

Human Ecology Project



Reversing Diabetes Naturally
THE HEALTHY SOLUTION



**HUMAN ECOLOGY
PROJECT**
THE PERSONAL IS PLANETARY

Reversing Diabetes Naturally
**THE HEALTHY
SOLUTION**

**Every 6 seconds a person dies from
diabetes (5.0 million deaths)**

www.humanecologyproject.com

Reversing Type 2 Diabetes Naturally

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The Diabetes Initiative

Diabetes—The Healthy Solution

Our *Diabetes Initiative* is a program designed to provide individuals who are suffering from diabetes, their families and those at high risk with a natural alternative to a lifetime of medication and illness.

Diabetes is a debilitating disease that has now reached epidemic proportions.

415 million people have diabetes. By 2040 this figure will rise to 640 million.

Most of the cases of diabetes are Type 2, an illness that is not only preventable but can be reversed. We know that is a bold statement, but it is a true one.

Please watch: my latest interview on *Marlene & Friends* with *Neal Barnard MD* of *Physicians Committee for Responsible Medicine (PCRM)* discussing this.

[my latest interview](#)

The most effective way to improve or cure diabetes is to eliminate the causal factors and reverse the disease process. This means learning to transform the daily habits of diet, activity and mentality that contribute to the disease.

We do not use any miracle remedies or mystical mantras only solid common sense and practical life skills.

The content of this e-book is based on our Ultimate Health Experience workshop that we have offered in many countries. It is here where we provide our clients with information and training on how to create a healthy life.

Our one-week program is centred on teaching a fool-proof dietary program of delicious natural foods, simple exercises and by promoting our personal capacity to take charge of our health. This is done through a daily schedule of hands-on cooking classes, individualized exercise programmes, informative talks that teach you to better understand your condition and support to help you make healthy life choices. It would be unfair for us to keep the valuable information about improving or even reversing diabetes to ourselves. This is our gift to you, enjoy it and pass on the good news.

In Good Health,

Bill Tara

&

Marlene Watson-Tara

An Overview

Many diseases such as heart disease, stroke and some cancers are classified as **degenerative diseases**. This term indicates a condition where cells in specific organs or organ systems begin to mutate and fail to continue the functions required for health.

Diabetes is one of these diseases.

That these diseases continue to flourish in modern society is a serious problem since the underlying causes are generally known.

Even though our ancestors knew of these diseases, the degree of their incidence was never elevated to their present levels. According to the **World Health Organization** the rapid rise of degenerative diseases is a reflection in our daily habits. Even though a small genetic or environmental influence may affect a susceptibility to the development of a specific disease in a specific individual, it is our lifestyle that needs attention. ***Genes load the gun, but lifestyle pulls the trigger.***

Poor diet, lack of exercise, smoking, emotional state or excessive drinking can all have a great influence on the development of disease. The official attitude regarding this simple and universally agreed truth is mysterious and complicated. It is known that some degenerative processes can be reversed and yet there seems to be little motivation to encourage recovery programs if there exists medication that can hold the symptoms in check.

This is especially true in the case of diabetes.

The medical attitude toward men and women with diabetes is that they are too lazy, incompetent or ignorant to take control of their lives. Diabetes recovery is only possible when the habits that exacerbate the illness are removed, new health enhancing habits instilled and a specific plan for health maintenance is put in place.

We have such a program for you and present it in the hopes that you will take up the challenge to change your life and create a new level of health and vitality for the years ahead.

Diabetes in History

Like many degenerative diseases, diabetes was well known to our ancient ancestors. It was referred to as early as 1550 BC in Egypt and named by the **Greek physician Aretaeus** as **diabetes** or **the flowing through** disease, a reference to the excessive urination and loss of weight that were characteristics.

The famous physician **Galen** observed that it had to do with kidney function. In early days doctors often used a primitive method of urine testing that could include tasting the urine. It was noted that people who were suffering from diabetes had urine with sugar in it, and a second name was attached, **mellitus**, meaning

honey in Latin. The issue of diet was introduced as a possible cause, as well as a cure, for the disease by the **French Physician Bouchardat**.

In 1920, an American called **Moses Barron** linked the **Langerhans cells** within the pancreas as the basis of diabetes mellitus.

This discovery was followed by the development of insulin use as

a treatment based on the work of **Canadian researcher Frederick Banting** who received his Nobel Prize in 1923 for his work in the discovery of insulin for the treatment of the disease. Since that time the treatment of diabetes has focused on improving the symptoms of the disease through the use of medication and accepting that diabetes is **incurable**.

The Diabetes Epidemic

Like many health issues, diabetes has been known since ancient times. The difference now is that the disease is now spreading at such a rapid rate. The **Centers for Disease Control** in America has termed the rapid rise of cases “an epidemic”. The **American Diabetes Association** cite the assessment of the **National Center for Chronic Disease Prevention and Health Promotion** (Centers for Disease Control and Prevention) that 1 in 3 Americans born after 2000 will develop diabetes in their lifetime.

Latest statistics show that:

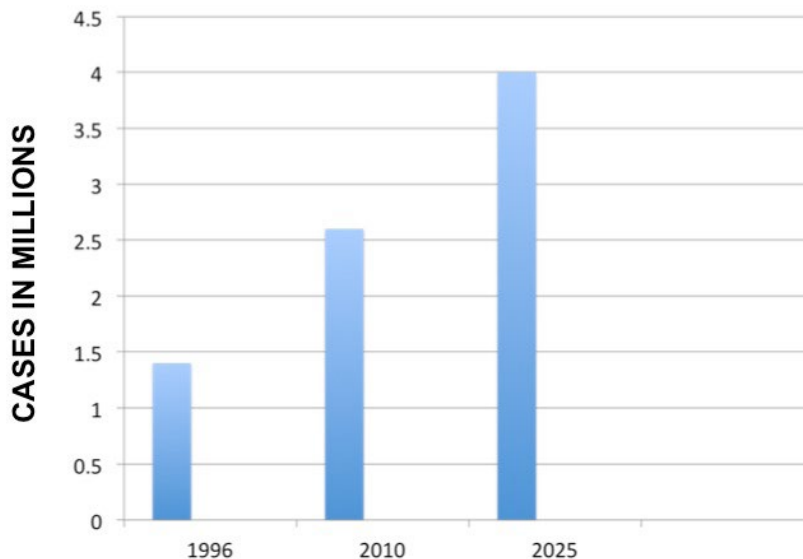
- ◆ 1 in 11 adults have diabetes (415 million).
- ◆ 1 in 7 births is affected by gestational diabetes.
- ◆ By 2040, 1 adult in 10 will have diabetes (620 million).
- ◆ Every 6 seconds a person dies from diabetes (5.0 million deaths annually)

Most of these cases will be **Type 2 diabetes**, because of our ageing population and rapidly rising numbers of overweight and obese people.

More people die each year as a result of diabetes than breast cancer and prostate cancer combined.

With the dramatic rise of diabetes and the inherent risks associated with it, it is truly sad that not more is done. This is especially true since we know the causes of Type 2 diabetes and that there is such a compelling case for a natural cure.

TRACKING THE DIABETES TIDAL WAVE



Understanding the Problem

The mechanism of diabetes is fairly well understood. The pancreas is a small gland situated just beneath the liver. It secretes several hormones, and digestive enzymes. The digestive purpose of the enzymes is to assist in the breakdown of carbohydrates, proteins and fats. The hormones are chemical messengers that instruct the body to increase glucose into the blood, decrease glucose or regulate the interaction of the two. When discussing diabetes, the focus of attention is on the production of insulin, the hormone that instructs the body cells to receive glucose. This is obviously a critical function since the body runs on glucose. All physical and mental functions depend on proper glucose regulation.

Type Two diabetes is diagnosed when there is excessive glucose in the blood because insulin levels are inadequate and the cells are not absorbing adequate glucose, this condition is commonly referred to as high blood sugar.

The complications of the disease are very serious and can lead to heart disease, stroke, amputations kidney failure and blindness.

There is one unavoidable fact: type two diabetes is strongly associated with weight gain.

While there are many conflicting theories regarding the development of the disease there is one unavoidable fact: type two diabetes

is strongly associated with weight gain. This does not mean obesity; any unhealthy weight gain puts you at risk. The reason for this is that calories that are not used are stored as fat. **One of the places that this fat is stored is in the liver and around the pancreas.** The stored fat inhibits the capacity to produce insulin in the pancreas and the livers ability to react to it. As fatty tissue is stored over time it becomes more rigid.

Researchers at the *University of Newcastle* showed that using a low calorie diet could reverse diabetes. It has also been shown that diabetics who had bariatric

surgery and reduced their weight by 15 kg showed signs of recovery.¹

These studies as well as the experience of people in alternative health care where *thousands have experienced a complete reversal of Type Two diabetes* should inspire us to reclaim our health. Unfortunately, this is not the case.

According to *Naveed Sattar*, one of the UK's leading diabetes researchers, our rush to treat the symptoms of diabetes is taking focus away from reversal and prevention of the disease.²

What Your Doctor Won't Tell You

The *management* of diabetes is a huge industry. The purpose of the industry is to help people live with the disease in the most comfortable manner possible.

By accepting that there is no cure, the easy route is taken.

This means:

- ◆ that the complications of the disease,
- ◆ the reliance on drugs (many of which have serious side effects), and
- ◆ the loss of quality of life are accepted as the only option.

We believe you would rather aspire to something more exciting and are smarter than that.

What you will find on the following pages is a simple and effective program that only requires you to learn a few simple life skills.

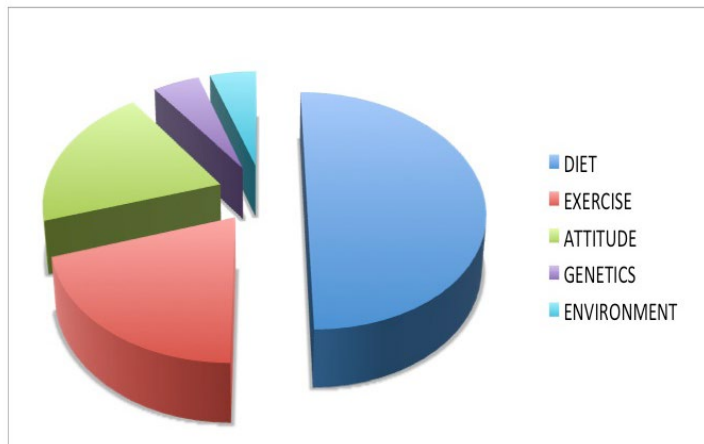
We do not suggest that you alter your medication without supervision, but we do suggest that you follow the program for a period of several weeks and then assess your condition.

You will be pleasantly surprised.

1 <https://www.diabetes.co.uk/diet/newcastle-study-600-calorie-diet.html>

2 <https://diabetestimes.co.uk/professor-naveed-sattar-wins-easds-camillo-golgi-prize/>

DIABETES RISK FACTORS



Reversing Diabetes

We are going to focus on diet as the primary risk factor in this e-Book, but acknowledge that while diet may be the easiest way to effect positive changes in your condition, there are other factors. It is important to

understand the risk factors since the natural approach to healing entails removing unnecessary stress from the body so that it can perform the functions that create health.

Genetics

Certain families and racial groups have an increased risk of diabetes. Asian, African and Native Americans have an increased susceptibility to developing the disease as well as those with a long history of the disease in the family. However, as mentioned previously, genetics is like the loaded gun for disease, but the lifestyle is the trigger. Live a healthy lifestyle and suppress the

expression of the genetic make-up.

The Rational Response (Genetics)

If you belong to a high-risk group and have developed Type Two diabetes please do the program as described and do not feel you are doomed to live with the disease. An increased risk simply means you need to be more diligent.

Environmental Factors

Among environmental factors associated with diabetes is smoking. Smoking is harmful regardless of your present state of health but challenges to the circulatory system caused by smoking will only make the problem worse and undermine your attempts at recovery.

The Rational Response (Exercise)

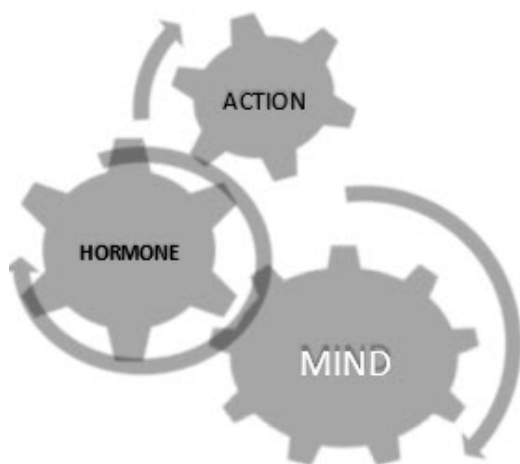
If you are a smoker then we suggest you begin the program and concentrate on the exercise component. You will find that any approach you take to cutting back and quitting will be aided by increased aerobic challenge and overall improvement in your diet.

Attitude

Attitude is often not included as a causal element in diabetes, but in truth, all disease has an element that is emotional or mental. It is well known that stress can greatly affect the function of both the liver and the pancreas. This relationship plays a role in both the creation of the symptoms as well as in successful recovery. Emotional tension has a great effect on the

endocrine system, which includes the pancreas. There are two ways that attitude and emotional stress can contribute to poor health and inhibit healing. The first has to do with worry or anxiety and the second has to do with negative self-image. These are often two sides of the same coin and contribute to a negative feedback loop involving our emotions and our biology.

What the Mind Believes . . .



The simple truth is that what the mind thinks the body will tend to believe. This is even truer if there are powerful emotional triggers involved. Just imagine what goes on in many people's mind if they are diagnosed with a serious disease and are given no hope of recovery. If this information is accepted and provokes depression the body is sent the message that the condition is hopeless, and the immune system may become less effective.

If there is unthinking reliance on medical opinion—that there is only one way to treat a disease, the power of faith is placed on the medical procedure, and any other route to health is seen as impossible. This is not to say that medical treatment is not often required. The issue is if we are able to take responsibility for our own life and act on our own common sense when required. This is especially true when the risks are non-existent.

Here are a few small things you can do that could have a great impact on your wellbeing:

- ◆ Spend ten to fifteen minutes each day creating a stress-free mind. Sit in a comfortable chair with no television or radio on and concentrate on your breathing, try not to think about anything except your breath moving in and out.
- ◆ When you feel calm, imagine that the area around your head is warm and glowing with light. When you have established this image, move the warmth and light slowly down your body to your feet and then back up again. This is a simple game and it may take you several times to get it but don't get discouraged.
- ◆ Make a list of several things that would improve in your life if your overall health were improved (don't focus on your sickness). Would you be able to do more things with friends and family?

The Rational Response (Attitude)

Changing habits is often a greater challenge to the emotions than any practical considerations. If you are motivated toward getting the mind and body working in tandem toward a healthy recovery you need to focus on success. This usually means incorporating new ideas into your life and supporting your own best instincts.

Would you be able to play with your children or grandchildren? Focus on doing these things as a result of developing healthy habits. Do this daily, use your imagination and focus on the benefits. You can write these things down and post them on the fridge if you want.

- ◆ Pick a few simple measurements such as losing weight, being able to walk up the stairs quicker or sleeping better to judge your progress toward better health. There is more to life than blood tests. When you notice improvement be sure to compliment yourself. This is a step-by-step process.

Exercise

Next to diet, exercise has been seen to be an important factor in reversing diabetes. Many more enlightened doctors encourage their patients to exercise daily. As many patients get little or no exercise, simply walking daily for half an hour daily can improve general health. It has been shown that more vigorous exercise increases health in even more dramatic ways.

A study published in the *Annals of Internal Medicine* showed that by using a combination of aerobic and weight bearing exercise, patients with type 2 diabetes were able to improve dramatically. The study, led by researchers at the *University of Calgary* and the *University of Ottawa*, involved 251 patients aged 39 to 70, with type 2 diabetes.

Exercise provides several functions including greater control of blood sugar, improved blood pressure, triglyceride and cholesterol levels and weight loss in people with diabetes. This improvement means a 15% to 20% decrease in heart attack and stroke risk and a 25% to 40% lower risk of diabetes-related eye or kidney disease.

The Rational Response (Exercise)

Exercise can be introduced in stages starting with daily walks, swimming or biking and progress to simple weight training using hand weights or bands. We advise starting off with a simple walking program of 30 minutes a day. Every three days gently increase the distance of the walk in the 30 minutes. Walk briskly but do not become breathless unless supervised.

Doing this has the following benefits:

- ◆ Helps burn off excess energy and control blood sugar
- ◆ Improves insulin sensitivity
- ◆ Helps control weight
- ◆ Improves circulation
- ◆ Promotes better sleep and improved mental outlook

If you suffer from *neuropathy* be sure to inspect your feet regularly and keep them clean and dry. Make sure that your shoes fit well and do not chafe.

In our residential program we teach a variety of exercises to suit personal needs but walking puts you on the right path easily and with no special equipment or skills needed. If you would like to receive an easy to follow 10-minute video programme to do daily at home, please contact us.

Diet

The connection between diabetes and diet is universally accepted. The effect of other risk factors is marginal compared with the food we eat. The sudden rise in obesity and diabetes has occurred hand in hand with specific changes in the modern diet. These changes have to do with the quality of the foods we eat as well as the quantity of calories (food energy) we consume compared with the number of calories we use.

The modern lifestyle is sedentary; we do not exert physical effort or move our bodies in any way resembling our most recent ancestors. Combined with the *increased concentration of*

fats, simple sugars and protein (high density foods) this relative low activity level has produced a damaging challenge to the body. Diabetes, like heart disease and many cancers, are diseases of excess. They occur because of over abundant consumption. ***The path to reversing the process is to understand what foods stimulate the repair mechanisms of the body and which foods produce a kind of nutritional stress.***

First we will look at the foods that produce nutritional stress and then we will detail the kinds of foods that serve recovery of health and vitality.



NUTRITIONAL RISK FACTORS



Nutritional Risk Factors

Trans-Fats

Liquid fats such as vegetable oils can be turned into solid fats by the process of hydrogenation. The resulting product is called a trans-fat. These fats are similar to saturated fats because they can raise levels of cholesterol in the blood. Diets that contain a lot of trans-fats are often thought to be healthier since they are advertised as being healthier—nothing could be further from the truth. Diets that include a lot of trans-fats increase the risk for developing diabetes.

Food manufacturers use the vegetable oil promotion as a sales gimmick they can list the trans-fat content as zero even when a product contains up to 0.5 g of trans-fat, it is important to read food labels carefully. Look at the ingredients list to see if any of the ingredients are partially hydrogenated or hydrogenated. Many foods such as processed snack food, baked goods, fast food items and diet products contain trans-fats in the form of shortening or margarine.

Saturated Fat

Saturated fat is a risk factor for diabetes, heart disease and some cancers by raising cholesterol levels. Saturated fats are in many commonly used foods including some so-called healthy foods such as coconut, palm

kernel oil, coconut oil. Some of the foods with high amounts of saturated fats are chocolate, butter, chicken or turkey skin, cream sauces, full-fat dairy products, ground beef, hot dogs, bacon, sausage and lunch meats.

It is best to avoid eating foods that contain high amounts of saturated fat. Replace them with foods that contain

unsaturated fat, such as chestnuts, almonds, avocado, seeds or nuts.

Cholesterol

The most common source of cholesterol is the foods we eat. It is included in full fat cheeses, whole milk, ground beef, whole milk, egg yolks and any fatty meat. Some cholesterol is manufactured in

the liver and secreted directly into the blood. It is generally accepted that excessive cholesterol in the diet is a risk factor and removing all animal foods is a wise choice. Plants do not contain cholesterol.

Red Meat

A study published in the *American Journal of Clinical Nutrition* this year found that as little as 100 grams of unprocessed red meat a day increased the risk of Type 2 diabetes by 19%.

As little as 100 grams of unprocessed red meat a day increases the risk of Type 2 diabetes by 19%.

The *Harvard School of Public Health* conducted the study. Replacing meat with whole grains provided a 23% reduced risk, the highest percentage compared with other food substitutions.

Since there is no nutritional requirement for animal foods, and protein is plentiful in plants, elimination of all animal protein brings no danger to one's health.

Portion Sizes

Over the past forty years the average portion size in America and Europe has increased dramatically. Many people overestimate how much food should be eaten in a meal. The *American Academy of Family Physicians* cites large portion sizes as a major dietary risk factor for diabetes.

One slice of bread and one-third cup of cooked pasta or rice are considered one serving of grains.

One of the problems is that when the diet is lacking in essential nutrients, we have a tendency to overeat.

This is especially true when our diet is filled with foods that have a high density of energy. The ***Dietary Energy Density (DED)*** of foods is an indication of how many calories are packed into different foods calculated by weight. The interesting thing is that those foods that are more densely packed with calories are those that often cause the most problems in terms of diabetes. Foods such as refined sugars, fats and some proteins have a tendency to be overeaten and cause problems.

A diet with abundant low-density foods such as whole grains, vegetables, fruits, seeds and vegetable sources of protein are healthier options and can be eaten in greater amounts.

This means that weight loss and improvements in blood sugar levels can be achieved without constant hunger.

Calories

When you hear about diet and diabetes the conversation usually turns to calories. The body needs calories to run on. It is the measurement of the energy content of the food. Taking in more calories than needed each day can increase the risk of diabetes. It is common that many people eat many more calories in a day than they burn. The body then stores the calories as fat that contributes to obesity and diabetes. The ***National Institutes of Health in America*** state that 80 to 90 percent

of people with Type 2 diabetes are overweight. Since calories are a primary nutritional requirement yet can be the source of many problems it is important that the role of healthy caloric intake is one of the main points in creating a healthy diet. Getting the right kind of energy source that helps the body maintain a stable and healthy blood sugar level, reduces stress on the pancreas and provides good nutrition is the goal of the ***Diabetes Healing Diet***.



LOW DENSITY FOODS



The Diabetes Healing Diet

The diet described on the next few pages is the one we use in our *Diabetes Recovery Program*.

We have seen it help hundreds of people recover their health and live with a degree of vitality they never thought possible. We want to stress that diet is not a cure—all but is one of the most important building blocks toward creating a healthy life. We invite you to experiment with the diet and make it your own.

When men and women attend our program, we are able to tailor the

diet for individual needs, but the plan below is a great place to start, and you will surely get results if you stick to it. Some of the foods may be new to you so we suggest that you not be frustrated if you have to experiment with your cooking. The food should taste good!

We suggest that you follow the program for a minimum of three weeks and see how you feel.

- ◆ Whole Cereal
- ◆ Grains
- ◆ Vegetables
- ◆ Proteins
- ◆ Fruits
- ◆ Teas & Beverages
- ◆ Condiments

Whole Cereal Grains

The controversy about carbohydrates is very misleading. Carbohydrates are an essential part of a healthy and sustainable diet. The distinction that needs to be made is between refined and complex carbohydrate. Refined products have been processed so that most of the vitamins and minerals have been removed and the calories concentrated and quickly absorbed. Refined products include white flour, refined sugars, and fructose. These products need to be eliminated from the healing diet and replaced with complex carbohydrates such as whole grains, whole grain products and sweet vegetables such as butternut squash and carrots. The advantage of whole grains is that they have a broad range of nutrients and combine well with other vegetable quality foods to provide the best variety of human nutritional needs.

Daily Grain Portions: 2 to 3 cups of cooked grain per day. Three to four times a week, two cups of cooked pasta can be substituted for whole grain at one meal.

Grains to begin with: Short-grain Brown Rice, Barley, Oats, Buckwheat, Rye, Quinoa and varieties of Wheat are all members of the grain family. Whole grain pasta, polenta, and whole grain breads can be used for variety, but the emphasis should be on the whole grains.

Grain Products to Reduce or Avoid: White flour products are difficult to digest and often lead to digestive stagnation and weight gain. They are also usually made with refined sugars, fats or trans fats.

Cooking Hint: Grains can be used as porridge, in stews or in soups as well as stir-fries with vegetables.



Vegetables

Fresh vegetables are an essential part of a healthy diet. They are rich in a wide range of vitamins, minerals and antioxidants. Since many vegetables lose nutritional content once picked it is important that they are used as fresh as possible. A good diet contains a variety of vegetables. Make sure your plate is colourful.

Daily Vegetable Portions: 4 to 6 cups of cooked vegetables per day. Be sure to have at least 2 cups of green vegetables in addition to any others.

Vegetables to Begin With: Try and use fresh vegetable to begin with. Use frozen or tinned vegetables only when you are in a hurry. Spring Greens, Broccoli, Bok Choy, Carrot Tops, and Chinese Cabbage. Kale, Spring Greens, Parsley, Spring Onions, Leeks, Carrots, Pumpkin, Radish, Onion, Turnip, Parsnip, Cauliflower, Acorn squash, Brussels sprouts, Butternut squash, Green or Red Cabbage, Celery,

Chives, Cucumber or Endive.

Vegetables to Reduce or Avoid:

You may notice that there are some commonly used vegetables that are not on the list above.

There are certain vegetables that can exacerbate inflammatory processes in the body.

These include: Tomato, Potato, Aubergine, Red and Orange Peppers and Spinach. For your trial period it is best to eliminate these foods. You can add them back in when your health improves.

Cooking Hint: Hearty vegetable stews and soups are a good way to prepare your vegetables. Concentrate on cooked vegetables for the first two to three weeks but have a small amount of raw salad (rocket, lettuce, cucumber, raw carrot, celery) every other day.



Proteins

If there is one breakthrough in modern nutrition that has shocked people more than any other it is our collective misunderstanding about protein. The focus on nutritionally dense animal protein has been a huge error, especially among a population that has minimised activity. Protein is a nutritional requirement, but it does make a difference where it comes from. One fact is becoming very clear; most people in modern society are eating too much animal source protein. Beans supply most of the essential amino acids that grains lack and are a perfect addition to a diverse diet.

Daily Protein Portions:

1 to 2 cups of cooked beans per day.

Beans to Begin With:

Adzuki Beans, Black-eyed peas, Chickpeas (Garbanzos), Kidney beans, Split peas, Pinto Beans, Navy Beans and Lentils.

Bean products from the Far East such as Miso, Natural Soya Sauce and foods such as Tofu and Tempeh can be used regularly.

Proteins to Avoid:

Red Meat, Pork, Eggs, Fish and Dairy foods are not included in your Recovery diet.

Removing animal foods will not create any nutritional problems as long as you are eating as described above.

Raw soy products such as soy milk should be avoided.

Cooking Hint:

Make sure that all beans are cooked very well, it is a good idea to soak them overnight before cooking. There are a good variety of tinned beans available that can be used when time is an issue. Beans are good in casseroles or soups.



Fruits

Fruits are an important element of the **Recovery Diet** in small quantities. It is best to choose fruits that are grown in the local environment as a first choice. They may be used raw or in cooked desserts. We suggest that for the best results that more Northern fruits such as Apples, Pears, Peaches, Apricots, Grapes and Plums are used.

Daily Fruit Portions: 1 cup of fruit daily, more if desired, preferably cooked during the first two weeks.

Fruits to Reduce or Avoid: Taking into account the nutritional density as well as the ability to provoke inflammation, we suggest that all citrus fruit, berries, bananas, and sugar dense fruit foods such as figs, dates and raisins be avoided for the first two to three weeks.

Oils

Nuts and Seeds: Nuts and Seeds are an excellent source of healthy oils and help to compliment grains and beans for the full range of amino acids needed to meet protein requirements and the metabolism of many vitamins. They may be used as condiments with grains or vegetable dishes or lightly roasted as a snack.

Vegetable Oils: We do not cook with oil. Please substitute the use of oil and sauté and cook

with water or vegetable stock.

Weekly Portions of Nuts and Seeds: ¼ cup of sesame seed and either chia or hemp seeds as a condiment on grains and ½ cup of lightly roasted sunflower, pumpkin, almonds or walnuts.

Oils and Fats to Avoid: Oily nuts such as macadamia nuts and Brazil nuts as well as all dairy foods such as milk, cheese and all oils.

Teas and Beverages

Teas: For the first three weeks it is suggested that you use simple teas and beverages that do not create any acidity in the stomach. Bancha tea (Kukicha) is available at most health food stores it is a good choice.

Grain coffee, made from roasted grains is a good choice as well as Green Tea, and Rooibos Tea. Hot Water is always a good idea.

Condiments

For your first three weeks you should use only very moderate seasonings such as basil, parsley, bay leaf, oregano, ginger or thyme. Natural sea salt may be used in moderation

as well as Natural Soy Sauce (as a cooking condiment only), Miso paste (in cooking or to flavour soups). Avoid pepper and all hot spices.

Ten Most Dangerous Mistakes That We Make With Our Diet

1. **Not reading labels:** Many modern foods are filled with chemical additives that have no nutritional value but are irritants to the digestive and nervous system. Read what you are eating. Look out for artificial sweeteners, fructose and hidden sugars you wouldn't expect (who would expect sugar in tomato paste?).
2. **The Carbohydrate Controversy:** It is ironic that so many people fear *Carbs* when it is the most important thing in the diet. Losing weight by cutting out carbohydrates is dangerous and unsustainable. The real issue is what kind of carbohydrates we consume. Whole grains are a stabilizing food that combine well with all other vegetable quality foods and are the foundation for a healthy diet.
3. **Sweet and Deadly:** Sugar, Fructose and other refined sugars are toxic to the body and dangerous for people with diabetes who wish to recover their health.
4. **The Protein Paradox:** Diets that are rich in vegetable proteins are the leading edge of modern nutrition. They have been shown to reduce the risk of heart disease, many cancers and diabetes. A quick review of the science shows the truth of this. The future of healthy nutrition lies in vegetable protein diets.
5. **The Dairy Dilemma:** Dairy foods are not only non-essential, but in some cases, dangerous and should be eliminated for good.
6. **Creating a Personal Diet:** Your diet must suit you. Everyone has individual needs. It is possible to make generalities regarding nutrition but in the final analysis the proof is in the pudding. If you try a dietary program for three to four weeks and do not experience improved health you need to adjust your diet. Sometimes these adjustments have to do with the demands of physical activity or climate.
7. **Vegetables and Fruits:** The recommended five portions is a vague suggestion. We are suggesting that you focus on the number of cups of cooked or raw food as a reference point. Make sure you get variety. People who eat a higher

percentage of vegetables in their diet are healthier in every survey done.

8. Learning to Cook: If a diet is not tasty you will usually not stick to it, cooking is the key. Cooking wholesome natural foods that taste delicious is one of the specialties of our program. You will find a good selection of recipes on our Cooklets in on-line store along with Macrobiotics for all Seasons which has over 200 recipes and is available as a digital download.

9. Eating Slowly and Chew: Choosing good quality food and preparing it well is of no use if we don't digest our food. In our busy lives we tend to speed through our meals and not chew our food.

As a consequence, we eat more than we need and don't get the full benefit of what we eat. Try this: Every time you put food in your mouth put down the fork, put your hands in your lap and chew well. Don't pick up your fork till you have swallowed your food. This may seem silly, but it will slow you down and your digestive system will thank you for it.

10. Enjoy your food: Changing food habits can be a big challenge. If you look at it as an experiment in healthy living and something that has great benefit you will find that the long-term benefits far outweigh any short-term inconvenience. Remember you are making these changes in order to enjoy life more and establish good health.

*Health is Everything!
Without Health,
Everything is Nothing!*

Recommended Reading

The China Study and
The Future Of Nutrition
~T. Colin Campbell, PhD
Center for Nutritional Studies
and Advisory Board (CNS)
Member of the
Human Ecology Project



HUMAN ECOLOGY PROJECT

THE PERSONAL IS PLANETARY

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