

50 REASONS FOR THE COOKED VEGETABLE DIET

by Lawrence Wilson, MD

© April 2013, The Center For Development

The cooked vegetable diet is the basis for every nutritional balancing program as I set them up. The diet consists of about 75-80% cooked vegetables, not salads. A few vegetables are excluded, such as the nightshades (white and red potatoes, all peppers, eggplant and all tomatoes). A few others that are also excluded are asparagus, artichokes, celery, okra and mushrooms. Summer squashes are also restricted.

The diet also includes some animal quality protein daily, a little raw dairy products, and some whole grains, but not wheat and spelt. Slow oxidizers need more complex carbohydrates, while fast oxidizers must substitute more fats and oil for most of the carbohydrates. The diet excludes all fruit, all fruit juices, all smoothies, sweets, wheat, soy, and chemicalized foods. However, 10-12 ounces of carrot juice only is strongly recommended.

Ideally, one should eat a large portion of cooked vegetables with every meal, and with this one may have a small portion of either one starch such as rice or quinoa, or one protein food such as lamb, chicken or soft-cooked eggs. These simple food combinations make the digestion of the diet even easier. One may eat as many meals and as much food as needed, but do not just snack all day.

Why this diet is so helpful is the subject of this article. Some of the reasons may seem odd. I included them because, based on the many comments we receive about the diet, perhaps some of the more unusual reasons are important, even if we do not understand them well. So here are the reasons for the cooked vegetable diet.

BIOCHEMICAL REASONS

1. High in calcium and magnesium. These are structural elements and this is a structural diet. Also, leaves, roots and stems are support structures and this is what people need today.

2. High in fiber. This helps with constipation, toxic metal removal, toxic chemical removal, and gut restoration. It is also essential for the functioning of the Peyer's patches, which are important lymph glands located along the small intestine.

3. High in folate and TMG for methyl groups. This is a methylation diet, and this is critical today for toxic metal removal, DNA and protein synthesis and much more.

4. High in bioavailable iron. Cooked dark greens contain a special iron that to help remove amigo (toxic) iron.

5. Low in ferments. Too many people have yeast problems and liver toxicity, which is made worse by fermented foods. While some yogurt and kefir is allowed, do not eat too much of these foods.

6. Moderate in protein. Protein is a building food, but it is also a more acid-forming food and "clogging" food. This diet contains animal protein, which is more yang, and is moderate in protein, but not high and not low.

7. Very low in sugars. This is important today for many reasons. Sugars upset the blood sugar, promote yeast overgrowth, and do a lot of other damage. Most people do not handle sugars well, and eat too many of them.

8. A flavorful diet. Vegetables are among the most varied foods in terms of flavors, although some are subtle. In part, this is due to their phyto-chemicals such as DIM, I3C, TMG and hundreds of others.

9. High silicon, low selenium. This combination moves the body in a certain direction that is helpful at this time for most people.

10. Extremely high in trace minerals. This is probably the most important reason for this diet. The vegetables must be cooked well to obtain all the minerals that are locked inside the tough vegetable fibers.

11. Moderate copper and zinc. These minerals, in bioavailable forms, are very needed by most people.

12. Low in phytates and phosphorus. Phosphorus is a fiery and stimulating mineral. This diet is low in phosphorus compounds purposely, as it is designed to be a non-stimulating diet. A diet high in phosphorus is one with a lot of meat and perhaps a lot of dairy products such as eggs and cheese.

13. High in bioavailable sulfur. The diet is rich in sulfury vegetables, which includes cabbage, broccoli, Brussels sprouts, cauliflower, radishes, turnips and some other vegetables. This is helpful for heavy metal detoxification in the liver, and for cleansing and supporting the body, in general. Sulfur also antagonizes copper and is needed for all connective tissues.

14. Moderate in amino acids (nitrogen foods). Amino acids are very important, but too much is stimulating, once again.

15. High in omega-3 fatty acids and vitamin D. This is found in this diet in the sardines, grass-fed or pasture-raised meats, a little raw dairy, and even in some green vegetables. We supplement it if one chooses not to eat sardines because in that case, almost everyone needs more than the diet can supply.

16. Very high in chlorophyll and several other important plant phytochemicals. These substances help prevent most diseases, and can also help balance the body chemistry, restore the gut, improve the immune response and much more.

17. Low in toxic chemicals and no poor quality potassium, as is found in all fruits today. This is an important topic in nutritional balancing science.

18. Very high in the ultra trace minerals. This is a more esoteric idea, but an important one. One of the most important of these is silicon.

19. A lower calorie diet. This is very helpful for weight loss. One can feel full on the diet due to all the fiber and all the nutrients it contains.

20. Moderate in water content. We find the water is needed, but too much water mixed with food is not helpful for the intestines. This occurs with diets containing smoothies, for example. For this reason, it is best to eat the cooked vegetables as is, rather than make them into soups. You can puree the vegetables, however, using a hand blender, as this does not require adding more water.

21. Moderate in viscosity. This is also helpful for the intestines. In contrast, a diet high in wheat or pasteurized dairy products tends to congeal and stick to the walls of the intestines, to some degree.

22. A low to moderate combustion diet. This simply means that the diet is high in mineral foods, and somewhat lower in the fuel foods such as grains, beans, and even fat, although the fast oxidizer version is higher in fats and oil.

This is somewhat like running an engine lean, meaning using less fuel and more air in the engine. It forces the engine to run more efficiently, there is more complete burning of the fuel, and it actually cleans up the engine to some degree.

23. Definitely a mineral repletion or body recycling diet. Replenishing the body's stores of the alkaline reserve minerals and others is one of the definite goals of this diet.

24. Not a "solar diet". Solar foods are those that are most exposed to the sun. These include fruits, first, and animal foods such as meats, eggs and dairy. Vegetable leaves and stems are in the sun, but they are next to the earth and often partly shaded. Roots, of course, receive no sunlight. The sun may impart to foods certain etheric energies that are not as desirable today, as they are upward-moving currents of energy.

LIFESTYLE-RELATED REASONS

1. It is a non-stimulating, parasympathetic diet. This is important for healing and for balancing the autonomic nervous system. One might say it is a bland diet, in this respect, although it is quite tasty.

2. It is a face-your-issues diet and a face-your-traumas diet. This is one effect of the diet. It does this by moving energy downward, its absence of stimulating foods, and due to its nutritional content.

One reason some people do not like the diet is that it tends to move a person into issues and traumas, to help resolve them. It is not an escapist diet, which usually means a diet with a lot of stimulants or a lot of meat or sugar.

3. It is a temperate climate diet. Some diets are difficult to follow for people living in certain climates. Eating a lot of fruit, for example, can make one cold. Eating too much meat can overheat the body. The cooked vegetable-based diet is somewhere in the middle.

4. It is a very supportive and cleansing diet. Much of the food in the diet (stems and leaves) are support structures of plants. These contain nutrients needed for support of the body. This also has to do with its high fiber content and its high sulfur content.

The cooked green vegetables, in particular, help oxygenation and burning of toxins.

5. A grounding and centering diet. Vegetables grow on or near the ground. While it may seem odd, this causes the vegetables to contain certain energies that tend to relate to grounded electrical energy and grounded thinking and functioning.

6. It is a conserving diet, not a weaning diet (a lot of dairy) or an ethereal diet (fruit). These are more subtle qualities about foods that are interesting and sometimes helpful to know.

7. It is a labor-involving diet. That is, it requires cooking or food preparation, compared with a diet of more fruit, more dairy or more bread, which do not require as much preparation.

Some do not like this aspect of the diet, saying they do not have time to buy and cook their vegetables. However, one effect of this diet is to stop binge eating, impulsive eating, and overeating by

forcing one to plan meals and cook their food. This may help a person to stabilize the mind and organize one's life better.

8. It is a chewing diet. That is, one must chew the food. This tends to slow eating, relax a person, and avoid bingeing, impulse eating and over-eating.

9. A subtle flavors diet. Vegetables are probably the most flavorful foods, but the flavors are subtle. The diet avoids foods that overwhelm the senses such as sugars and hot spices. The delicate flavors then tend to come through.

10. A very easily digested diet. This is important because most people have very weak digestion. Unlike what many people think, a diet with smoothies, for example, is not that easy to handle as it has too much water and often very poor food combinations.

HAIR ANALYSIS-RELATED REASONS

1. The diet tends to raise the sodium and potassium levels, and the sodium/potassium ratio somewhat. This is critical, as this is what we desire with most people. In contrast, we find that raw food and fruit-based diets lower the Na/K ratio. Raising the Na/K ratio has something to do with removing toxic metals and replacing them with the alkaline reserve minerals, and others such as sulfur and phosphorus.

2. It is a stay-out-of-four lows-diet. By this I mean that it does not contain stimulants or irritants that can push a person into a four lows hair analysis pattern or tunnel pattern. Instead, it is extremely nourishing and gentle on the body.

ILLNESS-RELATED REASONS

In terms of fighting disease, this diet is helpful for most of today's major degenerative diseases:

- 1. An anti-candida diet.** The reason is it is very low in sugars and low in fermented foods.
- 2. An anti-osteoporosis diet.** It is rich in bioavailable calcium and other minerals needed for the bones.
- 3. An anti-diabetic diet.** This is also due to its low sugar content and high trace element content.
- 4. An anti-heart disease diet.** It is a low-stress, less stimulating and more nourishing diet.
- 5. An anti-parasitic diet.** This involves its high fiber content and the phytochemicals it contains.
- 6. An anti-obesity diet.** *Everyone* loses weight if they do the diet properly, without requiring much exercise.
- 7. An anti-infective diet.** In contrast, raw foods tend to contain many more bacteria, viruses and parasite ova.
- 8. An anti-cancer diet.** This is due to its high content of green and cruciferous vegetables that contain dozens of important nutrients that seem to assist the immune response and may have other anti-cancer effects.

9. Helpful for many organs and systems. The diet is definitely helpful for the digestive organs, the pancreas, the liver, the skin, the cardiovascular system, reproductive system, and the nervous system.

YIN-YANG REASONS

1. It is a fairly yang diet. This is a Chinese medicine term that means that the diet is warmer, contracting, and somewhat drying to the body. Today we live in a yin era and most bodies are too yin. The yang diet tends to balance this and assists greatly, as a result, with physical, emotional and mental health.

DEVELOPMENTAL-ETHERIC REASONS

1. It moves energy downward. The reasons for this may be its lack of stimulants, its cooked quality, and perhaps for other reasons, such as its nutrient content. I am not sure how this occurs, but I know that the diet does help move etheric energy from the head to the feet.

2. It promotes mental development. This is due to its content of blue corn, sardines, kelp, sea salt, lamb and other foods that contain nutrients that promote development. It is also due to its ability to move energy downward through the body. This is a powerful aid to development.

3. It is not an etheric energy overload diet. This would be a diet with more meat, poultry, fish, eggs, and dairy products. It is easy to overdo on these foods.

4. The development it produces is best for most people. This just means that the type of mental development it aids is appropriate for most people, and not extreme or dangerous.

5. It is somewhat of an “emptying” diet. This has to do with development, relaxation, grounding, centering, and moving energy downward.

Some people do not like this feeling. They change the diet to avoid a certain empty feeling that some feel, no matter how much food they eat on the diet.

6. It is not a diet based on the body’s ability to transmute minerals one into another. This is a good thing because this is the level of health where most people are. That is, they must take in the minerals they need as they cannot change or transmute some into the others very well. For more on this subject, read the book, *Biological Transmutations*, by Dr. Louis Kervran.

7. It is a “gathering” diet. Roots help plants gather nutrients from the soil. Leaves help plants gather sunlight and convert it to biochemical energy. Perhaps, in some way, this diet helps our bodies gather its minerals and its energy, in order to function at its best.

ACID-BASE BALANCE REASONS

1. The diet is extremely alkaline-forming. The reason is it is rich in the alkaline reserve minerals. This is needed today, as most people’s bodies are too acidic at the tissue level.

Replenishing the alkaline reserve minerals is the only way to really alkalinize the body at the deepest level. Alkaline water, sodium bicarbonate therapy and other superficial means are temporary only. Also, it is not true that a diet rich in fruit is more alkaline forming than a cooked vegetable-based diet because the vegetable-based diet contains much more of the alkaline reserve minerals.