

Terry's Traditional Diet



- Discover how a low-carbohydrate/high-protein diet can prevent—and even cure—heart disease, diabetes, and gastrointestinal disorders
- Learn how to feel better and live longer by changing the way you eat
- Develop strategies to transition from high-to low-carbohydrate nutrition

If you're sick and tired of being sick, the answer may be changing your diet from one that is high in carbohydrates to a diet high in animal protein and animal fat. Many leading experts have been exploring a low carbohydrate diet to reduce insulin resistance and the metabolic syndrome.

One such expert, Dr. Wolfgang Lutz, M.D., has the following to say: "Today, it seems that the only medically accepted hypothesis about nutrition and disease is that fat is responsible for all that ails us. There is great pressure to conform to this theory in spite of all the evidence to the contrary. Carbohydrates have been completely ignored as a potential problem in human diets. However, as documented in the preceding chapters [referring to his book, title below], the beneficial results of a low carbohydrate diet, as observed by Dr. Lutz on thousands of people in his clinical practice, provide proof that is more than adequate. Loss of weight in obese adults and children; relief of the symptoms of endocrine disturbance; success in treating heart disease, hypertension, diabetes and gastrointestinal diseases—all of these positive outcomes demonstrate the soundness of the low carbohydrate hypothesis. One after another, the diseases of our civilizations were shown to respond favorably to the low carbohydrate diet, and the numbers of satisfied patients provide the reassurance that this route to health was indeed the correct path." (Excerpt from *Life Without Bread, How a Low-Carbohydrate Diet Can Save Your Life* by Christian B. Allan, Ph.D. & Wolfgang Lutz, M.D.)

The traditional diet, otherwise known as the Paleolithic Diet, which man consumed for 2 million years, consisted of high animal protein, high animal fat and low carbohydrates. The diet consisted mainly of meat, fish, fowl, fruits, vegetables, berries, seeds and nuts. The Paleolithic nutrition is based on a given set of circumstances that existed when our genetic constitution was formed millions of years ago. It does not change. However, our diet today is so far from the diet of our ancestors' that our bodies have not been able to adapt to the changes that have been brought on primarily because of commercial reasons. Today, when fats are consumed, they are no longer natural animal fats which are far healthier and free of rancidity. The fats consumed today are from vegetable (omega 6 fatty acids) sources which have only been consumed over the last 50 or 60 years. When they are manufactured, they are highly damaged by heat and chemical processing, leaving them unstable and rancid. Consuming white sugar, grains (especially processed, refined grains), and vegetable oils may be the real causes of cancer, heart disease and a host of other diseases.

Over the last 60 to 70 years, our diet has changed so drastically that it does not represent the traditional diet of mankind. In the early 1900's, there was very little heart disease, diabetes, cancer or many of the other diseases that wracks our bodies today. For example, cancer occurred in one person out of 25. Today cancer occurs in one out of two males and one out of three females. Many doctors in the early 1900's never saw a case of cancer in their lifetime. Today, researchers and scientists are spending billions of dollars looking for cures for modern day diseases that did not exist 50 to 100 years ago. **They are looking for a quick synthetic chemical fix for a problem that is in fact rooted in our lifestyle and diet. The only "fix" for that is to remedy our lifestyles and our diet!**

Why do we have such an epidemic of diseases?

I believe the number one reason why we have so many diseases today is that our diet no longer contains the proper nutrients to maintain our health, let alone achieve ideal health. In the early 1900's, the national average of sugar consumption was 10 pounds annually per person. Today, the national average is over **200 pounds of sugar per person** and many individuals are consuming in excess of 200 pounds. We have gotten away from the original diet of man, which historically was high in animal protein, animal fats and low in carbohydrates. The fear of fat has led to an epidemic of diseases that have occurred primarily because we have *reversed* the ratio of our food groups from high animal protein/animal fat and low carbohydrates, to high carbs and little or no healthy animal protein and animal fats. In fact, many Americans are consuming 60% to 70% of their meals as carbohydrates (mostly refined and processed), and 20% to 30% unhealthy fats (omega 6 from vegetable oils, shortening and margarine) and a mere 10% from protein.

Over the years, we have stripped the fat from many of our foods for no good reason. There is absolutely no science that proves fats and cholesterol cause cardiovascular disease, and yet we have foods that are non-fat, low fat and 2% fat that have been highly processed and contain hydrogenated fats and trans fatty acids, the real hidden dangers that contribute to cancer and heart disease. The omega 6 fatty acid group found in soybean, corn, safflower, canola and other unhealthy oils greatly exceeds the ratio of the much healthier, natural omega 3 fatty acids. These high omega 6 oils are significantly processed, causing severe damage and rancidity to the oils, which is one of the reasons why they are primarily responsible for cancer and heart disease. **Rancidity creates a huge amount of oxidative stress in the body, which is one of the main culprits in damaging healthy cells' genetic material, and which can turn them into malignant cells.**

Terry Talks Nutrition

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IMPROVING THE HEALTH OF AMERICA

It has been proven in many studies that the proper diet for mankind is the **Traditional Diet**. To restore our superior health and eliminate as much suffering as possible, and return to vitality, freedom of disease and longevity, we must return to the traditional diet supplemented with superior nutritional formulations.

TRADITIONAL DIET

For centuries, the original and traditional diet for everyone was approximately 30% animal protein, 60% animal fat and 10% non-starchy carbohydrates. The 10% of carbohydrates should be from fruits and vegetables. To control your intake of carbohydrates, which will have the most meaningful impact on healing and restoring your health, as well as losing the weight you always wanted to lose (especially your belly fat), consume no more than 72 grams of carbohydrates daily. It is very significant in your new health program that you know the grams of carbohydrates in everything you eat and make sure you select foods that are scored at 50 or less on the Glycemic Index. You can probably find a booklet on the Glycemic Index in natural food stores, as well as one that lists the grams of carbohydrates of each food. You can also easily find this information on the internet, using a search engine like Google.

Believe me, this diet will work for everyone to protect against cancer, heart disease, obesity, diabetes, arthritis, chronic fatigue syndrome and all of the current so-called "modern diseases." The health of America has deteriorated significantly in the last 50 years, and all the while scientists advised everyone to avoid fats, particularly saturated fats and cholesterol. The low fat diet was founded on very flawed research based on rabbits fed large quantities of oxidized and purified cholesterol. The experiment caused significant damage to the rabbits' arteries and heart. Keep in mind that rabbits do not manufacture cholesterol as humans do. Rabbits do not consume foods with cholesterol and therefore do not have a mechanism to handle and control cholesterol. It's amazing to think that researchers used the rabbit to try to understand a human's requirement for fat and cholesterol and their mechanism of action. The human was designed to use saturated fat found in animal protein and cholesterol for many metabolic and biochemical functions. **It is unbelievably ironic that we are told to consume a low fat diet as a heart benefit, when the heart's main energy source for healthy function is primarily based on the intake of saturated fat!**

FOODS YOU MAY EAT

Animal protein: beef, bison, elk, venison, rabbit, pork, bacon, seafood, eggs, chicken, duck, turkey (and skin), and all other birds.
Fats: cream, lard, butter, coconut oil and olive oil. Try to consume organic foods when possible, or at least grass fed animal protein as well as butter, and cream from grass fed animals. **Non-starchy Carbohydrates:** fruits, vegetables, occasionally yams or sweet potatoes, millet, buckwheat or quinoa (1/3 cup of cooked grain).

FOODS TO AVOID

All sugar and sweeteners, refined flour, all grains (if you are serious about regaining your health), refined salt (use Celtic Sea Salt), all vegetable oils (corn, soy, sunflower, safflower seed), vegetable shortening, margarine, soft drinks (sweetened or diet), juice (eat the fruit instead), high fructose corn syrup, fructose, artificial coloring, artificial flavoring.

SPECIAL NOTICE ON DAIRY PRODUCTS

Drink only raw milk, cow or goat, otherwise avoid milk products. Any and all raw dairy products are superior. Raw cheese is okay.

RAW FOODS

Raw foods are always superior to cooked foods because they will supply enzymes and nutrients that are susceptible to destruction by heat. A special diet can supply unusual health benefits by consuming raw milk and raw eggs daily. Generations of animals fed pasteurized milk have many defects and die off quickly. Animals fed raw milk thrive in good health and multiply generation after generation. Drinking raw milk and raw eggs is not for the faint of heart but for those who want to enjoy an abundance of good health will soon find this change of menu to be exceptional. Drinking up to a quart of raw milk daily and eating 2-3 soft cooked eggs will supply a superior form of raw protein and many nutrients and enzymes which are often destroyed in the process of heating. **Warning.** Eating raw or undercooked foods can be dangerous especially to children, the elderly and those with a compromised immune system. Eat raw foods at your own risk.

KEEP YOUR BELLY FAT IN CHECK

Keeping your belly fat in check is a good indication that you are improving your overall health. The less belly fat you are carrying, the more you are improving all of your biochemical markers for good health. You don't need a blood test to determine good health. You need a belly fat check.

SAMPLE MENU PLANS

BREAKFAST

2-4 eggs any style cooked in butter, olive oil, coconut oil or lard
 1/2 grapefruit or other low GI (Glycemic Index) fruit
 2 to 4 slices of bacon (health food store)
 1 cup of coffee or tea with whole cream

MID MORNING SNACK

¼ cup raw almonds or walnuts
 Or
 1 boiled egg, 1 fruit choice

LUNCH

Any animal protein
 Non-starchy vegetable and/or fruit
 Unsweetened iced tea with lemon

MID AFTERNOON SNACK

1 serving of goat cheese
 Small handful of walnuts and raisins

DINNER

Unlimited salad (lettuce, tomatoes, cucumbers, avocado, peppers, mushrooms, etc)
 Choice of animal protein
 Broccoli, snow peas, asparagus, zucchini, etc.

DESSERT

Small apple, plum, peach or grapefruit

BEDTIME SNACK

Small handful of nuts or seeds and
 small piece of fruit

Glycemic Index

The Glycemic Index is a measurement of the impact of carbohydrates on blood sugar levels. Foods containing carbohydrates are assigned a number between 1 and 100. The higher the number, the more quickly the food is digested and absorbed, and the higher the resulting spike in blood glucose levels. Low GI foods produce small fluctuations in blood glucose and insulin levels, and are much better for your health and for weight loss.

Make the Switch!

High GI foods push your body to extremes. Switching to a diet that is primarily low GI foods has many benefits, including:

- *Increase the body's sensitivity to insulin*
- *Improve blood sugar control (especially important for people with diabetes)*
- *Reduce the risk of heart disease*
- *Reduce bad LDL cholesterol and increase good HDL cholesterol*
- *Help manage the symptoms of polycystic ovary syndrome*
- *Increase energy and endurance*
- *Reduce hunger and keep you feeling full, longer*

Keep It Under 50

I recommend consuming foods with a GI value of **50 or less**. Foods with a high GI (over 50) should be saved for when you need to refuel after intense exercise.

No Calorie Counting Needed

To eat the low GI way, simply swap your high carb diet and your high GI foods for small portions of healthy proteins (beef, turkey, chicken, eggs, bison and protein drinks) and foods from the low GI index chart on page 4. You don't need to count calories, points, or do any mental math to get your blood sugar under control and your weight loss on track.

Here are a few pointers:

- *Use breakfast cereals based on oats, barley and bran*
- *NO white bread or bread that is partially whole grain with added white flour*
- *Use breads from only absolutely whole grain or sprouted whole grain*
- *Substitute yam and sweet potato for white potatoes*
- *Use basmati or brown rice*
- *Eat plenty of salads dressed with extra virgin olive oil and/or balsamic vinegar*
- *Freely enjoy the under 50 GI fruits and vegetables*

The following table lists the GI of commonly consumed foods. **For a full list of the GI values of carbohydrate-containing foods please look at these websites: www.ajcn.org/content/76/1/5.full, and www.glycemicindex.com.**

***Foods containing little or no carbohydrates (such as meat, fish, eggs, avocado, wine, beer, spirits, most vegetables) cannot have a GI value. No carbs = no GI.*

Avoid These High GI Foods!	
FOOD	GI Value
Bagel	72
Banana	62
Blueberry Muffin	59
Cake, angel food	67
Carrots (cooked)	92
Cheerios	74
Coca-Cola	63
French Fries (frozen, microwave preparation)	75
Fried Rice	80
Gatorade (orange flavor)	89
Graham Crackers	74
Hamburger (on a bun, ketchup, pickle, onion and mustard)	66
Macaroni and Cheese (boxed)	64
Mashed Potato	83
Microwave Popcorn, butter flavor	62
Oat Bran Muffin	60
Pizza (plain baked dough, parmesan cheese and tomato sauce)	80
Potato (white)	98
Pretzels	83
Pumpkin (peeled and boiled)	75
Raisins	66
Rice, basmati	43-69
Rice, brown	66-87
Rice, white (boiled)	83
Rice Krispies™	82
Sweet Corn	60
Sweet Potato (peeled, cubed and boiled)	59
White Bread	71

Low GI Foods – Eat These!	
FOOD	GI Value
All-Bran™ Cereal	38
Apple	40
Apricots (dried)	30
Baked Beans (canned)	40
Beans (kidney or black)	20-30
Carrots (raw, diced)	35
Cashew Nuts	25
Cherries	22
Chickpeas	36
Fettucini (cooked, 1 cup)	32
Grapefruit	25
Hummus	6
Lasagna (vegetarian)	20
Lentils	29
Lima Beans	32
Milk (full fat, whole)	11-41
Oranges	40
Oat Cereal (hot) with skim milk	40
Peach	28
Peanuts	7
Pear	33
Peas (cooked)	35
Pumpernickel Bread	51
Ravioli Pasta, meat-filled, cooked	39
Sausage	28
Soy Milk (full fat)	41
Spaghetti (with meat sauce)	42
Strawberries	40
Tomato Soup	38
Tomato juice (no added sugar)	38
Yogurt	11-38

MY RECOMMENDED BOOK LIST

Know Your Fats, author **Mary Enig**

Eat Fat to Lose Fat, author **Mary Enig**

The Great Cholesterol Con **By Dr. Malcolm Kendrick**

Lipitor® Thief of Memory **By Dr. Graveline**

Statin Drugs Side Effects and the Misguided War on Cholesterol **By Duane Graveline M.**

Life Without Bread: How a Low-Carbohydrate Diet Can Save Your Life **By Christian B. Allan (Author), Wolfgang Lutz.**

Vitamin B6 Therapy: Nature's Versatile Healer **By John Marion Ellis**

The Paleo Diet: Lose Weight and Get Healthy by Eating the Food You Were Designed to Eat **By Loren Cordain, Ph.D.**

Overcoming Thyroid Disorders **By David Brownstein, M.D.**

Iodine, Why You Need it Why You Can't Live Without It **By Dr. David Brownstein**

Breaking the Vicious Cycle **By Elaine Gottschall**