

Stone-age Nutrition

We are biochemically much the same as we were in the stone-age. Our genetic adaptation to change progresses at a rate of less than 1% every million years. Considering the significant changes to our foods over the past century, with refinement, processing and genetic engineering, not to mention artificial additives, it is of little wonder that so many of us “just don’t feel well”.

The following provides a guideline of foods to be incorporated into your daily diet. Initially strict compliance is recommended for at least 12 weeks, focussing on ‘living’ foods which are untreated, unprocessed and natural.

When should stone-age nutrition be adopted? Everyone benefits from being more conscious about the foods they eat, focussing on natural whole foods. However, in particular people suffering from allergies, mental health issues, compromised immunity or degenerative diseases benefit greatly from following the stone-age nutrition.

Foundation to success:

-  Drink a lot - purified water or fresh spring water, green and fruit teas, freshly pressed vegetable or diluted freshly pressed fruit juices
-  Smaller meals - “upsizing” puts a strain on your digestive system
-  Take the time to prepare healthy snacks to take to work or school
-  Plan meals ahead of time; make shopping lists and be organised

Reasons why to avoid certain foods:

Meat and meat products

Meat contains a lot of toxins, antibiotics and hormones (unless it is organic). Metabolism of meat raises uric acid and arachidonic acid levels on our body. Arachidonic acid is a highly inflammatory substance linked to degenerative diseases, leaky gut, allergies, autoimmune and cardiovascular disease. **All animal products should be organic** or at least grass fed to avoid elevated arachidonic acid levels. A healthy individual with good digestive capacity can eat meat once or twice weekly, but it should be avoided during detoxification and cleansing programs.

Milk and milk products

The human being is the only animal drinking milk after infant weaning. The processing of milk removes most available nutrients, and added minerals are mostly in the form which cannot be absorbed by the human body – or at best 5%. Milk blocks the absorption of iron in the intestines. Many people are unaware that they are lactose intolerant putting up with discomfort such as diarrhoea, bloating and other digestive problems. Dairy products also increase mucous production often leading to conditions such as **sinus and nasal congestion, glue ear, respiratory congestion and leaky gut.**

Margarine

Margarine is a wholly man-made product high in trans fatty acids. Its structure is only one molecule away from being plastic!

Wheat, rye, spelt, barley and yeast

More than half the Australian population shows intolerance to these grains leading to increased inflammation. Conditions related to gluten, wheat and yeast intolerance include respiratory tract infections (regular congestion of nose and throat), digestive disorders such as leaky gut, Crohn’s disease, Coeliac disease and irritable bowel syndromes. Processed cereals and bread products are consumed in large quantities in our society – in far too high amounts for our body.

☺ What to eat	☹ What NOT to eat
<p>Vegetables and fruit Fresh, untreated, mostly raw (eg plate with fruit and vegie strips instead of chips; avocado instead of or margarine)</p> <p>Legumes – peas, lentils, beans, organic soy beans, red kidney beans, chick peas, adzuki beans, etc</p> <p>Fish – deep sea fish (sardines, mackerel). Fresh locally caught – never farmed - is best but deep frozen or canned in oil are fine.</p> <p>Nuts – almonds, hazelnuts, walnuts, pecans</p> <p>Seeds – sesame, sunflower, shredded flax seeds, pepita</p> <p>Sultanas, Goji berries, dates, figs (organic)</p> <p>Organic brown whole rice</p> <p>Coconut oil for cooking; Olive oil for salads</p> <p>One organic egg a day is fine</p> <p>Organic rolled or stone cut oats in moderation</p> <p>Amaranth, buckwheat, quinoa and millet</p> <p>Vegetable spreads – hummus, tahini, almond spread</p> <p>Meat – organic beef, lamb, chicken once or twice weekly if tolerated.</p>	<p>Animal protein/fat – pork, ham, sausages, deli meats, etc.</p> <p>Dairy – milk and milk products including cheese, butter, cream, yoghurt. Use organic rice, almond or soy milk instead or Goat’s milk.</p> <p>Sweets – all kinds</p> <p>Processed foods – anything in a bottle or package ready to consume [foods containing additives, preservatives, sweeteners, fast food, convenience, sauces, mayonnaise, chips, cereals, biscuits, cakes, soft drinks and cordials]</p> <p>Margarine</p> <p>Stimulants – tea, coffee, nicotine, alcohol, drugs</p> <p>Salt – use only Celtic sea salt or Himalayan salt</p> <p>Gluten, yeast, wheat, sugar, MSG, vinegar, peanuts</p> <p>Processed oils – Canola, vegetable</p> <p>Genetically modified foods</p> <p>Tap water</p> <p>Microwaved food</p> <p>Foods containing preservatives or additives</p>

For personalised advice arrange a consultation at True Medicine.