

## Chapter Five: Eat Well

The two most difficult things to do to extend your life are exercise and eating well. For some people, it is exercise, and for others, it is food. They are both formidable challenges to add as a new lifestyle choice. Most of you are not going to like this chapter. That's because most of you are using food for satiation and not for health. If you want longevity, then you will need to learn how to eat to live, and not live to eat. There's a big difference. I will discuss how to drink well in the next chapter.

I didn't need very much research to write this chapter. I have been focusing on healthy eating for decades and I have learned quite a bit. Let's dive into the deep end and get started.

Eating well is all about exclusion and inclusion. You need to exclude certain foods and include others. Let's begin with what you need to exclude. Here is the list:

1. Refined sugar and sugar substitutes (except a few listed below).
2. Vegetable and plant-based oils (except a few listed below).
3. Simple carbohydrates (except in irregular moderation).
4. Preservatives and additives (except in irregular moderation).

You need to stop eating sugar on a regular basis, except fruit and honey. Beet and cane sugar are not as bad as corn sugar, but they should all be avoided as much as possible. Moreover, all sugar substitutes should be avoided, except the stevia plant. Stevia is the one sugar substitute that is allowed. It's okay to include some foods that include filtered cane sugar, when done in low quantities or irregularity.

Why the exclusion of sugar? Because from a nutritional standpoint, it is clearly flawed and should be avoided as much as possible. It's like taking a drug. Sugar raises your blood sugar level, often quite dramatically, and puts stress on the body. The number one reason there is a diabetes

epidemic is from the overconsumption of sugar. It's obvious that the body does not like it. In fact, some people consider sugar to be toxic.

A new book just came out called *The Case Against Sugar*. I haven't read it, but I did read some of the reviews. It's a diatribe against sugar. The story of sugar is steadily turning negative. In my opinion, the consumption of sugar is likely to decrease as more people become aware of its pitfalls.

If you exclude sugar from your diet, you will steadily come to realize that not only do you not need it, but you are glad that you stopped eating it. It's kind of like stopping smoking. There is a relief that it is part of your past. This is a surefire sign that it is not good for you. In fact, it will become very difficult to eat pastries and other high sugar content foods. You will get used to saying, "No thank you," when dessert is offered.

I do occasionally eat foods with sugar, such as at Christmas time. However, this is the rare occasion. I rarely bring sugary foods into my house, except, perhaps, some Italian cookies given to me by a family member. On a yearly basis, these are rare events.

Many people are even more strict than me when it comes to sugar consumption. My advice is to be as strict as you can, without going crazy. Recognize sugar's flaws, but also recognize that a little bit won't make a difference to your longevity. It's okay to have dessert once in a while.

Next, exclude vegetable and plant-based oils from your diet. The only oils that are healthy are avocado, coconut, and cold-pressed extra-virgin olive oil. Some people even consider olive oil to be unhealthy, but not me. Although, do not heat up olive oil, and instead, only eat it at room temperature. If you need to cook with heated oil, use coconut oil, if possible. I occasionally eat with heated vegetable oil, such as to make taco shells, but it is on an irregular basis.

Without vegetable and plant-based oils in your regular diet, this means you can only eat fried foods on rare occasions. You may find that some of the foods you are currently consuming on a regular basis have these oils. I suggest that they are removed from your diet, or reduced to an irregular basis. I still eat french fries, but only a few times a year.

Both olive oil and avocado oil are mono-unsaturated oils. This makes them very healthy to consume at room temperature. Coconut oil is saturated, but has unique properties, making it less susceptible to causing cardiovascular damage, even when heated during cooking. Coconut oil consumed at room temperature is perhaps the healthiest oil. I consider raw coconut to be a superfood, and highly beneficial to the body.

Vegetable and plant-based oils can create plaque buildup in our arteries, which can lead to heart disease. When vegetable oil is heated, it creates oxidation, which is known to create adverse effects in the body. These are the main culprits for the thousands of heart surgeries that occur in this country. And it's not just fried foods to worry about. Hydrogenated oils, also called trans-fats, are in a myriad of processed foods that we eat. These can be just as harmful as fried foods.

Whenever you read a food label and see the word oil, you can bet that it is not one of the three good oils that I have listed for regular consumption. More likely, you will see one of the vegetable or plant-based oils listed, or the term, hydrogenated oil. You want to avoid these as much as possible.

The next to avoid are simple carbohydrates. These are what many people call comfort foods, such as snacks, pastries, and desserts. Just about every snack or dessert is made from simple carbohydrates. Anything that is processed, such as crackers, bread, candy, cereal (nearly all), pastries, pies, cakes, cookies, and soda pop. None of these foods are very nutritious because they are made from processed simple carbs, which generally have low nutrient levels. To make matters worse, they are immediately converted by the process of digestion into blood sugar (glucose) and, often, into fat, if you already have too much sugar in your system. The immediate conversion into blood sugar is why these are the feel-good foods. You can also call them the temptation foods. Like I said earlier, sugar is like taking a drug.

Most foods now are labeled with a carbohydrate count. If you read the labels of the foods I listed as simple carbs, you will see that they all have a high carbohydrate count. This is why they can make you fat fairly quickly. Anytime you consume more than 30 grams of carbs at one meal, there is

the potential for your blood sugar level to get overloaded. Once you overload, your pancreas will secrete extra insulin to lower the amount of sugar in your blood. The excess sugar goes to the liver, which will create fat from the excess sugar. Basically, your body tells your liver that it has plenty of sugar for energy, and to go ahead and create some fat, in case it needs energy later.

Now you know where nearly all of our fat comes from: the overconsumption of carbohydrates. If you consume less than 30 grams of carbohydrates for a meal, it is nearly impossible for the body to generate excess fat, although you could do it by consuming large quantities of meat or, perhaps, cheese. What people normally do to gain weight is to overconsume carbohydrates, and simple carbohydrates are usually the culprits.

So, simple carbs are bad in two ways. First, they have very little nutritious content. Second, once you overload your body with too much sugar, you generate fat.

It's not bad for you to consume simple carbs once in a while. The key is to do it at irregular times and to not go overboard. Sure, it won't be nutritious, but you will enjoy it, and I suppose it is an energy source, even though it is comprised of mostly empty calories. A little bit of popcorn at the cinema won't stop your life extension quest, but try to keep it out of your pantry. In fact, it would be a good idea to keep your pantry as bare as possible of simple carbs. If you keep comfort food in your house, it will get eaten.

The next thing to avoid is any preservatives and additives. These are mostly chemicals and not food. When you read a label and you don't know what the listed ingredient is, you can bet that it is a preservative or additive. An additive is supposed to make it either look better or taste better. The worst additive is MSG (monosodium glutamate), which the food industry loves, and I detest. It adds flavoring and shelf life, but has several potential negative side effects. It's amazing that this stuff is legal. Google it and find out for yourself.

If MSG is legal, then what other preservatives and additives are we ingesting with our processed foods that are unhealthy? I think we have to assume the worst and avoid them as much as possible. If you are not a label reader, it's time to start.

After you begin reading labels, preservatives and additives will become obvious because they do not sound like natural foods. Sometimes you will find labels with literally dozens of words that you cannot pronounce. Any food ingredient that you have never heard of, or can't pronounce, is likely to be a preservative or additive.

Some preservatives to avoid are sulfites, nitrates, BHA, BHT, bromate, and sulfur. These preservatives usually appear as longer words, such as sodium nitrate, sodium sulfite, or sulfur dioxide. Anything that has one of these words is suspicious, at best.

Are there any healthy preservatives or additives that the food industry uses? Perhaps, pectin, which is made from fruit, but I'm not aware of any others. And don't trust foods just because they are sold at a health food store, or have an organic label. Many of these foods still contain unhealthy preservatives or additives. Read all labels.

One category not on my exclusion list that many people exclude is some dairy products. There have been studies that indicate that it may cause inflammation, but these studies are not definitive and people react differently. Milk does have a protein called casein that is very similar to gluten in molecular structure. I have switched from using cow's milk to almond milk because I know that almond milk is healthy, and I'm not sure about cow's milk. I've read that many cows are given drugs and hormones to keep them from getting sick and increase their milk production. Plus, I'm not ecstatic about how cows are milked by machines in cramped quarters.

Note that butter has a negligible amount of casein because butter contains very little protein. Also, butter made from grass-fed cows is actually one of the few healthy saturated fats. I wouldn't cook with butter, but eating it at room temperature is fine.

My suggestion is to use dairy in moderation and it won't curtail your life extension. I personally

would not eat cheese daily, or even eggs daily (although eggs are not dairy, they are often found in the dairy aisles of grocery stores), but I'm not convinced that dairy is bad for everyone. Keep it moderate and irregular. Pizza a few times a year will not hurt your life extension.

Simple carbs are much worse for you than a little bit of dairy. Everyone needs cholesterol, which is needed by the brain, and dairy is a very good source. Where dairy becomes a problem is when you are already consuming a lot of meat, then you tend to get too much cholesterol. Also, many people are lactose intolerant or sensitive to casein. But for the rest of us, we can eat a little bit of butter, cheese, and eggs from time to time.

Another food that is excluded by many is gluten, which generally is associated with wheat products, although it also comes from barley and rye. Gluten is considered to create inflammation. I personally eat wheat on occasion, and consider gluten intolerance to be genetic, and not incurred by everyone. However, it is not a bad idea to limit your gluten exposure. Since I eat a lot of pasta, I have switched to gluten-free pasta, although I'm probably wasting my time. If pasta shortened lifespans for everyone, we would know. I'm half Italian and I've known a lot of Italians who have lived past ninety while eating pasta most of their life. Unless you have a known gluten intolerance, I have my doubts it reduces lifespans.

The last food that I exclude is soy. The reason why is because non-fermented soy contains estrogen-like isoflavones. For this reason, consuming too much soy can lower your testosterone levels. If you are a woman, this won't be a problem. But for a man, estrogen is something better to be avoided.

When you dine out, try to avoid fried foods, as well as white and butter sauces. Most of these sauces contain MSG and hydrogenated oils. They will taste great, but your body won't like them. For this reason, try to eat out as little as possible.

\* \* \* \* \*

Now we get to discuss what to include in your diet. Here is the list:

1. Vegetables.
2. Fruits.
3. Complex carbohydrates.
4. Nuts.
5. Legumes and whole grains.
6. Superfoods.
7. Unsaturated and saturated fats.
8. Meat (anything with eyes). (optional).

Vegetables are probably the most important food source to live an extended life. The reason why is because they have an abundance of vitamins and minerals that keep you healthy. In fact, vegetables are the best anti-cancer food source (fruits and some teas are a close second). If you are going to consistently boost your immune system, then vegetables will be required.

Ideally, you want to eat vegetables every day, and don't be afraid to have large portions. I normally eat three vegetables with dinner. Most people would think I eat too many green beans, but I believe that the nutritional content has diminished over the years. You now have to eat more to get the same nutrition that our grandparents received.

You want to eat vegetables raw, if possible. However, this is not always possible. For instance, I do not like raw green beans and have to steam them. You want to be careful with what you put on vegetables, which I covered in the previous chapter on which foods to exclude from your diet.

Experiment with different vegetables. Over the years, I have tried many different kinds to find which ones I like best. Everyone has different taste preferences, and your taste will change over time. You will be surprised how your taste changes once you begin to eat more vegetables and exclude non-nutritious foods.

If you find that you simply do not like vegetables, then you can juice them and combine them with fruit to improve the flavor. This is an ideal way to include them into your diet because juicing includes raw vegetables.

Here is my list of preferred vegetables:

1. Broccoli.
2. Asparagus.
3. Leafy greens (green leaf, romaine, kale, chard, beetroot leaf, spinach, parsley).
4. Green beans.
5. Carrots.
6. Celery.
7. Radishes.
8. Tomatoes.
9. Red and white onions.
10. Beetroot.
11. Zucchini.
12. Brussel sprouts.
13. Cabbage.
14. Green and red bell peppers.
15. Artichokes.
16. Mushrooms.
17. Olives.
18. Cucumber.
19. Shallots.
20. Cauliflower.

\* \* \* \* \*

The next food source of importance is fruit. Fruits are important because of their antioxidant properties and ability to neutralize free-radicals. Fruits are also nutritious and help boost the immune system. I try to eat some type of fruit every day and most days, I eat two or three different fruits. Do not consume mass quantities of fruit during a single meal because they are high in sugar. A single apple or a single orange is sufficient. A few slices of melon or a couple of handfuls of grapes is plenty for a single serving.

Here is my list of preferred fruits:

1. Apple.
2. Pineapple.
3. Grapefruit.
4. Lemon.
5. Grapes.
6. Melon (cantaloupe, watermelon, honeydew).
7. Dark berries (blueberry, strawberry, blackberry, raspberry).
8. Avocado.
9. Plums.
10. Cherries.
11. Peach.
12. Pear.
13. Orange, tangerine, tangelo.
14. Banana.
15. Apricot.

16. Kiwi.
17. Figs.
18. Mango.
19. Pomegranate.
20. Papaya.

It is okay to replace fresh vegetables or fresh fruit with a frozen source. It turns out that very little nutrition is lost from freezing.

Let's review, so that you have this understood. Every day you need to eat both fruits and vegetables. These are now a daily requirement. You will find that your lifestyle begins to change just from that single decision. You will begin to eat healthily, and you will plan to eat healthily. Plans become habits, and habits become lifestyles.

It's not easy to eat healthily because it requires a lifestyle change. You will find that habits are hard to break. I recommend starting with fruits and vegetables. Once you have your daily habit down of including fruits and vegetables into your diet, the rest of your diet will be easier to change.

\* \* \* \* \*

The third item to include in your diet is complex carbohydrates. These are the good carbohydrates when consumed in moderation. They include rice, pasta, potatoes, and oats. These are the carbohydrates that do not spike your blood sugar the way that simple carbohydrates do. Instead, the body stores these energy sources in an efficient manner, and then disburses it slowly over a period of hours. This is why marathon runners fill up on these food sources the night before a race.

When you eat complex carbohydrates for dinner, that energy source is available the next day. It is, by far, the most efficient energy source the body uses. The only thing you need to remember about

complex carbohydrates is that if you overconsume the number of grams of carbohydrates, then the pancreas releases too much insulin, and the liver can turn the excess carbs into fat. For this reason, it is smart to consume small portions.

I used to eat large portions of rice or pasta. Now I only consume about 30 or 40 grams of carbohydrates per meal, which is actually a small portion. This is about the optimal amount to avoid putting stress on the pancreas and avoiding fat creation. It is nearly impossible to generate fat if you keep your carbohydrate intake low.

If you are exercising intensely, you can double your complex carbohydrate consumption and not gain fat. The body is smart enough to “carb load” and not generate fat. The body knows that you plan to use this energy in the near term. Cyclists and long-distance runners consume large quantities of complex carbs and remain thin as a rail.

While potatoes are good carbohydrates, I consider them inferior to rice and pasta. First of all, rice and pasta are easy to cook, which makes it conducive to including them in your daily diet. Second, potatoes are part of the nightshade family (sweet potatoes are not), which are known to cause inflammation in some people. Potatoes can have the same issue as gluten and induce inflammation.

It’s okay to eat potatoes, just do it on an irregular basis. While not all people are affected with inflammation, it’s still a possibility. Also, potatoes tend to be cooked in oil or butter. I do like baked potatoes on occasion, and I find that the skin is delicious. If you are at a restaurant and want to find something healthy to eat, a good choice is a baked potato and a salad.

I’m probably being too harsh on potatoes. They are an ideal energy source, plus they are high in iodine, which is necessary for a healthy thyroid. In fact, thyroid hormones are important for our energy levels. There are not many food sources that are high in iodine, the other common ones are navy beans and strawberries. If you do not eat a lot of potatoes, then try to consume either of these on a consistent basis. You can also get iodine from seaweed and kelp, but very few people consume these sources.

For complex carbohydrates, I prefer gluten-free pasta, first and brown rice, second. My

preferred gluten-free pastas are made out of brown rice, lentils, quinoa, or chickpeas. I do occasionally eat regular wheat pasta when I eat out or at a family dinner.

Some of the longest living people are from Asia, where white rice is their daily staple. The other thing that they consistently include in their daily diet is a variety of vegetables. While I do not include rice on my superfood list, it is perhaps the best and most efficient source of energy. If there is a perfect food, it's probably rice. If I were Asian, I'm sure I would eat more rice than pasta.

The ideal serving size for rice is one quarter cup uncooked, which is 40 grams of carbohydrates. One cup of cooked pasta is also 40 grams of carbs. If you think about it, one cup of cooked pasta is not that much. It took me a while to adjust to these lower portions.

Some nutritionists consider white rice to be empty calories because, other than energy, it does not contain a lot of vitamins. However, it is an excellent source of energy. Brown rice includes bran, which has significant levels of manganese and fiber, making it a more nutritious choice. However, you do not want to eat brown rice every day because it contains small amounts of arsenic. I only eat brown rice twice a week. If you want to eat rice more than twice a week, then eat white rice. An important fact about rice is that it can go bad within 30 days if it is exposed to air. For this reason, store your rice in an airtight container.

Occasionally I will eat two cups or even three cups of pasta, but these are exceptions when I am eating out (or family meals), and the quality of food is exceptional. These rare splurges are not going to hurt your goals, as long as you maintain your exercise program.

Oats, a highly nutritious and quality energy source, are probably the most ignored complex carbohydrate, although some people eat oatmeal for breakfast. But for the most part, few people eat oats.

If you dislike hot oatmeal, it's easy to make your own nutritious cold oat cereal. Combine raw rolled oats, raw chopped almonds, raw sunflower seeds, and raisins (or dried cranberries). Eat with almond milk. Note that oats need to be soaked in liquid before eating. Do not eat them dry.

One of the benefits of eating oats is that it will lower your bad LDL cholesterol levels. There are not very many foods that will directly lower your cholesterol. The two most common ones are oats and beans.

You do not need to include complex carbohydrates in your diet every day, but it is a good idea to include them several times a week. Why? Because they will keep you energized for your exercise routines, and they are ideal for maintaining your weight.

If I have a salad for dinner that excludes complex carbs, I can often tell that I skipped my complex carbs if I exercise the following day. Try to keep your body loaded with complex carbs to make your workouts easier.

Here is my list of preferred complex carbohydrates:

1. Pasta.
2. Rice.
3. Oats.
4. Russet and red potatoes.
5. Sweet potatoes.

Are you beginning to see the link between nutrition and exercise, and how they complement each other? Once you take both seriously, your lifestyle will change dramatically. Generally, people do not want this type of change and never pursue what it takes for life extension. Some people may do it for a few weeks, or even months, but ultimately, their old habits become more important than good health or life extension.

\* \* \* \* \*

The next category is nuts. I would say fewer people eat raw nuts regularly than exercise

regularly. Very few people grasp the nutritional value of nuts. Edgar Cayce, who was called the sleeping prophet, said that eating a few almonds every day is much healthier for you than an apple a day.

People think that nuts are fattening. That's a myth. I eat lots of nuts and I'm thin. People will eat simple carbs, which are fattening, and then skip nuts. As long as you only eat a handful of nuts per serving, you won't gain weight. The key to nut consumption is moderation. The handful rule works extremely well.

Nuts are very nutritious, and they contain healthy omega-3 and 6 polyunsaturated fatty acids. I find it interesting that nutrition begins with the word nut. Someone is trying to tell us something. Consuming nuts raw is the best way to eat them because they have a higher nutritional content than processed or roasted nuts.

I prefer raw almonds and walnuts, but I eat a lot of different types. Have you noticed that walnuts are shaped like the brain? Do you think this is a coincidence? Not likely. Mother Nature is trying to tell us something. Also, almonds are actually not a nut. They are seeds. Perhaps this is why they have such a high nutritional value.

Try to eat nuts on a daily basis – one handful a day. A daily basis isn't a requirement, but try to make a habit of eating raw nuts multiple times per week. Nuts are expensive. For this reason, you have to tell yourself that they are required in your diet. The cheapest form is peanut butter, which is actually a legume, and not a nut. Most other nuts are not cheap. When I go to Trader Joe's, I tend to spend more than I want to on nuts.

Here is my list of preferred nuts/seeds:

1. Raw almonds (seeds).
2. Raw walnuts.
3. Chia seeds.

4. Pistachios.
5. Raw sunflower seeds.
6. Raw brazil nuts.
7. Raw macadamia nuts.
8. Raw cacao nuts (seeds).
9. Raw pecans.
10. Hazel nuts.

Are you starting to catch on? You want to consume nutritious food and exclude non-nutritious food. If you exclude nuts from your regular diet, you are depriving yourself of an excellent source of nutrition. As Edgar Cayce said, if you want to be healthy, eat more almonds.

I did not include cashews on my list because of the way so many come to the market. Most cashews are grown in poor countries and workers are subjected to less than favorable working conditions. The reason why is because the shell of a cashew is poisonous on the outside and toxic on the inside! It is dangerous to process and must be done in a careful manner. As you can imagine, workers are not exactly a high priority in some of these countries. There are many ugly stories about what is happening. In India, many cashew workers went on strike to improve working conditions to alleviate the exposure to poisons and toxins. Many people call them blood cashews because of this situation. Until this labor issue is fixed, I have stopped eating them.

\* \* \* \* \*

Next is legumes and whole grains. Legumes are beans. A lot of people do not like beans because they cause gas. However, not eating beans is a mistake. As long as you keep your portions small, you should get very little gas. Moreover, it is usually the foods that you consume with beans that

cause gas, such as meat. Try to eat a salad for a meal that contains beans and see if you get any gas.

Pinto beans, black beans, kidney beans, navy beans, and lentils are all highly nutritious. They include significant quantities of fiber, vitamins, minerals, and protein. Also, beans are one of the few foods that lowers bad LDL cholesterol. You don't need to eat these on a daily basis, although you can. The key is to include them in your diet on a regular basis.

Here is my list of preferred legumes:

1. Pinto beans.
2. Black beans.
3. Peanuts.
4. Peas.
5. Garbanzo beans (chickpeas).
6. Lentils.
7. Kidney beans.
8. Navy beans.

Peas and peanuts are legumes, but I have a hard time not considering peas to also be a vegetable and peanuts to also be a nut. This is why peas have a high protein content, and why peanuts are inexpensive. The best powdered protein, in my opinion, is made from peas. Ironically, they call these vegetable protein powders. I buy vegetable protein powder, and the first ingredient is always peas.

I like unshelled peanuts (salted and unsalted), as well as unsweetened peanut butter. I didn't want to mention any brands in this book, but Adams unsweetened creamy peanut butter is unbelievably good. Most people do not recognize the nutritional value of peanut butter. I like to eat it with celery, but it is also good on a sandwich. Peanut butter and jelly (real fruit spread is best), is a healthy combination. Just make sure to go sugar-free, and on whole grain bread.

Whole grains are not necessarily a requirement for a regular diet, but they are acceptable. The

one thing to be cognizant of is that whole grains are nutritious. In fact, they can be as nutritious as nuts. Often they include gluten, but not always. Whole grain non-gluten bread, or pancakes, can be a good addition to your regular diet.

I like Grape-nuts, which is a whole grain cereal. There are many whole grain cereals on the market, and they make an excellent breakfast. I have eaten Grape-nuts for years. Amazingly, it has 45 grams of complex carbohydrate in only a half cup. So, you need to consume small portions. I usually add raisins and sometimes blueberries, which brings it to 55 to 65 grams of carbohydrates.

That's a high carbohydrate count for a daily meal, but it's the first meal of the day and the body is craving food. That's not a bad time to push the limits. I usually can go six to eight hours before I get hungry after this type of breakfast. In fact, I'm rarely hungry after five hours. That shows you how the body likes whole grains and complex carbs.

Note that I get the same response from my body when eating oats for breakfast. However, oats have a lower carbohydrate count. There are 29 grams of carbohydrate in a half cup of raw rolled oats. By the way, it's okay to eat raw rolled oats as long as you soak them in a liquid, such as almond milk, before consumption. Most people soak them in hot water to make oatmeal.

\* \* \* \* \*

Superfoods should not be neglected. They offer enormous boosts to the immune system. In actuality, there is no such thing as a superfood. However, over time, more and more people have recognized that certain foods have special nutritional qualities. Thus, they have been deemed to be superfoods. Of course, there is no definitive list of which ones are superfoods. And I'm sure there are

scholars who would question some of the foods on my list, or if superfoods even exist.

Here is a list of my preferred superfoods:

1. Lemon.
2. Turmeric.
3. Garlic.
4. Ginger.
5. Dark berries (goji, acai, blackberries, pomegranate, blueberries, raspberries).
6. Flax and chia seeds.
7. Green tea, Rooibos tea.
8. Raw cacao nuts.
9. Maca powder.
10. Spirulina and chlorella powder.
11. Beetroot.
12. Avocado.
13. Wild Salmon.
14. Coconut.
15. Almonds.

There are certain foods that are just amazingly nutritious. All of the foods listed above can be included in that category. Turmeric, garlic, and ginger are all very good at reducing inflammation (as is pineapple). Lemon is a magical fruit that helps the body to become pH neutral. It has an alkalizing ability to reduce acidic levels. No other fruit can do this, which I find fascinating. It also is known to detox the body and reduce inflammation.

Dark colored berries contain polyphenols which have strong antioxidant properties that fight free radicals. They also can reverse cardiovascular disease. One man had nearly total blockage of his

arteries. After several months of eating large quantities of dark berries, his blockages were down to sixty percent. He had bypass surgery and the berries saved his life. Just think how good they are at preventing cardiovascular disease.

Flax and chia seeds are like nuts on steroids, as far as nutritional content. Other nuts with high nutritional content are walnuts, brazil nuts, and pistachios.

Green tea is another high antioxidant food.

Cacao nuts are processed into cocoa powder, which is made into chocolate. Raw cacao nuts have a high magnesium content and are very nutritious. They also have high antioxidant properties. The stimulant that gives you a high when you eat chocolate is called theobromine. This why cacao is called the food of the gods. Some people say that theobromine is the closest thing that replicates the feeling after you have sex. What's amazing is that theobromine is *only* found in the cacao nuts.

Mother Nature did not want people to go crazy eating raw cacao nuts, so she made them toxic to the liver in high dosages. It is recommended that you only eat, at most, five or ten raw cacao nuts a day. Once cacao nuts are processed (roasted) into cocoa powder, the high of theobromine is reduced. However, if you put fifteen or twenty raw cacao nuts in a blender with a banana and eight ounces of water, you will have a tasty chocolate flavored happy drink that lasts for hours. I recommend only drinking this twice a week, as it can be addictive and toxic to the liver if overconsumed.

You can also include niacin, lithium orotate, ginseng, ginkgo biloba, and vitamin B-12 to ensure that you have an energetic happy drink. However, based on my experience, the raw cacao nuts usually do the trick by themselves. You can experiment with some of these ingredients and find out what works for you.

Maca powder is made from the root of a maca plant. It is one of those special highly nutritious foods, loaded with vitamins and minerals.

Spirulina and chlorella are magical foods. They are both powders that come from algae. You can literally live off these, which is unbelievable, but true. If you mix these with water, it is enough

nutrition to stay alive. How is that for a highly nutritious food source?

Beetroot is another nutrition packed food source. Some people call these beets. They are the hard, reddish-purple vegetables that you see in the produce section of the grocery store, usually chilled. They sometimes have their leaves attached, which is another highly nutritious food source.

The best way to consume most of these superfoods is through juicing or smoothies. Find a way to get as many of these as possible into your regular diet.

\* \* \* \* \*

Unsaturated and saturated fats are both required by the body, especially the brain, which is made of mostly fat. You want to consume the majority of your fat through unsaturated oils. These include cold-pressed extra virgin olive oil, avocado, nuts, and seeds. For saturated oil, you can eat coconut or coconut oil. Other sources include quality butter (grass-fed if possible), cheese, or egg yolks. As I mentioned earlier, the best way to consume oil is at room temperature and not heated. This applies to butter, which can be considered an oil.

In case you were not aware, margarine is not butter. It is made from hydrogenated vegetable oil. For this reason, I would not consider it a substitute for real butter.

If you consume meat, then obtaining saturated fat is not an issue. Animal sources are loaded with saturated fats. Another place to get saturated fat is vegetable oil. This is prevalent in the standard American diet and should be avoided as much as possible.

Note that when you are consuming saturated fats you are also consuming cholesterol. It is a good idea to limit your saturated fat intake, but moderate consumption is likely good for you. I doubt that excluding saturated fats from your diet is ideal. Where is the brain going to get the cholesterol that it needs?

\* \* \* \* \*

The last required food source is meat. This includes anything with eyes. Of course, if you are a vegetarian, you can skip this food source. If you include meat in your diet, now is the time to reduce its regularity. There is no reason to eat meat on a daily basis, from a nutritious standpoint. The nutritional content of meat is not high enough to be a daily requirement. First of all, meat is not a good energy source, although it is a good source of vitamins, minerals, protein, and iron.

The problem with meat is that it is difficult to digest, especially red meat. By eating meat on a daily basis, you are putting undue stress on your digestive system. Red meat can take days to go through your system, whereas fruit and vegetables can go through in less than 24 hours. Meat acts like a blocker, blocking the path of other foods trying to get through. Do you see how this is not the most optimal way to eat?

There are two other inherent weaknesses with meat. First, it is high in saturated fat. Yes, the body needs saturated fat, but not a lot. Second, it is high in cholesterol. Thus, a high meat-based diet can result in high bad cholesterol.

If you like meat, then there is no problem consuming it a few times a week, just don't make it a daily habit. The more meat you stuff into your colon, especially red meat, the more stress you are putting on your digestive system. Sure, the body is an amazing machine and can handle the stress, but you are reducing the likelihood of life extension. In fact, you are increasing the likelihood of illness. I was reading recently how a study linked constipation with an array of illnesses. Once you reduce meat from your diet, bowel movements should become much more frequent.

If you feel that meat is something that you need to have in your diet, then I would suggest fish. The body can digest small amounts of fish much more efficiently than other forms of meat. Plus, fish has omega-3, 6, and 9 fatty acids that are highly nutritious.

The potential for colon cancer has literally exploded in the last few decades. The best way to reduce your risk of colon cancer is to reduce your meat consumption and increase your consumption of vegetables, fruits, nuts, legumes, whole grains, and superfoods. It is my opinion that the best cancer fighter is to live a lifestyle that proactively seeks life extension.

There are several replacement foods for meat. Some of these are eaten in pairs to create a complete protein. These pairs include rice and beans, pasta and peas, whole grain bread and peanut butter, hummus and whole wheat pita bread, spirulina and nuts or seeds. In addition to these pairs, some foods are complete proteins, such as soy, quinoa, buckwheat, chia seeds, and Ezekiel bread.

The combination of rice and beans is one of my favorite meals and is an excellent way to get protein. One of the reasons for quinoa's popularity is its protein potency. Making buckwheat pancakes results in an extremely healthy breakfast. Adding chia seeds or spirulina to a smoothie makes an ideal protein drink. A peanut butter sandwich on Ezekiel bread is another potent protein food.

\* \* \* \* \*

Here are a few notes for your diet:

This is common sense, but try to limit your processed food intake. When you go to the grocery store, the vast majority of the food you purchase should not be processed. When you checkout at the grocery store, look at your items and see how many are processed. If it is more than ten percent, then you need to make some changes.

I rarely snack. Instead, I eat three meals a day, and I try to never skip meals. However, the most ideal diet includes four or five small meals instead of larger meals. When you consume smaller meals it is much easier on your digestive system.

I try to limit my intake of corn. Most corn (ninety percent or more) sold in the US is now a GMO variety. Also, any processed corn is a starch and a simple carbohydrate.

Many people today try to avoid non-organic fruits and vegetables. The main reason why is because most fruits and vegetables are sprayed with pesticides. This is not allowed on organic food. Also, organic food is always non-GMO.

I do not use a microwave. The Russian studies on microwaves are not confidence boosting. Did you know that if you put blood in a microwave and inject it into someone, that they will likely die? Or, that if you water a plant using microwaved water, the plant will die? The microscopic pictures of frozen water crystals after being microwaved is also unnerving. Google it. If water looks that ugly, what is happening to the food we microwave?

I do not cook with aluminum pans. There is some evidence that high aluminum levels in the brain correlate to Alzheimer's and dementia. I try to stay away from aluminum for cooking. This is another reason not to eat out.

When eating out, be wary of preservatives, additives, GMOs, and hydrogenated oils.

Try to avoid fast food, if possible, which sometimes can't be avoided. If you are forced to eat fast food, a salad or a baked potato is always a good choice. A veggie bowl with rice at Chipotle is good, or perhaps a veggie sub from Subway. There aren't a lot of good choices out there.