

# THE SLOW OXIDIZER EATING PLAN

Organically grown, high quality food is the basis for all diet suggestions.

Slow oxidizers require plenty of fresh, and **cooked** vegetables, twice or better yet, three times daily. They also need some high quality animal protein at least once daily. They may also have some complex carbohydrates such as brown rice, quinoa and other whole grains, but not wheat. Have less whole grains if they are not well tolerated. *Eat at least three meals daily and do not skip meals.*

Harmful foods include all sugars, honey, fruit, fruit juices, smoothies, raw meat, over-cooked meat and eggs, and refined starches. Slow oxidizers need the bulk of their plate to be filled with cooked vegetables. The rest of the diet is smaller amounts of high-quality fats and oils, proteins, and some whole grains if they are well-tolerated.

This diet will seem very strict to some people. Generally, the closer one follows the diet, the better one feels. Change over slowly if you need to, substituting healthier foods for less healthy ones. For best health, if you have a slow oxidation rate, eat as follows:

## WHAT TO EAT

**1) 70-80% of your total daily quantity of food eaten should be cooked vegetables.**

You will need to eat these at least twice and perhaps three or four times daily to obtain this much. Eat them in simple combinations for best absorption.

**2) 15% protein, mainly of animal origin.**

**3) 7-8% complex carbohydrates.** These include brown rice, millet, quinoa, amaranth and others. However, **avoid all wheat products and ideally avoid all gluten.**

**4) 6-7% high-quality fats and oils. If possible, they should contain omega-3 fatty acids found in such foods as sardines, raw dairy products and grass-fed meats.**

**5) Add healthy spices and condiments to your food such as mustard, ginger, garlic and other herbs.**

**6) 0% simple carbohydrates. These are fruits, fruit juices, honey, maple sugar, agave nectar, other sugars, and all other sweets.**

**7) 0% chemicalized and fast foods.**

## HOW TO EAT

**1. Cook all or almost all food.** Most people cannot absorb their minerals nearly as well from raw or fermented foods. Cooking vegetables breaks down the fiber and allows for easier absorption of minerals and other nutrients. See below for other reasons for cooking foods.

The exception is fats and oils of all kinds, which should be eaten as raw as possible. For example, raw dairy products are best, along with lightly cooked meats and soft-boiled eggs rather than hard-boiled or fried eggs.

**2. Eat slowly, chew thoroughly and always have sit-down, relaxed meals. Do not eat on the run, in your car, standing up or while working.**

## MORE DETAILS ON THE DIET

**70-80% cooked vegetables.** Eat a variety of cooked vegetables, with the exception of the nightshade vegetables and a few others, as explained below.

Fill at least 2/3 of your plate with vegetables. You may also have a meal of just a vegetable or two, such as a bunch of steamed carrots, or a half head of broccoli or spinach. Fresh and organic are best, although frozen vegetables such as peas and green beans are acceptable, too.

Root vegetables such as turnips, carrots, onions, garlic, and rutabaga are excellent. Sweet potatoes are also good but should not be eaten in large quantities because they are quite sugary. Cabbage, broccoli, Brussels sprouts, bok choy, cauliflower and most green leafy vegetables are also superb.

**Avoid** the nightshade family of vegetables. These are red and white potatoes, all tomatoes, eggplant and all peppers. These are irritating to the body and somewhat toxic. In some people, these create a lot of inflammation. Also, avoid kale; it has recently been found to contain large amounts of a toxic metal called thallium that causes symptoms such as fatigue, brain fog and hair loss.

**Acorn and winter squash are okay in moderation.** The summer varieties of squash such as zucchini and sunburst squash are also okay in moderation but they are not very nutritious compared to other vegetables.

**Very few people eat anywhere near enough cooked vegetables.** You will need to eat them twice or preferably 3 or 4 times daily. Eat simple food combinations.

If you do not like vegetables, add flavor by putting some mild herbs, cheese, butter, yogurt, cream, olive oil, garlic, or diluted nut butter on top as a dressing.

**About 15% protein, mainly of animal origin.** Natural, hormone-free meats are best. Have 4-5 ounces of protein twice daily, and less for children depending on their size (see babies and children sections below). The best protein foods are:

**Red meats:** Lamb and wild game of all kinds are best. Wild game and lamb contain some omega-3 oils, as well. Lamb from the supermarket is usually fine.

**Poultry:** Naturally-raised chicken, turkey and some duck if available. Natural chicken and turkey sausage are also okay, but not as good as fresh meat. Turkey or beef jerky are also okay for snack food if it is not laced with chemicals and sugar.

**Eggs:** Eat healthy eggs from the store or from a farm, up to about 6-8 per week. Always cook eggs lightly so the yolks are runny. Soft boiled are best, or poached, or even fried but always with the yolk runny. Do not eat eggs every day, because you can become allergic to them if you eat them too often.

**Raw Dairy:** An excellent food for most people is some raw goat milk, raw goat cheese, or raw goat yogurt. Cow's dairy is not quite as good, although raw cream and butter are excellent. You may also have some raw kefir and full-fat raw yogurt. If you cannot find raw dairy, organic dairy products are the next best.

**Fish and seafood:** **Sardines** are an excellent food. They are a rich source of omega-3 fatty acids, vitamin D, calcium, RNA and DNA, and the nerves and skin are helpful for most people. Also, they are so small that mercury does not usually accumulate in them to any great extent. All other fish, sadly, along with seafood, are not recommended, as they are all contaminated with mercury today. If one eats 3 or 4 cans of sardines weekly, no additional supplemental omega-3 fatty acids should be needed.

### **Less desirable protein foods, but okay once or twice weekly.**

*1. Other small fish.* In addition to several cans of sardines, which are highly recommended, once or twice weekly you may have very small fish such as anchovies, herring, cod, and sole. Wild caught may be more healthful, but not necessarily.

2. *Beef*. Once or twice a week you may have a meal with naturally-raised beef. Almost all beef is quite hybridized today. For this reason, it is not quite as good a food.

3. *Beans*. Twice weekly you may have beans that are well-cooked. Lentils are among the best. Others include pintos, black beans, split peas, black-eyed peas, kidney beans and others.

4. *Soy products*. Once a week you may have a small amount of tofu or tempeh. These are lower quality proteins. **Avoid** all other soy products such as soy milk, protein powders, Hamburger Helper, and “textured vegetable protein”.

5. *Peanuts and peanut butter*. Even natural peanut butter may contain some aflatoxin, and for this reason peanut products are less recommended. Peanuts also tend to be higher in sugar and most jarred peanut butter is a bit contaminated with fungus. Almond butter is a better alternative.

6. *Protein powders and drinks*. These are much less recommended. If you must have some, use protein powder made from egg, whey, peas or rice. Also use a protein powder that does not have added vitamins and minerals. However, whole protein foods are preferable to powders and liquids. The reasons are that the powders and smoothies are: 1) incomplete foods, 2) often contain toxic substances, 3) generally contain much less nutrition than the whole food, and 4) are eaten in a hurry, rather than cooked, eaten warmed, and chewed thoroughly for proper absorption. If having a protein powder, combine with yogurt or some other more complete food and do not add fruit.

### **Protein Foods To Avoid:**

1. *All medium-sized and especially all large fish*. Fish such as tuna, shark, ahi, mahi mahi, halibut, game fish and even salmon, except on occasion, are too high in mercury to be eaten.

2. *All shellfish*. These are too high in toxic metals in almost all areas of the world as they are caught close to shore.

3. *All pork, ham, bacon, pork rinds, pig intestine used in sausage, and other pig products*. These often contain parasite eggs, no matter how well-cooked they are. Pork also digests differently than other meats and can cause undigested proteins to circulate in the body.

4. *Most processed meats*. These include most hot dogs, bologna, salami and sausages. Most contain toxic chemical additives and are often not fresh enough. 100% natural processed meats with no additives are okay, though not ideal, but only if made without any pig products. Note that pig intestines are usually used to make all types of sausages and some hot dogs.

5. *Nuts and seeds*. Nuts and seeds are not highly recommended foods because they are very hard to digest. Nut and seed butters are much more digestible than the whole nuts and seeds, providing they are fresh. Roasted almond butter is helpful for many people and may be eaten in moderation.

**7-8% complex carbohydrates.** These may include **organic blue corn** or organic yellow corn tortillas or tortilla chips, brown rice or even a little white Basmati rice, quinoa, millet, buckwheat, oats and amaranth.

Most people should avoid all gluten-containing grains such as rye, oats and barley, as gluten is a general irritant to the body.

Pasta or noodles can be eaten that are made from rice, corn or quinoa.

**Avoid all wheat products**, including organic whole wheat, flour products and all prepared foods made with wheat. Wheat is too hybridized today and not a quality food any more. It is irritating to the intestines and has a lower protein content and a high content of glutamic acid, which is irritating.

**5% Fats And Oils.** Eat about 1-2 tablespoons of quality fat or oil daily. Those with sympathetic dominance pattern need a little more. Excellent sources are meats such as dark

meat chicken, dark meat turkey, lamb, wild game, eggs, butter, olive oil, some beef, perhaps, and raw or organic dairy products such as whole milk or full-fat yogurt or full-fat cheeses.

Somewhat less recommended sources of fats and oils are the oils of flaxseed, hemp, sesame and other seeds, nuts and nut butters. Some refined vegetable oil is okay, but not ideal. These are oils such as corn, safflower, sunflower, canola and soy.

**Eat sparingly of most tropical fats include coconut oil, palm oil and avocado oil.** These are fine in small amounts only.

Other oily foods that can be eaten on occasion are raw or toasted almond or other nut butters.

**Avoid** poor quality oils such as those found in fast-food French fries, restaurant deep-fried foods, margarine, shortening, bacon, lard and other butter substitutes. Also avoid processed and canned meats that often contain oxidized fats.

**If you are very concerned with high cholesterol:** Cholesterol will normalize on a nutritional balancing program in almost all cases without the need for dietary restriction.

**0%, or close to it, simple carbohydrates.** These include fruits, fruit juices, sugars, honey, maple sugar and other sweets. Fruit, unfortunately, causes many problems today. Reasons for this are that it is 1) too high in sugar so it upsets the blood sugar, 2) contains fruit acids that upset the digestion, 3) favors the growth of candida albicans and other yeasts and fungi in the body, 4) often sprayed with pesticides even if labeled organic, and 5) often low in nutrients today due to hybridization. Most of our clients feel much better avoiding all fruit. You may have a few berries occasionally, but fruit is not really permitted with this program.

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

**Artificial sweeteners.** Try not to substitute Nutrasweet, aspartame, Equal, Splenda, saccharin or other artificial or non-caloric sweeteners. If you must use a sweetener, use a very small amount of xylitol, mannitol, monkfruit or stevia. Weaning yourself off sweets may take some time but is well worth the effort.

**0% chemicalized, “junk” foods and “fast” foods.** These are of much poorer nutritional quality, in general, and are often irritating or toxic for the body. They make up the bulk of most restaurant food, and occupy the middle isles of the supermarkets. They cost more for what you get, and will ruin your health.

## **OTHER ASPECTS OF THE DIET**

**Cooking and Food Preparation.** For cooking use glass, enamel, ceramic, or stainless steel. Non-stick or coated aluminum pans are coated with toxic chemicals. Crock pots and food steamers are fabulous for those who want easily prepared, healthful meals.

If you cannot shop more than once a week, place your vegetables in the bottom of the refrigerator, and buy frozen or canned foods, too, if needed. To keep meats, divide meats into meal-size portions. Then place the fresh meats in plastic bags in the freezer. However, try to eat meats quickly, rather than leave them in the freezer for weeks or months. 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.

**Avoid** exposed aluminum cookware and microwave ovens. Aluminum is quite toxic. Microwaves seem to damage the food more than standard cooking methods. Making the simple effort to nurture yourself by preparing healthy meals is often important for healing and maintaining health.

**Beverages.** Adults need to drink about 3 quarts of preferably spring water daily. A second-best option is carbon-filtered tap water. Do not buy fancy water filters containing KDF media and others. These damage the water. Only use carbon or ceramic filtration, even though it does not remove most toxic substances from the water.

Buying spring water in plastic jugs at the supermarket is perfectly safe, in our long experience with water. Another option is to have spring water delivered to your home in recycled plastic containers or find a spring nearby where you can fill up your own containers. Go to <http://www.findaspring.com> to locate springs.

***Avoid reverse osmosis water.*** It does not seem to hydrate the body well enough. Wells and plain tap water are often contaminated with various chemicals. **Also avoid alkaline water** and most other types of water. Alkaline water is passed over platinum plates which may be toxic and is often not filtered well.

Mild teas and up to one cup of coffee daily are okay, but coffee is not recommended. Also, up to 8 ounces of raw or organic milk daily is okay.

**Carrot juice.** Ten to twelve ounces of carrot juice or 1-2 ounces of wheat grass juice are also excellent for almost everyone. Carrot juice is preferably made fresh at home. However, it can also be bought at the health store or other outlet. You may add a small amount of greens to your carrot juice.

**Eating Habits.** Eat regular, relaxed, sit-down meals. Eat slowly and consciously, and chew thoroughly. Chewing each mouthful at least 15-20 times will assure better digestion. Keep the conversation pleasant. Stop before you feel stuffed. Sit for at least ten minutes after you finish eating.

Do not criticize children or discuss very negative issues at meal times. Make your meals a pleasant activity.

***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 large amount of liquid with meals, as this tends to put too much pressure in the stomach and may dilute the digestive juices. (Water is important for digestion and it is important not to be dehydrated while eating, so if you haven't had water in a while, it is okay to sip some while eating.)

**Meal Suggestions.** Mainly cooked vegetables are the staple of this diet. This is needed today to supply hundreds of nutrients no longer found in our food in large quantities. Have some protein twice daily. If you are hypoglycemic and must eat often, have four or five meals daily.

Ideally, have only one or two foods per meal, as this is far easier to digest than more complex meals. Also, ideally rotate your foods so you do not have the same food every day or at least every other day.

**Condiments.** Mustard, sea salt, ginger, garlic, curry powder and a little of other mild spices and herbs are best as condiments. ***Avoid*** refined table salt that can raise blood pressure. ***Also avoid*** table pepper, which is often rancid and can cause joint problems in some people.

**Snacks.** If your blood sugar is unstable, have a snack or preferably a small meal in between your main meals that contains some fat and perhaps a little protein. Examples are an egg or two, some raw goat cheese, or a little roasted almond butters on a rice cracker. If blood sugar is very unstable, you may need five or six small meals per day for a few months or so, until your health improves.

**Eating Out.** Eating in restaurants is not recommended unless you have absolutely no other choices. Problems with eating out are: 1) limited food choices, 2) cleanliness and safety

problems, 3) low food quality, 4) hidden chemical additives, and 5) noisy environments that are not ideal for digestion.

The best restaurants are those that offer plenty of cooked vegetables such as Chinese, Vietnamese, East Indian, and Thai restaurants. Some are not clean, but many are acceptable.

Less recommended are Mexican restaurants, as they usually serve too many carbohydrates and not nearly enough cooked vegetables. Italian often offers too much wheat and salads, and not enough cooked vegetables, but higher-end Italian restaurants often offer meat and vegetable dishes. Even worse are most fast-food and chain restaurants. They often cut corners, and serve up too many chemicals and junk foods.

When eating out, always ask for what you want. Ask for double or triple orders of cooked vegetables. If bread is served, ask that it be taken away.