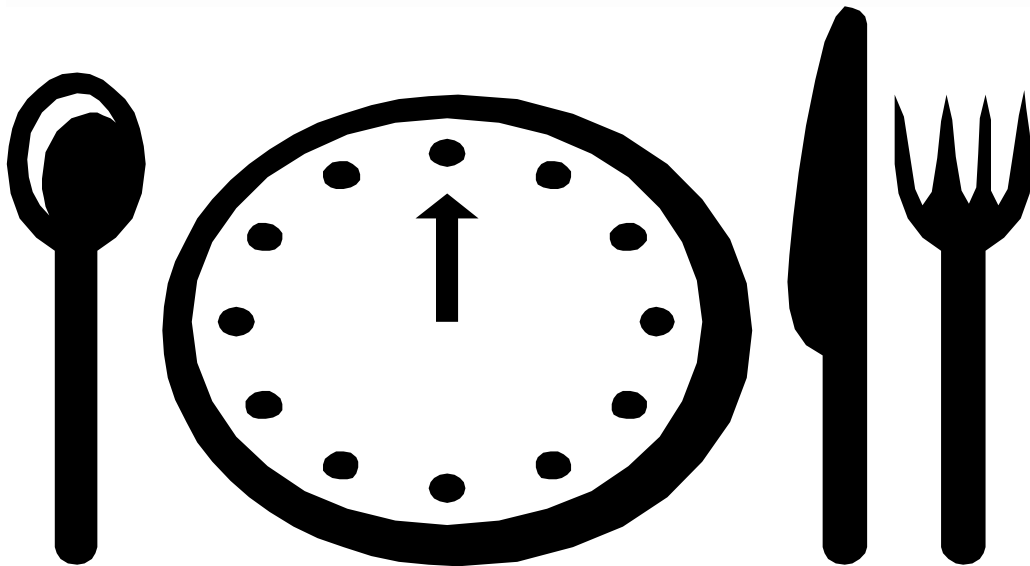


# **Feel-Better- in-48-Hours Plan**



**Includes Easy & Delicious Recipe Plan  
proven helpful for Acid Reflux Disease,  
Allergies, Diabetes, Heart Disease,  
Lupus, Mental Illness, Migraine,  
Obesity and other health problems**

**Diana Smith, Ph.D.**  
Certified Nutritional Consultant  
Certified Herbalist

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Feel Better in 48 hours Plan

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1. Diet Therapy 2. Migraine 3. Food Safety 4. Nutrition

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2000

Photographic Credit: Ken Smith

## The “Lazy, Sneaky Cook” Tells All!



Let me confess why I am wearing fire department bunker gear on the back cover of this book. It is simple. At my house, dinner is ready when the fire alarm goes off. (I have included two of my personal kitchen sayings in the back of this book for you to frame.)

Yes, I have had a fire or two in my kitchen. Here is a secret. One evening at 5:00 p.m., I met my family for dinner on the front porch. Why was I sitting on the front porch? The house was too smoky. My frying pan had gone up in a blaze! If it were not for my trusty fire extinguisher, I might have lost the house. To this day, there are big heat blisters on my stove's exhaust hood. I had to repaint the kitchen because of the smoke stains on the walls.

Please do not expect to find any gourmet meals in the Recipe Plan for entertaining and “ahhh-ing” your guests. The meals are just fast, lazy, and sneaky cooking. Why sneaky? Well, that is the next important fact you should know.

Puh-leeze!  
Do not tell anyone this food is healthy for him or her!



Raise your right hand and repeat after me, “I promise **not** to tell anyone this food is healthy!”

If you tell friends and family this food is healthy, they will spit it out before they taste it. It will be our little secret. Okay? If you are unable to contain your sneaky, little self, you can confess. **HOWEVER**, tell everyone only **after** they have finished eating. Promise?

I call my kitchen the “Test Kitchen.” I try to create meals that do not require professional appliances, special ingredients or hard-to-find foods.

A few of the Test Kitchen's priorities:

- 1) Easy preparation.
- 2) No dairy products.
- 3) No prepared, processed foods. (Additives subtract from your health.)
- 4) No condiments. (Example: Mayo, ketchup, mustard, etc. 'cause of the "stuff" in their ingredient list.)
- 5) No sugar or processed anything.

That may sound like easy guidelines, but it can be difficult. Most recipe books use dairy as the key ingredient to rich-tasting meals. Nope, not in this Recipe Plan. There are too many hormones injected into the animals and man-made processing.

The experts tell us that most homemakers have about 12 recipes that they normally use every day. That is not a lot of recipes. My three lazy favorites? Red Beans and Rice, Chicken and Yellow Rice and Potato/Tomato Soup.

The hardest part of eating without additives will be foraging for your food—I mean shopping for your food. Our ancestors had to search for food, and it is no different today. Trying to find a salad dressing without MSG (monosodium glutamate) is next to impossible at your local grocery store. Ask Jay, who spent 45 minutes searching every salad dressing in the grocery store for a "legal" one. Nope. Now, Jay makes his own salad dressing from scratch.

Many cookbooks call for Dijon mustard and other prepared foods to add extra "flavor" to their recipes. What is the flavor? Chemicals. Condiments stay in your refrigerator for months, even years, and never taste bad. How? Think about it. You probably have shoes in your closet that do not last as long as the condiments last. The answer is simple--these foods are not food. They are just chemicals.

Advertisers boast low cholesterol on their food labels, but what they don't tell us is their products usually contain partially hydrogenated oil or trans fatty acids that raise cholesterol levels. Remember, Food Manufacturers are interested in their bottom line, and not in your waistline.

Today most people think that enriched flour products are good for them. In reality, enriched flour is not food. That is right--enriched flour has zero food value.

**All-purpose flour has no purpose.**

The first two weeks on this Plan will be the hardest because you must learn to read food labels and develop a new routine. Hang in there. It is worth it!

Most people who see the Recipe Plan think I love to cook. Hold it, brother! I'm the sneaky, lazy cook. Anyone who is lazy, would prefer to go to a restaurant, and let THEM do the cooking, cleaning and serving. It's fast, cheap and very lazy. BUT, when I eat out, I usually feel bad the next day. Heavy, bloated, no energy and sometimes I get a migraine headache.

The recipes contained in the Recipe Plan are the ones that I use every day. They are easy and fast. When you see "one can of beans," puh-leeze, any can of beans will do. Don't sweat it. White beans, navy beans, pinto beans, BUT the ingredients can only say: beans, water, salt. That's it. Salt is an additive, but somewhat safe. If you suffer with high blood pressure, it should be avoided. Homemade beans would be preferred because Food Manufacturers use the cheapest salt available to maximize their profits. The cheapest salt available is iodized salt. Iodized salt has aluminum and should be avoided because absorption of aluminum by the brain has been linked to Alzheimer's Disease.

When you see "spice" on an ingredient list, it may be a chemical additive called monosodium glutamate. Monosodium glutamate or MSG kills brain cells, and will give me a migraine headache. Broth can have more chemicals in the disguise of "broth." The FDA allows Food Manufacturers to be vague in their labeling. Each type of beans will give a little difference in texture and taste. Yes, the taste is different, but it still tastes great. Most of the time, I use white beans. Be flexible. I home-can my beans for less salt and control. When I cook with my two little hands, I control how many migraines I have. Zero!

Use the best meat available to you. I use non-hormone meat. When we are out of town and camping, and I am forced to shop locally, I search for hormone-free meat. If it isn't available, substitute with fish, like flounder, or canned salmon.

It will take time to get a routine for finding new places to grocery shop. Be fussy, and be prepared to walk out of the store if it doesn't have what you need. Tell the manager on your way out. I told one manager that the grocery store across the street had free-range chicken eggs. The next time I went to that same store, they had free-range chicken eggs.

Hormone-free turkeys are usually available around the holidays from your local health food store. Free-range chickens are plentiful in most supermarkets. Tyson is even advertising in the media and boasting their chickens are free to roam and they don't use hormones.

Because most of our livestock in the United States are pumped with hormones, you won't find any dairy from cows in my recipes. Why? I cannot get good milk products from a sick cow. Soymilk is hard to find without additives, too. I have even found "flavoring" in soymilk from health food stores. Two soy recipes I had from previous cookbooks have been dropped for this reason. My only alternative for grated cheese is to use grated goat's or sheep's milk cheese. Ask your grocer and keep searching.

Beware of buying soy products because Food Manufacturers love to jump on the "Healthy Hearsay" bandwagon. Here's another example of something that should be good for you, or is it? Soy meat. Vegetarians can add "meat-like" protein to their diet and not eat meat. Here is the problem - processing.

What Food Manufacturers do to the innocent little soybean is a crime. The soybean proteins are dissolved into alkali, and then put into an acid bath. This "stuff" is now tasteless and odorless. No problem for Food Manufacturers: they add artificial flavor, color, and some cheap fat and tah dah! Stuff! I mean, soy "meat?" This "stuff" can be camouflaged into looking like chicken, ham, fish, hamburger--you name it. Most important - don't eat it.

Salt in any of the recipes is always optional. These recipes are geared for my taste buds and those of my family. According to the National Research Council of the National Academy of Sciences, they determined in 1979 that "adequate and safe" sodium intake for adults to be 1,100 to 3,300 milligrams a day. The recipes in this book fall well below those guidelines. If you have health concerns—high blood pressure, cancer, or your doctor has recommended no salt--delete the salt in any of these recipes.



Jumbo  
Shrimp

Oxymoron

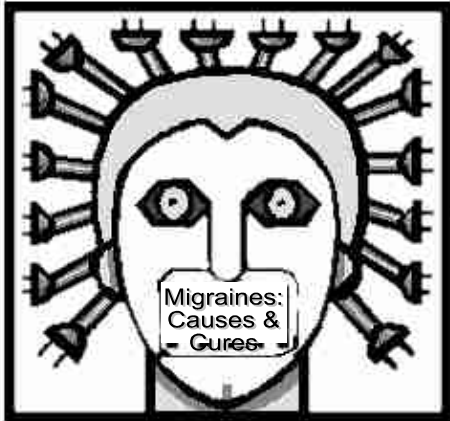


Processed  
Food

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## Feel-Better Foundation

The Feel-Better-in-48-Hours Plan is based on the concept that feeling better comes from medicine from the farm and not from the pharmacy. When I was suffering from migraine headaches, I went to see my trusty M.D. He did exactly what he was taught to do in medical school: he diagnosed, and then he wrote me a prescription to help me with the symptom--pain. He told me that the medication would enlarge the blood vessels in my head. I was petrified. He didn't have an answer to my question, "Why am I having these headaches?"



**Diana Smith, Ph.D., Certified Nutritional Consultant**

After years of researching, I found the answers to my health problem. If you would like to hear **Migraines: Causes & Cures** audio book, an hour of information on how to reduce migraines and other headaches, please see the order blank at the back of this book.

One of the answers to my migraines was so simple, it almost stumped me. It was the "stuff" in my food. I eliminated the "stuff," and the migraines disappeared. What "stuff?" Go to your cupboard and look at a can or box of something. Read the ingredients. No, not the front of the label--the back. The "stuff" are all those words you cannot pronounce. You need to be a chemist to know what the words mean or how to pronounce them. I eliminated all of that "stuff," and now my migraines are in total remission. I have shared my "migraine diet" with clients, and they, too, have had success reducing their migraines.

After my discovery, I learned about a medical doctor who made a similar discovery for his migraine headaches--Max Gerson, M.D. When Max Gerson was a young medical student, he had migraines. His professors gave him no hope for a cure. They simply told him, "Learn to live with them." The young medical student began searching to find his cure. He heard about a woman in Italy who was controlling her migraines with diet, and he decided to try to do the same.

Through trial and error, Max Gerson discovered what he eventually called his, "migraine diet." It worked. When Max Gerson became a medical doctor, he shared his discovery with his patients who had migraines. They, too, announced relief. One patient reported that he had been healed from tuberculosis. Dr. Gerson was shocked. He offered to treat others free of charge in an effort to see if they could be healed with his "migraine diet." Others were healed. Later, Dr. Gerson adapted his diet and used it to cure cancer

patients. Yes, his diet cured cancer patients. His text, "A Cancer Therapy," documents 50 cases that his adapted migraine diet cured. Oh, by the way, Dr. Gerson discovered his migraine diet in the early 1920's.

I am honored that my discovery that food is medicine is in good company with Dr. Max Gerson. However, Solomon was right, "There's nothing new under the sun." Seventy-five years ago Dr. Gerson healed cancer with food and two thousand years ago Hippocrates said, "Let your medicine be your food. Let your food be your medicine." Hippocrates is considered by many to be the "Father of Medicine." He taught this "Food-as-Medicine" concept to his students and practiced it with his patients.

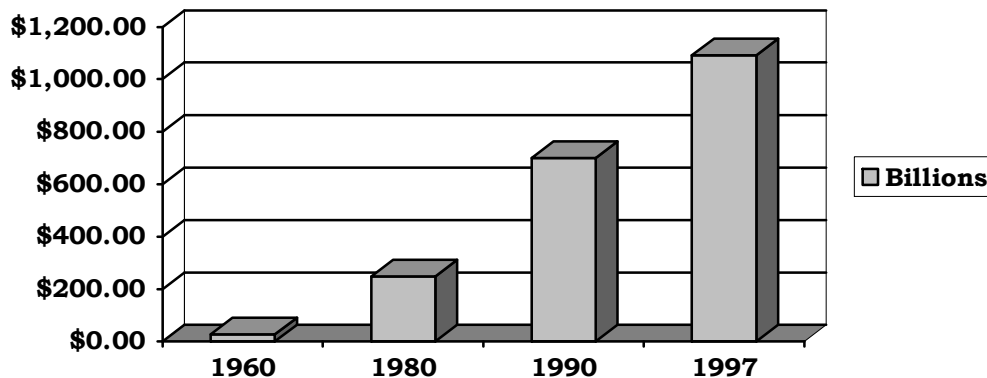
One acquaintance of mine hopes she has inherited the good genes from her mother. Her mother lived past 100 years of age, had lots of energy and full intelligence. She died of an unfortunate accident while living in a retirement home. Her mother was raised on a farm, ate home-canned food from her garden, and rarely ate food prepared by Food Manufacturers.

On the other hand, my acquaintance eats out, likes prepared food, and doesn't like to cook. She got cancer, and probably feels she did not inherit her mom's genes. Unfortunately, my research proves that health is earned by eating God's foods every day to invest in good health for your future. We are not cursed by God giving us the wrong set of parents with the wrong set of genes. If my acquaintance had followed in her Mom's eating habits, chances are good she never would have gotten cancer.

Many Americans are sick, and medical science does not know why. Human nature needs to blame something. Consequently, blaming illness on heredity seems to be common practice. My research demonstrates that the only thing we inherit are the "genetic weaknesses towards getting the disease"--not the actual disease. In addition to the inheriting genetic weakness, we inherit the cookbooks from our parents. The cookbooks are an important link to our lifestyle of eating habits. Diet is an important link to disease and is the cause for most illness. Change the diet; change the chance to develop disease.

## Health Care Expenditures

New York Times 2000 Almanac



According to the New York Times 2000 Almanac, in 1960 the national expenditure for health care in the United States was \$16.9 billion and rose to \$1,092 billion in 1997. That means we are spending 64 times more for health care in 1997 than 1960! Shocking!

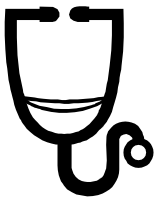
From 1990 to 1997, health care expenditures almost doubled. Folks, we are spending more than a trillion dollars on health care. Yes, costs are up, but Americans are sicker than in any other time in history. If there were an award for the sickest nation on earth, Americans would take it without trouble. What is a contributing cause to increased illness?

Today, Americans rely on doctors to "fix" them up rather than taking responsibility for their health. It's like the farmer's tractor that was stalling out. The mechanic replaced the carburetor, but never asked the farmer what kind of fuel he was giving the tractor. In a short time, the tractor had the same stalling out problem, because the farmer was using old, watered-down fuel from the barn in his tractor.

To relate our farmer and his tractor story to our body, the "ingredient list" tells you what kind of "fuel" you are "getting" in your body. Putting on a new carburetor would be like a person having bypass surgery. The surgery is a "fix" for eating processed foods that have been "watered down" with "stuff." (Stuff would be preservatives and chemicals in your food.) If the farmer had changed the fuel for his tractor, he could have avoided the new carburetor repair. If heart patients would change their diet, they might avoid bypass surgery.

Never has any culture's food been so tampered with than it is today. Just try to read the list of ingredients on any package you have in your pantry. I say "try to" because Food Manufacturers use color combinations that make reading this information unreadable.

Indeed, you would need a degree as a food chemist to understand the information printed there. Think about that. You are eating chemicals in your food that weren't invented or thought of when your grandmother or grandfather was young. Is there any wonder why our generation is sicker and has higher health care costs than any generation before us?



*"We don't know what these chemicals do to the human body."* Ben F. Feingold, M.D.

Yes, Dr. Feingold, you are right. Illness is skyrocketing because no one is doing any testing on the impact these chemicals have on physical or emotional health. From depression, diabetes, heart palpitations to migraine headaches--processed food contributes to illness. It is difficult to pinpoint exactly what these chemicals do to our health because different people have different health symptoms from eating the same chemical in their food.

Here is a real-life example. My husband and I went on a double date with some friends. After our bike ride, we went to eat at a fancy restaurant for lunch. There was a special,

so we all had the same meal for lunch. After lunch, my girlfriend did not make it home before she had to rush to the bathroom with horrible cramps. My husband went home and took a nap. He never naps. At 3:00 a.m., I woke up with a horrible migraine, and nothing happened to my girlfriend's husband. We all ate the same chemicals at lunch, but had a different set of symptoms.

Why is no one doing the research to find out if there is a connection? Because no one wants to know. Food manufacturing is much too profitable. Kraft claimed \$87 billion as part of their processed food market share of profit in 2001!

In great-grandmother's day, the kitchen was the meeting place, a place of fellowship and coming together to make the family meal. Together is the key word. The family made the meal together because it was a lot of hard work. It still is.



My grandson, Jake, loves to help Nana in the kitchen. His favorite? Putting veggies in the blender and watching them disappear or making breadsticks.

Today, moms must dig in their heels to "schedule" their family to eat together once or twice a week. It's wrong, and this lifestyle is contributing to ruining the health of many Americans.



If you would like to hear more about herbal remedies for moms to use, please order my audiotape series called, **Becoming Dr. Mom.** This series has four-and-one-half hours of helpful alternative health options using herbs and home remedies to help mothers become "Dr. Mom." There is an order blank at the back of this book.

Children have computer-assisted learning, television-programmed learning, better books and writing tools than in any other time in history, but . . .



*"SAT scores are the lowest in 50 years."* Joseph Beasley, M.D.

Kids are regularly drugged for ADD & ADHD that were unknown diseases in the 40's and 50's. Our teachers are the best trained anywhere on the planet, but other cultures out-test American kids. Why?



*"An artificial food color, such as the chemical tartrazine- Food, Drug & Cosmetic (FD &C) Yellow #5 - can have within the human body the same manner as a "drug" used for medication."* Ben F. Feingold, M.D.

We drug our children with food additives in their food that makes it necessary to use drugs like Prozac. SAT scores are down because of the processed food that our kids eat every day. The "lunchable-type" food, chips, drive-thru meals, and other non-food our children eat regularly make them hyper. Lower test scores are not because of the teaching techniques. Other cultures don't have better teachers than in the U.S. Other cultures just don't have as much processed food as the U.S. They don't have fast food on every corner, and they don't want it. They know that food is foundational to their children's ability to learn. Americans? They gotta have a fast lifestyle and cheap food.

For the first time in the history of the world, we have obese children. Yes, they need physical education, but food is the foundation of your life and your child's life.

Nutra-babble is confusing consumers so much that we don't know what is true and what is false. I call this Healthy Hearsay. There is so much nonsense talk about "getting your protein," to the crazy concept that you cannot mix one food with another food because the human stomach cannot digest a mixture. In reality, people have digestion problems because of the chemicals in food. God's creation is "fearfully and wonderfully made." The human stomach has hydrochloric acid and can dissolve itself within a few hours if its self-protecting mucus lining were broken.

One minute you should eat margarine and the next minute eat butter. Wait a few months and they will change their minds - again. None of it is true. Do you hear me? **NONE OF IT IS TRUE!** Here are the only two things to be concerned about for good nutrition:

- 1) If it's God's whole food, it's good for your health.
- 2) If it's processed, man-made food, it's bad for your health.

Two categories of food. Simple. Too simple - right? God wants His kids healthy. God made it simple!

The hardest part of the Feel-Better Plan will be changing the way you think about food. The Feel-Better Plan does not take any will power - it just takes plan power.

No, there's no need to worry about food combining. Unless you are dying of a terminal disease, your body is fully equipped to digest any assortment of good, whole, unprocessed food that you eat. God's nutrition is easy. If God made it and man has not processed it, you can eat it.

Yes, you can eat meat, but in much smaller quantities than most Americans normally eat meat. Meat in your diet should account for 15 percent at any one meal.

Meat should be a sprinkling on your food or a serving about the size of a deck of cards on your plate. I eat at least one meatless meal each day - a daily, very large, raw salad is the foundation of the Feel-Better Plan. I choose to eat the non-hormone variety of meat that God dictated to Moses in the Torah. See Leviticus 11.

Briefly:

No pork, shrimp, catfish, scallops, or lobster. As a guess, maybe God mentioned these animals because they are scavengers. Food Manufacturers cannot be trusted when raising these varieties of animals because of the animals' nature to eat something that might be harmful to humans. There are so many different types of good food; I prefer to concentrate on what I can eat instead of what I cannot.

You decide for your body. Whatever type of meat you decide to eat, please eat the non-hormone variety of that meat. Next, let's discuss "What is healthy."



"It is a misnomer to call medicine "The healing art." The healing art is the secret wisdom of the body. Medicine can do no more than facilitate it.\*

(footnote) \*I came across an eloquent expression of this truth in the motto of a social club I belonged to at Harvard Medical School:

The Aesculapian Club,

"We dress the wound, God heals it." Andrew Weil, M.D.

## What is Healthy?

Most people never take a formal class about what to eat. This is a tragedy because people in America rely on Healthy Hearsay for the foundation of their healthy eating habits. Sidney MacDonald Baker, M.D. tells a story of one of his patients who decided he wanted to get "healthy." He was drinking six beers every night after work and his friends told him that beer was not healthy.



In an effort to do what his friends told him was "healthy," he made a dietary change. He switched to drinking six diet colas every night. In three months, he was having uncontrollable seizures! What's healthy? This man was a victim of Healthy Hearsay! Diet drinks with fake sugar kills brain cells.

It depends who you ask.

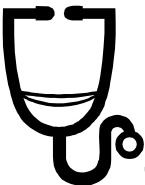
If you ask a vitamin salesperson at a health food store, you will probably get a list of vitamins you need. If you ask a medical doctor, you may get a prescription. If you ask a personal trainer, you will be shown how to exercise efficiently. The list goes on and on as to the various answers to what you thought was a simple question. It's like asking a used car sales clerk if you should trade your car or not. You will most likely get a biased answer.

### Healthy Hearsay - Low Fat

Since the 1970's, low fat food products have become very popular. The problem is that Healthy Hearsay says, "Eat "no fat" or eat "low fat" if you want to become thin." There is low-fat ice cream, yogurt, chips, salad dressing, cookies, cheese, and frozen entrées, BUT Americans are still becoming obese. Why?

**"Low fat" is a big fat lie!**

Dr. Dean Ornish says don't eat fat, and Dr. Robert Atkins says eat nothing but fat. (The Zone and Sugar Busters, too.) Duh? Healthy Hearsay has everyone confused. Who is right? Neither.



*"Very low-fat diets may even deprive the body of important nutrients that defend against heart disease and cancer," Kevin Vigilante, M.D.*

Low fat is dangerous because good fat versus bad fat is never mentioned. High fat is dangerous because a high-meat diet is very hard for the body to digest - - especially the

kidneys. The highly-concentrated waste can cause kidney problems, and for an acquaintance of mine, a trip to the emergency room.



*"Fat can be an important ally to help you lose weight and keep it off."* Kevin Vigilante, M.D.

The Feel-Better Plan suggests you eat lots of fat in the form of EVOO, that's extra virgin olive oil. That is just one of the reasons why anyone who has eaten this Plan loses weight. Eating good fat detoxifies the liver. A healthy liver helps you live.

### Healthy Hearsay - Natural

Our government has not given a definition to the word "natural" to Food Manufacturers. Consequently, "natural" is totally without meaning. If you see it, don't believe it.

My definition of natural would be a comb carved of wood. Un-natural or man-made would be a plastic comb because plastic is not found anywhere in nature. Oil pressed from olives without chemicals or detergents would be called natural. Oil that has been hydrogenated and molecularly changed would be called man-made. This would be logical, right?

Food Manufacturers twist logic to meet their needs. What are their needs? To sell their "stuff." I have seen potato chip labels that say, "ALL NATURAL" and the ingredient list contains man-made, molecularly-changed oil called, "partially hydrogenated oil." Duh? How? Because there isn't a definition to "natural."

On the other hand, how about a popular parmesan cheese that states on the label, "100% Grated Parmesan Cheese," and it has chemicals listed in the ingredient list. There was an 800 number on this product, so I called. Here's what the "el wise ones" told me: "The product is 100% "grated" not 100% all parmesan cheese." Hmmmmm.

One more "natural" that cannot be natural-decaffeinated coffee is a "no-no." Don't drink it? Why? Because Food Manufacturers use too many chemicals to remove the caffeine. If you call the 1-800 number, you get a run-around about exactly "how" they take out the caffeine.

Think about this: Caffeine is "natural" to the coffee bean. If you take out the caffeine from the coffee, it is no longer "natural." Therefore, how can decaffeinated coffee be naturally decaffeinated using water? Ain't no way!

### Healthy Hearsay - Organic

Another Healthy Hearsay is the word "organic." Many people think that if the label says "organic," it has a special Healthy Hearsay blessing on it. Nope. I have seen some scary ingredients on a label of soymilk while in the health food store. Folks, just 'cause it's in

the health food store does not make it healthy! If I stand in the barn, it doesn't make me a horse, right?

Healthy Hearsay is dangerous. Why? Because most Healthy Hearsay is written by advertisers who want to sell their "stuff." How do you know when an advertiser is lying? Answer: When their lips are moving, of course.

Read ingredient lists - it's our only defense.  
The best food to eat does not have an ingredient list.

A definition of organic might be not using chemicals to fertilize the ground or to keep bugs off. (pesticides) Farmers would rotate their crop by giving the land a rest period. I dunno. I'm a city kid. If these were the guidelines, when does the ground become organic? Ask yourself, "Self, is it organic in one week of no chemicals? Does the land have to be sterilized first? Can farmers use a special seed that has been "genetically engineered" to repel bugs?" Think about that one for a moment. If bugs, the lowest life form, don't want to eat your food and stay away from veggies with this type of seed, is it still food?

Since I am not a farmer, I am unsure about the list of farming variables. Organic is NOT magic food. If Food Manufacturers add chemicals to your "organic" food, it is still bad for you. One client told me that she knew she was eating healthy because her food said "organic." She thought if she bought all organic food at the health food store, she was eating healthy. Not so.



I found applesauce in a grocery store that was "natural" and it cost \$1.47. A similar applesauce in a similar jar but at the health food store was \$3.79. Organic carries a heavy price tag. But, is one better than the other? Both had similar ingredients that said: apples. The health food store said "organic apples" and the grocery store's said, "apples and water." I surmise that the cheaper jar was watered down because it had one gram less of fiber.

Yes, I want to encourage the "organic" market in the store, but sometimes it is not always the best choice. A farmer's market or produce stand is my choice for fresh fruit and vegetables based on the information I have today. The food manufacturing laws will change, and this recommendation may change as well.

### Healthy Hearsay - Protein

In America, athletes and most health nuts are overly concerned about getting their protein. Now, I'm not talking about the protein you can get from beans, nuts, seeds, vegetables, and whole grains. I am talking about MEAT protein.

Okay, let's think about this from another point of view: Here's an example of a person needing a lot of protein to make muscle. A newborn baby is born at about seven pounds and maybe twenty-one inches long. In the first year of life, that infant transforms from a limp, sleeps-all-the-time baby to a little kid who may be running around the house

grabbing anything that is not nailed down. This infant almost doubles in weight and height, and muscles that were not strong enough to hold his head up-to climbing on the sofa. How much protein does a baby eat? Lots of protein, huh?

Nope. Mother's milk, the best food for babies (even doctors and scientists agree on that) is 1.8 percent protein. Folks, a baked potato has 1.8 percent protein! Protein shakes and bars are nothing but hype. Hype that is loaded with chemicals that will hurt your health. Stuff!



Think of the strongest animal you know. Did you say elephant? Gorilla? How much meat protein do they eat? Zero! They eat green veggies, not meat. Try arm wrestling with a gorilla and tell me how you do.

### Healthy Hearsay - Exercise

Changing your diet will give you the desire to exercise because you will have more energy. If you have friends that are part of the "get-healthy-through-exercise" crowd, but they ignore their diet because of the false belief that exercise makes them immune to heart disease, read on for another point of view!

Author Jim Fixx trained like a marathoner since the age of 15. He was lean at 6 feet 1 inch and 150 pounds. He looked healthy and his slow pulse and low blood pressure proved he was healthy, or was he? He did the right things to be healthy: he was a nonsmoker and an athlete of 25 years.

Jim Fixx was knowledgeable about his love for running. He wrote three successful books on running. Two of the books became favorite references for runners, and one became a best seller in all of publishing history. He competed and finished six Boston marathons, won the Connecticut 10,000-meter championship in his age category, and ran the equivalent of once around the equator. This man ran ten miles every day. Does he sound like a successful athlete to you? Yep, you bet. I'm impressed.

One problem--Jim's diet. Nathan Pritikin in his book, Nathan Pritikin Diet for Runners writes: "In July, 1976, Jim Fixx was interviewed by the London Daily Mail. Fixx described with some glee-and a certain arrogance--his breakfast that morning of fried eggs, sausage, bacon, buttered toast and coffee with cream. Jim Fixx was quoted as saying, "If you run, you can participate fully in the ways of our civilization and get away with it."

Later in the same year, Jim Fixx ran three hours over hilly terrain in preparation for his next marathon. Jim "believed" that exercise made him immune to heart disease. The following day in Oakland, California, Jim Fixx died of a massive heart attack while running at age 42. Jim Fixx exercised for health, but he died for diet. Don't gamble your health on Healthy Hearsay.

Bypass surgery is sometimes thought to be an easy fix to eating "the ways of our civilization." (By the way, 452,000 bypass operations were performed in the U.S. in 1996) Jim Fixx didn't get a second chance, but for those of your friends thinking about letting their doctor "fix them" with by-pass surgery, think again.

In February, 2001, a Duke University study shocked the multi-billion-dollar heart bypass industry with a stunning report that was based on 261 patients who had bypass surgery at Duke from 1989 to 1993. The study relied on mental tests done before surgery and then six weeks, six months, and five years later. The patients' average age was 61, with a range of 50 to 71. Patients were considered to have declined mentally if their test performance at five years was at least 20 percent lower than their score before surgery.

The drop in scores was more than two-to-three times the mental decline found in 5,888 Medicare patients who did not have bypass surgery and whose cognitive abilities were followed for five years in a separate study.

The National Health Federation writes: "Some 42 percent of 261 patients who had bypass surgery at Duke between 1989 and 1993 showed evidence of significant declines on tests of mental ability - probably from damage during the procedure."

Scary. There's more. Nathan Pritikin writes, "You may not be aware that of all people who undergo coronary bypass surgery, 10-to-20 percent suffer complete blockage of their bypasses within the first year." If you have heart disease, or have a family history that indicates you have a weakness to have heart disease, please pay close attention to the section titled, "Stuff" - Animal Products," for another theory. This new theory indicates that heart disease is a hormonal disorder and not related to good and bad cholesterol. Stay tuned--more about that theory later.



"I would look elsewhere than conventional medicine for help if I contracted a severe viral disease like hepatitis or polio, or a metabolic disease like diabetes. I would not seek allopathic treatment for cancer, except for a few varieties, or for such chronic ailments as arthritis, asthma, hypertension (high blood pressure), multiple sclerosis, or for many other chronic diseases of the digestive, circulatory, musculoskeletal, and nervous system. Although allopaths give lip service to the concept of preventive medicine, for practical purposes they are unable to prevent most of the diseases that disable and kill people today." Andrew Weil, M.D.