

## THE FAST OXIDIZER EATING PLAN

Organically grown, high-quality food is the basis for all our diet suggestions. Fast oxidizers require more high-quality and preferably raw fats and oils than other people. Fast oxidizers also need plenty of fresh or freshly frozen vegetables, mainly the root vegetables, but others are excellent as well. They also need some high quality and preferably animal protein daily and not much carbohydrates. Sugars and refined starches are particularly harmful for fast oxidizers. This diet will seem very strict to some people. I have found the closer one follows the diet, the better one feels. Change over slowly if you need to, substituting healthier foods for less healthy ones.

**Eat mostly cooked vegetables twice a day.** Eat a variety of vegetables, mainly steamed, stir-fried, baked or boiled if you consume the liquid they are cooked in. Fill half your plate with vegetables. Some frozen vegetables such as peas and green beans are acceptable, although fresh is usually best. Root vegetables such as turnips, beets, carrots, onions, garlic, rutabaga, daikon and celery root are excellent. Cabbage, broccoli, Brussels sprouts, bok choy, cauliflower and dark greens like spinach, chard, beet greens and kale are superb. *Avoid* canned vegetables, canned soups and preferably do not eat potatoes, tomatoes, eggplant or peppers of any kind as these are irritating to the body. Acorn and winter squash are okay in moderation. Okra, cucumber, and the summer varieties of squash such as zucchini and sunburst are less recommended. Lettuces are often unclean and hard to suggest so are also not recommended.

Most people do not eat enough vegetables. If you do not like vegetables, add flavor by cooking in a little coconut oil, garlic, pesto sauce, olive oil, or putting butter or even diluted nut butter on top as a dressing. Add grated goat cheese or herbs for more flavor. Vegetable stews and soups are also good ways to add vegetables to your diet.

**Eat 2 tablespoons or more of high-quality fats or oils with every meal.** Sources include the oils of olive, flaxseed, hemp and even a little refined vegetable oil is fine. These are oils such as corn, safflower, sunflower or soy. Canola oil is less recommended as it is quite hybridized, but a little is okay. A small amount of the tropical oils are fine, such as coconut and palm oils. Avocado is harder to digest and not as recommended. Full-fat and preferably raw dairy products, if organically grown or from goat or sheep, are also excellent, unless one has a sensitivity to these products. Cow's milk dairy may not be quite as good. Organic dairy products are best, when available.

The less cooked your fats and oils, the better. Some states allow raw certified organic milk products and these are superb. Raw or toasted almond or other nut butters are also excellent. Dark meat turkey or chicken, with skin, preferably from naturally-raised and hormone-free animals, are also excellent fat sources. Other excellent sources of fat are eggs, and for those who are healthy, a little organically grown or natural lamb or beef. Grass-fed beef is even better, along with eggs from free-range chickens, because both are much higher in omega-3 oils.

*Avoid* poor quality oils such as those found in fast-food French fries, restaurant deep-fried foods, margarine, shortening, bacon, lard and butter substitutes.

Fats provide sustained energy for the fast oxidizer. They also supply acetates and fat-soluble vitamins needed for this metabolic type. If one eats quality fats and oils, neither weight nor cholesterol should rise on this diet. Often they will decrease. If you are very concerned with high cholesterol, begin with less meat and eggs. Have more nuts, seeds, nut butters, olive and coconut oil.

**Eat protein twice daily.** Have 4-6 ounces of a quality protein food (less for children depending on their size) such as lamb, naturally-raised dark meat of chicken and turkey, free-range eggs, and some preferably organic and raw dairy such as goat or cow's cheese or yogurt. Beef, if eaten, should be organic or natural and hormone-free, and grass-fed is best. Lamb is much preferable to beef, however,

as it is less hybridized and usually raised more naturally. Even if one can get fresh beef from an organic farm, beef is not as healthful today for most people. Also, wild game can be excellent if fresh or frozen. Beware of all canned and processed meats, however. Meats should be hormone and antibiotic free, if at all possible. Walnuts, toasted almonds and sunflower seeds are also okay on occasion.

Twice weekly you may have white fish, cod, salmon, sardines, flounder and other small fish. Sardines are actually best, even though they are canned. They are a rich source of omega-3 fatty acids and the best have the skin and the bones intact.

Protein powders and drinks are much less recommended. If you must have some, use protein powder made from egg or whey. However, complete foods are far preferable to powders and liquids. Twice weekly you may have pintos, black beans, lentils, split peas and other dried beans. These foods are quite starchy for fast oxidizers.

Other possible protein foods that are alright but less recommended include turkey or chicken sausage, natural hot dogs without chemical additives, and natural beef or turkey jerky.

*Avoid* pork, ham and bacon as these often contain parasite eggs. Also *avoid* processed meats such as hot dogs, bologna and salami, if possible, due to chemical additives. Almond and other nut butters are better than peanuts and peanut butter, which is often moldy. *Avoid* tuna, swordfish and shellfish, which are often high in toxic metals. Also *avoid* protein bars high in sugar and all soy protein except occasional tofu and tempeh. *Avoid* vegetarian diets. They are low in many nutrients.

**Avoid most simple carbohydrates.** These include most fruit, all fruit juices and all sugary foods. You may have a few berries or an apple, but fruit is not an important food group for this metabolic type. Also avoid the more sugary vegetables such as sweet potatoes and yams.

***Avoid*** all foods in which one of the first four ingredients is sugar, honey, dextrose, glucose, fructose, corn syrup, rice bran syrup, chocolate or malt sweetener. *Avoid* candy, cookies, cakes, pastries, ice cream and soda pop. These cause wide fluctuations in blood sugar and insulin levels.

Do not substitute Nutrasweet, aspartame, Equal or saccharin. If you must use a sweetener, use Xylitol, mannitol or stevia. Weaning yourself off sweets may take some time but is well worth the effort.

**Limit Your Grains.** Fast oxidizers generally all overeat on the grains and sugars. The more you can limit these, the better. Grains are converted to sugars in the intestines. They can upset the blood sugar and do not provide the long-lasting energy fast oxidizers need and crave.

Begin by eliminating all white or wheat flour and white sugar products. These include most breads, pastries, pasta, cookies, cakes, ice cream, soda pop, flour tortillas, and hundreds of prepared foods made with either flour or sugar. The next step is to eliminate all wheat in any form. This includes whole and sprouted wheat. Unfortunately, wheat is a very hybridized food today that is not very healthful.

Some fast oxidizers do not handle any gluten-containing grains very well. These include wheat, rye, barley and sometimes oats. Grains that are better include quinoa, rice, corn, millet, amaranth and buckwheat.

To eliminate grains and sugars from your diet, you will need to substitute more oils and fats, cooked vegetables, nuts, seeds, soba or rice noodles and goat milk or organic dairy products, unless you are allergic to them.

**Condiments and Snacks.** Use kelp, quality sea salt and mild herbs and spices. *Avoid* refined table salt that can raise blood pressure, and *avoid* table pepper, which is often rancid and can cause joint problems in some people.

If your blood sugar is unstable, have a snack or preferably a small meal in between your main meals that contains some fat and protein. Examples are nut or seed butters on a rice cracker, a piece of full-fat goat cheese, an egg, beef or turkey jerky or a piece of dark meat chicken. If blood sugar is very unstable, you may need five or six small meals per day for a while.

**Eating Out.** Frequent eating out is never recommended. If you eat out, ask for exactly what you want if it is not on the menu. Steak restaurants at least offer meat that is fatty. However, try to find a restaurant that also offers plenty of cooked vegetables. Oriental restaurants are okay, but do not offer much fatty food, as a rule. Mexican food may contain too much carbohydrate. *Avoid* fast-food restaurants. If portions are large, share a dinner or just order an appetizer. If bread is served, ask that it be taken away.

**Cooking and Food Preparation.** For cooking use glass, enamel, steel, or coated aluminum (*avoid* Teflon coating). *Avoid* exposed aluminum cookware and microwave ovens. Crock pots and food steamers are fabulous for those who want to have easily prepared, healthful meals.

If you cannot shop more than once a week, place fresh meats in plastic bags in the freezer divided into meal-size portions. Defrosting meat is often unnecessary, provided it is not too thick. It will cook rapidly if sliced thin or is naturally not more than about 1 inch thick.

Making the simple effort to nurture yourself by preparing healthy meals is often important for healing and maintaining health.

**Beverages.** Adults need to drink 3 quarts of water or mild teas only, each day. Most people do not drink enough water. Begin your day with up to 1 quart of water in the morning, as this will help greatly.

We prefer spring water for a long-term drinking water and distilled water for a few months when beginning a nutritional balancing program. Distilled water seems to help remove many toxins from the body quickly, but should not be a long-term drinking water as it can remove vital minerals as well. Buying water in plastic jugs is unfortunate but appears to be the best option. Often it can be delivered to the home in recycled plastic containers.

Other types of water are less recommended. The next best is filtered tap water. We do not recommend reverse osmosis water, as it does not seem to hydrate the body nearly as well as the others. Wells and plain tap water are often contaminated with various chemicals. Use caution with all other types of water such as alkaline water, which may be dangerous, and other types.

**Eating Habits.** Eat regular, relaxed, sit-down meals. Eat slowly and consciously, and chew thoroughly. Chewing each mouthful at least 15-20 times will slow eating and improve digestion. Keep the conversation pleasant. Do not criticize children or discuss very negative issues at meal times. Make your meals a pleasant activity. Stop before you feel stuffed. Sit for at least ten minutes after you finish eating.

*Avoid* eating in the car, while standing up, on the phone or while rushing around. These habits impair digestion and reduce the value of the food. Also *avoid* drinking a lot of liquid with meals, as this tends to dilute the digestive juices. Drink up to 15 minutes before meals and one hour or more after meals.

**Meal Suggestions.** Fats or oils, vegetables and a small amount of protein are the basis for meals. Rotate your foods so you do not have the same food every day to avoid developing allergies. Instead of starches at every meal, use root vegetables along with green leafy vegetables. Use berries or a piece of juicy fruit as an occasional dessert.