

Anti-Aging Anti-Inflammatory Diet

My Diet:

My diet provides an abundance of micro-nutrients (vitamins, minerals, antioxidants) yet fosters a moderate calorie intake without being hungry. It is more about how to eat than how much to eat. The new guidelines change the former "zone" percentages for what we now consider to be a healthy diet. We used to say to aim for 30% protein / 30% fat / 40% carb (which is the ZONE diet). Now, your diet should be approximately 40-45% healthy fats, 25-30% mainly fibrous carbs and 25-30% protein. Eat "organic" as much as possible and avoid GMO's (Genetically Modified foods.)

If you want to eat a "Paleo" Diet you are welcome to follow the food choices, just modify the percentages. Paleo dictates 30% protein, 38% carbohydrate and 32% fat. Please use the percentages written above. If you follow this diet, you need a twice daily dose of good omega-3 fish oils to counteract the high amount of omega-6 fatty acids found in meats. Note that grass-fed beef contains less omega-6 fatty acids and that saturated fats are not "unhealthy" unless combined with non-fibrous carbohydrates, sugars, or processed foods. Note that almost all processed foods contain GMO corn or soy products and are not labeled. Also note that in the U.S. just about all corn, soy and wheat products are GMO unless labeled otherwise.

Hydrate with filtered water: 2 glasses beyond ½ your body weight in ounces of water. Adjust up for higher activity. Your "plate" should be 2/3 veggies which are primarily low-glycemic, fibrous carbs, 1/3 lean protein. Healthy fats are to be used liberally on salads, on and on the fibrous carbs.

Protein:

- **Lean meats as much as desired:** turkey, free-range, antibiotic-free chicken, shrimp, mollusks and omega-3 rich, low mercury fish (sardines, wild caught Pacific salmon - safest is sockeye). Beware of unlabeled fish: it is usually farm raised and therefore toxic. The biggest culprits are tilapia and salmon; believe it or not!
- **Dairy:** While not "prohibited" as in a Paleo plan, dairy is limited. The reasons are many- issues with casein possibly being carcinogenic, dairy products having a high omega-6 load, and pasteurization being a serious problem for your gut microbiome. Therefore the following "rules" apply: Yogurt and Kefir, if made with a home starter culture and raw milk with A2 milk (from certified A2 rather than A1 milk producing Jersey or Guernsey versus A1-Holstein cows) is permitted several times per week. Grass-fed, raw milk (unpasteurized) A2 cheese is permitted several times weekly. A2 Raw milk-derived whipping cream, cream cheese and sour cream is permitted 3x weekly. Carrageenan-free/ guar-gum free coconut cream, coconut milks and almond milk are healthy substitutes. A2 milk "by the glass" will spike your insulin too much so it's not on the list. Even in coffee? Not if you want to reap the benefits of the polyphenols in your coffee; try combining a little coconut milk and almond milk instead.
- **Eggs:** Unlimited including yolks. There is absolutely no evidence that consumption of dietary cholesterol impacts our NMR cholesterol profiles. This means it's "bar open" on eggs. Make sure they are pastured eggs- obtained from free-range, grass-fed "organic" hens. You can prepare them low temp, soft boiled. You can use grass-fed butter or ghee and low heat to prepare scrambled eggs. **Lean beef or other "game" meats such as venison:** 5 times per week is the maximum only because of the possible association with colon cancer. All meat must be free range, grass-fed, no hormones, no antibiotics, only organic sources. If any inflammatory markers are up or you have an inflammatory disease, we will "tweak" the meat sources of protein due to the high amount of inflammatory omega-6 fatty acids. Note again that research has shown grass-fed beef to contain fewer omega-6 fatty acids.
- **Soy:** As tempeh or tofu can be used for 2 meals per week if non GMO and organic.
- **Vegetables:** as much as desired (aim for minimum of 12 servings per day): broccoli, green beans, spinach, leaf lettuce and other greens, tomatoes, cucumbers, peppers, onions etc. Avoid high density carbohydrate vegetables (high glycemic) such as potatoes and corn.
- **Oils:** Use only olive oil for salads, and cook with coconut oil, avocado oil or ghee. Heated olive oil produces AGE's (advanced glycation end products). Avoid trans-fats like the plague. You now need-not minimize saturated fats. You are simply advised

to cook with them below their "smoke point" meaning heat low enough such that you do not see visible smoking of the fat. Avocado oil has the highest smoke point, allowing the highest temperature for cooking.

- **Starches:** 1-3 servings daily: No "whole grain products" which are not sprouted because (see the *** below) we now know they make our bodies react the same as if we ate pure sugar but you CAN eat:
 - Quinoa (in its sprouted grain form)
 - White sushi rice: this is a "resistant starch", acting as prebiotic fibre.
 - Millet and sorghum (Note; Bob's Red Mill makes bread mixes based on sorghum which are quite tasty!)

Processed grains are "inflammatory" and even small amounts of sugar + flour cause Leptin resistance which is highly linked to weight gain and inability to lose weight. Best "side grains" are sprouted quinoa, and couscous. It is possible to find sprouted, gluten-free pasta and even pasta made from legumes due to the massive increase in the literature linking grains to cognitive issues, the consumption of grains, in general should be limited to 3x per week and phased out if possible. Gluten is now to be avoided as it is highly inflammatory and linked with autoimmune disease and more.

*** **Ideally**, for the best metabolic control (meaning lowering cholesterol, glucose, insulin, ghrelin, leptin levels and body fat), we now know that even whole grain bread is processed by the body as if it were sugar. Therefore instead of grains, it is far healthier to find your "starches" in the vegetable category. The healthiest "starches" are "root vegetables" such as radishes, turnips, parsnips, rutabagas and carrots. And of course, you can enjoy delicious starchy vegetables such as sweet potatoes and squash on a once daily basis, if combined with fibrous low-glycemic vegetables.

- **Fruit:** 1 (down from 3) servings daily: only whole, fresh fruit. The best fruits are berries of all types. Apples and grapefruit are the two runner's up. All other fruits will spike insulin levels so limit them accordingly. **No juices** (or only a splash meaning a TBSP of juice in a large water bottle for taste is fine...). Substitute AWS Red/Green Superfood™ drinks because of everyone's lack of access to really nutrient dense fruits and veggies. It is also the most convenient way to prepare and eat 12+ servings per day (due to everyone's lack of time.)

- **Coffee:** Limit to 3 cups daily. Decaf herbal tea: unlimited.
- **Sweetener:** Stevia (available in grocery and health food stores in liquid, powder, packets). Use no other sweeteners. Be careful of "fillers" Other than inulin which is a healthy prebiotic found in the brand "SweetLeaf®."
- **Alcohol:** 1 glass of red wine daily is optimal. Dry red wine, dry white wines, champagne and vodka are the lowest carb alcohols. Beer will spike insulin levels and is not advised. Most beers contain gluten as well.
- **Foods to absolutely always avoid:** sugar, fruit juice, refined carbohydrates (white bread, white rice, pasta), "low fat" labeled foods, high starch vegetables, white potatoes (white on inside), corn, and processed meats (bacon, hot dogs, etc.) as well as **all processed foods. If it has ingredients on the label you don't understand, don't eat it. Most processed foods contain either corn starch (GMO) and/or HFCS which is getting renamed but is still high fructose corn syrup-worse than sugar and is also GMO. Trans fats are still allowed in small quantities without labeling, gluten is allowed in small quantities even with a gluten-free label. Your best bet for healthy food is whole foods which are locally sourced.**
- **Foods to avoid because they kill brain cells:** Without burdening you with an enormous list, here are the top 4 culprits which just kill off brain cells like crazy-much worse than alcohol.

Note that eating an inflammatory diet full of the foods on the "bad for you" list are also bad for your brain health. Here are the 4 worst additives:

- ❖ Aspartame (Equal™)
- ❖ Sucralose (Splenda™)
- ❖ MSG
- ❖ ... and the fake butter flavoring on popcorn in microwave popcorn and movie popcorn. It's called diacetyl and you can pop your own non-GMO (it's out there) popcorn and add some real butter so all is not lost here!

What are AGE's and why should you care and what do you do to minimize them?

- They are "Advanced Glycation End-Products". They depress your immune system and can lead to auto-immune diseases and cancer. The first thing to do is to get your

fasting blood sugar well under 85 mg/dL, with 75mg/dL being ideal. Then avoid sugar, flour, fructose (fruit juice) and oil other than mentioned above.

When it comes to "cooking," we are not supposed to cook at a temperature beyond 185°F if it is a protein/fat unless the recipe contains fat which is above the 185 degree smoke point such as those fats mentioned above. Poaching is great, steaming is great, slow-cookers are great and the InstaPot does it all. You CAN bake; just know it will take longer without the proper fats added. At 185°F, it's about an hour to cook 2 salmon filets, for example.

When you pan-cook, avoid Teflon and be sure to use high flash-point oils.

All diets need to be adjusted based upon an individual's health status. If there is inflammatory disease or autoimmune disease present, you will be asked to follow a diet which is slightly more restrictive. If you need to lose weight and this diet plan isn't working well enough, you might want to "go keto." Grilled food is highly carcinogenic.

Of any health intervention that can be done, eating healthfully is by far the most important thing you can do!