



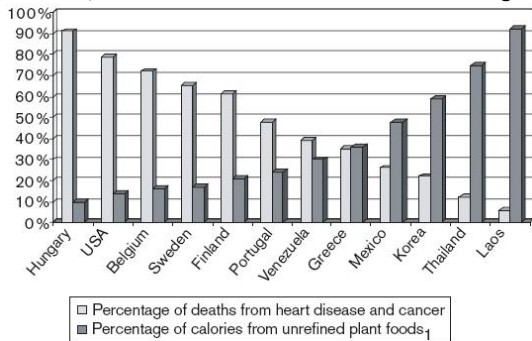
Basic # 3 Continued..... Fiber + Protein 5 X per day! (part 3 of 3)

“Let food be thy medicine, and medicine be thy food” – Hippocrates

If there is one thing that you could do to ensure lasting health, consistent body weight, disease protection, stronger immunity and longevity, consuming Vegetables is your insurance policy.

In this time of confusing nutritional advice, fat free -not fat free, high protein -low protein, count calories- don't count calories...the list goes on about all the fad, in the moment advice that can make a simple topic so confusing. There is only one common thread that runs through all the fad diets and that is vegetables. (Fruit is still more controversial because of sugar content) Even on high profile fad diets that promote higher protein intake, like Atkins, still encourage participants to eat more vegetables but watch the starchy vegetables and sugary fruit. So here is the real question, is the higher protein diet encouraging weight loss, or is it the increase in vegetable intake?

With thousands of studies and hundreds of books written on the topic, especially *The China Study*, The New York Times calls the “grand Prix of all epidemiological Studies and the most comprehensive large study ever undertaken of the relationship between diet and the risk of developing disease”, have all concluded that the amount of vegetable intake has a direct correlation to avoiding chronic illness like cancer and heart disease.



Looking at the chart, you'll see that the south East Asian countries like Thailand and Laos are eating more than 75% of their calories from unrefined plant foods; so whole vegetables and fruits, no white bread, white sugar or white pasta and very little animal protein and have the lowest incidents of cancer and heart disease. What are Americans eating? A little over 10%, Canadian estimates are only a very small percentage higher, with statistics looking at servings per day not calorie intake. This correlates to some of the highest rates of cancer and heart disease in the world.

Vegetables and Fruit are loaded with so many vitamins, minerals, phytochemicals, sterols, enzymes and antioxidants that are essential to optimum health and cannot be manufactured or taken in a supplement, due to their synergistic qualities. In other words, the compounds found **ONLY** in vegetables and fruit, work together in the body to help protect, repair, impede and inhibit damage to our cells that lead to chronic illness and disease. Isolating any one compound can actually cause harm to the body because of this synergistic quality, so be very cautious of products that 'claim' health benefits associated with a singular plant component.

Not only do Vegetables protect against disease but also unhealthy weight gain that can also lead to chronic illnesses like, diabetes for example. Unrefined plant foods have a nutrient to calorie ratio like no other food! 100 calories of broccoli has similar amounts of protein, more vitamins and minerals, and all other disease fighting compounds as well as no saturated fat than 100 calories of steak, (believe it or not) no disease fighting compounds, dangerous cholesterol, and saturated fat which can lead to heart disease and cancer. Now I'm not saying never to eat beef again, but instead make sure that most of your calories come from plants!

Vegetables are also one of the best sources of fiber, in that same 100 calories of broccoli it also has 2.4 g of fiber. On that list with vegetables, whole grains, beans and lentils, nuts and seeds, as well as fruit like raspberries, blackberries and avocado are also great sources of fiber. So the question is, if we can get phyto-nutrients, protein and fiber from plant foods, and we know that animal sources of protein increase our risk of a myriad of chronic illnesses, why would you choose to eat your protein sources from animals?

Well it tastes good! It's how many of us were raised, meat and potato kinda people! And its easy to get a "high-dose" in one meal. But animal sources of protein cause an ideological debate in our human existence. There are many people who do not eat meat or animal proteins (think eggs, milk etc) for religious, political, and environmental concerns. Or for some it is for those health benefits stated above. So if Harley Pasternak is saying to eat Protein 5X + fiber per day, I believe we need to be careful in defining the sources of the protein and ask ourselves what is most important? Yes it is true that in the short term, eating less carbohydrates and more protein (from animals) plus fiber from plant sources, will change body composition, and help get people to an ideal weight, however, the long term health effects are clear. We need to start redefining our definition of protein sources and instead think about eating as many plant foods as possible, and we will get, with a variety of foods and proper consumption of calories all of the protein and fiber we need.

The challenge this week is start that new relationship with animal protein, and start using it sparingly as a treat instead of the main source and focus on consuming more meals with a plant base and within that plant base, learn which have higher sources of plant based protein. An easy way to start is to consume Dr. Joel Fuhman's G-BOMBS everyday.

G-BOMBS (Greens, Beans, Onions, Mushrooms, Berries and Seeds) are the foods with the most powerful anti-cancer and anti-fat storage effects. Those dual effects cannot be separated because the foods that protect against fat storage also protect against the growth of any abnormal tissue, such as a tumor.

G - Greens

Leafy greens have the highest nutrient-density of all foods and are an excellent tool for weight loss. Since they contain only about 100 calories per pound, they can be consumed in virtually unlimited quantities. Green vegetables contain anti-cancer compounds (especially the cruciferous family) and substances that protect blood vessels; they also promote healthy vision and reduce diabetes risk. We should follow the example of our closest living relatives – chimpanzees and gorillas – who consume pounds of nutrient-dense green leaves every day.

B - Beans

Beans (plus lentils and other legumes) act as an anti-diabetes and weight-loss food because they are digested slowly, which stabilizes blood sugar, reducing hunger and caloric drive, and helps to prevent food cravings. Beans are unique foods because of their very high levels of fiber and resistant starch, carbohydrates that are not broken down by digestive enzymes. The fiber and resistant starch in beans reduce the total number of calories absorbed from beans (about a third of the carbohydrate calories contained in beans do not get absorbed). They reduce cholesterol levels, and are converted by healthy gut bacteria into substances that help to prevent colon cancer; eating beans, peas, or lentils at least twice a week has been found to decrease colon cancer risk by 50%. Plus, a recent analysis of 10 scientific studies has shown that the higher your fiber intake, the lower your risk of breast cancer.

O - Onions

Onions, leeks, garlic, shallots, chives, and scallions not only lend great flavor to meals, they have beneficial effects on the cardiovascular and immune systems, as well as anti-diabetic and anti-cancer effects. These vegetables are known for their characteristic (and eye-irritating) organosulfur compounds, which slow tumor growth and kill cancer cells – eating onions and garlic frequently is associated with reduced risk of digestive cancers. These vegetables also contain high concentrations of anti-inflammatory flavonoid antioxidants that contribute to their anti-cancer properties. They are low in calories, have a low glycemic load and also inhibit fat storage hormones.

M - Mushrooms

In one recent Chinese study, women who ate at least 10 grams of fresh mushrooms each day (which equates to about one button mushroom per day) had a 64% decreased risk of breast cancer! All types of mushrooms have anti-cancer properties; plus, mushrooms are unique in that they contain aromatase inhibitors – compounds that can block the production of estrogen. Aromatase inhibitors are thought to be largely responsible for the preventive effects of mushrooms against breast cancer. Even the most commonly eaten mushrooms (white, cremini, and Portobello) have high anti-aromatase activity. Mushrooms contain powerful angiogenesis inhibitors, meaning they prevent new blood vessel growth, which is needed for tumor growth and fat tissue growth. So, in addition to being anti-cancer foods they prevent fat from being stored and promote weight loss.

B - Berries (and Pomegranate)

Blueberries, strawberries and blackberries are true superfoods, linked to reduced risk of diabetes, cancers and cognitive decline. Berries' plentiful antioxidant content helps to reduce blood pressure and inflammation, prevent DNA damage that leads to cancer, and stimulate the body's own antioxidant enzymes. Berries are also an excellent food for the brain. Pomegranate has multiple cardiovascular health benefits and contains anti-cancer compounds. Berries are rich in protective polyphenols, do not raise insulin levels, and also have angiogenesis inhibitors, which protect against cancer and reduce body fat.

S - Seeds

Nuts and seeds are healthy fat sources that increase the absorption of nutrients in vegetables, in addition to supplying their own spectrum of micronutrients including plant sterols (which help to reduce cholesterol), minerals, and antioxidants. Countless studies have demonstrated the cardiovascular benefits of nuts. Several seeds and nuts (flax, hemp, chia, walnuts) are rich in beneficial omega-3 fatty acids, which are beneficial for heart and brain health. Seeds and nuts act like a fat sponge in the digestive tract, preventing all their fat calories from being absorbed. Some seeds – sesame and flax in particular – are rich in lignans, plant estrogens that protect against breast cancer. In one fascinating study, women were given flaxseeds daily after being diagnosed with breast cancer; reduced growth and increased death of their tumor cells was found after just 4-5 weeks. Imagine the protection against breast cancer we could achieve if all women ate lignan-rich seeds – plus greens and mushrooms every day!

Example Menu

Breakfast: Steel cut oats with raspberries, Blueberries, and sprinkled with chopped walnuts pumpkin and sunflower seeds.

Lunch: Greens and your favorite veggies with avocado dressing (blend avocado with small amount of olive oil and lemon juice and favorite spices) and chick peas.

Supper: Veggie Chili with onions, mushrooms, mixed beans