

YOUR DIETARY PROFILE

by Lady Carla Davis, MPH

Specializing in Nutrition

Over the years, consumers have been bombarded with health information and diets of all kinds. Real science has been subverted by “corporate science” or “scientism.” All too often, each new book, study, report, or diet contradicts the previous one, leaving most people totally confused.

Nutrition is the basis for healing with every kind of therapy, yet every aspect of it has been either hijacked or sabotaged by big pharma and the giant food corporations through regulation and globalization. Practitioners and professionals in the medical, dietetic, health, and fitness industries are often proclaimed to be “*nutrition experts*.” While some of them have impressive credentials, their actual education and knowledge in clinical nutrition or biochemistry is often very limited. Most medical schools provide very little, if any, education in nutrition. Also, as a deterrent, clinical nutrition programs are not readily available for students unless they first complete other extensive medical programs. To make matters worse, an aggressive campaign by government agencies with unlimited funds and in collusion with the American Dietetics Association (ADA) virtually regulated Nutrition Consultants in the US out of business.

The ADA receives approx. 10% of its funding from food corporations, including Abbott Nutrition, CoroWise, General Mills, Kellogg's, Mars, McNeil Nutritionals, Pepsico, SOYJOY, Truvia, and Unilever. In addition, the ADA lists Aramark, The CocaCola Company, The National Dairy Council, and the Hershey Center for Health and Nutrition as partners. Thus, dietitians are trained to promote and dispense processed foods produced by their sponsors, many of which are unhealthy.

[Marion Nestle](#) Professor of Nutrition, Food Studies and Public Health at New York University, has written: "Respected ADA colleagues: as long as your organization partners with makers of food and beverage products, its opinions about diet and health will never be believed independent (translation: based on science not politics) and neither will yours. Consider the ADA's Nutrition Fact Sheets, for example, each with its very own corporate sponsor (scroll down to the lower right hand corner of the second page to see who paid for the Facts). Is the goal of ADA really the same as the goal of the sponsors - to sell the sponsor's food products? Is this a good way to get important scientific messages to the public? ADA members: how about doing something about this!"^[3] http://en.wikipedia.org/wiki/American_Dietetic_Association

The suppression of nutrition goes way back. From 1924 to 1964, Dr. Morris Fishbein ran the AMA. Even though he had a medical degree, he never treated a patient in his life. Throughout his 40 year reign, he used coercion, money, and the power of the AMA to maintain control and suppress and crush natural cures for cancer. (*Natural News*). In the 1930s, the American Medical Assoc. (AMA) attempted to prohibit its members from working for the then-primitive [health maintenance organizations](#) that sprung up during the [Great Depression](#), which violated the [Sherman Antitrust Act](#) and resulted in a conviction ultimately affirmed by the [US Supreme Court](#).^[4] The AMA's vehement campaign against [Medicare](#) in the 1950s and 1960s included the [Operation Coffee Cup](#) supported by [Ronald Reagan](#). Unfortunately, what occurs in the US is often replicated elsewhere.

“*Profession and Monopoly*” A study of Medicine in the US and UK by Jeffrey L. Berlant (Univ. of California Pr 1975), criticizes the AMA for limiting the supply of physicians and inflating the cost of medical care in the US. It also claims that [physician supply](#) is kept low by the AMA to ensure high pay for practising physicians. It states that the number, curriculum and size of medical schools are restricted by state licensing boards controlled by representatives of state medical societies associated with the AMA. http://en.wikipedia.org/wiki/American_Medical_Association

Because of massive public demand and support from the health industry, the **Dietary Supplement Health and Education (DSHEA) Act of 1994** mandated that the **FDA** regulate dietary supplements as foods rather than as drugs. However, the influence wielded by big pharma and giant food

corporations remains rampant in many countries through globalization.

By means of a controlled media, the industry determines what is fed to the public at large about how people should eat, medical protocol, and nutrition. A number of their proclaimed "experts" write books promoting their radical diets and unscientific beliefs. In addition, policies are made on the false assumption that medical experts or dieticians are nutrition experts when in fact medicine, dietetics, and nutrition are all very different professions. Various magazines and newspapers use catchy headlines and radical diets to sell their publications. Writers who have little or no knowledge of nutrition may quote an expert out of context to make the reader think they (writers) are credible. This is only part of how a lot of of misinformation reaches and confuses the public.

In addition, big pharma and the giant food corporations give large grants to universities to influence the curriculum and obtain studies favourable to their products. According to author and former corporate biochemist Paul Stitt, Ph.D. in "**Beating the Food Giants**" (Natural Press, 1993), they care little if any about your health and well-being. Their objective is to get you hooked on their product so they can make huge profits. Many of their products are not even real food. They are addictive products such as coffee, soda, and other caffeine products; adulterated food, full of flavour enhancers such as MSG; refined sugar/flour; margarine and other hydrogenated/damaged oils/fats. GMOs are their latest infusion into our food supply.

Corporate control of our food system from seed to plate contributes to market abuses and is a threat to competition, food affordability, and supply. Today, only four companies [control](#) up to 90 percent of the global trade in grain. Further to Willie Nelson's call to "**Occupy the Food System**, <http://www.readersupportednews.org/opinion2/441-occupy/8948-occupy-the-food-system> you can also make an impact. **Use your ECONOMIC POWER and BOYCOTT products from unethical corporations!**

Corporate giants also have their influential advisors on the Food and nutrition Board (FNB), the National Research Council (NRC), the National Academy of Sciences, the Centre for Science and Applied Nutrition (CFSAN), and similar organizations, such as the ANTZPA in Australia and New Zealand, and the Codex Alimentarius in the EU. By classifying calories as a nutrient (energy), instead of a unit of measurement, the FNB can justify the promotion of such products as white flour and refined sugar. Recently, food processors [spent](#) \$5.6 million to lobby against the new school lunch rules, proposed by the USDA, which would have brought more fresh food to school cafeterias. Congress succumbed so far as to agreeing to call pizza a vegetable. Unfortunately, many dieticians follow the recommendations of the FNB and NRC. They are also taught that choosing a variety of foods from the "Basic Food Groups" (set up by the industry) will provide the Minimum Daily Requirement (MDR) or Recommended Dietary Allowance (RDA) of all the nutrients needed for good health. They consider nutritional supplements to be unnecessary, when in fact science reveals a very different story. Read "**Dirty Medicine-The Handbook**" (2011) by Martin J. Walker and its review in **UNCENSORED** (<http://uncensored.co.nz/>) magazine, issue 25, page 95.

The MDR and RDA, set by the NRC, were not products of scientific studies, but of negotiations and voting by a committee (Committee on Dietary Allowances, 1980) of industry agents. Subsequent clinical studies and reports indicate that RDAs for many nutrients are far below what is required for optimal health. In fact, only a small part of the total number of nutrients needed for human health was being measured at all. With this barrage of misinformation and since one type of diet is not suitable for everyone, it is no wonder the average person is confused about nutrition and how to eat. Do you listen to the FNB or the NRC? Are you reading conflicting advice from dieticians and nutritionists? And, are MDR's and RDA's really all you need? In fact, attaining optimal health is more than merely counting calories and grams of fat.

To determine your dietary profile there are certain basics and factors to consider which are listed below. Without these basics, all the medicines, treatments, supplements, and exercise in the world won't succeed in attaining a complete cure or optimum health.

BASICS OF LIFE

To function properly and maintain good health, the body must have on a daily basis:

Fresh clean air (oxygen) with a balance of negative ions

Clean, pure, structured water (free of fluoride)

Natural, full-spectrum daylight & sunshine

Quality protein

Essential fatty acids (EFAs) in balance (See: <http://www.omeganutrition.com/>)

Complex carbohydrates

Vitamin, minerals, enzymes in balance

Magnetic forces of positive and negative gauss

Human companionship and spirit (important factors in sustaining good health and longevity)

Ensure that the air you breath is clean and rich in oxygen and negative ions. If cells are not well oxygenated they will not be able to repair or reproduce properly. Old growth rainforests (lungs of the Earth), waterfalls, and ocean provide a rich supply of fresh, clean air that is rich in negative ions.

<http://www.negativeions.com/>

After fresh clean air (oxygen), consumption of clean, pure, structured/revitalized **water** is the second most important substance for survival because over 70% of the body is water. It is necessary for the hydration and function of every cell and system in the body. Water also enables the cells to communicate with each other. Therefore, check the source and independent analysis of your drinking water. Choose a high quality, pure spring water, with a pH of 7 to 8. Having your own rainwater tank is a good option. To learn more, see: <http://www.dancingwithwater.com/>, <https://www.alivewater.com/>. Read "**Your Body's Many Cries For Water**" and "**Water, For Health, For Healing, For Life**" by F. Batmanghelidj, MD, and "**Dancing With Water - The New Science of Water**" by MJ Pangman and Melanie Evans.

Since no one can survive long without air or water, these "basics of life" should NEVER be privatized. Nor, should our water supplies be used as a dumping ground for toxic industrial wastes, or to treat or medicate the masses for what ails a small per cent of the population. This is highly unethical. Water supplies should always remain pure, clean, and free of all pollutants and toxic chemicals, and free from the influence of special interests groups claiming to be "experts" trying to protect your teeth.

Avoid ALL fluoridated water and products containing it, such as recycled bottled water, drinks, instant tea, juices, sodas, beer, and many medications. Fluoride is a highly toxic, poisonous waste by-product. Not only is it not effective, but because it displaces other minerals, it contributes to bone and joint problems, arthritis, hip fractures, disruption of children's permanent teeth (high orthodontic costs), thyroid and pineal gland disruptions, which in turn lead to obesity, hormonal imbalances, weakening of the immune system, lower I.Q., and brain and neurological damage. Because fluoride also destroys the body's Collagen, it prematurely ages the skin/body and creates an abundance of wrinkles and moles. Read "**Fluoride, The Ageing Factor**" by Dr. J. Yiamouyianous and "**The Case Against Fluoride**": How hazardous waste ended up in our drinking water and the bad science and powerful politics that keep it there. By Paul Connett, PhD, James Beck, MD, PhD, and H. Spedding Micklem, DPhil. Reviewed by C. Vyvyan Howard, PhD, University of Ulster, Coleraine, UK.

See:

http://www.fluorideresearch.org/433/files/FJ2010_v43_n3_p170-173.pdf

<http://fluoridealert.org/issues/>

http://fluoridealert.org/researchers/health_database/

<http://www.fluoridealert.org/wp-content/uploads/50-reasons.pdf>

http://www.enviro.ie/Fluoride%20and%20Cardiovascular%20Disease_Implications%20for%20Ireland_Waugh%202013_Third%20Edition.pdf

http://www.naturalnews.com/034399_fluoride_brain_damage_water_supply.html

<http://fluoridealert.org/issues/sources/f-pesticides/>
<http://www.fluoridealert.org/articles/phosphate01>
<http://www.fluoride-class-action.com/what-is-in-it>
<http://www.westonaprice.org/thumbs-up-reviews/the-case-against-fluoride-by-paul-connett-and-james-beck>

<http://www.youtube.com/watch?v=P7BqFtyCRJc&sns=em>
<http://www.youtube.com/watch?gl=US&v=EoMfg76gAUo>
http://www.filmsforaction.org/watch/the_fluoride_deception
<http://www.youtube.com/watch?v=CdsK4O1E-J8>
<http://www.youtube.com/watch?v=XSZQ3ixu7a4>

<http://www.fluoridealert.org>
<http://www.fluoridealertaustralia.org/>
<http://www.qawf.org>
<http://afamildura.wordpress.com>
<http://fluorideinformationaustralia.wordpress.com/>
http://fluorideinformationaustralia.files.wordpress.com/2013/01/brief-overview-of-water-fluoridation_pollution-11-september-2013-diane-drayton-buckland1.pdf

http://home.vicnet.net.au/~fluoride/australian_fluoridation_faq.htm
<http://aswla.wordpress.com/>
<http://www.enviro.ie/downloads.html>
<http://sapphireeyesproductions.blogspot.com.au>

Dr. Richard Sauerheber, PhD, Chemistry: ***“95 Letters to the FDA”*** PDF
July 2011 - November 2015.

<http://www.fluoride-class-action.com/wp-content/uploads/Sauerheber-95-letters-to-FDA-11-10-15.pdf>

DOCUMENTARIES

<http://www.fluoridegate.org/the-film/>
<http://firewaterfilm.com/>
<http://www.youtube.com/watch?v=7TwwNZyRVOA>

Dr. Russell Blaylock, MD: ***“FLUORIDE'S DEADLY SECRETS”***

[Part 1](#)

14 min. 54 sec.

[Part 2](#)

14 min. 55 sec.

[Part 3](#) (reproduction)

14 min. 50 sec.

[Part 4](#) (mind control, aspartame & brain tumours)

13 min. 18 sec.

[Part 5](#) (regulators & swine flu vaccine)

7 min. 53 sec.

For more information, click the link to read ***“STOCKING THE NATURAL KITCHEN”*** or visit the [Nutrition page](#) on this site.

Also, avoid addictive and destructive pollutants such as tobacco, alcohol, MSG and other flavor enhancers, coffee and other caffeine products, refined sugar/flour products, soda, damaged fats/oils, and fluorescent lights. In other words, STOP being a sucker for the junk food industry. Along with creating free radicals and rapidly ageing the body, many of these pollutants dehydrate the body on an intra-cellular level.

In addition, avoid genetically modified (GM) foods, which can cause allergies, food sensitivities, and serious reactions because they contain animal and/or chemical genes. GE foods can also have unknown, serious long-term consequences such as auto immune diseases.

See: Vandana Shiva: **"The Future of Food"** Parts 1-3,

<http://www.youtube.com/watch?v=vi1FTCzDSck>,

<http://www.youtube.com/watch?v=TVIjqwft9I8>,

<http://www.youtube.com/watch?v=PQDqEUd53YQ>

<http://www.navdanya.org/>, on **"The Future of Food"** speech.

HARMONY: A New Way of Looking At Our World, by HRH The Prince of Wales.

<https://www.amazon.com/Harmony-New-Way-Looking-World/dp/0007348037>

Other sites to view:

<http://www.kinseyag.com/>, <http://www.organicconsumers.org/>,

<http://www.takepart.com/foodinc>, and <http://www.anh-usa.org/>

Instead, consume a colourful variety of wholesome (preferably organic) real food, which is minimally processed and grown in fertile soil. Each mineral is represented by different colours. **Real food nourishes and promotes growth.** Man made concoctions and imitation products are not real food, they are pollutants, which destroy the body and are often addictive. To better understand where your food comes from, see the award winning documentaries **"Food Inc"** and **"Food Matters"** <http://www.foodmatters.tv/>.

On a daily basis, select foods rich in enzymes such as sprouts, fruits and vegetables, and foods rich in carotenoids, such as blueberries, raspberries, goji berries, pomegranates, papaya, mangoes, peaches, cherries, kiwi fruit, dates, prunes, sweet potatoes, pumpkin, carrots, egg yoke, turmeric, cranberries, leafy greens and herbs, avocado, sea vegetables, Sun Chlorella, spirulina, and other algae. These nourishing super foods are also a rich source of antioxidants. Carotenoids are the red, yellow, orange, and dark green coloured compounds found in fruits and vegetables. Carotenoids also promote cell communication and participate in female reproduction. The most abundant carotenoids are beta-carotene, alpha-carotene, gamma-carotene, lycopene, lutein, beta-cryptoxanthin, zeaxanthin, and astaxanthin. Resveratrol found in grape skins is another beneficial antioxidant. But make sure they are organic and not preserved with canola oil or other damaged vegetable oils.

BEWARE: Cholesterol-lowering medications lower blood levels of carotenoids. In addition, margarine enriched with plant sterols such as Benecol and Olestra, a fat substitute added to snack foods, may decrease the absorption of carotenoids. Also, various food items such as grapes, dried fruits, beans, and nuts are sprayed with the pesticides Cryolite and sulfur fluoride and often preserved with canola oil. These pesticides significantly increase the level of fluorine in the body, which contributes to frozen shoulder, painful joints, thyroid disruptions, and numerous other ailments. <http://fluoridealert.org/issues/sources/f-pesticides/>

FACTORS TO CONSIDER

Age/Gender/Pregnancy

A child, teenager, pregnant woman, male/female adult, and the elderly all have different nutritional requirements. To be healthy, one's diet must accommodate their body's requirements.

A growing child and teenager requires a diet that promotes healthy growth and development. Especially important for them are the EFAs (omega 3 in particular) in balance with quality protein, mineral rich foods, natural vitamin A and D, and plenty of natural daylight and sunshine. The avoidance of refined sugar and carbohydrates, damaged fats/oils, junk foods, and sodas is also necessary for optimum growth, development, and mental well-being. Read **"What You Should Know About Fats and Oils"** in *"The NZ Journal of Natural Medicine"* issue 2, and **"LIGHT - A Vital Nutrient"** in *"The NZ Journal of Natural Medicine"* issue 1, both by Lady Carla Davis, MPH <http://www.naturalmedicine.net.nz/>. Revised versions of these two articles are also available at <http://www.naturalmedicine.net.nz/>.

www.NourishingBasics.com under **Nutrition**.

A young woman of child bearing age and a pregnant woman require a well-balanced, nourishing diet that includes high quality protein, EFAs in balance, foods that contain iodine, zinc, natural iron and other minerals, fibre, probiotics, and various nutrients such as folic acid/folate, vitamins A, C, E, B12, and D, along with sunshine. Mothers who take a poor-quality synthetic prenatal supplement with synthetic iron can develop a vitamin E deficiency, which can cause a premature birth and jaundice in her baby. This along with environmental endocrine disruptors (various pollutants) can also cause defects in the development of the sex pattern of the brain. For example the brain may be female, but the body male, or vice versa. If not carefully balanced, a vegetarian diet (vegan in particular) can be dangerous for both a mother and her unborn child. A B12, folic acid/folate, and/or an iodine deficiency can cause serious birth defects, such as spina bifida and Down's syndrome. See: <https://www.drbrownstein.com/bookstore.php>. The EFAs in balance are vitally important for the brain and nerve development of the baby. Diets deficient in these nutrients, deprive babies of proper brain and nerve development. To prevent fetal alcohol syndrome and other birth defects a women of child bearing age and a pregnant woman should avoid caffeine, alcohol, tobacco, and all other drugs.

Men should also nourish their bodies and avoid polluting their bodies with caffeine, alcohol, tobacco, and other drugs if they want to produce healthy sperm and children. Men (and women) should avoid exposure to pesticides and herbicides, which can also cause low sperm count, infertility, and birth defects. One example of this was the horrific birth defects that inflicted many children in Viet Nam whose parents were exposed to the heinous arial spraying of agent orange during the war! Another more recent example of terrible birth defects being inflicted on children is among many children in Iraq whose parents were exposed to depleted uranium (DU) during US bombing missions.

Men need to nourish and protect their prostrate gland and women need to do the same with their breasts and ovaries. Environmental chemicals, toxins, and pollutants are responsible for the largest percent of cancer that inflicts one in three people today, in addition to the high rates of infertility and birth defects.

A senior adult requires a diet that prevents or delays age related degenerative diseases such as heart disease, cancer, dementia, and osteoporosis. Hence, they should avoid pollutants such as damaged fats/oils, refined sugar, tobacco, alcohol, caffeine, aluminum, mercury, and fluoridated water/products. Proper intra cellular hydration with structured water is vital for health and well-being. Vitamin C complex, CoQ10, and antioxidants such as quercetin, grape seed extract, milk thistle, resveratrol, and ginkgo etc. help to protect the arteries and heart and heal free radical damage in the cells. Vitamin D, sunshine, natural daylight, moderate exercise, a proper balance between magnesium and calcium, along with various other minerals, help to prevent bone loss, osteoporosis, and hip fractures. The sodium/potassium ratio is also very important in maintaining a healthy heart and good health. In essence, the daily "**Basics of Life**" for the human body, listed above, never change. With so much good information readily available these days, it is bewildering why so many seniors continue to feed their addictions and deprive and pollute their bodies.

Genetics

Evolution is a slow process. When a person drastically changes their diet from what their ancestors ate, their bodies do not function well. For example, some ethnic groups have an intolerance to cow's dairy because of a lack of the enzyme lactase, which digests the lactose or milk sugar. Taking lactase as a supplement can sometimes help alleviate this problem. But generally, these people along with A and O blood types do better when they avoid cows dairy products. These same blood types also do not do well with wheat or other gluten grains.

The Blood Type or GenoType diet, with a few exceptions, provides a good guide for the different blood types. According to Dr. Peter D'Ádamo, author of "**Eat Right 4 Your Type**" and "**Change Your Genetic Destiny**," a chemical reaction occurs between your blood and the foods you eat. This reaction is part of your genetic inheritance and is caused by a factor called *lectins*. Lectins are

abundant and diverse proteins found in foods, which can have agglutinating properties that affect your blood. So, when you eat a food containing protein lectins that are incompatible with your blood type antigen, the lectins target an organ or bodily system and begin to agglutinate blood cells in that area. Blood or Genotype diets restore the body's natural genetic rhythm.

To truly evaluate the effects of a food, diet, drug, or environmental toxins, at least two generations must be assessed. Most genetic defects occur within a person's life time. Diet, hydration, and environment play a major role in creating strong, weak, or defective genes. A person with "strong" genes will respond more quickly with a good diet, proper hydration, and nutritional supplementation. A person with "weak" genes requires more time and nutrients to obtain optimum results. Each generation contributes to the genetics of their offspring. Most birth defects can be prevented by consuming a more nourishing diet, conducive to one's genetics, along with various supplements, and by avoiding pollutants before conception. Proper prenatal care is vital and creates much healthier babies.

Illness/Disease/Medication/Injury/surgery

Certain illnesses or diseases and some medications may interfere with nutrient intake, digestion, absorption, and metabolism. For example, celiacs must avoid all foods containing gluten, such as wheat, spelt, rye, barley, and oats. Because of changes in agriculture, chemical use, and GMOs in our food supply, gluten intolerance and sensitivity to corn and soy are now quite prevalent.

Diabetics must avoid refined sugar and damaged oils/fats. By changing to a more nutritious, high fibre diet that includes quality protein and various B vitamins and minerals, type 2 diabetics can reduce or even eliminate their insulin intake. To achieve this, their requirements include EFAs in balance, complex carbohydrates, various minerals such as chromium, magnesium, sulphur, vitamin B 6, along with B complex vitamins, vitamin C complex, natural vitamin E, and various other nutrients. Proper hydration is also vital for diabetics. The side effects of various drugs such as Statin drugs can actually cause diabetes. For specific advice, consult with your health practitioner and nutritionist. Read "**Health and Nutrition Secrets That can Save Your Life**" by Russell Blaylock, MD. (<http://www.russellblaylockmd.com/>)

People with heart disease can improve and even reverse their condition by changing their diet, correcting imbalances, and providing the deficient nutrients. A good vitamin C complex, natural vitamin E, CoQ 10, taurine, magnesium, and various other nutrients, along with proper hydration and an exercise program are vital for recovery. Read: "**Why Animals Don't Get Heart Attacks..... But People Do**" by Matthias Rath, MD (MR Publishing, Inc., 2009). <http://www.drathresearch.org/>

To learn more about natural hormone therapy and cancer cures by medical doctors using Integrative and CAM (Complimentary and Alternative) medicine, read: "**Breakthrough**" and "**Knockout**" by Suzanne Somers.

A person with a hypo-thyroid condition, overweight, and obesity requires more iodine. They should also avoid products and water containing soy and fluoride, which block the uptake of and production of iodine. Read: "**The Case Against Fluoride**" by Paul Connett, PhD, J, Beck, MD, PhD & H.S. Michlem, DPhil. (<http://fluoridealert.org/>).

Listen to **Dr. Joseph Mercola's Interview with Dr. David Brownstein:**

<http://nowopolis.com/home/what-the-health/910-dr-david-bronstein-on-iodine>

Potassium rich foods, Sea Seasonings, and Celtic seasalt are healthier options to commercial refined salt, which is particularly harmful for those with hypertension and kidney disease. See: <https://www.seaveg.com/shop/>

A carefully, well balanced macrobiotic diet can be beneficial for reversing certain types of degenerative diseases. However, reversal types of diets are best adhered to for a certain period of time, then changed to a more comprehensive type of diet.

Both teens and adults often suffer from adrenal burnout because of all the stimulants they consume and toxic metals they are exposed to. What many practitioners don't understand is that the body can **not** eliminate toxins unless it has energy. Hence, it is necessary to rebuild both the thyroid and adrenal glands to restore energy. before attempting to fast. Rest, natural daylight, pantothenic acid with other B vitamins, and super foods such as bee pollen, royal jelly, and Sun Eleuthero are helpful in rebuilding the adrenal glands. Dark leafy greens, Sun Chlorella, and natural powdered Zeolite are very helpful for eliminating toxic metals, such as Mercury from amalgam fillings, tuna, and other deep sea fish. To order Zeolite, contact: zeoliteworks@clear.net.nz

Injuries and surgical procedures heal more rapidly and have fewer complications when a sufficient amount of quality protein, vitamins B12 and K, folate, C complex and other antioxidants are provided on a regular basis. Taking aspirin prior to surgery can cause a patient to bleed to death.

Medical procedures have a much better outcome and there are far fewer complications when they are applied with good nutrition. Just going on a gluten-free diet can reduce a great deal of back pain and sore joints.

When good nutrition is applied in conjunction with the following procedures and products, the outcome is particularly beneficial.

Acupuncture, developed from Traditional Chinese Medicine (TCM), is a very effective procedure that promotes the healing of numerous ailments and/or injuries. It has a history that dates back to the second century BCE. Acupuncture's use for certain conditions has been recognized by the [National Institutes of Health](#), in the United States; the AACMA (<http://www.acupuncture.org.au/>) in Australia; the [National Health Service](#) of the United Kingdom; the [World Health Organization](#); and the National Center for Complementary and Alternative Medicine.

The Space Healer, one of the most remarkable devices ever invented, greatly helps to alleviate pain and promote the healing process. See: <http://www.spacehealer.co.nz>

Biotape, developed by Darrell Stoddard, is another remarkable and effective product, which provides a drug-free pain treatment that causes no harm. http://www.healpain.net/healpain_homepage.html

Climate/Lifestyles

Climate is another important factor to consider when selecting a diet. A person in a cold climate requires more cooked foods for survival and to warm the body. Foods such as buckwheat/kasha/soba, iodine, and sea vegetables help warm the body. A person in a tropical climate does better with more raw and light foods in their diet, such as fruits, salads, and fish.

Lifestyle and occupation must also be considered when determining your dietary profile. For example, an athlete or person who does a lot of physical work requires a diet higher in calories, quality protein, and complex carbohydrates than a person who leads a sedentary lifestyle.

A person who does a lot of mental work requires sufficient quality protein, EFAs in balance, full spectrum daylight, and brain nutrients, such as ginkgo biloba. A person exposed to environmental pollutants requires more antioxidants and vitamins C and A in one's diet.

Stress depletes a tremendous amount of nutrients. If they are not replaced, the body will rapidly age and break down. Stimulants, such as caffeine, alcohol, and other drugs only add to the ill-effects of stress and make deficiencies worse. Continuously produced stress hormones, such as cortisol, GH, and norepinephrine/adrenaline for fight or flight, break the body down even more. Eventually, a state of burnout results. On the other hand, **Meditation**, along with a nutritious diet, is very beneficial for relieving stress and healing.

Maintaining a proper balance between the sympathetic and parasympathetic nervous systems is critical to one's health. The calcium/phosphorus ratio on a hair mineral analysis is a good indicator of one's autonomic state. This is important as the autonomic state is closely related to adrenal and thyroid gland activity.

OXIDATION TYPES

Oxidation is the process by which certain elements in the body chemically combine with oxygen to release energy. A person can be either a **fast, slow, mixed,** or **normal oxidiser**. Read "**How to Balance Your body Chemistry**" by Lady Carla Davis, MPH, in the **Nutrition** section of <http://www.NourishingBasics.com/>. Eating the wrong foods and/or taking the wrong supplements can be just as damaging as polluting the body. A hair analysis is a good way to determine your oxidation type, mineral levels/ratios, and toxic metal levels. It also provides a specific supplement program to help balance your body chemistry.

Fast oxidizers release energy too quickly. To slow down, they should eat a moderate amount of protein (e.g. organ meats, lamb, fatty fish, and wild game); more fats, oils, and certain (goat or sheep) dairy products; less fruit, grains, and starch. Calcium, magnesium, and zinc are important for them. Too much vitamin C, E, and B complex can make the fast oxidizer worse because they raise sodium and potassium levels, which can bring a person closer to a heart attack. Most children are fast oxidizers. All stimulants, such as coffee and sugar are detrimental to fast oxidizers.

Slow oxidizers release energy too slowly and are often overweight. To speed up, they should eat more protein, moderate amounts of fruits, vegetables, and less grains, fat, and oils. Zinc, manganese, vitamins C, E, and B complex help to increase oxidation. Thyroid and adrenal glandulars can also be beneficial. Sweets and fruit juices are best avoided. Hypoglycemia, arthritis, osteoporosis, and allergies are common among slow oxidizers.

A vegetarian diet can temporarily increase the oxidation rate due to a lower fat content. But eventually, it slows the oxidation rate due to a higher copper content and often a low zinc and B vitamin content. Also soy products inhibit thyroid function, increase copper, and promote oestrogen, which contributes to numerous health problems including hormone imbalances.

Mixed oxidizers have an erratic metabolism. One of their two energy producing glands, thyroid and adrenal, is slow while the other is fast. Stabilising them is done accordingly. For example, calcium slows down the thyroid gland and potassium speeds it up. Too much sodium in relation to magnesium will speed up the adrenal gland. Too much magnesium in relation to sodium will slow down the adrenal gland.

The rare **balanced oxidizer** has the most efficient metabolism.

As you can see, one type of diet doesn't suite everyone. Avoid extreme or radical diets that make unrealistic promises. Eat consciously, consult with a good nutritionist, and learn as much as you can about your amazing human body. There are no quick fixes, so be patient and keep in mind that there are many factors to consider before you determine your dietary profile.

NOTE: Because of biochemical individuality and limited space, the nutritional guidelines and advice in this article are general and for educational purposes only. They are not intended to diagnose, treat or replace the advice provided by your health practitioner.