

m, patient, awesome, spontaneous, laughing, centered, grateful, creative, empowered, smiley, healthy, intuitive, regenerated, strong, optimistic, calm, positive, fulfilled, tranquil, cheerful, feeling-good.org.uk calm, open, loving, confident, appreciated, vivacious, inspired

THE AXIOMS OF A GOOD DIET

Even though you might eat what you consider a good diet, you may feel that your health is compromised. Listen to your body: tiredness, mood swings, weak immunity and weight gain are all signs of impaired wellness, and the cause could be your diet.

Here below are basic guidelines of a good diet, we don't always follow advice, but the beginning is knowledge. I include some quite stringent advice I don't always follow myself, but I feel the information incomplete if I don't include, even though you may choose to ignore!

- 1. Food combining.** A third of us thrive on high-protein, high-fat and low-carbohydrate foods; a third thrive on high-carbohydrate, low-fat and low-protein foods and another third somewhere in between. Observe what works best for you. Listen to your mood. If you suffer from depression, anxiety, hyperactivity or learning difficulties, try a change of diet, (or investigate food and substance sensitivities).
- 2. Sensitivities or intolerances.** 45% of people have an intolerance or sensitivity to one or more types of food or substances, (British Allergy Foundation). The start is to avoid these irritants and build the immune system. It may be the offending food/substance can be re-introduced without problem if the right course is followed.
- 3. Water.** Drink 6-8 glasses of water a day. Start the day with a large glass of water. Drink a large glass of water when you get in, in the evening. (Try to avoid water within ½ hour of eating.) Ideally drink warm water.

Tap water contains a lot of impurities, so invest in a filter. Recommended is FreshWater 1000 (from the FreshWater Filter Company 0208 558 7495).
- 4. Avoid processed foods** including white flour, such as white bread, white pasta, rolls, pastry, cakes, biscuits, white rice, confectionery, carbonated drinks, juice drinks and certain breakfast cereals.
- 5. Avoid sugar,** check all labels - it is hidden! (Eg. Special K, tomato ketchup, baked beans and bought mayonnaise are all high in sugar.) If you choose not to completely abstain, eat no more than 40g of sugar a day, including these hidden sugars.
- 6. Avoid sweeteners,** eg. Nutrasweet, Equal, Spoonful, etc. There is increasing evidence to suggest a link between sweeteners and mental agitation, headaches, depression, and even cancer. Consider sugar substitutes, eg. Xylitol, agave nectar, molasses, manuka honey, date juice, amasake, fruit juice, raisin and maple syrup, (although these all cause a rise in blood sugar, see below).
- 7. Avoid foods with a high GI.** The glycaemic index (GI) ranks carbohydrates according to their effect on our blood glucose levels. Choosing low GI foods prevents big fluctuations in blood sugar and insulin levels, which are important to reduce the risk of heart disease and diabetes. Additionally, it can help sustainable weight loss.

Get the GI of a food from <http://www.glycemicindex.com/> (GI Database). This is an Australian site, so some brand names may be different to those in the UK.

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As a guide, complex carbohydrates (eg. porridge oats, rice, beans and vegetables) have a low GI, whereas simple carbohydrates are processed and have a high GI.

- 8. Do not skip meals** – again, to maintain balanced blood sugar levels.
- 9. Ensure adequate protein intake.** Protein at each meal helps stabilise the fluctuations in blood sugar, which tend to occur following the consumption of carbohydrates.
- 10. Ensure adequate fiber,** which helps elimination of waste and prevents bloating. So, eat plenty of fresh fruit and vegetables, in season and ideally organic. If you eat wheat, choose wholemeal varieties, eg. wholemeal bread or pastry, brown rice, oatmeal, bran, flax seed.
- 11. Avoid coffee and tea.** Green tea is good as an astringent and anti-oxidant but does contain a little caffeine, so ensure you drink water too.
- 12. Buy organic** whenever possible. With a limited budget prioritise organic meat, garlic and grains, (ie. rice, bread and porridge).
- 13. Wash fruit and vegetables thoroughly,** ideally in a Vitamin C solution (of 3/4 tsp vitamin C powder or vinegar with 250 ml filtered water), which washes off any remnants of organisms that can cause parasites.
- 14. Avoid overcooking food.** Overcooked vegetables lose many of their nutrients. Burnt food is carcinogenic, (including burnt toast, and burnt sausages, so BBQs are not great!)
- 15. Avoid margarine and corn oil,** use butter if necessary.
- 16. For frying or grilling use olive oil or butter,** to minimise the risk of free radicals.
- 17. Avoid trans-fatty acids,** these are found in biscuits, crisps, crackers, doughnuts, margarine, vegetable shortening, baked goods, chips, fried food, snack foods and most processed foods. (Trans-fatty acids are damaged fats that are linked to heart disease, insulin resistance and Alzheimer's).
- 18. Saturated fats** (butter, animal fat, dairy, coconut oil) – eat no more than 20g (3/4 oz) per day.
- 19. Eat oily fish, nuts and seeds** (but store them in the freezer). Use olive oil and flaxseed oil. These all contain essential fatty acids, good for the brain and the joints. They help reduce inflammation and are vital for good health. Always use cold-pressed olive oil, or organic.
- 20. Soya.** Avoid refined soya products, eg. textured vegetable protein (TVP), soya protein isolate (SPI), soya oil, soya flour, hydrolysed vegetable protein or hydrolysed soya protein.

OK are non-refined forms, such as fermented forms of soya (miso, tempeh, tamari, natto and shoyu soya sauce) and unfermented whole soya forms, (organic non-genetically modified soya milk from whole soya, roasted soy nuts, edamame and organic tofu fermented with nigari).

- 21. Eat no more than 6g of salt per day.** Try low salt products instead.

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- 22. Fish.** Although cold water fish are naturally rich in omega 3 fatty acids and excellent sources of protein, they also tend to be contaminated with toxins such as mercury, polychlorinated biphenyl and dioxins, so they should be eaten in moderation. Some types can be very high in mercury so should be eaten infrequently or avoided, such as tuna, halibut and swordfish.
- 23. Potatoes.** Note how they make you feel, often they are energy-draining due to their glycaemic index (depending on how they are cooked).
- 24. Avoid additives,** preservatives and chemicals, which are commonly found in processed foods. Food labels list these by E numbers so check what these mean, (<http://curezone.com/foods/ennumbers.asp>).
- 25. Do not drink alcohol every night,** and when you do, try to keep it to a minimum of two drinks. Red wine is probably the healthiest, but it does vary from person to person. It is best to choose organic wines to avoid chemicals and pesticides found in some, particularly those from South America.

How to eat

- Eat away from mental activity, (eg. working, the computer, reading, watching TV, studying, etc)
- Take time to eat slowly
- Focus on the taste and the texture of your food and savour the moment
- Avoid fluids ½ hour around a meal

Exercise

Ideally take at least 20 minutes of exercise a day. Both walking and swimming are excellent because they do not strain the body. Yoga is great to remain supple.

Additionally for endometriosis:

Follow the general axioms above, however particularly important for you is:

- 1.** Total avoidance of all alcohol for the first phase of treatment, thereafter only very occasionally, say one to two units a week
- 2.** Avoid all dairy and red meat
- 3.** Avoid caffeine
- 4.** Lose any excess weight
- 5.** Do not use tampons, use unbleached towels