

Slow Oxidation Diet Guidelines

Before you start:

- i. Read these notes in conjunction with other notes you may have already had; for example the results of food intolerance test.
- ii. Avoid all foods that you are intolerant to, even if mentioned here
- iii. Be sure to drink adequate amounts of clean water, refer to the instructions in my water notes
- iv. Take steps to improve your nutrition and eat foods suitable for your metabolic type.
- v. Focus your attention on breathing properly and take regular exercise.

SLOW OXIDISER

According to your Hair Tissue Mineral Analysis your oxidation rate was **slow, moderately slow or significantly slow. You could also be a slow mixed oxidiser;** so remember **the slower the oxidation rate the stricter the rules.** This means that the rate at which your body burns or oxidises food is very slow.

GENERAL PRINCIPALS of your Slow Oxidiser's metabolic diet:

1. Moderate amounts of low purine protein (about 30% of your total caloric intake) which is low in fat is required in your daily diet
2. Lower amounts of specific high quality oils and fats, about 10% of your total caloric intake
3. Complex low glycaemic vegetables for the rest around 60% of your total caloric intake
4. Small or moderate amounts of whole unrefined grains
5. Little or now starchy root vegetables like potatoes
6. Moderate amounts of other non starch root vegetables
7. Eat plenty of steamed or lightly cooked leafy and colourful vegetables that grow above the ground twice a day, these should fill over 50% of your plate
8. Keep your meals fresh, simple and uncomplicated
9. Drink 6 to 8 glasses of spring water a day away from food
10. Take your nutritional supplements

Organically grown protein and vegetables of many kinds are excellent for slow oxidisers. These foods help maintain blood sugar and support adrenal and thyroid activity. This diet will seem strict to some people at first (no one likes change). Change over slowly if you need to, substituting healthier foods for less healthy ones each week. By the end of your first three to four weeks you should be on this new diet plan for maximum benefits.

PROTEIN: Eat protein with each meal

With each meal, have 4-5 ounces of animal protein food. This may include:

- Free range and organic chicken, turkey, game birds
- Three times a week you may have white fish, cod, salmon, sardines, flounder and other small fish (Avoid tuna, swordfish and shellfish, which are often high in toxic metals)
- Natural 100% grass fed organic beef (*Meats should be hormone and antibiotic free*)
- Free range and 100% grass fed lamb, goat or mutton
- Wild meats like venison
- Eggs from free-range chickens and ducks are much higher in omega-3 oils as are wild birds and game
- Goat milk, yoghurt and cheese.
- Unpasteurised organic Cheese and yoghurt from 100% grass fed Guernsey and Jersey cows
- You may also eat free range natural turkey or chicken sausage
- Walnuts, almonds and sunflower seeds are also excellent proteins

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- Once a week you may have pintos, black beans, lentils, split peas and other dried beans
- Avoid processed pork, ham, bacon and processed meats like salami, they often contain many additives
- Avoid protein bars high in sugar and all soy protein.
- Avoid vegetarian diets as they are low in many nutrients and not suitable for you
- *A simple rule of thumb is to have up to 4 to 6 ounces of lean protein with each meal.*

FATS AND OILS

As a slow oxidizer it is important for you to reduce or moderate your fat intake and ensure that you are receiving all your high quality Essential Fatty Acids from your combined foods and fats. Higher quantity of Fats will tend to further slow your oxidation rate and increase your fatigue. Nevertheless fats are very important in moderation

- Have the equivalent of one teaspoon of oils and fats with each meal; please note that if your energy levels are a little higher in the evenings, you may be able to have slightly more fats and EFA's with your evening meal.
- Include deep organic (unpasteurised if you can get it) yellow butter, coconut products, olive oil, a little full-fat goat milk, goat cheese, nuts or nut butters.
- Avoid other vegetable oils - canola, rape seed, peanut, soy, sunflower, safflower, corn or sesame. Most of these oils have been manufactured with the use of chemical solvents and toxic metals.
- Flaxseed oil goes rancid quickly it must be kept in the fridge and away from light, purchase in small bottles only. Fresh ground flaxseeds (about a tablespoon a day) are the best way to get flax oil into your body
- *Avoid* Chips/French fries, crisps, deep-fried foods, margarine, shortening, butter substitutes, spreads etc (sorry for repeating myself!)
- Provided you do not have a milk allergy or intolerance, (most people who suffer with milk intolerance can usually tolerate butter and home made yoghurt), here are some healthy sources of milk products available today; you will have to look for them:
- Full fat organic goat milk and goat or sheep's milk cheese are excellent products unless one is allergic to them
- Home made yoghurt and cheese from the Jersey and Guernsey cow or goat milk that has been 100% natural grass pasture fed is easy to make
- High quality raw milk can be found in England but alas is illegal in Scotland but raw un-pasteurised cheese from specialty farm suppliers can be found on the internet and in some food stores, be selective.

CARBOHYDRATES: Eat vegetables twice a day

Most people do not eat enough vegetables these days so this may also prove to be a challenge.

Eat mostly cooked organic vegetables. They require less digestive energy and provide more concentrated nutrients, of course do have some raw food, vegetables and salads daily.

- More than half your plate should be filled with fresh low glycemic vegetables
- Frozen are acceptable if fresh are unavailable
- Bake, steam, stir-fry, casserole or slow cook vegetables
- Root vegetables such as turnips, parsnips and carrots are particularly good if cooked in the stock so that you do not lose the minerals
- Soups are also a good way to eat your vegetables
- *Avoid* most canned vegetables and soups

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- Avoid high starch vegetables such as potatoes (as these readily convert to sugar in the body, view these as sugar in your diet plan) have a small portion occasionally with their skins on with some butter
- Have a small amount of raw food daily; the amount is small, but can be increased later as your digestive system improves
- Add flavour by cooking in coconut milk, adding butter, olive oil or even diluted nut butter on top as a dressing, or adding grated goat cheese or herbs. Vegetable stews and soups are excellent ways to add vegetables to your diet.

First principal for a healthier food intake:

AVOID all foods that are industrialised, processed, denatured, fragmented, intensively farmed, containing additives, artificial colours, toxic chemicals and substances that you do not recognise and do not normally find in your larder. Instead EAT foods which are fresh, whole, natural, varied and in season.

Foods to avoid

I would like you to focus your attention on the foods to avoid. Change the food you eat and you'll change your life. To a large extent our health is as it is due to the food we have consumed to date.

This will probably be the most important and challenging step you take. Forming new food habits may be very challenging, but be assured, old eating habits can be made to die, and your new ones cultivated. I know this is a tall order to many, but be determined and you will succeed.

The industrialization of food cultivation, food management, processing, distribution, storage and chemical agriculture has taken a great toll on our health and longevity.

My objective in preparing this list is to help improve your health, energy, mind and longevity.

Avoiding some foods and increasing and incorporating other foods in your dietary regime are very important. The following is a very sad list; it shows how denatured our foods have become in the past generation or two; such a list would not have existed a hundred years ago. Please learn to know the foods that are damaging to your health and therefore forbidden. By avoiding these you will automatically avail yourself to healthier life sustaining foods; get to know everything on this list:

- Avoid all foods that cause you to have an allergic or intolerant reaction. Such foods will increase your heart rate or increase pain or discomfort, cause indigestion, constipation, very soft or runny stools, pale coloured or foul smelling stools, flatulence, belching or that puffy or bloated feeling. If you suspect a food intolerance or allergy, please give me a call and we can arrange for a simple blood test to identify the offending foods, if you have not already done so.
- With the exception of onions, ginger and garlic, some carrots, turnip, celery and celery root, you should generally moderate the consumption of starchy root vegetables that grow below the ground, as most of these are rich in **starch** or **dense carbohydrates**. Excessive consumption of starch will upset the body's energy production, blood sugar balance and put on the pounds. Control your starch and grains. (*Excessive starch, grains and sugar can cause long term problems*).

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- This is very important if you are **overweight**, or have **sensitivity to sugar and simple carbohydrates**, and or suffering from hypoglycaemia at the cellular level as indicated by your hair mineral analysis.
- **Avoid all refined and processed grain** products, which mean no cereals, white rice, pasta, most bread, cakes, biscuits etc. You may consume a small of whole organic grains and a moderate amount of whole organic brown basmati rice.
- **Avoid wheat and spelt.** Today's chemically fertilized intensively sprayed Hybrid wheat is no longer a healthful product. Many people are also allergic to gluten and must avoid rye, barley and oats. Wheat is found not only in bread, but in cereals, most rye bread, pasta, pastries and baked goods, soups and other processed and food industry products. You will need to read labels. Today's Wheat and dairy products seem to irritate the intestines. This contributes to leaky gut syndrome, gas, bloating, and many other problems.

I find this to be one of the most difficult challenge most of my clients face, so much of processed foods contain refined white flour. However do it gradually.

- Begin by eliminating processed grain products, such as foods made with white flour.
- Replace with whole grains
- Finally significantly reduce all wheat products

Avoid sugars and simple carbohydrates.

This is very important and yet so difficult for most slow oxidisers. Sweets, chocolate and products that contain refined sugars, processed fats and powdered milk must be avoided. A very small amount of natural honey, maple syrup, raw sugar and black strap molasses is allowed from time to time if tolerated.

- Have no more than 3 pieces of fruit a day; fruits like strawberry, raspberry, blueberry are acceptable on account of their low sugar content. Have no more than can be held in the palm of one hand
- Dried fruits are sugar rich, they should be pre-soaked and consumed in moderation
- *Avoid* all foods in which one of the first four ingredients is sugar, honey, dextrose, glucose, fructose, corn syrup, rice bran syrup, and chocolate or malt sweetener.
- *Avoid* sweets, biscuits, cakes, pastries, ice cream and fizzy drinks like coke, pepsi, iron bru etc, squash, ribena etc.
- Avoid all fruit juices even the freshly squeezed variety and all sugary foods. These cause wide fluctuations in your blood sugar and insulin levels.
- Avoid artificial sweeteners, especially Nutrasweet, aspartame, Equal, saccharin and Splenda. Stevia has a little lead in it.
- Weaning off ALL SWEETS is well worth the effort.

Avoid the following as well:

- **Avoid all intensively farmed** red meat, poultry, cured, canned and processed meats etc; take an interest in the source of the meat you buy. Try and obtain free range, organic, 100% natural grass fed or wild meat products.
- **Avoid all farmed fish** produce
- **Avoid all cooking oils**, trans fats, processed fats, homogenised fats (found in milk), hydrogenated vegetable oils, margarine and spreads. These are found in shop bought bakery items, biscuits, sweets & chocolates, French fries, take away meals etc.
- **Avoid all intensively farmed dairy products** (natural organic yoghurt is permitted if it is not made from homogenised milk). Make your own whole milk yoghurt if tolerated.

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- **Avoid all homogenised milk/products.** Most Organic Milk is homogenised. Do not touch it. Notice the colour of milk that is predominantly grass fed.
- Avoid all powdered, evaporated, condensed, UHT and sterilised milk products.
- Avoid all powdered eggs products; this is found in many processed foods, like mayonnaise. Make your own mayonnaise with unrefined oils and fresh organic egg yolks.
- **Avoid all mass market cheese and especially those made from pasteurised milk,** and avoid all cheese that has artificial colours. Most mass market cheddar is artificially coloured. Most mass market cheese is made from milk that is highly processed from intensively fed hybrid cows.
- **Avoid all coffee, strong tea,** processed fruit and vegetable juices, cola, pop, carbonated water and drinks, and any juices or drinks in cartons, cans etc. Coffee is one of the most heavily sprayed foods in the world. A little black tea and coffee is fine, if you drink a little tea/coffee, make it organic and make it fresh. Green and herb tea is accepted.
- **Avoid all alcohol.** (Moderation is the key after you have regained your weight and or health); a little wine is permitted, but be careful what you buy. Most alcoholic drinks are not required to disclose ingredients, additives, preservatives, flavours etc. We have no idea what is going into most of our wines. Remember wine is from sugar and will therefore affect your sugar balance which is very weak at present.
- **Avoid all fried foods.** Most are cooked in vegetable oils that have denatured and high in trans-fats.
- **Avoid** fish & chips, Indian and Chinese and similar **take away foods** as most of these are cooked in dangerous fats.
- **Avoid all ready made meals;** this would include frozen, microwave meals and TV dinners.
- **Avoid** all processed foods, snacks, salted crisps, chips and roasted nuts etc.
- Once again, forgive me for repeating; avoid all foods that cause you to have an allergic reaction, indigestion, bloated feeling, discomfort, excessive flatulence, wind, increased heart rate, constipation or runny stools.

It is very important that you avoid all the above. Once your health is back on track, your body will be able to cope with a little indulgence and a few treats from time to time. So do not dismay.

Let's look at a summary of the permitted foods that you can eat, remembering that our objective is whole natural foods with minimal processing:

- The main supply of your animal proteins & fats should be from healthy, natural, whole, unprocessed, wild or organic sources whenever possible.
- Not all fish and meat is safe as far as maintaining health is concerned. It is better to have less safe uncontaminated foods rather than a greater quantity of poor quality and often unsafe often low cost products.
- Choose with care. Our body is not a trash can. Take an interest in the where the product you purchase originates from. You can do this more easily if you purchase your meat and fish either direct from source or from a reputable fishmonger or butcher who will be able to tell you exactly where the item originates and quality of husbandry and care the animal has received.

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- Remember eating intensively farmed, contaminated and chemical laden products will make you sick.

Beverages

- Drink at least six eight-ounce glasses of high-quality spring water.
- Green tea or herbal teas are okay
- Avoid drinking tap water
- Avoid coffee, and caffeine. (Do not have more than one or two cups of coffee per week)
- If you have a water filter system make sure that your filters are clean and frequently replace.
- Avoid sugar-free and commercial still and fizzy soft drinks which are high in sugar or synthetic sweeteners, fruit juices, punch etc.
- Avoid all alcohol

Condiments

- Use unrefined sea salt (see below)
- Use freshly ground pepper as ready ground table pepper is often rancid
- Kelp granules
- Herbs and mild spices
- Completely avoid table salt which is highly refined

Salt

As a slow oxidiser you may often crave salt. Using quality unrefined sea salt in moderation may be of benefit to you. Such salt provides additional minerals like magnesium, potassium, iodine and other trace elements. It does not raise blood pressure in most people because of the magnesium and potassium content. There is information about an online supplier of this salt in my website, you will find it in the [Notes & Links](#) page

Snacks

If your blood sugar is unstable (sudden feeling of fatigue), have a snack with fat and protein beforehand. Examples are nuts, seeds, a piece of cheese, an egg, and a slice of beef, turkey or a piece of chicken. If blood sugar is very unstable, you may need five or six small meals per day, at least for a while.

Milk (another word on this subject if you are not intolerant)

A significant amount of today's processed milk is produced by means of intensively feeding high energy grains and other processed feeds to altered Hybrid milking cows that are unnaturally forced to produce over 11,000 litres of milk a year from a single short life expectancy cow, as opposed to the 3,000 to 4,000 litres a year produced by breeds like Jersey or Guernsey cow in traditional dairies. Further the processing, pasteurisation and homogenisation has made today's cow's milk products unhealthy in my opinion. Some doctors believe that they often contribute to leaky gut syndrome and other digestive disturbances. This is not the case where communities and cultures in other areas of the world drink raw milk from healthy cows.

Milk products that are healthy to eat come from healthy animals that live on healthy soil eating pasture and grassland that is free from synthetic chemical fertilizers etc.

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Eating out

I do not recommend frequent eating out; especially while we are working on getting your health and energy right. You are not in control of the ingredients, fats, sugars, proteins used when eating out. If you are comfortable with the quality of the eating house, ask for exactly what you want if it is not on the menu. Select carefully. Ask for more vegetables and no potatoes or rice. *Avoid* fast-food restaurants. If portions are large, consider sharing a dinner or just ordering an appetizer. If bread is served, ask that it be taken away. Be firm and take control

Cooking and food preparation

- For cooking use glass, enamel or steel. Casserole type or single pot cooking are excellent way to cook for busy people and the entire dish can be prepared in one without losing the goodness from the vegetables.
- If you live away from towns use your freezer wisely. Meats can be placed in bags in the freezer divided into meal-size portions. Defrosting meat is unnecessary. It will cook rapidly if not too thick. *Avoid* exposed aluminium cookware and microwave ovens.
- Making this simple effort to nurture yourself by preparing healthy meals is very important for your healing and maintaining health.

Eating habits

- Eat regularly and do not miss meals.
- It is important to be relaxed at mealtimes; be sure to sit-down for your meals, do not eat standing up in the kitchen as so many breakfasts are eaten.
- Chew each mouthful 20 or more depending on the texture. Eating slowly will improve digestion.
- **How much are you eating?** Do not overload the digestive system, at each sitting the amount eaten must not be excessive, you must not feel stuffed. It should be enough so as not to be necessary to snack in between meals and enough to be hungry at the next mealtime. You will find that even a small amount of food becomes a great deal when **chewed properly**. Also remember that digestive juices continue to pour into the stomach after we finish eating, thus filling our stomach further.
- **Eat Slowly:** Especially when alone you may need to concentrate twice as hard, because the tendency to get the meal over and done with is far greater when alone or away from home. This is very important.
- **Never miss a meal:** Eat three times a day and don't miss proper healthy meals and especially breakfast which is by far the most important meal.
- Keep the conversation pleasant at the dinner table.
- Stop eating before you feel stuffed! Remember digestive juices continue to pour and churn in your stomach after you finish eating taking 10 to 20 minutes after finishing eating to feel satisfied.
- Sit at least 5 minutes (10 would be better) after you finish eating before leaving the table
- Do not criticize children or your spouse nor discuss negative issues at meals. Make your meals a pleasant activity.
- Once again *avoid* eating in the car, while standing up, on the phone or while rushing around. These habits impair digestion and reduce the value of the food.
- Allow and make time for yourself so that you do not eat your meal in a hurry

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The above are general principals for the slow oxidiser. Be sensitive to what your body is saying with its energy levels and at times the diet may need modification as your body responds to the new arrangement.

One final point; do not eat the same protein or vegetable daily or several days on the trot; be sure to alternate your food. This is important especially if you suffer from a number of food intolerances or allergies, such an approach will help to minimise your body's allergic, intolerance or sensitivity reactions.



Please call me if you need any further clarification.
With best wishes for your continued health improvement

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