

NUTRITION AND DIET

There are 37 known nutritional essentials required for human function. (See highlight box.) There may be others, unknown at present or incompletely recognized.

With today's usual high calorie, low nutritional density diets, the chances of your body cells' receiving all of these essential elements are slim to not at all! You may feed your body 2500 calories per day, but still be forcing your cells to limp along in a semi-starvation state. You are abusing your wonderful physical machinery. You probably take better care of your automobile . . . and certainly most dog and cat foods give your pets more optimal nutrition!

NUTRITIONAL ESSENTIALS REQUIRED FOR HUMAN FUNCTION

ascorbic acid	molybdenum
biotin	niacinamide
calcium hydrogen phosphate	pantothenate
choline	phenylalanine
chromium	potassium chloride
cobalamine	pyridoxine
cobalt	riboflavin
copper	selenium
fluoride	sodium chloride
folic acid	thiamine
iodide	threonine
iron	tryptophan
isoleucine	valine
leucine	vitamin A
linoleic acid	vitamin D
lysine	vitamin E
magnesium oxide	vitamin K
manganese	zinc
methionine	

"But I stick pretty close to the Recommended Dietary Allowances as published by the government!" is often protested. And that's better than paying no attention to what goes into your mouth, **BUT** who does that

RDA apply to? It is interesting to note the government's regulatory disclaimer. I will paraphrase the bureaucratic verbage:

These Recommended Dietary Allowances are known quantities to meet the needs of *normal, healthy people* (their own words...emphasis supplied). Exceptions are: people of large or small body size, people living in warm or cold climates, people living at very high altitudes, people under high occupational work stress or exercise requirements, people with gastro-intestinal parasites, wounds, burns or post-hospitalization requirements, people with genetic biochemical abnormalities, people with particular kinds of metabolic abnormalities.

OTHER THAN THAT....the RDAs should work out just fine.

You can see why I believe so strongly that we each must take charge of our own selves, and not look to outside "authorities" to be responsible for our health.

Food - Friend or Foe?

From the standpoint of Western medicine, the role of food or nutrition in the treatment of disease is narrow. It is accepted that there are certain nutritional deficiency diseases, such as rickets, beriberi, scurvy and pellagra, but little acceptance of the theory that good nutrition might help to prevent diseases caused by infectious microbes.

Foods do not cause disease per se. Foods do not destroy cells. NOT eating foods that contain elements the body requires to build or regenerate cells can bring on one of the deficiency diseases mentioned above, e.g., lack of vitamin D can cause rickets, lack of vitamin C is the recognized cause of scurvy, etc. So it is "lack of..." that brings on problems.

Nutritional foods are cell builders. Others are "empty", lacking any biochemical elements valuable in the work of rebuilding or regenerating cells. White flour, white sugar and white rice are examples of empty foods. (Please note..."empty" does not mean the food is calorie-free!)

So we may not be lacking food, but we put food in our stomachs that merely takes up space. Space that nutrient-dense food should be allotted. **NUTRIENT-DENSE FOOD IS FOOD WITH A HIGH PROPORTION OF NUTRIENTS TO CALORIES.**

A constant diet of non-nutritional foods leaves your body with little to work with in its efforts to keep systems at top speed and in good working condition. Indirectly such foods can be labeled "dis-ease producing" because they have failed to provide needed elements to the body, thus weakening it to the point that germ life and viruses can flourish.

Such intruders live on chemically deficient tissue. BACTERIA CAN NOT THRIVE IN THE PRESENCE OF HEALTHY TISSUE NOR IN A SYSTEM THAT IS CLEAN (without accumulated waste and toxins).

Let us come up with some of our own morbid details for this type of abuse! When do maggots and parasites move into action? Where there is degenerated organic matter to feed upon . . . where there is sufficient nourishment for them to propagate their own kind. They are Mother Nature's clean-up crew: "This matter has lost its integrity, is no longer of any use...get rid of it!"

Dr. Roger J. Williams says in his book Nutrition Against Disease, "...the most basic weapons in the fight against disease are those most ignored by modern medicine: *the numerous nutrients that the cells of our bodies need* (emphasis supplied). If our body cells are ailing - as they must be in disease - the chances are excellent that it is because they are being inadequately provisioned."

Even if you do not keep up with all that is written and published about diet and nutrition, the average person feels intuitively that nutrition is more important than it is given credit for. Sugar, alcohol, coffee and cigarettes do not have their reputation as being bad for us just because some "health authority" said so. You know they are bad because of how they feel in your body when you have over-indulged. Your own inner wisdom lets you know that things are not well in the system.

And, as we have already discussed, we each have our own Personal Ideal as to what constitutes over-indulgence, what nutrients OUR body requires or has too much of. We are so individualistic in our nutritional needs, no committee could possibly set up minimum daily requirements that apply to everybody across the board. Even if such standards were acknowledged to be merely life sustaining and not regenerative, they would still be educated guesses.

Friend or foe? Food itself deserves neither label. How you use it . . . or misuse it . . . determines whether you enjoy all the benefits it was put on this earth to provide or whether it brings negative effects into your life.

Your constructive use of it is more apt to occur when you understand more about its role in the scheme of things and YOUR OWN INDIVIDUAL NUTRITIONAL PROFILE.

The Nutritional Assembly Line

I am no biochemist, and there are many mysteries in biology that continue to elude scientists and occupy lifetimes of research. However, enough is known to date that the average person can understand, and I find it a fascinating story.

Living organisms "live" because of cellular activity. Whether it is a single-celled entity such as yeast, bacteria, or protozoa, or whether it is a multi-celled organism such as a tree, an insect, or a human being, the cells all possess what you might envision as metabolic machinery...little factories working away doing their assigned job(s) in order to contribute to the organized whole.

Just how each cell builds its own metabolic machinery differs, but in every case each needs an input of raw materials with which to function. Each must get from somewhere, somehow, every necessary "nut, bolt, spindle, and gear." (To use terminology coined by Dr. Roger J. Williams.)

Some of these required materials are produced by the body itself, such as hormones and enzymes. But by and large the needed raw material, the building blocks, must be supplied by food.

Throughout its entire life, each cell must have a constant supply of water, oxygen, a proper temperature, and food. The needs of each of the billions of cells in our bodies differ, some requiring more nutrients than others due to their assigned function(s). The logistics of how this food distribution plan operates is mind boggling!

How the body controls all this metabolic activity is not fully known. It is very likely every cell does not get exactly what it needs all the time. However, most seem to have an ability to limp along for a long time be-

fore dying off from cellular malnutrition. (They also die from poisoning...getting something they do NOT require.)

"Liver cells, endocrine gland cells, antibody-producing cells - these are only a few examples of what is true for all body cells and tissues. All the cells of our body have functions to perform - some humble and some more spectacular - and all require nourishment in order to do their jobs. Whether we are talking about heart trouble or falling hair, about interferon production or brittle fingernails, we cannot escape the fact that the matter of cell nutrition lies close to the heart of the problem." (Dr. Roger J. Williams, Nutrition Against Disease.)

RUTH - OPTIONS FILE #109

Got to start from the inside out....

She was just coming back from vacation, feeling tired and out of sorts. "And I wanted a kind of check-up before I started back to school," recalls Ruth, a teacher.

Ruth had read about Options Health and Education Center, Peoria Heights, in the newspaper and was interested in alternative or holistic health practices. She had studied herbs and was aware of colon cleansing, but she says she was not aware of the extent to which nutrition is connected to wellness and good health.

Ruth's testing at Options revealed a "terrible yeast infection," so she began a lifestyle change involving herbs and a dietary overhaul.

"I thought I was eating all the right kinds of foods," she says now. Her diet was heavy on fruits, but she discovered through her Options program that with her body type she should avoid sugars. Even natural fructose had to be used with discretion.

"No one had told me (that) to work on the yeast problem, you had to start from the inside out," she notes. "I had not been in good health for a long time, but I didn't realize it."

Ruth acknowledges she was under a lot of stress, which also contributed to a general condition of ill health. She now practices Touch for Health and Brain Gym as ways of redirecting her energy, balancing her mind and relieving stress. She praises the Options program because it takes into account the emotional components of health as well as the physical ones.

"I feel like I can confide in (Options Director Helen Cox) and trust her," Ruth says. "I trust her judgement."

At one point, Ruth went through a "healing crisis," which is expected in such intensive programs, where life-long habits are broken and replaced by healthier ones. Some old symptoms returned briefly which she found discouraging, despite the warnings and counseling at Options.

"But then I started feeling better," she adds. "I feel better now at the age of 55 than I've ever felt." Through the program she says she feels more in control of her health and well-being.

Ruth would like to see more emphasis nationwide on holistic programs like the one at Options, which focus on prevention rather than cures. She feels prevention is the only way to solve the country's health care crisis, and a holistic approach is the healthiest way to go for all of us.

"I wish there were more people practicing this or even aware of it," she says. "...that you can heal without drugs and their horrible side effects."

Your Individual Nutritional Needs

This complex process that goes on in our bodies of burning energy, building and repairing cells, etc. requires a constant supply of food elements. The cells of our bodies require chemicals, amino acids, vitamins, minerals, fuel (carbohydrate and fat)...all in the correct proportions. And it isn't as easy as driving up to the gasoline pump in your automobile and saying "fill her up!"

Fortunately, the Creator surrounded us with bountiful sources of food supply as well as an inner wisdom to guide us in the selection of what our cellular machinery needs. We are offered a grand assortment of nourishing material. But no one single source such as rice, corn, or grapefruit is likely to supply all the essentials. When you tire of eating the same food meal after meal and day after day, it is your body wisdom's way of telling you "a little more diversity is in order!"

But what is the magic formula? How can you be sure you have your nutrient proportions correct? As I have already stressed, we each have our own Personal Ideal, our own individual biochemical profile. If you are to keep your bodily systems well and happily coordinated, you need to learn to "read" the message your body is communicating to you as to its state of health or unhealth.

THIS IS WHERE KNOWING YOUR BODY TYPE COMES IN, AS WELL AS WORKING WITH MUSCLE TESTING. YOU CAN TUNE IN TO YOUR INNER WISDOM VIA THESE TWO EVALUATION METHODS.

The body type concept (thyroid type, adrenal type, pituitary type or gonadal type) can be used to establish your particular type of metabolic system, your particular nutritional pattern.

Each body type tends to crave certain kinds of food because these foods stimulate their dominant gland. This is not the direction to go. Do not indulge your dominant gland! Cravings are not necessarily harmful to you. It is just the way your body tells you it is out of balance.

Strive for balance in the entire glandular system; encourage a metabolism that runs on energy from all four major glands, not just one. Reduce intake of those foods which stimulate your dominant gland and eat more of the foods which enhance the actions of the other glands. For instance:

Adrenal Type: Problem foods are heavy proteins and carbohydrates (meat and potatoes are favorites).

Thyroid Type: Problem foods are carbohydrates like breads cakes and pastries, all sweets of any kind, and caffeine.

Pituitary Type: Problem foods are dairy products (milk, cheese, ice cream or yogurt).

Gonadal Type: Problem foods are spicy foods and fats (hot ethnic dishes, fried foods).

You can verify this for yourself by honestly identifying which type food you turn to when under stress. Which are your "comfort" foods? A Danish pastry and coffee? Ice cream? Mashed potatoes and gravy? Chips and salsa? Your dominant gland demands to be stimulated when you are "down."

Muscle checking can be used to identify specific nutritional requirements and the amount of each that is optimal.

When you look at your wellness goals from this enlightened viewpoint, this individual viewpoint, it becomes easier to tailor your diet and it certainly achieves better results.

At Options, each client is given body type nutritional recommendations. If physical symptoms, health history, iris reading, and/or muscle testing indicate special conditions such as candida yeast infection, diabetes, hypoglycemia, etc., then I work with the client on special diets.

Water - The "Forgotten" Nutrient

Do you drink enough water per day? Most people do not. It is "boring", especially when there are such things available as coffee, colas, teas, juices, milk, beer, wine and other exotic thirst quenchers. You may drink a lot of liquids, but the body considers any beverage that is not water to be food. It needs WATER!

Water is involved in nearly every physiological process. It moves nutrients, hormones and antibodies through the blood and lymphatic system. It is needed for the production of energy. Feel tired? Instead of something to eat for an energy boost, try a glass of water! Water can increase the ability of hemoglobin cells to absorb oxygen by a factor of 100 to 1,000 times. Hemoglobin cells carry oxygen to cells throughout the body. When the cells are receiving the oxygen they need, you have more energy!

Water is needed for cleansing the body of toxins and waste, for good digestion and assimilation, for maintaining proper body temperature.

Your mental activity also benefits from the simple act of drinking water. Besides the increased oxygen it helps make available to brain cells, water ionizes salts, producing electrolytes that increase polarity across the cell membranes of the brain. This increases electrical potential in the brain and allows the nervous system to choose its action. In other words, the in-

creased electromagnetic energy improves your reasoning power, and your reactions...physically and mentally...to a given situation.

So is the old eight-glasses-a-day dictum the way to go? Maybe eight is the magic number for you, but once again one rule cannot apply to everyone. A better rule of thumb is to **DIVIDE YOUR WEIGHT BY THREE. THE ANSWER IS THE NUMBER OF OUNCES THAT NEED TO BE CONSUMED PER DAY.** You will, of course, also be getting intracellular water from fruits and vegetables which are in some instances 85 percent water...very biologically active water at that.

Must you drink bottled water? Not if the tap water in your home tests free of lead and other contaminants. This is becoming more and more of a problem these days, and neither should you assume that just because it is "bottled" it is better for you. I advise you have your tap water tested and you obtain reports on the pureness of any bottled water you are interested in using.

Food Quality

In our haste to implement progress, to make life easier so we will have more time to get busier and busier, it appears some of the innovations created are counter-productive. I refer specifically to the food industry and the changes seen since about 1940 when food processing entered its phase of dispersing edibles for the public's consumption with extended shelf life for the retailer's convenience and profit.

To obtain food items "fresh" with little or no chemical processing is, these days, a privilege. Such fruits, vegetables, grains, fish, poultry and meats are not only difficult to find in many areas of our country, they carry with them a premium price when they are located.

Our watchdog government has allowed all kinds of preservatives and additives into our food supply with the attitude that they **MAY** be safe. Where are all the tests that drugs are subjected to? You can get no one to say just exactly what side effects may be waiting for the consumer ten or twenty years down the road. This is a concern of mine.

We hear a great hue and cry from citizen groups about pollution of the environment...air, water, noise, soil, etc. But what about pollution of the environment within which our body cells must function? Every food we put into our mouths should contribute in a positive way to a good **cellular environment**, not create extra work for our systems with the need to clean out toxic substances.

I therefore advise all clients at Options who wish to improve their nutritional profiles to avoid processed food products that have had their nutrients refined away (white flour, white rice, white sugar are examples), and/or added to for preservation, coloring or sweetening. This requires reading labels and identifying all the -ites and -ates which have been added and which have no nutritional value. In fact, they may be capable of doing great harm.

Insecticides and antibiotics are other culprits that find their way into our food chains, and it is harder to ascertain their presence. You can carefully wash fruit and vegetables before use, but chemical contaminants in fish, meat and poultry are there to stay....and to be consumed if you choose to eat them.

This state of affairs will be improved as the public becomes more aware that the NUTRITIONAL ENVIRONMENT of our body cells is every bit as important as the air we breathe and the water we drink. Good nutrition determines our degree of health, our children's brain development, our adult population's mental health, and even emotional balances that affect behavior in society.

Therapeutic Possibilities of Food?

Scientists are examining foods' chemicals and these natural substances may play a significant role in future treatment of common degenerative diseases. Christopher W. W. Beecher is a University of Illinois at Chicago professor of pharmacognosy, a science that deals with the medicinal products of plant, animal or mineral origin in their raw state. A recent article in the Chicago Tribune made this interesting observation:

"He (Dr. Beecher) says that work on the phytochemicals has greatly intensified in the past five years, but 'for the most part, we still are in the dark ages.' Though we may regard our food as a simple mix of carbohydrates, protein and fat, it is much more than that, he says. 'It is chemically complex and biologically active.'"

In the same article, Dr. John Potter, professor of epidemiology at the University of Minnesota and director of its Cancer Prevention Unit states, "My current working hypothesis is that it's the fruits and vegeta-

bles themselves (rather than extracts or pills) that contain the anticarcinogenic 'cocktail' that is beneficial to humans."

So the old advice to "Eat your fruits and vegetables!" may soon have scientific laboratory proof to back it up.

Components in foods that may help prevent disease

Active	Possible benefit	Food source
Terpenoids		
Carotenoids	Antioxidants that protect against cancer and may reduce arterial plaque	Parsley, carrots, winter squash, sweet potatoes, yams, cantaloupe, apricots, spinach, kale, turnip greens, citrus fruits
Limonoids	Promotes protective enzymes	Citrus fruits
Lycopene	Antioxidant that helps the body resist cancer	Tomatoes, red grapefruit
Monoterpenes	Cancer-fighting antioxidants that inhibit cholesterol production and promote protective enzymes	Parsley, carrots, broccoli, cabbage, cucumbers, squash, yams, tomatoes, eggplant, peppers, mint, basil, citrus fruits
Plant sterols	Block estrogen's role in breast cancer; help block absorption of cholesterol	Broccoli, cabbage, cucumbers, squash, yams, tomatoes, eggplant, peppers, soy products, whole grains
Triterpenoids	Prevent dental decay and act as an anti-ulcer agent. Bind to estrogen and inhibit cancer by suppressing enzyme activity	Citrus fruits, licorice-root extract, soy products

Thlois		
Allylic sulfides	Promote protective enzymes; inhibit cholesterol synthesis, inflammatory activity	Garlic and onions
Gamma-glutamyl allylcysteines	May have a rol in lowering blood pressure and elevating immune system activity	Garlic
Isothiocyanates	Induce protective enzymes	Mustard, horseradish, radishes
Phenolics		
Catechins	Linked to low rates of gastrointestinal cancer; may aid immune system, lower cholesterol levels	Green tea, berries
Coumarins	Prevent blood clotting and may have anticancer properties	Parsley, carrots, citrus fruit
Flavinoids	Block receptor sites for certain hormones that promote cancer; act as weak antioxidants	Parsley, carrots, citrus fruit, broccoli, cabbage, cucumbers, squash, yams, tomatoes, eggplant, peppers, soy products, berries
Genistein	May block growth of new blood vessels that are essential for tumors to spread; deters proliferation of cancer cells	Soybean products and possibly cabbage-family vegetables
Phenolic acids	May help the body resist cancer by inhibiting nitrosamine (acarcinogen) and affecting enzyme activity	Parsley, carrots, broccoli, cabbage, tomatoes, eggplant, peppers, citrus fruits, whole grains, berries

Miscellaneous		
Fiber	Dilutes carcinogens in colon and speeds them through digestive system; discourages growth of harmful bacteria but boosts healthful ones	Whole grains and many vegetables
Indoles	Promote protective enzymes that deactivate estrogen	Cabbage, brussels sprouts, kale
Linolenic acid	Anti-inflammatory agent	Many leafy vegetables and seeds, especially flaxseed
Phthalides	Stimulate the production of enzymes that detoxify carcinogens	Parsley, carrots, celery
Polyacetylenes	Protect against certain carcinogens found in tobacco smoke and help regulate prostaglandin	Parsley, carrots, celery

Chicago Tribune, 7/7/94



Body Type Exercise

Just as no one diet is right for everyone, no one exercise program fits the needs of everyone across the board. If you are presently exercising on a regular basis, but feel it brings little reward for the effort, or if you have given up attempts to get into a regular exercise routine because it does not make you feel any better, then you are probably not doing the kind of exercise which is correct for your body type.

Exercise should be a part of your total fitness program. CORRECT exercising will produce genuine and satisfying improvements in your entire system....metabolism, glandular balance, balance of the sympathetic and parasympathetic nervous systems, as well as mental functioning. But remember....you are a unique individual, and therefore an exercise that gets good results for someone else may or may not be right for you. You stand a better chance of reaping positive benefits from exercise when you base your choices on YOUR body type.