

# THE SLOW OXIDIZER EATING PLAN

High-quality proteins and preferably organically grown cooked vegetables of many kinds are excellent for slow oxidizers. These foods help maintain blood sugar and support adrenal and thyroid activity. This diet will seem strict to some people. Change over slowly if you need to, substituting the preferred foods for less desirable ones.

**Eat Mostly Cooked Vegetables Twice Daily.** Cooked vegetables require less digestive energy and provide more concentrated minerals. Fill more than half your plate with vegetables. Bake, steam, stir-fry or use a crock pot to cook vegetables. Root vegetables such as turnips, beets, carrots, rutabaga, daikon and celery root are very good. Cabbage, broccoli, Brussels sprouts, bok choy, cauliflower and dark greens like spinach, chard, beet greens and kale are superb. Vegetables need to be fresh, and thrown away if wilted or old. Frozen peas and others are acceptable. *Avoid* canned vegetables, most canned soups and potatoes, which are very starchy. *Avoid* the nightshade family of vegetables. This includes potatoes (but not sweet potatoes or yams), all peppers, tomatoes and eggplant. These are really fruits and are too yin. Most bodies today are too yin. Nightshades also contain solanine, a toxic substance.

Most people do not eat enough vegetables. Add flavor if needed by cooking in coconut oil, putting butter or even diluted nut butter on top as a dressing, or adding grated goat cheese or herbs. Vegetable stews and thick soups are also acceptable ways to add vegetables to your diet.

**Eat Several Ounces of Protein Twice or Three Times Daily.** The best are lamb, chicken, turkey, eggs and some organic (and preferably raw) cows cheese, or goat or sheep cheese and plain yogurts, and some tofu or tempeh. Full-fat dairy is preferable to low-fat or no-fat dairy.

You may also eat some natural turkey or chicken sausage, natural beef and beef hot dogs without chemical additives and natural beef or turkey jerky. Eggs from free-ranging chickens are generally much better and low in cholesterol. Toasted almond butter is excellent for many people. Other nuts and nut butters are okay as well in many instances.

Once a week have pintos, black beans, lentils, split peas or other dried beans. One time weekly you may have some small fish such as cod, salmon, and flounder. Sardines are very healthy and should be eaten two or three times a week.

***Avoid the following:*** Pork, ham and pork sausage and bacon. Processed meats such as most hot dogs, bologna and salami are less critical but best avoided as well. Meats should be hormone and antibiotic free. *Also avoid* tuna, swordfish and all shellfish, which often have too many toxic metals. *Also avoid* protein bars high in sugar and all soy protein except tofu and tempeh. *Avoid* vegetarian diets.

**Fats And Oils.** Have one to two tablespoons daily of butter, real cream, olive oil, coconut or palm oil, full-fat goat or organic cow milk, cheese, yogurt, or toasted almond butter. Other nut butters or nuts may be used at times. ***Avoid*** French fries, most deep-fried foods, margarine, shortening, bacon and most butter substitutes. Also avoid most processed oils from canola, peanut, sunflower, safflower, corn or sesame. More fats and oils are important if your hair analysis indicates a pattern of sympathetic dominance -- in this case, add 1 tablespoon of a high-quality fatty food per meal.

**Reduce And Avoid Most Simple Carbohydrates.** Most fruits and all sugars are too yin in Chinese medical terminology. Reduce all fruits to a maximum of one piece of juicy fruit daily or better, a few berries. ***Avoid*** dried fruits, most fruit juices and sweet fruits. ***Also avoid*** all foods in which one of the first two ingredients is **sugar, honey, dextrose, glucose, fructose, corn syrup, rice bran syrup, chocolate or malt sweetener.** Also do your best to ***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.* Splenda is best avoided. A little maple syrup, xylitol, mannitol or stevia are acceptable once in a while. To wean off sweets may take some time but is well worth the effort.

**Reduce Most Grains And Avoid Wheat and Spelt.** Excellent grains include organic blue corn chips with sea salt, corn tortillas (especially blue or yellow corn), most real brown rice, quinoa, amaranth and oats unless you have difficulty handling them. This difficulty should lessen as your health improves. You may eat a little pasta made of, corn, rice or quinoa.

Wheat products irritate the intestines. This contributes to leaky gut syndrome, gas, bloating, and many other problems. ***Avoid all wheat as found in breads, cold cereals, most rye bread, pasta, pastries, baked goods, soups and other products. Read labels as wheat is found in so many foods.*** If you wish to lose weight, limit all grain foods in your diet except perhaps brown rice and quinoa are acceptable.

**Beverages.** Drink at least 56 ounces of distilled or high-quality spring water, whichever is indicated on your program. Try to drink small amounts more frequently. Black tea, green tea and most herbal teas are acceptable. Also, one glass, up to 12 ounces daily of carrot juice, is excellent for most people. Preferably obtain it fresh. Also, one or two ounces of wheat grass juice is acceptable if desired or suggested on your program. Avoid “drinking water”, tap water and reverse osmosis water. *Also avoid soda pop, sugar-free sodas, alcohol, most juices, punch and other soft drinks.*

**Snacks And Condiments.** Although snacking is not ideal, do not allow yourself to become too hungry. Eat every few hours. Excellent snacks include blue corn chips made with sea salt or plain, toasted almond butter on a rice cracker. Others include nuts, seeds, a piece of goat cheese, an egg, beef or turkey jerky or a piece of chicken or cooked vegetables. You may use mild herbs and spices, especially East Indian spices such as cumin. Use only sea salt. Table salt is highly refined and often contains aluminum so is best avoided. Table pepper is often rancid.

**Eating Out.** Frequent eating out is not recommended. Ask for exactly what you want if it is not on the menu. Ethnic food such as Chinese or Thai is often made fresh and offers meats and vegetables. Ask for more vegetables. Mexican food often contains too much carbohydrate. You might have chicken enchiladas with corn, not flour tortillas. *Avoid* fast-food restaurants. If portions are large, consider sharing or just ordering an appetizer. If bread is served, ask that it be taken away.

**Cooking And Food Preparation.** Cook in glass, enamel, steel, or coated aluminum. Crock pots and pressure cookers are excellent. Meats can be placed in plastic bags in the freezer divided into meal-size portions. Defrosting meat is unnecessary. It will cook rapidly if not too thick. *Avoid* exposed aluminum cookware and microwave ovens. Making the simple effort to nurture yourself by preparing healthy meals is often very important for healing and maintaining health.

**Eating Habits.** Eat regular, relaxed, sit-down meals. Eat slowly and consciously, and chew thoroughly. Chewing each mouthful 10 times will slow eating and improve digestion. Keep the conversation pleasant. Sit at least 5 minutes after you finish eating. Stop before you feel stuffed. Do not criticize children or discuss negative issues at meals. Make your meals a pleasant activity. *Avoid* eating in the car, standing up, on the phone or while rushing around. These habits impair digestion and reduce the value of the food. If 10 minutes is all you have allowed, better to skip the meal.

**Breakfast Ideas.** Alternate 2 eggs with a non-wheat cereal such as organic corn meal, quinoa or rice. Cold cereals may include puffed rice or corn, or other non-wheat-containing cereal. Nuts or seeds, or some natural turkey or chicken sausage can add protein to a cereal breakfast.

**Lunches And Suppers.** You may have just vegetables for a lunch or supper. You may also have vegetables with a protein such as chicken or turkey. *Rotate foods* every day to avoid developing allergies. If accustomed to starches at every meal, you may use root vegetables instead. Also include green leafy vegetables. Use berries or a piece of juicy fruit only as an occasional dessert.