

## NUTRITION AND DISEASE MANAGEMENT

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Modern western culture doesn't always give enough credit to the healing power of food. But we've all heard those stories of our grandmothers and mothers who would know just what to serve up if someone fell ill. They knew the importance of keeping our systems clear. They also knew that getting the proper nutrients from food gives our bodies a fighting chance in warding off illness, and can also make our recovery from illness a much faster process. In Ayurvedic medicine, the holistic healing system from India, food is used as the first line of defense against disease, and keeping our digestive systems in tip top shape is of paramount importance in the prevention of illness.

There are some health conditions that respond better than others to nutritional therapy. Allergies, for instance, can often be mitigated or even cured, by making adjustments in one's diet. And, of course, it's long been known that heart disease and type II diabetes can be significantly affected by a change in one's eating and other lifestyle habits. Below is a list of health conditions and nutritional therapies for their improvement. Of course, one should not use the information below to self-treat any condition that they might have, but simply use them as guidelines to be discussed with your health professional.

Condition	Nutritional Recommendations
Allergies	<ul style="list-style-type: none"> <li>• 3-day juice fast once a month</li> <li>• Drink apple cider vinegar and honey in cup of hot water first thing upon rising in the a.m.</li> <li>• Avoid and/ or eliminate the following foods: bananas, beef products, caffeine, chocolate, citrus fruits, corn, dairy products, eggs, oats, oysters, peanuts, processed and refined foods, strawberries, tomatoes, wheat and white rice, msg.</li> </ul>
Arthritis	<ul style="list-style-type: none"> <li>• Avoid milk (vitamin D causes sore joints), red meat, sugar products, citrus fruits, green peppers, eggplant, tomatoes, potatoes, paprika, cayenne pepper, tobacco and salt.</li> <li>• Eat fiber every day (oat bran or rice bran).</li> <li>• Low fat diet</li> <li>• Include the following foods in your diet: eggs, onion, garlic, asparagus, green leafy vegetables, fresh vegetables, non-acidic fresh fruit, whole grains, fish, oatmeal, brown rice.</li> <li>• Do not take an iron supplement. Get iron from natural sources such as broccoli, Brussels sprouts, blackstrap molasses, cauliflower, fish, lima beans and peas.</li> </ul>
Asthma	<ul style="list-style-type: none"> <li>• Eat primarily fresh fruits, vegetables, nuts and seeds, oatmeal, brown rice and whole grains.</li> <li>• 3-day juice fast once a month.</li> <li>• Include a green drink in your diet, (e.g., Kyo-Green)</li> <li>• Foods to avoid include: alfalfa, beets, carrots, colas, cold beverages which may cause a bronchial spasm, dairy products, fish, red meat,</li> </ul>

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	<p>pork, processed foods, salt, spinach, chicken and turkey, white flour and white sugar.</p> <ul style="list-style-type: none"> <li>• Eliminate foods containing sulfites.</li> </ul>
Candidiasis (Yeast Infection)	<ul style="list-style-type: none"> <li>• Avoid corticosteroids or oral contraceptives until condition improves.</li> <li>• Avoid aged cheeses, chocolate, alcohol, dried fruits, fermented foods, grains containing gluten (wheat, oats, rye and barley), ham, honey, nut butters, pickles, raw mushrooms, soy sauce, sprouts, sugars in all forms, vinegar and yeast products.</li> <li>• Eliminate citrus and acid fruits for 1 month; then add back 2x/ wk</li> <li>• Eat vegetables instead of meat, grains like brown rice and millet, live yogurt.</li> <li>• Consume an Acidophilus supplement and Pau D'arco tea.</li> </ul>
Constipation	<ul style="list-style-type: none"> <li>• High fiber diet with plenty of water.</li> <li>• Flaxseed oil or flax seeds. Do not cook flax seeds; sprinkle them on top of food or put in fruit smoothie.</li> <li>• Consume prunes, wheatgrass juice, fresh fruits, raw green leafy vegetables and brown rice.</li> <li>• Avoid dairy, white flour and sugar.</li> </ul>
Diabetes, Type II	<ul style="list-style-type: none"> <li>• Consume a high complex carbohydrate, high-fiber diet that reduces the need for insulin and lowers fat levels in the blood.</li> <li>• Eat crackers with nut butters, olive oil, raw fruits, vegetables, fresh juices.</li> <li>• Eat foods that help normalize blood sugar like berries, brewer's yeast, egg yolks, dairy products (especially cheese), fish, garlic, sauerkraut, soybeans and vegetables.</li> <li>• Avoid white flour, salt and refined sugars.</li> <li>• Eliminate alcohol and smoking.</li> </ul>
Diarrhea	<ul style="list-style-type: none"> <li>• Consume a high fiber diet, including oat bran, rice bran, raw foods, yogurt and soured products each day.</li> <li>• Increase consumption of liquids.</li> <li>• Drink rice water: Boil half a cup of brown rice in three cups of water for 45 minutes, strain and drink three cups a day until condition improves. Also eat the rice as it helps form stools.</li> <li>• Eat bananas, they are binding.</li> <li>• Eliminate dairy products until condition improves.</li> <li>• Limit fats, wheat and other gluten containing foods.</li> </ul>
Hypertension	<ul style="list-style-type: none"> <li>• Consume a salt-free diet. Eliminate foods that contain msg and baking soda.</li> <li>• Avoid processed and canned foods, foods with sugar substitutes, meat tenderizers, soy sauce, aged cheeses and meats, anchovies, chicken liver, chocolate, pickled foods, sour cream, yogurt.</li> <li>• Eliminate alcohol, bacon, corned beef, pork, sausage and smoked meats.</li> <li>• Consume a high fiber diet, fruits and vegetables like apples,</li> </ul>

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	<p>asparagus, bananas, broccoli, cabbage, garlic, grapefruit, green leafy vegetables, peas, prunes, raisins, squash and sweet potatoes.</p> <ul style="list-style-type: none"> <li>• Drink fresh vegetable juices like beet, carrot and celery, currant, cranberry, citrus fruit, parsley, spinach, and watermelon.</li> <li>• Include brown rice, buckwheat, millet and oats.</li> </ul>
Menopause	<ul style="list-style-type: none"> <li>• Avoid dairy products, sugar and meat which can cause hot flashes.</li> <li>• 50% raw foods diet.</li> <li>• Eliminate caffeine and animal products except white fish from diet.</li> <li>• Add blackstrap molasses, broccoli, dandelion greens, kelp, salmon with bones, sardines and low-fat yogurt (in small amounts) to diet.</li> <li>• Drink plenty of water and sage tea.</li> </ul>
PMS	<ul style="list-style-type: none"> <li>• Eliminate salt, caffeine, alcohol, red meat, dairy products, sugar in any form, processed foods, junk or fast food.</li> <li>• Do not smoke.</li> <li>• 3-day juice fast once a month before menstruation. Add spirulina to juice.</li> <li>• Eat fresh fruits and vegetables; whole grains, cereals and breads; beans, peas, lentils, nuts and seeds; broiled chicken, turkey and fish.</li> <li>• Consume high-protein snacks between meals.</li> <li>• Drink one quart of distilled water a day starting one week before, and ending one week after, menstrual period.</li> </ul>
Psoriasis	<ul style="list-style-type: none"> <li>• Avoid fats (milk, cream, butter, eggs), sugar, processed foods, red meat, white flour and citrus fruits.</li> <li>• Consume a 50% raw foods diet.</li> <li>• Include sesame oil, flaxseeds and flaxseed oil, soybean oil, green leafy vegetables and fish to diet.</li> <li>• Eliminate caffeine and soda from diet.</li> </ul>
Uterine Fibroids	<ul style="list-style-type: none"> <li>• 3 day juice fast once a month.</li> <li>• Eliminate dairy and other mucous producing foods from diet.</li> <li>• Avoid fried foods, starches and flesh products which will feed tumors and cysts.</li> <li>• Consume large amounts of fresh vegetable juices, wheatgrass, spirulina, raspberries.</li> </ul>