ALTERNATIVE DIETS

REQUIRED READING:

- Food and Healing: by Annemarie Colbin
- The Weight Battlefield: by Lisa Tsakos
- Orthorexia Nervosa: The Health Food Eating Disorder by Steven Bratmen, MD
COURSE OBJECTIVES

- To discuss the theoretical principles of health-supportive eating, combining various concepts with Western logic, and learning how to apply them practically in our daily lives.
- To recognize the nature of obesity and the factors leading to it, and to examine the lifestyle changes necessary to effect weight loss.
- To explore the dimensions of various diets developed as an option to the Standard American Diet.

- There is no diet that is right for everyone all of the time."  Annemarie Colbin
- To finish the course with a clear understanding of the many alternatives in diet design, enabling you to better outline a diet that is both acceptable and healing for your client's needs.
- To find balance in what we eat, and to bring balance to what we eat.
EVALUATION AND GRADING

01
Partnered Project/Presentation
Session 4 (50%)

02
Final Test –
Beginning of last class – 50%

REMEMBER – BIOCHEMICAL INDIVIDUALITY

Every food philosophy has its dogma and its devils, its sin and its salvation

One days heresy is another days truth

Our greatest pitfall lies in thinking that we have arrived at the truth and that there is nowhere else to go
BE CAREFUL

Believing something to be absolutely true is the mark of a fanatic, who remains inflexible and unable to adapt to error, change, and new possibilities.

“One man’s meat is another man’s poison, and one man’s poison is another man’s meat; what is rejected by one person may be valued very highly by another.”
Aesop’s Fables, 1884

THE POWER OF LIVING FOODS

We derive nourishment from the energetic properties of food, not just macro and micro-nutrients.

Processed, packaged, preserved, frozen and canned foods lack this essential energy.

This theory supports the value of eating local and seasonal produce as they link us to our environment.

Whole foods provide nutrients in their natural proportions to each other bound together by their natural energetic quantities – they give us nourishment and energy, i.e. whole egg vs. egg whites.
THE POWER OF LIVING FOODS

- Even “wholesome” foods may be misunderstood – wheat germ – is still a partial food. What about the bran, the pulp and the water that was removed?
- Partial foods or fragmented foods will make us feel unsatisfied and looking for more
- Juggling partial foods stresses the body.
- Added nutrients (fortifying or enriching) does not contribute to the vital energy field of food
- We try to solve our partial food imbalance by taking in the other part of the food – for example, white flour causes constipation then bran is eaten to resolve constipation.

NUTRIENTS IN PROPORTION

- Living systems and energy fields maintain themselves through a continuous give and take, build up and breakdown, expansion and contraction
- Food does just the same – it expands or contracts us, heats or cools us, acidifies or alkalinizes us
- Today we adopt a radical philosophy of extremes.
  - For ex., a holiday with unlimited access to foods followed by a fast or ‘cleanse”
  - Swinging from extreme to extreme can indeed keep us balanced, but it will be a violent balance.
- It is more sensible, and much healthier, to maintain balance by moving between less extreme positions
NUTRIENTS IN PROPORTION

- Deficiency or excess can turn into sickness.
- Deficiency may not always be caused by what someone isn’t eating but what they ARE eating.
- Eating too much of one thing may be throwing off other nutrients. For example, if you eat a high protein/low carb diet you may crave sugar to fill the void of the missing carbohydrates.
- Having the right quality of food helps you choose the right quantity.
- The body is always wanting to find something to fill the void (i.e. eating chips and wanting more and more).

EXPANSIVE AND CONTRACTIVE

TEXTBOOK PAGE 68-72
EXPANSIVE AND CONTRACTIVE

- We need to eat both expansive and contractive foods to maintain balance, needs differ according to seasons.
- Excess in one can be corrected by the other.
- If you are more of an expansive type person, then you would follow a more contractive diet, and vice versa if you were a contractive type person. (see pg. 73)
- Contractive foods are **heating** to the body
- Expansive foods are **cooling** to the body
- Water foods = expansive, examples?
- Concentrated nutrients = contractive, examples?
- Cooking and preparation technique affects status and can bring extremes closer together.

### pH Scale of Common Foods

<table>
<thead>
<tr>
<th>Acid</th>
<th>Moderate Acid</th>
<th>Mild Acid</th>
<th>Mild Alkaline</th>
<th>Moderate Alkaline</th>
<th>High Alkaline</th>
</tr>
</thead>
<tbody>
<tr>
<td>High Acid</td>
<td>0.0 to 2.3</td>
<td>2.3 to 4.6</td>
<td>4.6 to 6.9</td>
<td>7.0 to 9.3</td>
<td>9.3 to 11.6</td>
</tr>
<tr>
<td>Moderate Acid</td>
<td></td>
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<td>Mild Acid</td>
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</tbody>
</table>

**ACID** - **ALKALINE**

- Drugs including NSAIDS, ANTIBIOTICS, ANTICHOLINERGICS, AND PSYCHOTROPIC MEDICATIONS...
- Drugs including HEARTBURN MEDIICATIONS AND DIGESTIVES...

Nobody knows what the food is doing to the body except the body. It’s not just food... It’s the food in relation to the body's changing needs.
ACID AND ALKALINE

- Foods are considered acidic or alkalizing according to the effect they have on the body, not according to their own intrinsic acidity or alkalinity.
- Most fruits and vegetables are alkaline because they are high in buffering minerals.
- Concentrated sweeteners, starches, grains, flours, fats, and many animal proteins are considered acidifying because they leave the metabolites; sulphuric, phosphoric and HCl behind.
- Foods (cream, yogurt, milk, cheese and tofu) are considered buffers because they render the acidic less acidic by their mineral content.
- The alkaline less alkaline by their protein content.
- High acid in the body = osteoporosis.
- Cow's milk = acid forming
- Table Salt = acid forming
- Symptoms of acidity = sour taste in mouth

ACID ALKALINE

From a nutritional standpoint, foods are classified as either acid forming or alkaline forming. That means regardless of a particular foods own intrinsic acidity or alkalinity outside the body we are classifying based on the condition it creates in the body after being metabolized. For example, grapes and citrus are acidic outside the body but they leave an alkalizing residue upon being metabolized.

People who are very physically active (level of acids in the bloodstream are elevated by the movement of muscles and the oxidation of protein and starches) may need a more alkaline diet.

Less active people can handle more acid forming food at times.

The correct proportions for the diet are approximately one part acid forming to four parts alkaline forming foods.
WARMING VERSUS COOLING

- The warming or cooling effects of food occur regardless of its temperature or composition.
- Hot spices are actually cooling (increase blood vessels to permit heat to escape).
- Contractive foods ‘hold heat’ thus are warming.
- Expansive foods ‘disperse heat’ thus are cooling.
- It is not the temperature of the food itself, but rather its effect on the body.
- If you have a cold or flu, eat expansive/alkalizing foods to ‘sweat it out’.
- List of warming and cooling foods on page 81 of textbook.

BUILDUP VERSUS BREAKDOWN

- The body tissues are continuously being broken down and built up. Catabolism = ensures that dead cells, waste and metabolic by-products are eliminated from the body. Anabolic = new tissues are being built and body repairs any damage.
- Buildup = stores energy during rest and relaxation. (anabolic foods)
- Buildup foods: meat, nuts, milk, eggs, cheese
- Breakdown = releases energy during activity and movement. (catabolic foods)
- Breakdown foods - fruit, vegetables, sea vegetables
- A dietary approach that emphasizes buildup foods is certain to cause problems of accumulation. On the other hand, if breakdown foods are in excess, the may be problems with deficiency.
MODERN DIETS

- A diet is whatever you eat.
- To change in any way, we must change our diets.

Diets are influenced by:
- Geography, Availability, Season, Weather, Culture, Family and upbringing, Emotions, Technology, Economics

FAD DIETS
* More about quantity then quality
* About making money

PICK YOUR POISON

GRAPES + VOLUMETRICS
LEMONADE 3 DAY
BANANA 3 DAY TUNA
ALKALINE 3 DAY
BABY FOOD 3 DAY
THE COOKIE 3 DAY
SLEEPING BEAUTY 3 DAY
LOW CARB 3 DAY
LOW FAT 3 DAY
FRUIT 3 DAY
THE WEREWOLF 3 DAY
ZONE 3 DAY
FAT FREE 3 DAY
RAW FOOD 3 DAY
SOUTH BEACH 3 DAY
BLOOD TYPE 3 DAY
THE TAPEDON 3 DAY

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Alternative-Comparative Diets
Session 1 notes

COMMERCIAL DIETS

STANDARD AMERICAN DIET

- High in phosphorous and sodium = acidic = disease.
- Based on esthetics and technology
- White flour, white sugar, wrong fats, too much protein, fried, cooked, and preserved, no vegetables, no variety, and high in alcohol, caffeine, pop and lacking water.
- Sugar and grains are refined and stripped of fibre and nutrients.
- Packaged, processed and preserved
- We have witnessed a general decline in health with the introduction of these foods.
- There is resistance in admitting its downfalls.
- We are “overfed and undernourished”.
- Eating this way is a result of clever marketing.
- Convenience
- Perceived lack of time and money saving
- Hectic lifestyle
- Acquired tastes
- Addictive
STANDARD AMERICAN DIET

EXCESSES
- Fat, sugar, processed foods = dead foods
- Animal protein, salt, smoke, alcohol, caffeine, food additives.
- MSG, aspartame, BHT
- Sulfites, nitrates, colors

DEFICIENCIES
- Result from poor soil management and long farm-to-table duration
- EFA’s
- fibre
- trace minerals
- vitamins destroyed in processing
- over time, enzymes (heat destroys them),
- water
- whole foods

STANDARD AMERICAN DIET LEADS TO:
- Obesity – high calorie; useless calories, low nutrients
- Diabetes – high sugar
- Atherosclerosis – low fiber, high fats (all types of fat) o Cancer – excess red meat
- Liver disease – excess alcohol
- Colon disease – low fibre, limited digestive function
- Kidney problems – excess protein
RECOMMENDED AMERICAN DIET

- The Government attempts to promote a “healthy” way of eating
- Artificial sweeteners in lieu of sugar
- Quantity stipulated like 5-10 fruits and vegetables
- low fat
- 50% whole grain
- water
- dairy
- meat

THE ANSWER

- Get back to the garden and our evolutionary path:
- Avoid poor quality fats
- Use fewer milk products
- Avoid fried foods
- Use fewer refined flour products
- Avoid white refined sugar
- Minimize salty foods and snacks
- Reduce calories
- Reduce alcohol and caffeine

Live. Life. Healthy
YOUR COURSE PROJECT (50%): CRITIQUE A DIET*

- Choose a Partner and a Topic (topic must be approved by the instructor)
- Summarize the content of the chosen diet. Include examples of meals and snacks.
- Who is this diet recommended for? What health conditions may be helped by it?
- Is eating out allowed/possible?
- Is the plan family-friendly?
- Do you have to buy a book/program/subscription?
- Is the diet easy to maintain?
- Does the diet involve live, natural, whole foods?

REPORT AND PRESENTATION CONT’D

- Will clients spend less, or more than when they ate SAD on this diet?
- What do you like about it?
- What do you not like about it?
- IS THE PLAN SUSTAINABLE AND HEALTHY LONG TERM?
- Are any special products or supplies required?

Present your report to the class on Session #4. (10 mins MAX.)

Session #5 (last class): Bring a food dish to share that fits the philosophy of your chosen diet.