



Mardian Natural Medicine

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Therapeutic Diet for Ideal Weight and HEALTH

This low-carbohydrate, moderate-protein and moderate-fat diet is focused on real foods as the solution to many of the common health problems affecting modern society, including allergies, diabetes, endocrine disorders, heart problems, cancer etc. It can help you on a road to wellness that you may have never experienced before. Your willingness to adopt these changes will greatly affect the outcome of the additional recommendations we have made for your wellness program.

It will take at least 2 to 3 months to re-establish a normal hormone balance, including insulin sensitivity. If there is severe insulin resistance or obesity, it could take much longer to stabilize. However, most people will experience some improvements early on in the program. With time, we should notice less symptoms of your disorder and we will see improvements through lab values, blood pressures, energy, loss of weight (especially abdominal), and loss of carbohydrate cravings. In time, the goal is to be able to eat ALL FOODS.

With this diet, you should **not** be hungry until its time for the next meal. If this is happening, try increasing the non-starch vegetables, nuts, fats and/or protein intake in the meals. Do **not** avoid naturally fatty foods, but limit saturated fats. Avoid hydrogenated oils and fried foods. Try to eat for hunger and not emotional reasons. If you must eat for emotional reasons, eat non-starchy vegetables, or lean protein. Snacks should be non-starchy vegetables, nuts or protein foods.

It will also be **ESSENTIAL** to practice effective stress management techniques, as without it, the whole program may not be successful.

GOOD CARBOHYDRATES (non-refined and non-starchy)

Vegetables – Eat a wide variety (except tomatoes, potatoes) that you can tolerate. Eat lots and lots of non-starchy vegetables. Raw or lightly cooked is best. These should be the main source of carbohydrates in the diet. Fresh is best, frozen is OK but canned is to be avoided except for very small amounts of tomato sauce. It is best to eat mostly lower carbohydrate (3, 6%) vegetables.

3% - asparagus, bean sprouts, beet greens, broccoli, red & green cabbage, cauliflower, celery, chicory, cucumber, dandelion greens, endive, lettuce (red, green, romaine), mustard greens, parsley, radish, spinach, seaweed, Swiss chard, turnip greens, watercress

6% - string beans, beets, Bok Choy, Brussel sprouts, chives, collards, eggplant, fennel, garlic, kale, kohlrabi, leeks, onion, parsley, red & green & yellow peppers, turnip, zucchini

15% - artichoke, beets, carrots, parsnip, green peas, pumpkin, rutabagas, squash

20% - yams, sweet potatoes

~ add your favourite spice to enhance the taste ~

Fruit – eat only 1 or 2 pieces of practically any fruit (except citrus.) If possible, it is preferred to eat the fruit baked (such as a baked apple or pear). Try to eat mostly the low carbohydrate fruits (3% or 6%). For example:

3% - cantaloupe, rhubarb, strawberries, melons

6% - apricot, blackberries, cranberries, papaya, peach, plum, raspberries, kiwi

15% - apple, blueberries, cherries, grapes, mango, pear, pineapple, pomegranate

20% - banana, figs, prunes

~ eat fruit with some protein, not alone. NO dried fruit.

PROTEINS

- Moderate amounts of free-range, lean meats and fish. Good examples are wild fish (cod, haddock, halibut, Pollock, sardines, sole, flounder, wild salmon), wild game animals such as venison and buffalo, free-range chicken and turkey, free-range grass fed-beef and naturally grown lamb. AVOID grain-fed animals as it means more saturated fats and omega-6 oils. Wild and range-fed animals will have less of these and more omega-3s.

If you do not have a dairy sensitivity, some dairy is OK. The best dairy products are cottage cheese, unsweetened yogurt and kefir. Use “better butter” (butter + olive oil) and NO margarine.

Eggs from free-range chickens are fine unless you have allergies to them. They are high in omega-3 oils. Best - no more than 8 per week. For most people include moderate amounts of nuts (walnuts, macadamia, almonds, cashews, pecans, etc.) and seeds (flax, pumpkin, sesame, sunflower etc.). Raw is best. Walnuts are high in omega-3s. Nut and seed butters are fine (almond, cashew, sesame). Peanuts and peanut butter are NOT recommended.

FATS

-Reduce saturated fats as found in cheese, butter and most commercial red meats. Moderate amounts of healthy oils are okay, best are monounsaturated oils (olive oil is best for light cooking, nut oils and avocado oil) and polyunsaturated oils high in omega-3 oils (flax, fish oils, walnuts). Feel free to add liberally to salads, sauces for vegetables and when cooking lean meats. Flax oil is high in omega-3 oils but goes rancid very easily, so refrigerate and do not heat and add only after cooking.

-Avoid hydrogenated oils and fried foods. Some low heat stove top frying with olive oil is OK.

PROBLEM CARBOHYDRATES (refined and starchy) – The cause of MANY health problems!

-No potatoes or simple sugars/carbohydrates (common table sugar, fructose, sweets, cookies, candy, ice cream, pastries, honey, fruit juice, soda pop, alcoholic beverages etc.) Anything that tastes sweet (including artificial sweeteners) may raise insulin levels, thus aggravating insulin resistance, perpetuating the cravings for sweets and contribute to your health problems.

- Almost no grain products (breads, pasta, cornbread, corn tortillas, crackers, popcorn, etc.) and no refined grains/carbohydrates (white flour products, white pasta, white rice, etc.) **NO WHEAT** or **CORN** products.

-Whole grains (amaranth, barley, buckwheat, millet, oatmeal, quinoa, basamati or brown rice, rye, teff) only in very small amounts.

- Legumes (aduki & azuki beahs, garbanzo beans (chick peas), kidney beans, lentils, mung beans, pinto beans, split peas, soybeans) only in very small amounts. Soak for 48-72 hours and cook slowly.

MISCELLANEOUS

-Drink lots of pure water, **NO** fruit juices, caffeine products or alcohol. Organic is always best when available. Cut down on salt but feel free to use other spices. Except for non-starchy vegetables, the other carbohydrates should be limited to protein meals. It is usually safe to assume that most processed foods will interfere with this diet, even if low carbohydrate. Finally, it must be emphasized that **EXERCISE (movement)** and **STRESS MANAGEMENT** are essential components for success.

Vegetables

Highly recommended vegetables – eat as many of these as possible for the best health

- asparagus - avocado - beet greens - bok choy -broccoli -cabbage
- brussel sprouts -cauliflower -celery -chicory -Chinese Cabbage
- chives -collard greens -cucumber -dandelion greens -endive
- escarole -fennel -garlic -kale - kohlrabi -lettuce
- mushroom -parsley -peppers -plantain -radish -seaweed
- spinach -swiss chard -turnips greens -turnips -watercress

Vegetables to use in moderation

- Artichoke - beets - carrots - green beans -Eggplant - jicama
- Parsnip -peas -pumpkin -rutabaga -squash

Vegetables to Avoid

- Corn (actually a grain) - potatoes - sweet potatoes -tomatoes (in moderation)
- yams