tract leading to "a leaky gut" where we absorb antigens (proteins that turn on the immune system) that lead to these problems. The most common foods are wheat and other grains (but not rice), dairy protein (but not cream), nightshade vegetables (tomatoes, eggplant, potatoes and peppers- all delicious but may lead to arthritis), and yeast (but please do not take away my Miller 64!). Stress also promotes inflammation as does over-nutrition, diabetes, pre-diabetes, and obesity.

WAYS TO LOVE YOUR BRAIN

The following is a nice summary of what we need to do for our brains (and bodies). This is from the Alzheimer's organization. I am shocked that they are so up to date (I try to do all of these on a daily basis, particularly the "breaking a sweat" by exercising). Much of this is based on the work of Bredesen and others. I have also summarized the Bredesen article about the reversal of mild to moderate cognitive impairment. Growing evidence indicates people can reduce their risk of cognitive decline (and possibly reverse mild to moderate cognitive impairment) by adopting key lifestyle habits. When possible, combine these habits to achieve maximum benefit for the brain and body.

Break a sweat: Engage in regular cardiovascular exercise that elevates heart rate and increases blood flow. Studies have found physical activity reduces risk of cognitive decline. See Zone 2 exercise above.

Fuel up right: Eat a balanced diet that is higher in vegetables and lower in starch to help reduce the risk of cognitive decline. Dementia is Type 3 diabetes.

Catch some ZZZs: Not getting enough sleep may result in problems with memory and thinking.

Take care of your mental health: Some studies link depression with cognitive decline, so seek treatment if you have depressions, anxiety or stress.

Buddy up: Staying socially engaged may support brain health. Find ways to be part of your local community or share activities with friends and family.

And, last but perhaps should be first: Meditation

Our thoughts and emotions greatly impact on our health. When we are anxious or depressed, our immune system is also anxious or depressed. Our immune cells that fight both cancer and infections are impacted by the hormones that are increased in anxiety and depression. In addition, when our emotional state is out of balance, we tend to not care for ourselves through both our nutrition and the movements of our bodies (or lack thereof). Meditations and affirmations can help to refocus our thoughts and emotions on a more positive state of being, despite being surrounded by stress that constantly bombards us. Some people refer to meditation as creating a force field around us, allowing us to remain peaceful even when surrounded by chaos. The following meditations are good places to start:

My meditation is based on the church service (Anglican/Catholic), which is the Agnus Dei, followed by the Lord's Prayer, the 23rd Psalm, and then: Lord, let me be your eyes, your ears, your voice, your arms and hands, your legs and feet. May I run swiftly and walk steadily in your path, may my hands do your good words, may I speak your words of love, reconciliation and peace, and may I hear, see and otherwise sense the love and needs of those around me.