

Nourishment

You will notice that I have entitled this handout “nourishment” rather than “diet”. That is because the food that you choose to put in your body nourishes and supports you on a cellular, emotional, and energetic level. For many people the word “diet” means deprivation. Although you can choose to look at the recommendations listed here through that lens, you will be better served, and frankly, you will turn on many more healing pathways, if you embrace and welcome a change in nourishment as a profound and powerful way to support your body in its healing process.

Gluten:

I am sure that many of you are already gluten free, having discovered that your symptoms are better when you avoid it. As someone with compromised detox pathways, gluten can have a profound effect on your symptoms. For you, it is a potent neurotoxin and contributes to the neuro-inflammation that is at the heart of your illness. If you are not currently 100% gluten free, please make this change. You will begin to feel the positive effects almost immediately, and it will support your overall healing as you progress on your journey.

Sugar:

Again, because of your compromised detox pathways, the toxic and inflammatory effects of sugar and other processed sweeteners are much more profound for you than for others. You will heal more quickly and feel better sooner if you avoid all processed sweeteners. This includes: sugar, raw sugar, turbinado sugar, sucanat, whole cane sugar, processed honey, raw honey, molasses, date sugar, rice syrup, barley malt syrup, high fructose corn syrup, evaporated cane juice, all artificial sweeteners (Splenda, NutraSweet, Truvia, aspartame), products sweetened with apple juice, grape juice, dates or raisins, xylitol, birch syrup/sugar.

The following are unlimited: Stevia, Yacon syrup (available on Amazon. Pricey, but no funky flavor. Also, it's a pre-biotic and good for your gut.) Swerve (Erythritol plus inulin. It measures just like sugar and can be used in all baking.) Lilly's chocolates are sweetened with stevia, inulin, and erythritol, and can be enjoyed.

No more than twice a week: Coconut sugar, coconut syrup, pure maple syrup, and monk fruit.

Avoid the following fruits that contain too many sugars (especially fructose) that feed the wrong organisms in your microbiome, and are therefore pro-inflammatory: Apples, pears, bananas, grapes, melons, tropical fruits, dried fruits, any fruit juices.

Unlimited: Berries, Citrus, stone fruits (peaches, cherries, plums, apricots)

Grains and grain substitutes:

Grains are extremely inflammatory. Many of them are quickly converted to sugar in your body, causing the same effects outlined above. They can cause an overgrowth of pathological organisms in your gut, and they contain high levels of lectins (plant toxins) that cause leaky gut syndrome. All of my patients feel better without them. Paleo recipes are a good place to start when avoiding grains.

Do not consume these: wheat, corn, spelt, kamut, amaranth, quinoa, potato starch, millet.

These are OK occasionally: Wild rice (100% wild rice, not a mixture) three times a week. Buckwheat twice a week. White long grain rice (not brown) and oats twice a month.

Dairy:

The proteins in cow dairy are very inflammatory, especially when pasteurized. A2 milk from the southern regions of Europe is less so, but still problematic. The proteins in goat milk and sheep milk are even less inflammatory. The following recommendations work well for most of my patients. You may need to experiment with eliminating and then re-introducing items to see what affects your symptoms.

- Unlimited cheese and yogurt made from goat and sheep milk.
- No cow milk, cheese, or yogurt
- Up to 1 c a week of heavy cream or sour cream
- ½ stick (1/4 c) butter per week
- Unlimited ghee

Nightshades:

Nightshades are a group of vegetables that contain cholinesterase inhibiting compounds that cause pain and inflammation. Again, because of the inherent problems with your detox pathways, these compounds affect you more than others. Nightshades include potatoes (not sweet potatoes or yams), tomatoes, eggplant, and all types of peppers (sweet peppers and spicy hot peppers). All of these should be avoided.

Microwaved Protein:

When proteins are microwaved, they become denatured and therefore toxic. Again, because your detox pathways are not functioning optimally, this affects you more than others. Please avoid using the microwave! If you would like more information about the original safety studies done on microwaves in the 1960's, do a search on EWG.org.

Specific Nourishment Plans:

There are three nourishment plans that tend to work well for my patients with chronic inflammatory illnesses. Some seem to be more effective at lessening symptoms than others. In order of recommendation:

1. Plant Paradox – as explained by Dr Gundry in his book of the same name. This is by far the best program for lessening symptoms in my patients. I highly recommend it.
2. Paleo.
3. Ketogenic. Particularly helpful if you have a lot of neurological symptoms, but can cause some gut imbalances. Don't do it for more than 4 months at a time.

Protein:

Be cautious about consuming too much meat or protein. There is a pathway in the body that converts protein into sugar, and if this gets activated, the excess protein will be converted to sugar and fuel further inflammation. Limit daily consumption of protein to no more than 50 grams if you are doing keto and no more than 80 grams for Paleo or Plant Paradox.

For this reason, do not ever use protein supplements.