

“Staying Healthy In The *Fast Lane*”

Part II – The Practical “How To”

...How to Stay and Be Well in the Busy, Modern World...

&

Real Health Care Reform...It's On You!

Introducing

The TRIAD Wellness Program

9 Simple Steps to Optimal Health

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Handouts in This Packet

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Staying Healthy In The 'Fast Lane'

A Practical Approach to Health and Wellness In The Modern World

Staying Healthy In 'Fast Lane' is a book and educational series design to teach busy people how to stay and be well in our rapidly changing, modern world. **Staying Healthy In The 'Fast Lane'** simplifies the causes and effects of modern chronic diseases. By using the **TRIAD Wellness** approach or "**The 9 Simple Steps To Optimal Health**" chronic diseases can be prevented, delayed, stopped or reversed by efficient and effective diet, exercise and mind/body practices.

By first understanding **The What (the problems)** and **Why of ill health**, and then applying the three phases of the **TRIAD Wellness Program (The How)**, chronic diseases can be significantly reduced, prevented and reversed while enhancing individual function and overall well being. **The TRIAD Diet, TRIAD Exercise and TRIAD Mind/Body Programs** each have three simple-to-apply health practices which collectively make-up the "**9 Simple Steps To Optimal Health.**"

The Problem – The What

The chronic diseases including heart disease, cancer, diabetes, high blood pressure, stroke, arthritis, bone loss and neurologic and ocular degenerative diseases are increasing world-wide, especially as the world urbanizes, accounting for 60-85% of all deaths at enormous health care costs, loss of work productivity and human suffering. These chronic conditions can be significantly reduced, their progression slowed and some virtually eliminated by lifestyle changes involving diet, increased physical activity and positive mental conditioning. Pharmaceutical approaches can only treat symptoms predominantly, but do not address the underlying causes of these conditions. The course of these diseases will continue. Plus adverse drug reactions (ARRs) in-and-of-themselves are one of the leading causes of death in the United States (4th or 6th).

Obesity and overweight conditions derived from excess calorie consumption, from modern day processed foods low in nutrient density and high in caloric density, as well as reduced physical activity, lead to many of these chronic conditions. A reduction in excess calorie consumption with an increase in nutrient dense foods resulting in weight normalization could dramatically reduce the incidence of many chronic diseases, with subsequent reduction in health care costs and human suffering with an increase in work productivity sorely needed by most economies. Nutrient dense foods have many compounds (antioxidants, phytochemicals, fiber, etc.) that are protective against chronic disease progression and can help reverse some conditions.

The Reasons – The Why

The reasons for this world-wide increase in "empty" calorie consumption, even in countries where food shortages exist, are as countries urbanize (move from an agrarian lifestyle to cities) and transportation and marketing improve more processed foods are consumed which are high in caloric density and low in nutrient density, and, individuals in urban areas are generally less physically active and under a more chronically stressful lifestyle.

Individual calorie intake has increased between 300-600 kcal per day in the United States over last century which accounts for an **additional 1 lb of caloric intake every 1-2 weeks.**

The major reasons for this calorie increase come from **5 major dietary changes and patterns over the last century** :

- 1) A continued increase in total **meat** consumption with red meat going down and poultry going up.
- 2) A dramatic increase in added **fats and oils** to foodstuffs.
- 3) A dramatic increase in **cheese** consumption.
- 4) A continued steady increases in **calorie sweeteners**, now more from corn sweeteners than the cane and beet sugars of the past and
- 5) An increase in grains since the early 1970s, of which 85% are **refined grains**, with added 'sweet – fat' calories to these refined grain products (**Note**: grain availability per capita was actually 50% higher in the early 1900s than today at 300 lbs per person versus 200 lbs).

Industries that make the components for these high calorie foods have had government subsidies while fruit and vegetable industries in general have not. Thus fruit and vegetable prices have increased in price, with much less marketing of their health benefits to the public, while these other food components that add extra calories and reduced protective micronutrients to foods have been actually had a reduction in real costs. Therefore, the public consumes more calories and unhealthy foods because of price, convenience and lack of knowledge.

The Simple Solution - TRIAD Wellness Program – The How

Diet - TRIAD Diet Program

- 1) A **whole food** diet
 - a. Shop on the periphery of a grocery store for whole foods.
 - b. Only have whole foods in the house.
- 2) ½ your food intake is from **vegetables**
- 3) 1-2 month trial of **dairy product elimination** or **BED (Basic Elimination Diet)**.

Physical Activity - TRIAD Fitness Program

- 1) **Aerobics** 15-60 minutes daily.
- 2) **Strength training** – circuit training 15-30 minutes 3-4 days/week upper and lower body equally.
- 3) **Flexibility training** – yoga, Tai Chi, pilates, basic stretching (4-7 x per week).

Mind/ Body - TRIAD Mind/Body Program

- 1) **Sit still** 15-45 minutes daily.
- 2) **Be thankful** for everything 3-5 minutes morning and evening.
- 3) **Image**, write, speak affirm **optimal health** and what you really want daily 10-60 minutes and/or read, listen, see **positive**/educational/inspirational works 10-60 minutes daily. Train your mind **DAILY**.

Or

“9 Simple Steps To Optimal Health”

Purpose – The Who

This approach is needed and can be practically applied to individuals, this country and the world. Now is the time for this approach because:

- 1) Health care needs REAL REFORM from the current disease care model to a prevention model.
- 2) The science supports the *Staying Healthy In the Fast Lane* concepts.
- 3) Examples of healthy aging cultures support this approach to healthful living and aging.
- 4) Individuals have used this approach in very busy lifestyles and have maintained a high level of wellness and function.
- 5) **The world is busy, aging and urbanizing rapidly so it is imperative to implement simple principles and practices that everyone can employ to reduce the ever-escalating health care costs, loss of work productivity and function, and human suffering that occurs from chronic diseases.**

“9 Simple Steps To Optimal Health”

TRIAD Wellness Program

3 phases x 3 steps =

I. TRIAD Diet Program:

- 1) Whole, unprocessed foods.
- 2) ½ your food intake as vegetables.
- 3) Food elimination – start with dairy or the BED Diet.

II. TRIAD Exercise Program:

- 4) ½ hour daily aerobic exercise.
- 5) Strength training (circuit training) 15-30 minutes,
3-4 days per week.
- 6) Flexibility training – Tai Chi, Yoga, Pilates, stretching 10-60 minutes daily.

III. TRIAD Mind-Body:

- 7) Be thankful for 5 minutes morning and evening.
- 8) Sit quietly 15-60 minutes daily.
- 9) Image your ideal health and life daily 5-15 minutes – think about what you want, not about what you don't want. Write it down. Picture it.

TRIAD Wellness Program

TRIAD Diet Program

Rule #1 (Whole Foods)

- **Eat WHOLE FOODS only** from the following food groups - vegetables (fresh or frozen), fruit (fresh or frozen), raw nuts and seeds, beans (freshly cooked or canned and rinsed) and whole grains (whole or sprouted grain are the first ingredients; nothing refined or enriched) and water/mineral waters and herb teas.
- **Optional but not necessary:** 100% juices, 1-2 alcoholic beverages per day, eggs, fish, poultry and meat. If you eat animal foods hunted game is best or grass fed animals without hormones or antibiotics.
- **No dairy products** from any animal for at least x 1 month (or preferably permanently).
- When healthy - 80-90% of your food intake is whole foods. 10-20% can be junk. When you're not healthy 100% should be whole foods. 0% junk.
- **NO REFINED CARBOHYDRATE** at all - if you eat a grain (rice, quinoa, wheat, rye, oats, barley, amaranth, cous cous, buckwheat, spelt, millet, etc) it must be a **WHOLE OR SPROUTED GRAIN. ANYTHING ENRICHED IS NOT A WHOLE GRAIN.** Anything 'white, light and fluffy' is not a whole grain. Darkened wheat breads are deceiving. First **ingredients must say whole or sprouted grain.** Sprouted grains MAY help reduce food intolerance and improve digestion.
- **Stores** such as Trader Joe's[®], Whole Foods Market[®], and natural food co-ops provide easy access to whole or sprouted grain foods (i.e. rice products, whole grain pastas, etc.)

Rule #2 (1/2 your daily food intake is vegetables)

- Eat **at least ½ your daily food intake as vegetables**, with ½ of that being GREEN LEAFY vegetables.
- Eat the other of your daily food intake from beans, fruit, whole grains, nuts and seeds; **Optional:** eggs, fish, poultry and meat.
- Eat **at least** 2-4 whole fruits per day (not juices). Blue and purple colored skinned fruit (berries) are excellent.
- Fluid intake should be mainly water (at least 5-6 glasses/d), mineral waters, herbal teas, black teas, especially green teas. Real (100%) juice should be used in moderation, and preferably juices not additionally sweetened.
- Eat more of the foods with the **highest nutrient-per-calorie density** (in descending order): leafy green vegetables; solid green vegetables; non-green, vegetables; beans and legumes; fresh fruit; whole grains; nuts/seeds; eggs, fish, fat-free dairy; beef, sweets, cheese, whole milk; processed food and hydrogenated oils.

Rule #3 - Food Elimination (start with dairy products or BED Diet Food List)

- Avoid dairy products. At the very least, do a 1 month trial off all dairy products **from any animal** (milk, cheese, yogurt, ice cream, kefir, sour cream, creamy dressings & sauces etc.) before re-introduction.
- Casomorphines are opioid compounds in dairy products that may cause a "food addiction" to it. Three weeks off ALL dairy products, not just cutting back on some, and the cravings usually go away...Or...
- Eat of the BED (Basic Elimination Diet) list of foods (eliminates many classic allergens).
- Keep a Diet-Exercise-Symptom Diary for at least one month.
- Eat foods which you are not sensitive to and that do not promote inflammation, and/or take anti-inflammatory supplements or additives (garlic, ginger, tumeric/curcumin, vitamin C, vitamin E, magnesium, selenium, Pycnogenol™, resveratrol, MSM, fish oil, primrose oil, ground flaxseed). Food sensitivities can be IgE - immediate onset; IgG - delayed onset; T-cell reactions; blood-type reactions (lectins)

Miscellaneous Dietary Suggestions

- Have a wholesome snack between meals (ex. fruit, nuts, seeds, bean spreads, 'finger' vegetables with smooth' bean spreads, sprouted or whole grain breads or crackers).
- Oils are best from whole raw nuts, seeds, olives, avocado, coconut, extra virgin olive oil, canola oil, green vegetables (especially sea vegetation, algae), flaxseed and cold water fish or northern hunted game. Only consume cold-pressed oils, if at all.
- AVOID ANY FOOD WITH TRANS FATS OR HYDROGENATED VEGETABLE OILS.
- IF YOU ARE NOT YOUR IDEAL BODY WEIGHT YOU SHOULD REDUCE YOUR FAT intake from all animal foods, nuts, seeds, avocados and any added oils.
- Oil contains fat. Fat is more than twice the calories per gram as a carbohydrate or protein (9 cal/gm vs. 4 cal/gm). Therefore fats take up less 'space' in your stomach but provide more than twice the calories.
- Do the "**Pizza Platter Test**" - Imagine if you dumped all the food you consumed on a 'pizza platter' at the end of the day and asked.... "is 90-100% whole food?...is 50%vegetables?...Is the other half beans, nuts, seeds, fruit, whole grains or animal foods?"
- Eat small frequent meals.
- Chew food well and eat slowly.

How To "Grocery Shop In The *Fast Lane*"

Shop on the 'Outside'of the Grocery Store. *"This simple rule could change the health of America and societies that use grocery stores."*

- Fruits and vegetables in the produce section should fill up more than half your shopping cart (whole fruit no dried fruit).
- As you go to the back of the store you can pick up water, mineral waters and teas (some alcohol if your weight is normalized - caution 7 calories per gm).
- At the back of the store pick up lean meats, poultry and fish (preferable animals should be grass fed, without antibiotics or hormones). NOTE: Animal foods are optional not necessary. Use in moderation, as 'condiments.'
- Skip dairy products (keep away from all animals initially).
- Alternative 'milks' are acceptable (almond, soy, rice, etc.).
- Skip juices unless 100% juices.
- Frozen section - can pick up frozen fruit and vegetables. Inner isles get canned beans or dry beans to cook.
- Get vegetable broth either in concentrate or liquid form.
- Grains: brown rice and whole brown rice products; it can be difficult to find true whole grains or sprouted grains in the bread section of most grocery stores. **MUST GET WHOLE OR SPROUTED GRAIN PRODUCTS ONLY.** If raw nuts or seeds were not in the produce section sometimes they are in the inner isles or in bulk bins.
- Sometimes there is a specialty area for true 100% 'natural' juices.

Basic Shopping List

Vegetables fresh or frozen; pre-washed leafy greens and salad mixes; whole fruit fresh or frozen; beans and legumes - cooked, canned, or sprouted; bean spreads; **whole or sprouted grain/products only** - breads, cereals, pastas, noodles, crackers, etc; whole brown rice products - rice, pastas, cereals; raw nuts or seeds or nut butters; vegetable broths, vegetables soups, vegetarian chili and miso; extra virgin olive oil, canola oil or coconut oil (sparingly). **Optional** but not necessary: Free-range non-fertile eggs, wild game, fish, lean fowl and meats without antibiotics, hormones and grass fed. **Organic is best** if available but not absolute for excellent health.

Stocking Your Cupboards and Refrigerator

- Only have WHOLE FOOD in your house (refrigerator, cupboards). Make yourself go out to get junk food.
- **Cupboards** - whole/sprouted grain products, brown rice and whole brown rice products; whole corn products, canned beans, vegetable soups, vegetable broth, whole grain crackers and chips if you can find them.
- **Refrigerator** - fruit and vegetable bins should be full; whole or sprouted grain breads; whole grain tortillas or flat breads. 100% juices; nut/bean/grain milks (ex. almond, soy, rice) all can be fortified with calcium and vitamin D; bean spreads, tofu products.
- **Optional:** free range non-fertile eggs.
- **Freezer** - Raw nuts & seeds; frozen vegetables and/or fruit; whole flaxseed; **Optional:** meats, poultry and wild game.

Common Myths

- **Myth:** "Carbs are bad."
- **Truth:** Unrefined carbohydrates are a great food, rich in time-released energy, micronutrients and phytochemicals, if non-allergic/nonsensitizing? (i.e. caution if wheat/gluten sensitivity, corn sensitivity, etc).
- **Myth:** "Carbs cause obesity and diabetes."
- **Truth:** 'Carbs' cannot be the cause of obesity and diabetes. Prior to the introduction of the Western diet in Asian and some African countries where rice (mainly white rice) and wheat products were staples there was minimal diabetes, heart disease and obesity issues. **It's the type of carbohydrate and what goes with it that is the problem. It is true that refined carbohydrates can have fats and oils, and calorie sweeteners added to them, and be a low nutrient, high calorie food and therefore increase blood sugar, insulin resistance and obesity.**
- If 'overnight' the urbanizing societies of the world consumed plain grain products (no added sweeteners or fats) and most were whole or sprouted grain products, there would be an immediate and dramatic reduction in the chronic diseases plaguing the developed and developing world (obesity, heart disease, stroke, hypertension, cancer, diabetes, bone loss, etc.). along with refined carbohydrates and increased cheese consumption, there has been a dramatic increase in excess calories consumed and chronic disease (obesity, heart disease, stroke, hypertension, cancer, diabetes, bone loss, etc.).
- **Fact:** Eating whole or sprouted grains is always preferred over processed grains.
- **Fact:** With the introduction of the high calorie, high fat, highly sweetened, high animal protein Western diet, along with refined carbohydrates and increased cheese consumption, there has been a dramatic increase in excess calories consumed and chronic disease (obesity, heart disease, stroke, hypertension, cancer, diabetes, bone loss, etc).
- **Fact:** Fat accumulation in the cell (intramyocellular lipids) inhibits the ability of insulin to drive glucose (sugar) into the cell increasing insulin resistance and the subsequent problems of insulin resistance and diabetes.
- **Fact:** By going on an animal-free, low fat (no oils, nuts, seeds or avocado) vegan diet rich in vegetables, beans, fruit and whole/sprouted grains intramyocellular fat has been reduced and subsequent insulin resistance. With intramyocellular fat reduced insulin can then drive glucose into the cell effectively normalizing blood sugar and insulin levels. Reducing intramyocellular fat also improves the functioning and production of mitochondria in the cell which burns energy even at rest.
- **Fact: The most consistent longevity factors are staying lean (under-eating, natural calorie restriction), daily exercise. Fact:** The most consistent longevity factors are staying lean (under-eating, natural calorie restriction), physical activity and a definite sense of life purpose.

Why Whole Grains?

Whole grain cereals are much richer than refined grains in insoluble and soluble fibers and several micronutrients, such as antioxidants, indoles, phenolic compounds, including flavonoids, isothiocyanates and phytoestrogens, which are considered favorable components of the human diet. The great bulk of nutrients and biologically active constituents in grains are found in the outer fibrous **bran** and the **germ**. These components include essential fatty acids, vitamin, minerals, antioxidants and phytochemicals. *Many of the biologically active constituents are lost when the bran and the germ are removed in the process of refining grain to make flour leaving the white, starchy **endosperm**.*

Studies have found that the regular intake of whole grain foods is associated with reduced total mortality, as well as incidence of coronary heart disease, various types of cancer and diabetes. Case-control studies have found inverse associations of whole grain intake with various forms of cancer, mainly of the gastrointestinal tract. **Whole grain foods contain a wide variety of biologically active constituents, which may contribute synergistically to reduced rates of various chronic diseases.** The **endosperm**, from is found in refined grain foods such as white wheat flour and white rice, is primarily starch. Consumption of starchy foods (refined CHO) has been associated with increased risk of oral, pharyngeal and esophageal cancers in studies conducted in North America, Italy and Greece. **There is some indication, however, that the association is restricted to refined cereals.** The direct association with refined cereals may be related to their higher rate of digestion as compared with whole grain cereals, lack of protective phytochemicals in refined grains and/or other compounds in the diet. Refined grains can increase plasma insulin concentrations and insulin-like growth factor 1 (IGF1) which may increase risk to cancer and chronic diseases. *Eur J Clin Nutr, 2000; 54:47-49. 35907 (2000)*

Basic Elimination Diet (BED)

- If on a whole, unrefined food, vegetable-based diet you still feel poorly **food intolerance** may be an issue.
- First write down foods you **normally eat** for 4-7 days on the Diet-Exercise-Symptom Diary (DESD).
- Note what foods you eat 4 or more times per week. Then eat off the BED list of foods for at least two weeks, preferably four weeks.
- If there is a food on the BED list that you normally eat 4 or more times per week eliminate it also. Keep filling out your DESD.
- After at least 2 weeks, preferably 4 weeks, reintroduce the previous most commonly eaten foods one at a time for two days.
- Note symptoms. If tolerated go to the next previous most common eaten food.
- You may re-introduce reactive foods into your diet after one month on a non-daily basis (every 3-4 days).
- If tolerated keep it in the diet on a rotational basis.
- If reactive eliminate it for 6 months. Then try again.
- If you still feel you have food intolerant symptoms you may benefit from a hypoallergenic protein modified sparring fast, need food intolerance/allergy testing; a comprehensive stool analysis looking for dysbiosis (imbalanced G.I. bacterial flora or fungal overgrowth); probiotic supplementation and/or see a physician competent in dealing with food intolerance and gastrointestinal issues.

TRIAD Exercise Program

Being a regular exerciser (daily) will improve almost all health issues, improve your wellbeing and function, save you significant amounts of money and time in health expenditures and help you remain independent as you age. **All health experts agree** on the benefits of regular, daily exercise.

Exercise should not be painful. "**Pain is No-Gain**," especially when you are starting. Daily consistency is the key to a lifelong successful exercise program. Remember! "**Some exercise is always better than no exercise.**" Do some exercise daily. No matter how small. Always!

TRIAD Exercise Program

- Aerobic exercise 1/2 -1 hr **Daily** (walking, jogging, dancing, swimming, hiking, bicycling, stair master, elliptical rider, rowing machine, hand pedaling, martial arts, etc.). Alternate exercises and make them fun.
- Strength training 3-4 days per week 15-30 minutes - circuit training (moving from station to station alternating between an arm and leg exercises; 6-10 sets of arm exercises - 6-10 sets of leg exercises; 10-15 repetitions each set).
- Flexibility training 10-60 minutes 4-7 days per week - general stretching, yoga, pilates, Tai Chi, etc..

TRIAD Mind-Body Program - Practices For A Happy, Positive Productive Life

"Train your mind to be positive and life-affirming like you were training for a marathon...daily for 15-90 minutes...You wouldn't train for a marathon once a week, likewise, you can't expect to change your way of thinking by reading a thoughtful book once per week...train your mind/spirit like you would train your physical body with daily, persistent practice!"

TRIAD Mind-Body Program - Practices For A Happy, Positive And Productive Life

- **Rule #1** - Take 5-10 minutes at the beginning and end of each day to be thankful for everything in your life.
- **Rule #2** - Sit quietly, in the same chair and position, without moving 15-30 minutes daily. Don't worry about thoughts or meditating. Just sit still. Start with the intention of seeing your "next step" after your quiet time.
- **Rule #3** - Imagine your perfect body, health and life. How you optimally movement y want to look, feel, act and live for 5 minutes daily. When you have free mental time think about what you really want; ask yourself "What do I really want in my life right now?" Imagine it happening for a few minutes.
- Write down your ideal life (and health) five years from now.
- **Write goals**, affirmations and take simple steps daily towards that goal (*The Greatest Secret of All*, Mark Allen, CD/book).
- Write a life purpose statement (*Success Principles*, Jack Canfield, pages 23).
- Take the last 1/4 -1hr of the day and read positive/inspiring works; create a positive revision of day; review the next day in a positive light; acknowledge yourself for all the good things you did that day.
- Write down for 30 days everything you are thankful for to a person or situation you are struggling with.

HOW TO EAT

EAT ALL YOU WANT (WHILE GETTING LOTS OF VARIETY) OF ANY WHOLE, UNREFINED PLANT-BASED FOOD

General Category	Specific Examples
Fruits	orange, okra, kiwi, red pepper, apple, cucumber, tomoato, avocado, zucchini, blueberries, strawberries, green pepper, raspberries, butternut squash, pumpkin, blackberries, mangoes, eggplant, pear, watermelon, cranberries, acorn squash, papaya, grapefruit, peach
Vegetables	
Flowers	broccoli, cauliflower (not many of the huge variety of edible Flowers are commonly eaten)
Stems and Leaves	spinach, artichokes, kale, lettuce (all varieties), cabbage, Swiss chard, collard greens, celery, asparagus, mustard Greens, brussels sprouts, turnip greens, beet greens, bok Choi, arugula, Belgian endive, basil, cilantro, parsley, rhu-Barb, seaweed
Roots	potatoes (all varieties), beets, carrots, turnips, onions, garlic, Ginger, leeks, radish, rutabaga
Legumes (seed-Bearing nitrogen-Fixing plants)	green beans, soybeans, peas, peanuts, adzuki beans, black beans, black-eye peas, cannellini beans, garbanzo beans, kidney beans, lentils, pinto beans, white beans
Mushrooms	white button, baby bella, cremini, Portobello, shiitake, oyster
Nuts	walnuts, almonds, macadamia, pecans, cashew, hazelnut, pistachio
Whole grains (in breads, pastas, etc)	wheat, rice, corn, millet, sorghum, rye, oats, barley, teff, buckwheat, amaranth, quinoa, kamut, spelt
Minimize	
Refined carbohydrates	pastas (except whole grain varieties“, white bread, crackers, sugars and most cakes and pastries
Added vegetable oils	corn oil, peanut oil, olive oil
Fish	salmon, tuna, cod
Avoid	
Meat	steak, hamburger, lard
Poultry	chicken, turkey
Dairy	cheese, milk, yogurt
Eggs	eggs & products with a high egg content (i.e. mayonnaise)

The China Study: Startling Implications for Diet, Weight Loss and Long-Term Health,
T. Colin Campbell, Ph.D., Thomas M. Campbell, Ph.D., 2006

Nutrient Density and A Healthy Diet

The Health Equation: $H = N/C$

Your health is dependent on the nutrient-per-calorie density of your diet.

HIGH-NUTRIENT FOODS THAT CAN BE EATEN IN UNLIMITED QUANTITIES

LEAFY GREEN VEGETABLES

romaine lettuce, leaf lettuces, kale, collards, Swiss Chard, cabbage, spinach, bok choy, parsley.

SOLID GREEN VEGETABLES

artichokes, asparagus, broccoli, Brussels sprouts, cabbage, celery, cucumber, kohlrabi, okra, peas, green peppers, snow peas, string beans, zucchini.

NON-GREEN, HIGH-NUTRIENT VEGETABLES

beets, eggplant, mushrooms, onions, tomatoes, peppers, bamboo shoots, water chestnuts, cauliflower, squash, carrots.

BEANS AND LEGUMES (cooked, canned, or sprouted)

red kidney beans, adzuki beans, chickpeas, pinto beans, cowpeas, navy beans, cannelloni beans, soybeans, lentils, white beans, lima beans, pigeon peas, black-eyed peas, black beans, split peas.

FRESH FRUITS

apples, apricots, blackberries, blueberries, grapefruit, grapes, kiwis, mangoes, nectarines, all melons, oranges, peaches, pears, persimmons, pineapples, plums, raspberries, strawberries, tangerines.

Eat For Health: Lose Weight, Keep It Off, Look Younger, Live Longer

Nutrient Scoring Method*

Nutrient Data for an equal caloric portion of each food was obtained from Nutritionist Pro software and included: Calcium, Carotenoids: Beta-Carotene, Alpha Carotene, Lutein & Zeaxanthin, Lycopene, Fiber, Folate, Glucosinolates⁴ Iron, Magnesium, Vitamin B3 (Niacin), Selenium, Vitamin B1 (Thiamin) Vitamin B2 (Riboflavin), Vitamin B6 (Paradoxine), Vitamin B12, Vitamin C, Vitamin E, Zinc, plus ORAC score X 2 (Oxygen Radical Absorbance Capacity is a method of measuring the antioxidant or radical scavenging capacity of foods).⁵ Nutrient quantities, which are normally in many different measurements (mg, mcg, IU) were converted to a percentage of their RDI so that a common value could be considered for each nutrient. Since there is currently no RDI for Carotenoids, Glucosinolates, or ORAC score, goals were established based on available research and current understanding of the benefits of these factors.⁶ The ORAC score was given a factor 2 (as if it were two nutrients) due to the importance of unnamed antioxidant nutrients. The sum of the food's total nutrient value was then multiplied by a fraction to make the highest number equal 1000 and then all other totals multiplied by this same fraction so all food could be compared on a numerical scale of 1 to 1000.

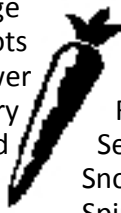
**Patent pending*

Basic Elimination Diet (BED) Food List


Please feel free to copy this list for personal use or educational purposes

Vegetables

Alfalfa Sprouts	Kohlrabi
Artichoke	Leeks
Asparagus	Lettuce
Avocado	Mung Beans
Beets	Mushrooms
Bok Choy	Mustard Greens
Broccoli Brussels	Okra
Sprouts Cabbage	Onions
Carrots	Parsnips
Cauliflower	Radishes
Celery	Rutabaga
Chard	Seaweed
Collard Greens	Snow Peas
Cucumber	Spinach
Daikon Radish	Squash
Endive	Sweet Potato
Escarole	Swiss Chard
Green or Yellow Beans	Taro
Jicama	Turnips & Greens
Kale	Water Chestnuts
Kelp	Yams
	Zucchini



Protein

	Beef
Chicken	
Lamb	
Pork	
Poultry	
Turkey	
Wild Game	
Cod	
Halibut	
Mackerel	
Salmon	
Sole	
Trout	
Tuna	
Dried Beans	
Dried Peas	
Lentils	
Soy Milk	
Tempeh	
Tofu (Soy Bean)	

Fruit

Apples	Papaya
Apricots	Peaches
Banana	Pears
Black Berries	Pineapple
Blueberries	Plums
Grapes	Pomegranate
Kiwi	Prune
Mango	Raspberries
Melon	Strawberries
Nectarine	Watermelon



Grains (Whole)

Amaranth	Rice Chex
Buckwheat	Rice Crispies
Millet	Rice Milk
Cream of Rice	Rice pankakes
Puffed Rice	Rice Pasta
Rice	Tapioca
Rice Bread	Quinoa
Rice Cakes	



Types of Elimination Diets

1. Basic Elimination Diet (BED) - this list.
 2. BED minus beef, grains & soy/tofu.
 3. BED minus protein (except lamb), grains, nuts, seeds and oils.
 4. BED minus legumes, grains, nuts, seeds and oils.
 5. BED minus protein, grains, nuts, seeds and oils.
- Antiallergy, anti-diabetic, anti-inflammatory, cardio-therapeutic and weight reduction diet: eat only from fruit and vegetable list.

Nuts, Seeds and Oils

Almonds	Olive Oil
Canola Oil	Pecans
Flax Oil	Pumpkin Seeds
Flaxseeds	Safflower Oil
Hazel Nut	Sesame Seeds & Oil
Nut Butters	Sunflower Seeds & Oil
	Walnuts & Oil

Facial Rinse (sink) and Saline Sinus Irrigation (shower)

Benefits: Both of these techniques can be done to help:

1. Relieve facial and cranial pain.
2. Relieve pain due to sinus congestion.
3. Help clear nasal phlegm and mucous that traps germs.
4. Help relieve coughs due to nasal drainage.
5. Help relieve bad breath caused by accumulated mucous.
6. Help restore mucous flow and ciliary action.
7. Help clear industrial dirt and dust.

Our technique is used and recommended by doctors and dentists.

Saline irrigation can be used in the shower in the morning or the evening while the *facial rinse* can be used at another time of the day that you do not use the shower utilizing a sink, hot water and salt.

Facial Rinse:

1. Rinse out your basin and plug the sink and fill it up with **hot** water.
2. Put two or three teaspoons of salt in the hot water as you fill up the sink.
3. The water should be hot and not lukewarm. Test the temperature with your chin so as not to burn your face.
4. Immerse your face totally in the hot water face down up to your ear line.
5. Hold it there for five seconds. You can either do this with your eyes closed or open if it feels comfortable. You can not inhale the water through your nose or you can inhale the water as you feel more comfortable.
6. Lift your face out of the water and blow all the mucous out of your nose.
7. Repeat this process five times for five seconds each at least one a day, alternating with the saline irrigation.

Saline Irrigation:

1. Supplies: Two cups of lukewarm water, ½ teaspoon of salt, a bulb syringe.
2. Cut off the tip of the bulb syringe enough to where it fits snugly in your nostril. Fill your syringe with as much water as you can get in it.
3. Tuck your head down to where your chin touches your chest and start flushing your nose with the water in the bulb syringe.
4. Alternate each nostril until all the water is gone.

Saline irrigation needs to be done once a day, in the morning or whenever your are in the shower.

Time Saver:

1. Mix four teaspoons of salt into a one gallon plastic jug and keep it in the shower.
2. Each day pour some of the water into a four ounce plastic dish and use to fill the bulb syringe.

Simple Back Exercises for Low Back Health & Miscellaneous Strength Work

- Wall Yoga – Back flexion and extension of low back, shoulder and ham string stretch.
- Shoulder Walk (stretch)
- Wall sit
- Reverse Chair
- Knees to chest (single and double)
- Knee Rock
- Straight leg extension with strap or towel
- Angry Cat and Horse
- Sit Ups
- Hip Thrust
- Up & Down Dog
- Tub/Shower stretch for low back and calf/hamstrings
- Calf raises with Quad Sets
- Sink Squats
- Getting up and down from chairs
- T.V. Dumbbells x 4 (hug, press, curls – basic and reverse)

Creating A Life Purpose Statement

- List two of your unique personal qualities, such as *enthusiasm* and *creativity*. (me: *energy* and *honesty*)
- List one or two ways you enjoy expressing those qualities when interacting with others, such as to *support* and to *inspire*. (me: *teach* and *inspire*)
- Assume the world is perfect right now. What does this world look like? How is everyone interacting with everyone else? What does it feel like? Write your answer as a statement, in the present tense, describing the ultimate condition, the perfect world as you see it and feel it. Remember, a perfect world is a fun place to be.
- Combine the three prior subdivisions of this paragraph into a single statement.

The Success Principles, by Jack Canfield, 2005;23.

Original Source: *You Can Have It All*, by Arnold M. Patent,
www.arnoldpatent.com

Kirk Hamilton's Life Purpose Statement:

I Kirkham Hamilton use my energy and honesty to teach and inspire the people of the world to be confidently healthy, and to joyfully encourage individuals to follow their Life passions to the fullest, while they encourage others to do the same with harmony, peace, joy, respect and cooperation between people, animals and the environment.

Highly Recommended Reading

(*** Read First)

- G ****Beating The Food Giants*, Paul Stitt, 300 pages, Natural Press, PO Box 160, Manitowoc, WI. 54220 (877) 628-8398, 920-684-6698.
- G *Breaking The Food Seduction: The Hidden Reasons Behind Food Cravings - and 7 Steps to End Them Naturally*, Neal Barnard, M.D., 2003, 324 pages.
- G *Breaking the Vicious Cycle: Intestinal Health Through Diet (The Autism Connection)*, Elaine Gottschall, B.A., M.Sc., 2004, 207 pages.
- G *Diet For A New America*, John Robbins, 1987, 423 pages.
- G ****Doctor Neal Barnard=s Program for Reversing Diabetes: The Scientifically Proven System For Reversing Diabetes Without Drugs*, Neal D. Barnard, M.D. 2007, 272 pages.
- G ****Eat To Live: The Revolutionary Formula For Fast and Sustained Weight Loss*, Joel Fuhrman, MD, 2003, 292 pages.
- G *Food Allergy Survival Guide*, Vesanto Melina, M.S., R.D., Jo Stepaniak, M.S.Ed. & Dina Aronson, M.S., R.D., 2004, 383 pages.
- G ****Healthy at 100*, John Robbins, 2007, 357 pages.
- G *HRT: The Answers, A Concise Guide For Solving the Hormone Replacement Therapy Puzzle*, Pamela Smith, M.D., MPH, 2003, pages 116, (231) 943-4577.
- G *Jack Canfield’s Key to Living the Law of Attraction: A Simple Guide to Creating the Life of Your Dreams*, Jack Canfield, D. D. Watkins, 2007, pages 138. www.hcibooks.com
- G *Life Lessons for Mastering the Law of Attraction*, Jack Canfield, Mark Victor Hansen, 2008, 330 pages. www.hcibooks.com
- G ****Living With Joy; Keys To Personal Power and Spiritual Transformation*, Sanaya Roman, 1989, 216 pages.
- G *Love Medicine and Miracles; Peace Love and Healing; What To Do Between Doctors Visits*; Bernie Siegel, MD.
- G *Maximum Confidence, 10 Secrets of Extreme Self-Esteem*, Jack Canfield, audio 5 CD set, 2002.
- G *Natural Medicine Comprehensive Database*, Therapeutic Research Facility. www.naturaldatabase.com.
- G ****Prevent and Reverse Heart Disease*, Caldwell B. Esselstyn, Jr. M.D., 2007, 308 pages.

- G *Slim, Sane, and Sexy: Pocket Guide to Natural, Bioidentical Hormone Balancing*, Jay H. Mead, M.D., Erin T. Lommen, N.D., 2008, 208 pages.
- G *Spiritual Growth: Being Your Higher Self*; Sanaya Roman, 1989, 240 pages.
- G ****Stop Inflammation Now!: A Step-By-Step Plan to Prevent, Treat, and Reverse Inflammation- The Leading Cause of Heart Disease and Related Conditions*, Richard M. Fleming, M.D., 2004, 298 pages.
- G *Stretching*, Bob & Jean Anderson
- G ****The Blue Zone: Lessons For Living Longer From The People Who=ve Lived The Longest*, Dan Buettner, 2008, 277 pages.
- G ****The China Study: Startling Implications for Diet, Weight Loss and Long-Term Health*, T. Colin Campbell, Ph.D., Thomas M. Campbell, Ph.D., 2006, 417 pages.
- G *The Food Revolution, How Your Diet Can Help Save Your Life and Our World*, John Robbins, 2001, 449 pages.
- G ****The Greatest Secret of All*, Marc Allen, 2008, 128 pages or 2 CDs. www.newworldlibrary.com.
- G *The Journey Through Cancer; An Oncologist's Seven-Level Program for Healing and Transforming the Whole Person*. Jeremy Geffen, M.D., 289 pages.
- G ****The Jungle Effect: A Doctor Discovers the Healthiest Diets From Around the World - Why They Work and How to Bring Them Home*, Daphne Miller, M.D. , 2008, 370 pages.
- G *The Longevity Diet*, by Brian M. Delaney and Lisa Walford, 2005, 237 pages.
- G ****The Okinawa Program: How the World=s Longest-Lived People Achieve Everlasting Health - And How You Can Too*, Bradley J. Willcox, M.D, D. Craig Willcox, Ph.D. , Makoto Suzuki, M.D., Ph.D., 2001, 484 pages.
- G *The Okinawa Diet Plan: The Only Diet With 100 Years of Living Proof* , Bradley J. Willcox, M.D, D. Craig Willcox, Ph.D. , Makoto Suzuki, M.D., Ph.D., 2004, 419 pages.
- G *The Relaxation and Stress Reduction Workbook*, Martha Davis, Elizabeth Robbins Eshelman and Matthew McKay, 2008, 394 pages.
- G *The Secret*, Rhonda Byrne, 2006, pages 198. www.beyondwords.com . .
- G *The Success Principles: How to Get from Where You Are to Where You Want to Be*, Jack Canfield, 2007, 473 pages.
- G *Fit or Fat?* and *Ultimate Fit or Fat*, Covert Bailey. www.covertbailey.com

(revised 10-05-09)

Educational Resources

Please Visit

www.prescription2000.com

- **Staying Healthy Today Radio Interviews**
- **Staying Healthy Today With Kirk Hamilton** Health Letter
- **Expert Pearls** – Potential therapies from Expert Interviews
- **Special Offers** - Book Notification – *Staying Healthy In The Fast Lane*
- **FREE Health Letter** at prescription2000.com

- **Educational Handouts** – Basic Elimination Diet (BED), Behavior and Food, Cholesterol Lowering Naturally, Diet Exercise Symptom Diary (15), Diet Exercise Symptom Diary (30), Highly Recommended Reading, Staying Healthy Free Lecture, Staying Healthy In The Fast Lane, TRIAD Wellness Program

- http://www.energeticnutrition.com/media/kirk_hamilton.html Staying Healthy Webinar Series
- <http://www.vitasearch.com> - Expert Interviews, Clinical Pearls Database, Vitagram™ - Weekly Research Updates, Health Notes
- <http://www.pcrm.org/> - Plant-based diets, animal-free research
- <http://www.ncbi.nlm.nih.gov/sites/entrez/> - Medical abstracts
- <http://www.vitamindcouncil.org/> - current vitamin D research
- <http://www.cancerproject.org/> - diet and cancer patient education
- <http://www.grassrootshealth.net/> - public vitamin D education



Kirk Hamilton, PA-C - Curriculum Vitae

2009 - Present: Staying Healthy Webinar Series

2009 - Present: Staying Healthy Today radio show. Interviews of experts in the fields of nutrition, prevention and integrative medicine available as podcasts and downloads. www.prescription2000.com

2008 - Present: "Staying Healthy In The *Fast Lane*". An 8 part lecture series that focuses on how we can not only stay healthy in our demanding world, but how we can thrive while doing so.

1995 - Radio host: Prescription 2000. A weekly one hour show with interviews from peer review researchers on nutrition and integrative medicine topics; article reviews; open phones for questions from a Northern California audience.

Radio co-host: 1987-92: Questioning Health. A weekly review of current nutrition articles and open call-in.

1989 - Present: Founder of Clinical Pearls Publications, Inc. The **Clinical Pearls Publications** were derived from more than 42,000 articles from peer review literature focused on current nutrition and integrative medicine research. More than 850 **Experts Speak Interviews** of peer review researchers/physicians from around the world on nutrition and integrative medicine topics have been completed. This data was incorporated into **Clinical Pearls One-Liners**, a monthly health letter for professionals available in print and on the internet. This health letter included referenced article summaries; a **Disease and Case of the Month**; as well as the actual **Expert Speak Interviews**. This volume of work was purchase by Tishcon Corp in 2004. To date there are more than 850 **Experts Speak Interviews** archived at www.Vitasearch.com where the **Clinical Pearls Database** resides.

2000 - Present: Development and sales of an animal-free dietary nutritional supplement line. **Prescription 2000** is a high-quality, high-potency dietary supplement line that is a unique blend of quality, cost efficiency, ecology and progressive biochemical synergy. These supplements are to be used in conjunction with a healthy diet, exercise and lifestyle program

Education

1980: Bachelor's of Science Degree Socio-biology, University of California, Davis, CA.

1983: Physicians Assistant Certified (PA-C), UCD, Davis School of Medicine/Dept Family Practice.

Professional Health and Direct Experience

1977-82: Ambulance Technician and Paramedic (1980), Davis Ambulance Service, Davis, CA.

1983 - Present: Practicing Physicians Assistant at Health Associates Medical Group in Sacramento, California, a nutrient oriented general practice (1986). Practice specialty experiences include: Family Practice, Nutrition, Prevention, Cardiology, Bio-Identical Hormone Replacement, Allergy, Acupuncture and Integrative Medicine.

Special Interests: Teaching health and positive lifestyle, community service, spiritual growth, swing and salsa dancing, body surfing, free diving, vegetarianism, alternative energy, conservation and recycling.

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Questions???

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