

# Return to Quality Food

Food is More than the Sum of Its Parts



It has a Dynamic Interaction  
with our Living Body

Quality Food is one of the  
Pillars of Health

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## Quality Food and Eating PRINCIPLES

Have you ever wanted to know the basic truth about what food is healthy, without all the contradictions? Here is the simple truth.

There are no exact *foods* that are perfect for EVERYONE, but there are PRINCIPLES of Eating Quality Food that do work well for everyone.

### 4 Principles of Quality Food. Be sure it is:

#### ✓ Grown or Raised Naturally

Local

In-season

Natural Method of Growing or Feeding

#### ✓ Processed and Prepared Naturally

Raw when you can, cooked when needed/helpful.

No chemicals, only readily available herbs or spices

#### ✓ Preserved and Stored Naturally

Frozen, Dried, Salt, Vinegar, or Sugar...others questionable

#### ✓ It would help Sustain You Well in Nature over time.

Providing Energy and good body function.

**The more principles you violate, the more likely the food will be bad for you.**

### 3 Principles of Quality Eating. Be sure to:

#### ✓ Eat consistent with your blood culture

Food Preparation

Dietary combinations, Proportions, & Frequency.

#### ✓ Eat Enough to maintain Energy & Attitude

#### ✓ Choose Food for its Quality, Ease, and Taste

**The more unhealthy you are, the more likely you will *Want* & occasionally *Need* to violate these principles.**

## What is “Quality Food?”

Ask these questions as you read the ingredient list to test the food quality.

### Grown or Raised Naturally

#### ✓ **Locally Grown or Raised**

- ☑ Are your fruit and vegetables and nuts and grains from your state or shipped across the ocean?

#### ✓ **In-Season**

- ☑ If you harvested your food, would it have gone bad yet?

#### ✓ **Natural Method of Growing or Feeding**

- ☑ If you & neighbors got together to grow/raise food for yourselves with 40 acres & a nearby wilderness, how would you do it with natural products?

### Processed and Prepared Naturally

#### **Raw when you Can...**

- ☑ Is it safe and easier to eat the food raw than cooked?

#### **No Chemicals...**

- ☑ What would you flavor with if you had to gather the ingredients yourself?

### Preserved and Stored Naturally

#### **Frozen, Dried, Salt, Vinegar, Sugar...others questionable**

- ☑ If you had to preserve and store your foods from scratch, how would you do it & what would you use?

### It would help Sustain you Well in Nature

#### **Providing Energy and good body function...**

- ☑ Would you choose this food as part of your diet if your life depended upon it over weeks, months, or years?

## Eating Approaches

**Process** - I list these in order of **effectiveness & practicality**.

Start at the top and gradually introduce at least through #5.

- 1. Seasonal** - *Staying Healthy with the Seasons*, by Elson Haas, MD  
**Spring & Summer:** more fresh Fruits and Vegetables  
**Autumn & Winter:** Root veg., Legumes, Nuts, & Grains
  - This automatically provides rotation & variety to the diet.
- 2. Acid-Base Balancing** - Eat at least as much alkaline-ash foods (fruit, veg) as acid-ash foods so that your body doesn't steal minerals from bone or compromise quality body function.
  - Good idea always. Eat as outlined in this program:  
fruit/veggies > legumes > meat > grains, dairy > nuts, oils
- 3. Live/Raw Food** - At the most basic level, this means only cook your vegetables a little, and eat raw sprouts and fruit so the natural enzymes aid in digestion and other benefits.
- 4. Low Calorie-High Nutrient** - Many studies have shown that eating fewer calories than typical and MORE nutrients than typical reduces cancers & other diseases & lengthens lifespan.
- 5. The Maker's Diet** - Jordan Rubin rediscovered healthy eating & God's eating recommendations for a self-destructive world.
- 6. The Metabolic Typing Diet** - Dr. William Wolcott recognized that some people do well with much heavy meat & fat (Pro-70%) and fewer carbs, others need mostly carbs (Pro-40%), and yet others mixed(50/50%). He developed questionnaires and eating plans to help you decide. I believe this is a well-founded concept, worth trying. This approach addresses why some "healthy" eating choices make some people sick.  
Online **type test and cookbook:** [nutritionaltyping.mercola.com/PreTest.aspx](http://nutritionaltyping.mercola.com/PreTest.aspx)
- 7. by Blood Type** - Dr. D'Adamo developed eating plans that are designed to prevent negative food-blood interactions. I believe this is a fairly well-founded concept of variable worth.
- 8. Vegetarian** - Eating only plant-based foods in order to avoid the potential problems associated with meat/dairy/etc.
  - Bad idea for most people. but much better than typical diet.

## Compensatory Eating Approaches

**Principles** - When the body is damaged/dysfunctional/overstressed in your intestines or other organ, you may need to .

9. **Rotation Diet** - Eating a food only one time per week to allow a food antigen/allergen fewer opportunities to leak into your blood from damaged/leaky intestines, causing allergic reactions.
  - Good idea for those with damaged intestines or allergies.
10. **Elimination-Reintroduction** - Avoiding potentially irritating foods/additives for at least 2 weeks -- noting improvements. Reintroduce the foods, one day at a time -- noting reactions.
  - Good for finding foods, etc. that irritate YOU.
11. **Juicing/Detoxification** - Eat to reduce the need for digestion and nutrient-dense food available for detoxification. When 'Juicing', use more organic veggies than fruit.
12. **Food Combining** - Eating to make digestion easy.
  - Eat Fruits alone or with other fruit
  - Eat Proteins/meat separately from Starches/fruit/grain/leg
  - Protein + Vegetable or Starch + Vegetable digest easily.
  - Important for some with weak intestines/digestion.
13. **Anti-Yeast (Candida)** - Women are familiar with vaginal yeast infections, but intestinal yeast infections are relatively common, esp. after antibiotics. This diet reduces sugar of all types because yeast thrive off sugar. Other sources of yeast may be avoided if an *allergy* to yeast is suspected.
  - Great for those with much yeast overgrowth.
14. **For the Athlete** - Athletes **need more** calories and nutrients of all types. The best educational resource for athletic nutrition is Michael Colgan, PhD (colganinstitute.com)
  - Necessary to prevent premature aging and injury.
15. **Lactose Avoidance** - Avoid dairy products to prevent symptoms associated with **inability to digest** (NOT allergy).
  - Necessary for some, but not so much with RAW dairy.

## **COMPROMISING Principles Quality Eating and Drinking**

1. Use “**Quality Food**” & “**Quality Eating**” Principles to *maintain* health.
2. Use “**Compensatory Nutrition**” to *restore or accommodate* deficiencies/dysfunction.
3. Use “**Manipulative Nutrition**” to *drive* function.
4. Use **medication** to *suppress* or *replace* function.

### ➤ **Need for “COMPENSATORY” Eating and Drinking -**

This involves supplementing or avoiding parts of food.

1. The more pure your blood line, the more limited your ability to digest some types of food.
2. The more damaged your digestive system, the more likely it will be to have allergies or sensitivities to any food.
3. The more damaged your digestive & metabolic system, the more limited will be your ability to use even quality food.
4. Most people can heal and then benefit from quality food, but many will require some **Compensation** or **Manipulation**.

### ➤ **We will discuss the Quality foods for the people with:**

1. **Healthy** intestines, without limitations – This will be the majority of our discussion, forming the foundation.
2. **Healthy** intestines **with limitations**  
Diets for Genetic, Digestive, and Taste Bud limitations – incl. Rotation diets, Vegetarian Diets, Acid-Base Balancing Diets, and some solutions for picky eaters. Obesity; Insulin Resistance; High Cholesterol
3. **Dysbiotic** (out-of-balance and dysfunctional) intestines
4. **Intestinal Problems & Behavioral Disorders** (Autism, ADHD)
5. **Damaged intestines** – Colitis, Crohn’s, Irritable Bowel (IBS), etc. which is usually also combined with dysbiosis.

## Fats and oils - Overview

	Good Sign	Bad Indication
Fats and Oils	Naturally-raised food, especially if “organic”	Composition manipulated or processed food: “ <b>Trans</b> ”; Partially <b>Hydrogenated</b> or <b>Hydrogenated</b> oils
	Moderation	Excess
		<b>Saturated</b> <i>can</i> be bad if cholesterol high
	Used at correct temperature	or oil overheated or stored wrong

### Principles

1. We know that animals fed more naturally and wild have a significantly different fatty acid composition.<sup>1</sup>
2. Almost always, the composition is toward that which seems to prevent inflammatory diseases like heart disease and diabetes.
3. Processing foods often changes the structure of oils.
4. The more natural a state the oil is in the more likely it is healthy.

### Compensatory-Manipulative Nutrition:

1. High arachidonic acid (a type of omega 6, essential to health) seems to worsen inflammation, but other omega 6 fatty acids do not.
2. This is where things get tricky and ‘scientifically faddish’. At this time, a balance of arachidonic acid and EPA (an omega-3) seems to help the inflammatory disease so common at this time. Some good research also suggests supplementing GLA, but only when the EPA is high enough.<sup>2</sup> Treat this with caution, but it may be helpful in decreasing medication.

American Journal of Clinical Nutrition, Vol. 71, No. 1, 179S-188S, January 2000

Preferred Cooking Techniques of Selected Oils		
High-Heat Cooking	Medium-Heat Cooking	Low-Heat Cooking
Coconut (esp when baking)	Olive (not EXTRA virgin)	Extra virgin Olive
Peanut*	Corn, Canola Oil	Almond, Sesame
High oleic safflower	Hazelnut	Butter, Sunflower
*Critical to use organic because of high-pesticide use. Do not cook with flax oil or flax seed, b/c they are easily damaged.		

## Fats and oils - Overview *continued*

### Process

1. Toss out any foods that contain **hydrogenated (or partially) vegetable oil**, or **vegetable shortening**.  
Butter is better than margarine and organic is best.
2. Eat 4-6 teaspoons of **healthy oils** / day in salads, cold foods, or [in cooked foods, using the Preferred Cooking Techniques].
3. Cook using appropriate oil to prevent **Free Radicals & Trans** fats.
4. Don't get on any fad that is inconsistent with eating foods that are naturally raised and reasonably available for the last 100-200 years. Eating naturally does not depend on trends.
5. Select a balance of foods as presented in this program.
  - If you don't do #2 very well, you will need to supplement. Arctic cod liver oil, or EPA/DHA from salmon, sardines, or krill 300-1000 mg / day.  
GLA supplementation may also help.\*

\*Inflammation Nation: The first clinically prove eating plan to end our nation's secret epidemic, Fireside Publ, 2006by Floyd Chilton

### Benefits

1. **Reduce Damage** by free radicals ('nuclear waste' in your body)  
This results in slower and/or less **degenerative aging**.
2. Building blocks for heart, muscle, brain, hormones, etc.
3. Reduce damage and dysfunction of heart, muscle, brain, coordination, energy levels, and inflammatory conditions.  
Omega 3(DHA) ranges from 4.5% in the nerves to 16% in the brain, &  
Omega 6(ARA) from 7% in the nerves to 13% in the brain.  
[Prostaglandins Leukot Essent Fatty Acids. 2007; 77\(5-6\): 247-250.](#)



# Carbohydrates

	Good Sign	Bad Indication
Fruits, Vegetables & Grains	Fresh	Other
	Organic	Other
	Whole	Processed
	Raw or Steamed	Heavily cooked

## Principles

1. Carbohydrates are a necessary **source** of **energy** and **nutrients**.
2. The more you exercise, the more carbohydrates of all kinds you need.
3. Carbohydrates are broken down to sugar (glucose) in one or more steps.
4. More complex carbs are broken down more slowly (“**Least Impact**”).
5. The slower the breakdown, the less the rise in blood sugar.
6. Fiber, Fat, and Protein slow the breakdown/absorption speed.
7. The less the rise in sugar, the less the rise/stress in pancreas insulin.
8. The **Glycemic Index** is the blood sugar rise (speed of breakdown).
9. Fructose raises blood sugar, but is not measured in the **Glycemic Index**.
10. The damaged digestive system can only tolerate cooked and simple carbs.

## Benefits of proper management

1. Prevent Diabetes, many cancers, Heart Disease, & regulate Mood.
2. Reach and stay at target weight and be a better athlete.

## Carbohydrate Continuum

Highest Impact		Moderate Impact		Least ( <i>slow</i> ) Impact	
Alcohol	Simple Sugars	Simple Starch	Complex Starch	Complex Starch	Wood
Alcohol	Glucose	“White Things”	“ <b>Brown things</b> ”	“ <b>Green Things</b> ”	Not digestible
Beer	Sucrose, Fructose	White flour products	<b>Whole grains</b>	<b>Broccoli &amp; other green veggies</b>	
Wine	White sugar	White rice	<b>Beans / Legumes</b>	“ <b>Yellow Things</b> ”	
	(anything ending in -ose)	Pasta	<b>Roots</b>	<b>Squash &amp; other yellow veggies</b>	
	Fruit juice, Honey	Potatoes		<b>Other colorful veggies</b>	
	Corn syrup	Sweet Whole Fruit	<b>Low-sugar Whole Fruit</b>		

(Adapted from *Potatoes Not Prozac*, Kathleen DesMaisons, Ph.D. 1999, p. 135 )

CARBOHYDRATE : Grains & Legumes

“Moderate Impact”, “White” or “Brown things”

Grain (Rice, Cereals, Flours, Breads) & Legumes (Beans & Peas)	Good Sign	Bad Indication
	Organic	Other
	Whole, Complex	Enriched, Bleached

Principles:

1. Grains & Legumes = source of protein and high in carbohydrates. 😊 😞
2. “Whole” grains & Legumes = great sources of Vitamins/Minerals/Fiber. 😊
3. ↑ amounts of fiber (found in WHOLE food) slow the IMPACT of sugar. 😊
4. Mixing grains and Legumes or nuts makes a “complete” protein. 😊
5. Soaking common grains or legumes overnight, with Tbl yogurt & rinsing before cooking, ↓ gassiness, mineral-absorbing phytates and ↑ digestibility. Critical for some people. 😊
6. Processing grains **dramatically** reduces minerals, protein, & fiber. 😞  
...as in "Enriched" or "Bleached" or “milled”
7. Mixing grain/legume with fat, protein, vegetable ↓ IMPACT of sugar. 😊

Process

1. Frequently (or always) replace common grains with gluten-free grains: Brown Rice, Amaranth, Millet, Quinoa, & Wild Rice
  2. Eat about 1-2 cups of **whole** grain / 1-2 day  
You may ↑ amount if MUCH exercise &  
↓ amount of grains if blood sugar control is a concern.
  3. Eat 1/2 to 1-1/2 cup of legumes (beans or split peas) /day.
  4. Choose “**Brown things**” & Limit foods from the “**White things.**”
  5. **Decrease Processed** food and **Increase Whole** foods.  
Outer grocery aisles, farmer’s mkt, “whole” on label.
  6. Eat your “**Simple Sugars / Starches**” with some nut or other protein or fat / oil. This limits the negative blood sugar effect.
- If Thyroid, GI, or NS disorder, 0 gluten x 2 wks, MAYBE reintro.

Benefits (same as “Carbohydrate”)

1. Avoiding allergens can heal thyroid, Intestines, &/or Nervous system.
2. Prevent Diabetes, many cancers, Heart Disease, & regulate Mood.
3. Reach and stay at target weight and be a better athlete.

## Carbohydrate : Vegetables

	Good Sign	Bad Indication
<b>Vegetables</b> (Green ‘leafy’s,’ Squash, Tomatoes, Carrots, Broccoli, etc.)	Organic	Other
	Raw or Steamed	Heavily cooked
	Local, Fresh	Imported, Stored long time

### Principles

1. Mom was right. Your vegetables will make you healthy.
2. Source of many of the ‘phytonutrients’ that have been found to be very preventative in many disease conditions.
3. Studies frequently show that nutrient-dense **vegetables** are more effective than **isolated supplements** at preventing disease.

### Process

1. First, eat 3-5 handfuls of “Least” impact vegetables per day.
2. Limit foods from the “**High Impact**” end and begin choosing foods from the “**Least Impact**” end of the “Continuum.” especially fewer “**White things**” and more “**Brown**” and “**Green Things**.”
3. **Decrease Processed** food and **Increase Whole** foods. Outer grocery aisles, farmer’s mkt, “whole” on label.
4. Choose a variety of colors of vegetables. Each color represents other helpful nutrients.
5. Choose locally grown. Your farmer’s market is best.

### Benefits (same as “Carbohydrate”)

By having **Higher nutrient density**, good carbohydrates help,

- Reduced cancer risk & Limit aging and degeneration
- Improve function of all body processes

# Carbohydrate : SIMPLE SUGARS – incl. Fruits & Juices

	Good Sign	Bad Indication
Sugar and Sweet comes in many forms	Whole Fruit	Full-strength juices
	Raw	Processed or <i>Artificial</i>
	Honey (small amt)	(Consistently more than 30% of total carbohydrates in diet)
	Stevia (herb)	

## Principles

1. Mom was right, again. Your *fruit* will make you healthy.
2. Fiber (found in **WHOLE** food) slow the **IMPACT** of sugar.

## Process

1. Eat 2-3 pieces of fruit per day, & toss artificial sweeteners.
2. Choose **whole** fruit instead of another sweet snack or juice.
3. ↓ **Highest** Impact choice & ↑ **Least** Impact & “Good Sign”.
4. Generally, limit amount of “**Sugars**” to **1/3** of “**Total Carbohydrate**” in a single product. Exceptions: Milks, Juices.
5. Definitely **dilute juices** considerably (50%) & milk somewhat.
6. Eat your “**Simple Starches**” or “**Sugars**” with some nut or other protein. This limits the negative blood sugar effect.

### Fruit Continuum (based on Glycemic Index)

Highest Impact			Moderate	Least Impact	
71+	61-70	55-60	46-54	41-45	25-40
<b>Dates</b>	Cantaloupe	Raisins	Orange Jce.	Oranges	Grapefruit
Watermelon	Pineapple	Apricots	Mango	Apple Juice	Blueberries
Sugar	Carrot Jce	Grape Juice	Grapes	Strawberries	Pear, Plums
		Honey	Banana	Peach	Cherries
			Pineapple j.		Apple

**Note:** Dried fruit are concentrated sources of fruit sugars. One fruit that is **sweeter** or **cooked** than another of the same type will have a **higher Impact**.

**Honey & Fruit** juices are positive choices as sweeteners, but their potentially significant blood sugar **IMPACT** from *fructose* should be noted.

## Some of the Benefits

Reduce fluctuations in blood sugar

- ↓ damage from high insulin levels & ↓ endorphin addiction
- Limit emotional low associated with low blood sugar

# Protein Intake Overview

## Process

**Take it Easy Note:** If you're within about 10-15 grams, don't worry about it.

### 1. Know How Much Protein **you Need**

- TYPICAL JOE (or Joanne)** RDA recommendation grams protein per day = healthy body weight in lbs. (BW) x 0.31g, about 1/3. So, if your ideal wt. is 150, you need ~50 g/day.
- SERIOUS ATHLETES** need more:
  - Endurance athletes need about 2x the RDA =  $BW \times 0.6$
  - Strength/speed athletes need about  $BW \times 0.8$

SOURCE	AMOUNT	GRAMS
Meat (fish, fowl, beef)	1 Cup	~30
Soy beans / Tofu	1 Cup	~30/18
Milk	1 Cup	9-11
Beans/Peas (cooked), Nuts	½ Cup	~10
Cheese	1 stick	8
Egg (medium)	1 egg	~6
Spinach (cooked)	1 Cup	5
Broccoli	1 Cup	~7
Bread	1 Slice	~2
Rice (whole, cooked)	¼ Cup	1

### 2. Know how much protein **you Can Get** (absorb) from your food.

- Generally, the **limit is ~30 grams** / meal ~ **deck of cards**  
- less if you are **NOT** creating a need (i.e. Pregnant, very active.)
- Some people (~15-20%) need their protein from mostly meat or mostly vegetable sources.
  - Vegetarians** need to complement their protein foods. **Grains** and **Legumes** (bean-like stuff) need to be mixed with **Seed, Nut, or Each other**. All Dairy, Eggs, Meat [fish, beef, bird]) **ARE complete proteins** (all the essen. a.a.).

### 3. Know that the protein **Comes From** a **Healthy Source**.

The most “natural” (well-nourished and clean-living) protein food (plant or animal) you have access to is probably your best option.

## Benefits

- Enough to Maintain Muscle mass & Immunity.
- Not too much so that the kidneys, etc. must overwork to limit acidity.

## Protein as : Dairy & MEAT

	Good Sign	Bad Indication
Beef	<b>Grass</b> -Fed, Free-range	<b>Grain</b> -Fed
	minimal marbling	much marbling

### Process

1. Educate yourself: [www.organicpastures.com](http://www.organicpastures.com)
2. Eat almost exclusively RAW, but only from certified RAW dairies!
3. Eat cultured/fermented for extra good bacteria.
4. Drink/Eat dairy with at least some fat remaining.

### Benefits

- Good source of complete protein & calcium.
- “Cultured” or Raw provides beneficial bacteria

## Meat as : Red Meat

### Process

1. Acquire wild meat (Deer, Elk, Buffalo, etc.).
2. Find the beef: (*Buying whole or 1/2 cow will SAVE much money.*)  
Farmer’s market in your area may carry it in small servings.  
1/4 -1/2 cow-size avail.; also consider mail-order “grass fed beef”
3. Eat ~ 1 palm full or a card deck volume **Grass**-Fed beef 5-10 times per week, if available. If not grass-fed, eat less frequently.
4. If you cannot get **Grass**-Fed, get **Drug-Free** from [Harris Ranch] No Hormones, Antibiotics, Preservatives.
5. Next best is lean steaks or Freshly prepared hamburger
  - Pick out a good lean piece & ask the butcher to make hamburger.

### Benefits

**Grass**-Fed beef is healthier for your heart.

**Grass**-fed beef has an **omega 6:3 ratio of 3:1** vs. **Grain**-Fed beef, which has gobs of omega 6’s at **20:1**

From : *Journal of Animal Sci.* 2000 Nov;78(11):2849-55

**Grass**-Fed beef is healthier for your intestines.

Grain feeding promotes the growth of dangerous E. coli that is more likely to pass through your stomach and infect your colon. When cattle are fed grass, the amount of dangerous E. coli decreases dramatically. From : *Microbes Infect* 2000 Jan;2(1):45-53

## Meat as: FISH

Fish	Good Sign	Bad Indication
	“Wild”	Farmed
	Fresh	Fishy smelling
	Cold-water	Shellfish
	On Low-toxin List	Hg, PB, PCB, Arsenic toxicity

### Process

Eat high **omega-3, low-toxicity** fish 2-3 times per week.

Fish especially rich in **omega-3 fatty acids**

*Wild* [**Salmon, N. Atlantic Mackerel, Cod, Halibut, Trout**]

**Low-Toxicity** Fish

Wild Pacific Salmon	Flounder	Sole
Australian Orange Roughy	Talapia	Sardines

Wild Salmon, shrimp, clams, and tilapia--have such consistently low mercury levels that everyone, including pregnant women and young children, can safely eat them every day. - Consumer Reports July 2006

Canned Salmon & Mackerel were both high in EFA & low in mercury

: <http://www.csu.edu/cerc/researchreports/documents/MercuryFattyAcidsInCannedTunaSalmonMackerel2004.pdf>

List of Mercury levels in fish: <http://www.nrdc.org/health/effects/mercury/guide.asp>

### AVOID

**Farmed fish** - ↑ fat, ↓omega-3’s, making it much less healthy

**Canned tuna** - “Albacore” are consistently high in mercury (eat no more than 1 x per week). The others are usually lower, but may have an occasional yellowfish -- 3x higher in mercury than albacore.

Fish heated by case lights

Whole fish, UNLESS: *Completely* embedded in ice, Bright, bulging eyes, color

### Benefits

See “**Benefits**” in “**Oil**” section.

See “**Benefits**” in “**Protein**” section.

## Meat as : Fowl/Eggs

Fowl	Good Sign	Bad Indication
	Free-Range	(other = non-organic)
	“Organically” grown	(other = non-organic)
	Minimally Processed	Additives and preservatives

### Principles

1. Wild is always better.
2. Antibiotic-treated chicken and turkey have been proven to make human infections more likely and harder to treat.<sup>1</sup>  
1 - Amer. Jour.of Clin. Nutrition, Vol. 71, No. 1, 179S-188S, January 2000

### Process

1. Find a healthy choice — Organic is best, Foster Farms is a distant second, but not too bad (and much less expensive).
2. Eat “organic” chicken every 2nd or 3rd time or for the kids.

### Benefits

- The less added junk in your food must be better.

## Protein as : Egg

### Process:

1. Find a local farmer (especially at the farmer’s market) who supplies Range-free, organic-fed Chicken eggs.
2. Eat Range-free, organic-fed eggs several times per week.  
We now know it does not hurt blood cholesterol.

### Benefits:

1. **Range fed** eggs have an omega 6 to 3 **ratio** of **1.3 to one**, whereas the **"supermarket egg"** has a **ratio** of **~2 to one**.
2. Great source (90%-100%) of many vitamins (B’s, A, D, E, K, calcium, iron).
3. Eggs are 2nd only to mother’s milk in protein usefulness.



# Protein as : Plant Source

## Principles

Plants (legume, nut/seed, fruit, etc.) are **NOT *complete proteins***. They must be complemented with each other (or an animal product) to provide all the amino acids the body needs for proper function.

## PROTEIN AS : Legume (Pea or Bean)

Legume	Good Sign	Bad Indication
(beans, Nut-Milk, soy products)	“Organically” grown	(other = non-organic)
	Non-GMO	(other = genetically-modified)
	Unsweetened	Sweetened
	Minimally Processed	Additives and preservatives

1. Yes, beans also have protein, but is it also hard to get at and there are MUCH more carbohydrates than protein or fat in beans.
2. Some can be eaten fresh or as sprouts.
3. **Soy** deserves special attention. It is a very common allergen. Soy has hormone effects which can be good or bad. Be careful, especially with children. Principally, soy is good IF **FERMENTED** -- but remember, organic & in moderation. Fermenting is natural and seems to increase the health benefit in many foods.

## Process

1. Eat approximately 1/2-1 cup per day.
2. Soak overnight & rinse. Cook beans into thick or runny soups.
3. Eat local peas or beans fresh / raw or steamed.
4. Split pea, Soy, Kidney, and Garbanzo are uniquely good for supporting the body's natural detoxifying.

## Benefits

1. Lower cholesterol level in those who regularly eat these.
2. Better bowel movements.
3. More balanced blood sugar.
4. Great source of some necessary minerals for energy and muscle relaxation.

## Protein as : Nuts, Seeds

### Principles

**Peanuts** deserve special attention. They are a fatty *legume* (not a nut), very common allergens, and have high pesticide use. Organic, in moderation, is okay. \*Recent research has strongly suggested that NOT eating peanuts as an infant makes you MORE likely to have peanut allergies! [Jour. of Allergy & Clinical Immunology, Nov 2008](#)

### Process

1. Eat several times per week as a snack or as part of a meal.
2. Eat about 10 nuts per day, for average person.
3. Choose Brazil, Cashew, Almond, Walnut, and Pecans primarily.

**Benefits** - These nuts have vitamins and minerals that are very **Protective** for the body.

## Protein as : Grains

**Benefits** - Excellent source of minerals, vitamins, fiber, & Energy.

Yes, grain have protein, but is harder to get at and there are MUCH more carbohydrates in grains than protein or fat.

**Process** — see “**Grain**” & “**Vegetable**” pages

## Protein for Vegetarians

**Process** - **Vegetarians** need to complement their protein foods **Grains** and **Legumes** (bean-like stuff) need to be mixed with **Seed**, **Nut**, or **Each other**, at least in a day. **Example:** Bean burrito or a nut butter sandwich.

### Benefits

1. Some people do very poorly with meat... *many* VERY poorly without.
2. Increased focus on vegetable intake is a great habit change that will benefit almost anyone, but should be balanced with respect to the Quality Food Principles.

## Pesticides: Reduction & Replacement

	Good Sign	Bad Indication
Food	EWG.org “Clean 15”	EWG.org “Dirty Dozen”
	Organically grown, or “No spray”	(other)

Here is the list of foods which are highest in pesticides -

(<http://www.ewg.org/foodnews/summary.php>):

**-These should be avoided or eaten organically, when possible.**

**Dirty Dozen™** - Apples, Peaches, Nectarines, Strawberries,



Grapes, Celery, Spinach, Sweet Bell Peppers, Cucumbers,

Cherry Tomatoes, *imported* Snap Peas, and Potatoes.

-Those highlighted in **RED** Each of these foods tested positive a number of different pesticide residues and showed higher concentrations of pesticides than other produce items.!

**Leafy greens** - kale and **collard greens** - and **hot peppers** do not meet traditional **Dirty Dozen™** ranking criteria but were frequently found to be contaminated with insecticides toxic to the human nervous system.

**Clean 15™** - avocados, sweet corn, pineapples, cabbage, frozen sweet peas, onions, asparagus, mangoes, papayas, kiwis, eggplant, grapefruit, cantaloupe, cauliflower & sweet potatoes.

Few pesticides and low concentrations were detected on these foods.

### Process

Shop at locations **more likely** to be characterized by the “Good Sign” words or from your local **Farmer’s Market** Organically grown or “No spray”.

### Benefits

1. Lower Toxicity load on your body’s detoxification system
2. Increased probability for longer Healthspan (absence of disease/degeneration), especially for susceptible individuals.

## Supplement

	Good Sign	Bad Indication
Supplements	Proud of Purity & Quality	“New low price”
	“Mixed” [carotenoids, etc]	Isolated nutrients
	Chelated minerals	Sulfates, Carbonates, etc.

1. Use “**Compensatory Nutrition**” to *restore* deficiencies.  
 ★ Vitamins, Minerals, Phytonutrients, EFA’s, Special Diets  
 Due to: Food problems, Tissue Damage, Environment, Genetics, Medication side-effects.

2. Use “**Manipulative Nutrition**” (high-dose, isolated) to *control* function.  
 ★ High-dose or Isolated Vits./Minerals/Phytonutrients/EFA’s/a.a., Herbs  
**Process:** [Nature’s Plus is a good multivitamin supplement company.](#)

1. Choose a company you **trust** to deliver quality products
  - ◆ **Proud** of their “**high standards**” not their “**low prices**”
2. Choose vitamin complexes, not individual nutrients.
  - ◆ **Whole food** vitamins are generally **better for maintenance**.  
 These tend to contain natural combinations that we haven’t discovered & synthesized yet. Also, “Organic” is superior.
  - ◆ **Synthetic** vitamins are good for treating specific conditions.  
 { 1-a-day vitamins are never high quality, but better than dirt. }

For **bioavailability** and **no gastric upset**, **Choose:**

“Mixed” ingredients is sign of more natural/effective type.  
 Amino acid chelates, like Glycinate, Aspartate, Lysinate, etc.

**Avoid:** Sulfates, Carbonates, Gluconates, Fumerates, talc, shelac

**Avoid Excessive** amts (esp. in liver disease, pregnancy)

**Avoid:** Iron, Manganese >2mg /d; Chromium >200mcg /d;  
 Selenium levels >200mcg/d; Vitamin A >5000 IU/d;  
 Beta Carotene is not harmful like Excess Vit. A.

3. Take Multivit/mineral, Fish/Krill oil, Phytonutrients

You may also test your nutrient status: [Genova Dagnostics](#)

**Benefit:** Reduce the risk and severity of **birth defects, disease, depression, and degeneration.**

# Allergies and Sensitivities

## Principles - Why You Have Allergies/Intolerances

The simple fact is: The tissues that respond to the allergen are not strong enough to withstand the attack. (See Peanuts, in Protein/Nut section.)

Defensive Tissues: Body Linings (skin, mucosa) and Immune System

Dysbiosis → ↑ Permeability, ↑ Autotoxicity

→ ↓ Absorption (esp. active)

→ Incomplete Food Breakdown

Normal Digestion Full food Breakdown and Filtering

= 0 Allergen presentation

Allergy = Excess reaction in a normal process of defense

Sensitivity = Inability to tolerate

= Inability to Digest or Tendency to React excessively

The immune system includes many organs and all blood.

## Principles related to Autism & ADHD

Autism, ADHD, and other brain conditions can be worsened by digestive problems. The poorly digested food allows normal foods to become very irritating food byproducts, including allergens and opiate-like chemicals, Casomorphins & Gliadomorphins. The damaged intestine allows foods & chemicals to enter that should be kept out & needed nutrients can't get in.

Principles related to Autoimmunity – When the immune system gets bombarded and sensitized to allergens (esp. via the gut), autoimmune conditions (rheumatoid arthritis, lupus, multiple sclerosis, thyroiditis, etc. are often caused or triggered.

## Process - Find the Cause and Support Correction

- A. Do Elimination/Reintroduction diet or [Food Antibody test](#).
- B. **REbuild the Immune System** and **REbuild the Intestines**:  
See “[GI Issues](#),” in the next section.
- C. **Assist in Detoxification** - Fruit, Veg., Nuts, “Quality” food.
- D. **Nourish** other Cells - EFA's, Multivitamin/mineral

## Benefits

1. Fewer medications, Infections
2. Behavior / Socialization can improve significantly.

# GI Issues: IBS, Crohn's, Colitis, etc

## Principles

Some people eat all the right foods, and it makes them MISERABLE.  
What causes IBS... or other GI dysfunction? - genetic? -

Inability to **digest** well. It can recover significantly!

There was a time when YOU were OK. What happened?

It is possible to return, at least close, to where you were.

Definition:

- ◇ IBS - No positive tests, but combination of diarrhea and constipation
- ◇ Colitis - Inflammation of the colon with pain and diarrhea
- ◇ Crohn's - inflammation & ulcers of any intestine, with Pain and diarrhea
- ◇ Celiac Disease - Gluten allergy + above symptoms

## Process - Find the Cause and Support Correction

1. Apply the 4 R's of "Allergies and Sensitivities", but the pivotal key is Step 1 - Remove irritants/hard-to-digest food. This must be done with GREAT diligence, over months.
2. For a good program, see [www.pecanbread.com](http://www.pecanbread.com), and read [Breaking the Vicious Cycle](#) & [www.food-allergy.org/crohns.html](http://www.food-allergy.org/crohns.html)
3. **REbuild the Immune System** and **REbuild the Intestines**
  - A. **Remove** - Irritants (likely allergens or hard-to-digest food)  
Gluten & Dairy are most common culprits, among others.
  - B. **Replace** - diminished digestive enzymes or acid
  - C. **Restore** - by nourishing the intestinal cells - Glutamine, Aloe Vera, etc.
  - D. **Reinoculate** - Lactobacillus acidophilus & Bifidobacterium bifidus

## Benefits

1. Fewer medications, more regular bowel movements, improved overall health.
2. Healthier immune system, resulting in less over-reactivity, as seen in Asthma, all Allergies, and Autoimmune conditions.

# Obesity, Diabetes, & High Cholesterol

## Principles

1. Very High cholesterol is a known risk factor for heart disease, **IN THE PRESENCE of INFLAMMATION**, but cholesterol lower than 160 is a greater risk for all causes of death.
2. Fat, and even Cholesterol, are not bad for you, but trans fats or other modified fats, especially when you have active inflammation, is a problem.
3. Diabetes and heart disease are very frequently seen together, because the same lifestyle leads to each.
4. Eating healthily, multiple times per day is effective in reducing blood sugar & insulin problems & Obesity, Diabetes, etc. Appropriate fasting can also be effective for some people.

## Process

1. Decrease Inflammation - See “Allergies & Sensitivities”
2. Increase Exercise - moderate intensity, high frequency (3-10x/wk)
3. Decrease Stress
4. Regulate Blood Sugar - eat frequently (3 meals, 2-3 snacks) and choose foods that are “Low Impact” almost always
5. Choose foods that are “Quality” as I defined at the beginning.

## Benefit:

1. Decrease Risk of Diabetes
2. Decrease Risk of Heart Disease
3. Decrease Risk of Stroke
4. Decrease Risk of Diseases of the Brain
5. You just plain look better and have more energy to do what you need to do.

# Eating for your Brain

## Principles

1. Proper eating is one of the most critical influences on brain health. The same factors that affect diabetes affect brain health.
2. As of 2015, the M.I.N.D. (Mediterranean-DASH Intervention for Neurodegenerative Delay) diet is the most healthy diet for the brain, being able to postpone dementia for years.
3. This eating plan forms the core of our Synergistic Steps to a Healthy Brain, featuring the healthy Brain Score which is a great place to learn a personalized plan for a healthy brain.

## Process

<b>Sweets (Sweet desserts, Soda-like drinks,etc)</b>	0-1 x / wk
<b>Fish (Sardines[herring], Mackerel, Salmon)</b>	2 + x / wk
<b>Red meat and meat products</b>	< 4x / wk
<b>Cheese</b>	<1x / wk
<b>Legumes (Beans, Peas, Lentils)</b>	4 + x / wk
<b>OLIVES, NUTS, &amp; SEEDS</b>	5 + x / wk
<b>HERBS, GARLIC, or ONIONS</b>	4+ days / wk
<b>BERRIES (or tomatoes or peppers) ~ low carb. fruits</b>	2+ x / wk
<b>GREEN LEAFY VEGETABLES (Spinach, Kale, Chard, etc.)</b>	6+ x / wk
<b>Other vegetables</b>	7 days / wk
<b>OLIVE OIL</b>	is the main oil you use
<b>Fast Food</b>	< 1x/ wk
<b>Eat while sitting &amp; socializing</b> with family or friends	4+ days/wk
<b>Water</b>	30% of wt, in oz H <sub>2</sub> O
<b>Red wine</b>	0-1 glass/DAY

## Eating Plan: M.I.N.D. + Glycemic plan

A good resource for this is *Grain Brain*, by Dr. Perlmutter. In this book, he will give sample menu plan for a wk. He also has a cookbook for added ideas.

## Benefit:

Significantly less risk for dementia (by 53%)<sup>1</sup>, heart disease, diabetes, and other degenerative diseases.

Reference: 1) <http://www.ncbi.nlm.nih.gov/pubmed/25681666>



# Feeding Children...& *picky eaters*

## Principles

- ◆ - The earlier you start your children on healthy foods, the more normal they will seem to them.
- ◆ - It is important to win the battle with your children when you have “drawn the line”, but it is equally important to rarely draw the line.
- ◆ Reward any good choices emphatically & reasonably as they prefer.
- ◆ Kids have LOTS of taste buds and have texture preferences.

## Process

1. Keep expectations high. Children will eat well, even if they go on a short hunger strike to prove their point.
2. Give the child choices between two or more options you select.
3. Puree - Using a food processor for solids or a blender for liquids. Include fruit and vegetables in most or all foods: spinach and carrots in scrambled eggs or hamburgers, etc.
4. Use nutritious foods that “hide” well in other foods -- white beans or sardines or carrots in ground turkey or blueberries in muffins.
5. **Gradually** mix the foods for a subtle change.  
Ex. Start with 10%, then 20%, etc.
6. Be an example. Eat more healthily than you expect them to.
7. Keep healthy foods available and no junk food snacks:  
Apples, frozen berries, almonds/pecans/cashews, etc.  
Purees frozen in baggies to mix in meals on short notice.
8. Dilute juices (eventually by 50%) with water.
9. Use healthy snacks as rewards.

## Benefit:

1. Prevent obesity, diabetes, asthma, etc.
2. Promote healthy brain, bone, muscle

## Resources:

1. For the very young child: Super Baby Food (Ruth Yaron)  
EVERYTHING to know for feeding a baby healthily.
2. For any picky eater Sneaky Chef (Missy Lapine)  
GREAT steps for making GOOD child/adult food tasty.

# IMPLEMENTING Healthy Changes

## Putting it All Together

### Principle

**We now recognize that inflammation, blood sugar problems, and lack of exercise are the major keys to most degenerative diseases. So, my concluding recommendations to you address these issues.**

### Process

#### **Have a STRONG Reason Why**

☞ Write down & REMEMBER the reason(s) for making these changes.  
(Also write down reasons NOT to change, for comparison.)

Do it here → \_\_\_\_\_

#### **Build an Accountability Structure that Motivates You**

☞ Write down the person, journal technique, reward, punishment, etc.

Do it here → \_\_\_\_\_

#### **Reward Yourself Regularly**

☞ What will you do for reward.

→ \_\_\_\_\_

Gradually implement an eating plan that supports “Quality Food and Eating”, Regulated blood sugar, High-nutrient density, and that *restores* or *accommodates* deficiencies/dysfunction.

Start by returning to the beginning of this document and reviewing the “[Quality Food and Eating PRINCIPLES](#)”. Review those and keep them handy as you consider what foods you will eat and feed your family.

**Use the steps on the following pages to gradually transform your eating into a plan for long-term health.**

# Healthy Changes - **Step-by-Step**

## Add Good Habits, Gradually - Add 1 per week

- Plan meals** at least 2 days in advance (1 week is best.).
- Eat 2-3 meals** / day.  
If blood sugar is not very stable & good, you must eat 3 meals (absolutely including breakfast) & 2 snacks.
- Eat Balanced meals.**  
There is no “perfect” balance, but the summaries on the next couple pages give some suggestions on “Carbs, Fats/Oils, and Protein.
- Remove Foods that Irritate.**  
(See “**Allergies and Sensitivities**”)
- Remove Artificial foods.**  
No **fake** fat (margarine, Olea, etc.) or **fake** sugar (saccharine, NutraSweet, etc.)
- Eat a wide variety of “Quality” foods** & eat proportionately.  
Have Fruit & Vegetables delivered or the Farmer’s Mkt.  
Revisit the pages on “Carbs, Fats/Oils, and Proteins
- Meet all the goals of the M.I.N.D.** **Eating for Your Brain** section.
- Modifications** or **Refine**, as needed:
  - **Avoid food you know you are sensitive to** (See the “**Allergies and Sensitivities**” section). Although gluten and dairy are not all bad, they are common culprits and a good thing to test (or do a trial of avoiding) if you think there may be a sensitivity problem.
  - **You may refine your diet via the Find Your “Metabolic type”** in “**Eating Approaches**”.

# Healthy Changes - **Step-by-Step**

## CARBOHYDRATES

1. Eat Mostly “**Green**” and “**Brown things**”
2. Transition **Grains, Vegetables, Legumes** and away from **High-Impact Carbohydrates to Low-Impact**
3. (1/2 to 1-1/2 cup pre-soaked, cooked whole grains per 1-2 days.) – I often recommend no grains at all.  
Eat **only** Grain products with “**whole**” **grain** as first ingredient.
4. Eat 1/2 to 1-1/2 cup of legumes (beans) or split peas / d.
5. Increase **Fruit & Vegetable** Servings to 5-10 per day.
  - Start at at least 5 per day, increasing to 10 per day... including twice as much **vegetables** per day as **fruit**.
  - Raw when you can, cooked when needed.
6. Transition **Fruit & Juices** away from **High-Impact Simple Sugars** and mix with **Nuts** from **Low-Impact** .
  - Eat a fruit or Juice with something fatty, fibrous, or protein to reduce its blood sugar impact.

## FAT / OIL

1. **Eliminate** use of **Hydrogenated Oils /trans fats**
  - No deep **fried** foods.
  - Cook on Low-to-Med heat w/ the correct oil.
2. **Add good oils**, with supplements, if needed.
3. **Pesticide Reduction and Replacement**
  - Buy Farmer’s Market and “Organic” foods
  - Wash Non-Organic Fruits & Vegetable thoroughly
  - Filter Water
  - Implement a Natural Pesticide Approach

# Healthy Changes - **Step-by-Step**

## **PROTEIN**

### Adequate Protein Intake

1. Get *Enough*, but *not Too Much* (see “Note” below.)
2. Choose *Quality* (*Wild/Free-range*), **Fish, Fowl, Red Meat**
3. Select *Quality* **Plant sources** of protein
4. Add *fermented* **soy** or *cultured* Yogurt 2-3 x / week.
5. Eat 10+ **nuts** or 1-3 Tbl of pure nut butter (not peanut)
6. Transition **Dairy** to **Raw** or **Cultured** with fat.

**Note:** The *specific quantity* depends upon your lean body mass & the amount & intensity of your exercise. (see “**Protein Intake Overview**”)

- Supplement** with QUALITY vitamins, minerals, & omega 3 oils, as needed to add to/reinforce your good diet.
- Drink** at ¼ - ½ gallon (32-64 oz) of water per day for a 120-lb person. (1 oz for every 2-3 pounds of body weight). Drink the higher amount of water if you sweat more, are more toxic, or drink caffeine.
- Exercise moderately** 3- 5 times per week for 30-60 minutes, including mostly “aerobics” and some resistance exercise.
- Relax and laugh frequently** throughout each day
- Accept Forgiveness (John 3:16) and Forgive continually**

Yes, that was a lot of information. The most important part is the “Quality Food and Eating Principles” at the beginning of this book.. Let that be your guide as you encounter new information shared as part of the latest fad.

No, you won’t get it all right all the time. Success is movement toward a good goal.

Have you learned ...a lot? – **that’s success.**

Have you made some positive changes already? – **that’s more success.**

Great job.

I certainly am not perfect. We are on this journey together. I hope I have helped you along the way a bit.

Keep up the work of always learning and always improving yourself.

May God bless you,

Jay Hobbs