

# DIETARY BASICS

## Part 1

by Lady Carla Davis, MPH

*Specializing in Nutrition*

Over the years, consumers have been overwhelmed with health information and every diet imaginable. Corporate science and scientism are subverting independent science. And all too often, each new book, study, report, or diet contradicts the previous one, leaving most people confused.

Nutrition is the basis for healing with every kind of therapy. Yet, every aspect of it has been either hijacked or sabotaged by big pharma or giant food corporations through regulation and globalization. Practitioners and professionals in the medical, dietetic, health, and fitness industries often proclaim themselves as 'nutrition experts.' While some have impressive credentials, their education and knowledge in clinical nutrition or biochemistry are often limited. Most medical schools provide very little, if any, education in nutrition. As a deterrent, clinical nutrition programs are not readily available for students unless they first complete other extensive medical programs. To make matters worse, an aggressive campaign by government agencies with unlimited funds and in collusion with the American Dietetics Association (ADA), regulated many Nutrition Consultants and Naturopaths out of business.

The ADA receives approximately 10% of its funding from food corporations, including Abbott Nutrition, CoroWise, General Mills, Kelloggs, Mars, McNeil Nutritionals, PepsiCo, SOYJOY, Truvia, and Unilever. In addition, the ADA lists Aramark, the Coca-Cola Company, the National Dairy Council, and the Hershey Center for Health and Nutrition as partners. Thus, dietitians are obligated to promote and dispense unhealthy processed foods produced by their sponsors.

Marion Nestle, Professor of Nutrition Food Studies and Public Health at New York University, wrote to her colleagues: "Respected ADA colleagues, as long as your organization partners with makers of food and beverage products, its opinions about diet and health will never be believed independent (translation: based on science, not politics), and neither will yours. Consider the ADA Nutrition Fact Sheets, each with its very own corporate sponsor (scroll down to the lower right-hand corner of the second page to see who paid for the Facts). Is the goal of ADA the same as the goal of its sponsors to sell their food products? Is this a good way to get important scientific messages to the public? ADA members: how about doing something about this!"

The suppression of nutrition goes way back. From 1924 to 1964, Dr. Morris Fishbein ran the AMA. Even though he had a medical degree, he never treated a patient in his life. Throughout his 40-year reign, he used coercion, money, and the power of the AMA to maintain control and suppress and crush natural cures for cancer (Natural News). In the 1930s, the American Medical Assoc. (AMA) attempted to prohibit its members from working for the health maintenance organizations (HMOs) that sprung up during the Great Depression. This violated the Sherman Antitrust Act and resulted in a conviction ultimately affirmed by the US Supreme Court. The AMA's vehement campaign against Medicare in the 1950s and 1960s included the Operation Coffee Cup, supported by Ronald Reagan. Unfortunately, what occurs in the United States

is often replicated elsewhere.

*Profession and Monopoly - A study of Medicine in the United States and United Kingdom* by Jeffrey L. Berlant (Univ. of California Pr 1975) criticizes the AMA for limiting the supply of physicians and inflating the cost of medical care in the United States. It also claims that physician supply is kept low by the AMA to ensure high pay for practicing physicians. It states that the amount of, curriculum, and size of medical schools are restricted by state licensing boards controlled by representatives of state medical societies associated with the AMA.

Because of massive public demand and support from the health industry, the Dietary Supplement Health and Education (DSHEA) Act of 1994 mandated that the FDA regulate dietary supplements as foods rather than as drugs. However, the influence wielded by big pharma and giant food corporations remains rampant in many countries through globalization.

By using the controlled media, the industry determines what to feed the public about how people should eat, medical protocol, and nutrition. Anyone who differs from the narrative, is censored. Some proclaimed 'experts' have written books promoting their radical diets and unscientific beliefs. In addition, policies have been set up on the false assumption that medical experts or dieticians are nutrition experts. However, medicine, dietetics, and nutrition are all very different professions. Some magazines and newspapers use catchy headlines and radical diets to sell their publications. Writers who have little or no knowledge of nutrition may quote an expert out of context to make the reader think they (writers) are credible. This is only part of how misinformation reaches and confuses the public.

In addition, big pharma and giant food corporations give large grants to universities to influence the curriculum and obtain studies favorable to their products. According to the author and former corporate biochemist Paul Stitt, PhD in *Beating the Food Giants* (Natural Press, 1993), they care little, if at all, about your health and well-being. Their objective is to get you hooked on their products so they can make huge profits. Many of their products are not even real food, while others contain addictive ingredients such as refined sugar/flour, MSG, or other flavor enhancers. Coffee, soda, and other caffeine products are also very addictive.

Plus, most non-organic food is contaminated with, damaged fats/oils, glyphosate, toxic agriculture chemicals, and GMOs.

Corporate control of our food system from seed to plate contributes to market abuses. It is also a threat to competition, food affordability, and supply. Today, only four companies control up to 90 percent of the global grain trade. Further to Willie Nelson's call to 'Occupy the Food System,' you can also make an impact. Use your ECONOMIC POWER and BOYCOTT products from unethical corporations! Stay informed and active on current health freedom issues and threats against natural supplements with the Alliance for Natural Health (ANH).

Corporate giants also have their influential advisors on the Food and Nutrition Board (FNB), the National Research Council (NRC), the National Academy of Sciences, the Centre for Science and Applied Nutrition (CFSAN), and similar organizations, such as the ANTZPA in Australia and New Zealand, and the EU's Codex Alimentarius. By

classifying calories as a nutrient (energy), instead of a unit of measurement, the FNB can justify the promotion of such products as white flour and refined sugar. A while back, food processors spent \$5.6 million to lobby against the new school lunch rules proposed by the USDA, which would have brought more fresh food to school cafeterias. Congress succumbed so far as to agree to call pizza a vegetable.

Unfortunately, many dietitians follow the recommendations of the FNB and NRC. Dietetics claim that a variety of foods from the Basic Food Groups (set up by the industry) provide the Minimum Daily Requirement (MDR) or Recommended Dietary Allowance (RDA) of all the nutrients needed for good health. They consider nutritional supplements to be unnecessary when, in fact, science reveals a very different story. READ *Dirty Medicine-The Handbook* (2011) by Martin J. Walker and its review in *UNCENSORED* magazine, issue 25, page 95.

The MDR and RDA, set by the NRC, were not the results of scientific studies, but negotiations and voting by a committee (Committee on Dietary Allowances, 1980) of industry agents. Subsequent clinical studies and reports indicate that RDAs for many nutrients are far below what is necessary for optimal health. Only part of the total number of nutrients needed for human health are measured. With this barrage of misinformation and since one type of diet is not suitable for everyone, it is no wonder the average person is confused about nutrition and how to eat. Do you listen to the FNB or the NRC? Are you reading conflicting advice from dietitians and nutritionists? And, are MDRs and RDAs all you need? Attaining optimal health is more than merely counting calories and grams of fat.

Listed below are certain basics to help nourish your dietary profile. Without these basics, all the medicines, treatments, supplements, and exercise in the world will not succeed in attaining a complete cure or optimum health.

---

## BASICS OF LIFE

For optimum function, maintenance, good health, and longevity, the body must have:

- Fresh, clean air (oxygen) with a balance of negative ions
- Clean, pure, structured water (free of fluoride & other toxins)
- Natural, full-spectrum daylight & sunshine
- Quality protein
- Essential fatty acids (EFAs) in balance (<https://www.omeganutrition.com/>)
- Complex carbohydrates
- Vitamins, minerals, enzymes in balance
- Magnetic forces of positive and negative gauss
- Human companionship and spirit

Ensure that the air you breathe is clean and rich in oxygen and negative ions. If cells are not well oxygenated they will not be able to repair or reproduce. Damaged fats and oils and wifi hinder breathing. Omega 3 EFAs, breathing exercises, qi gong, tai chi, yoga, and singing promote beneficial breathing. Create a healthy home environment. Fresh, clean air, rich in negative ions, can be found in old-growth rainforests (lungs of the Earth), near waterfalls, and by the ocean.

Consumption of clean, pure, structured/revitalized water is the second most important substance for survival. It is necessary for the hydration and function of every cell and system in the body. Over 70% of the body is water. Water is the medium that enables the cells to communicate with each other. Learn about the vital fourth phase of water inside our cells from Dr. Gerald Pollack's film, publications, and research.

Check the source and independent analysis of your drinking water. Choose high-quality, pure spring water with a pH of 7 to 8. Having a rainwater tank with a water revitalization system is a good option. To learn more, see <https://www.alivewater.com/> and [www.dancingwithwater.com/](http://www.dancingwithwater.com/). Read *Your Body's Many Cries For Water* and *Water, For Health, For Healing, For Life* by F. Batmanghelidj, MD, and *Dancing With Water - The New Science of Water* by MJ Pangman and Melanie Evans.

Since no one can survive long without air or water, these basics of life" should NEVER be privatized. Nor, should our water supplies be used as a dumping ground for toxic industrial wastes or to treat or medicate the masses for what ails a small percent of the population. To do so is highly unethical. Water supplies should always remain pure, clean, and free of all pollutants and toxic chemicals. It should also be free from the influence of special interest groups claiming to be 'experts' trying to protect your teeth. To learn more, go to FAN and Fluoride Free Australia.

AVOID ALL fluoridated water and products, such as recycled bottled water, drinks, instant tea, green tea, juices, sodas, beer, and many medications. Fluoride is a highly toxic, poisonous waste by-product. Not only is it not effective, but it displaces other minerals. It also contributes to bone and joint problems, arthritis, hip fractures, disruption of permanent teeth (high orthodontic costs), and thyroid and pineal gland disruptions. This, in turn, leads to obesity, hormonal imbalances, weakening of the immune system, lower IQ, and brain and neurological damage. Because fluoride also destroys collagen, it prematurely ages the skin/body and creates an abundance of wrinkles and moles. READ *Fluoride, The Ageing Factor* by Dr. J. Yiamouyianous and *The Case Against Fluoride: How hazardous waste ended up in our drinking water and the bad science and powerful politics that keep it there* by Paul Connett, PhD, James Beck, MD, PhD, and H. Spedding Micklem, DPhil. Reviewed by C. Vyvyan Howard, PhD, University of Ulster, Coleraine, UK.

## FLUORIDE INFO

<https://fluoridealert.org/>

<https://fluoridefreeaustralia.org/>

[https://www.fluorideresearch.org/433/files/FJ2010\\_v43\\_n3\\_p170-173.pdf](https://www.fluorideresearch.org/433/files/FJ2010_v43_n3_p170-173.pdf)

<https://fluoridealert.org/issues/>

[https://fluoridealert.org/researchers/health\\_database/](https://fluoridealert.org/researchers/health_database/)

<https://www.fluoridealert.org/wp-content/uploads/50-reasons.pdf>

[http://www.enviro.ie/dossier\\_water\\_fluoridation/](http://www.enviro.ie/dossier_water_fluoridation/)

[https://www.naturalnews.com/034399\\_fluoride\\_brain\\_damage\\_water\\_supply.html](https://www.naturalnews.com/034399_fluoride_brain_damage_water_supply.html)

<https://fluoridealert.org/issues/sources/f-pesticides/>

<https://www.fluoridealert.org/articles/phosphate01>

<https://www.fluoride-class-action.com/what-is-in-it>

<https://www.westonaprice.org/book-reviews/the-case-against-fluoride-by-paul-connett-and-james-beck/#gsc.tab=0>

<https://www.youtube.com/watch?gl=US&v=EoMfg76gAUo>

<https://www.youtube.com/watch?v=CdsK4O1E-J8>

<https://www.youtube.com/watch?v=XSZQ3ixu7a4>

<https://firewaterfilm.com/> <http://sapphireeyesproductions.blogspot.com.au>

<https://www.youtube.com/watch?v=7TwwNZyRVOA> (Poisoned horses)

<https://afamildura.wordpress.com>

<https://fluorideinformationaustralia.wordpress.com/>

[https://fluorideinformationaustralia.files.wordpress.com/2013/01/brief-overview-of-water-fluoridation\\_pollution-11-september-2013-diane-drayton-buckland1.pdf](https://fluorideinformationaustralia.files.wordpress.com/2013/01/brief-overview-of-water-fluoridation_pollution-11-september-2013-diane-drayton-buckland1.pdf)

<https://www.fluoride-class-action.com/wp-content/uploads/Sauerheber-95-letters-to-FDA-11-10-15.pdf> 95 Letters to the FDA PDF, Dr. Richard Sauerheber, PhD,

Chemistry: July 2011- November 2015

FLUORIDE'S DEADLY SECRETS, Dr. Russell Blaylock, MD:

Part 1 14 min. 54 sec.

Part 2 14 min. 55 sec.

Part 3 (reproduction) 14 min. 50 sec.

Part 4 (mind control, aspartame & brain tumors) 13 min. 18 sec.

Part 5 (regulators & swine flu vaccine) 7 min. 53 sec.

AVOID addictive and destructive pollutants such as tobacco, alcohol, MSG and other flavor enhancers, coffee and other caffeine products, refined sugar/flour products, soda, damaged fats/oils, and fluorescent lights. In other words, STOP being a sucker or the junk food industry. Along with creating free radicals and rapidly aging the body, some pollutants dehydrate the body on an intra-cellular level.

Also, AVOID genetically modified (GM) foods. They can cause allergies, food sensitivities, and deadly reactions because they contain animal or chemical genes. GE foods can also have unknown, long-term consequences such as auto-immune diseases. To learn more go to the Institute For Responsible Technology (IRT).

LISTEN to *The Future of Food*, Dr. Vandana Shiva, PhD

Parts 1-3, <https://www.youtube.com/watch?v=vi1FTCzDSck>

<https://www.youtube.com/watch?v=TVIjqwft9I8>

<https://www.youtube.com/watch?v=PQDqEUd53YQ>

GO to <http://www.navdanya.org/> and

*HARMONY: A New Way of Looking At Our Word*, by HRH, The Prince of Wales.

Other sites to view:

<https://anh-usa.org/>, <https://www.anhinternational.org/>, <https://www.kinseyag.com/>,

<https://www.neighborhoodfoodnetwork.com/page-zRaExV>,

<https://organicconsumers.org/>, <https://regenerationinternational.org/>,

<https://www.momsacrossamerica.com/>, <https://ehtrust.org/about/>.

Shopping Guides for Blood Types O, A, B, & AB, are available on the NUTRITION page at: [www.NourishingBasics.com](http://www.NourishingBasics.com), or in [Masters of Health Magazine](#).

Consume a colorful variety of wholesome (preferably organic) real food that is minimally processed and grown in fertile soil. Each mineral represents a different

color. Real food nourishes and promotes growth. Man-made concoctions and imitation products are not real food. They are pollutants that destroy the body and are often addictive. To better understand where your food comes from, see the award-winning documentaries [Food Inc.](#) and [Food Matters](#).

Each day, select foods rich in enzymes, such as sprouts, fruits, and vegetables, and foods rich in carotenoids: such as algae, apricots, avocado, blueberries, boysenberries, camu-camu, carrots, cherries, cranberries, dates, egg yolk, grapes, kiwi fruit, leafy greens, mangoes, papaya, peaches, peppers, pomegranates, prunes, pumpkin, red grapefruit, sea vegetables, sweet potatoes, Sun chlorella, spirulina, turmeric. These nourishing superfoods are also a rich source of antioxidants. Carotenoids are the red, yellow, orange, and dark green colored compounds found in fruits and vegetables. In the body, they promote cell communication and participate in female reproduction. Carotenoids come in different forms: beta-carotene, alpha-carotene, gamma-carotene, lycopene, lutein, beta-cryptoxanthin, zeaxanthin, and astaxanthin. Resveratrol, found in grape skins, is another beneficial antioxidant. Ensure they are organic and not preserved with chemicals, canola oil, or other damaged vegetable oils.

BEWARE: Cholesterol-lowering medications lower blood levels of carotenoids. In addition, margarine enriched with plant sterols such as Benecol and Olestra, a fat substitute added to snack foods, may decrease the absorption of carotenoids. Also, non-organic foods such as grapes, dried fruits, chickpeas, beans, legumes, and nuts are sprayed with toxic chemicals such as atrazine, cryolite, glyphosate, pesticides, sulfuryl fluoride. Plus, many of these foods contain canola oil. These toxic chemicals significantly increase the level of fluorine in the body, which causes frozen shoulders, painful joints, bone deformities, thyroid disease, gut dysbiosis, and numerous other ailments. <https://fluoridealert.org/issues/sources/f-pesticides/>. Cancer-causing pesticides and herbicides, such as glyphosate/RoundUp have contaminated much of our food supply. READ Toxic Legacy by Stephanie Seneff, PhD. AVOID all non-organic food, especially grains sprayed with glyphosate for storage.

Tell the EPA to Ban toxic insecticides: Chlorpyrifos, Diazinon, and Malathion. READ Part 2 in the June 2022 issue of [Masters of Health Magazine](#).

© 2022 Lady Carla Davis [www.NourishingBasics.com](http://www.NourishingBasics.com)

## DIETARY BASICS

### Part 2

by Lady Carla Davis, MPH  
*Specializing in Nutrition*

#### FACTORS TO CONSIDER

Age/Gender/Pregnancy

Dietary basics such as fresh air, full-spectrum daylight and sunshine, pure water, quality protein, EFAs in balance, complex carbohydrates, enzymes, minerals, and vitamins are necessary for survival. Though not dietary, human contact, earthing, and connecting with nature are vital for wellbeing and longevity. In addition, children, teenagers, pregnant women, male/female adults, or seniors have

different nutritional requirements.

Children or teenagers require a diet that promotes healthy growth and development. It should include EFAs in balance, especially omega 3 and DHA, quality animal protein, mineral-rich foods, natural vitamins A, pure water, plenty of natural daylight, and sunshine vitamin D. For optimum growth, development, and mental health, children and teenagers must AVOID refined sugar and carbohydrates, damaged fats/oils, junk foods, fluoride, sodas, and GMOs. READ my articles *Light-A Vital Nutrient* and *Know Your Fats and Oils, Sweet Treat Addiction: The Scourge of Sugar, Nutrition and Physical Degeneration, What's Making Our Children Sick?* by Vincanne Adams, PhD and Michelle Perro, MD, in *Masters of Health* magazine, Aug, Oct, Dec 2017. Also at [www.NourishingBasics.com](http://www.NourishingBasics.com) on the Nutrition page. Plus, READ by Weston A. Price, DDS, and *Toxic Legacy* by Dr. Stephanie Seneff, PhD.

Young women of child-bearing age and pregnant women require a well-balanced, nourishing diet that includes: high-quality protein; EFAs in balance; iodine, selenium zinc, magnesium, natural iron (from food), and other minerals; fiber; probiotics; prebiotics; and vital nutrients such as methyl folate, vitamins A, C, E, K, B12, B complex, sunshine vitamin D, and pure water. Taking a poor-quality synthetic prenatal supplement with synthetic iron creates a vitamin E deficiency, which often contributes to premature birth and jaundice in the newborn. Applying natural vitamin E to the breast while nursing will rid the baby of jaundice.

In addition to environmental endocrine disruptors (pollutants), a vitamin E deficiency can also cause defects in the sex pattern development of the brain. For example, the brain may be female, but the body male, or vice versa. Also, fluoride, a neurotoxin and endocrine disruptor, lowers a baby's IQ.

A vegetarian diet (vegan in particular) can be dangerous for both a mother and her unborn child if not carefully balanced. A B12, folate (folic acid is the synthetic form), or iodine deficiency can cause birth-defects, such as spina bifida and Down's syndrome.

EFAs in balance are vital for a baby's brain and nerve development. Diets deficient in these nutrients deprive a baby of its proper brain and nerve development. To prevent fetal alcohol syndrome and other birth-defects, women of child-bearing age and pregnant women should AVOID caffeine, alcohol, tobacco, and other drugs. They should also AVOID consuming processed foods, GMOs, fluoride, and seafood high in micro-plastics, mercury, and other toxic metals.

To produce healthy sperm and children, men should also nourish themselves and AVOID polluting their bodies with caffeine, alcohol, tobacco, and other drugs. Plus, Men (and women) should AVOID exposure to RFs (radio frequencies), EMFs, pesticides, and herbicides, which can also cause low sperm count, infertility, and birth-defects. Turn off the wifi and router when not in use and at night. Or, hard-wire your computer, iPad, or mobile phone with an ethernet cable. Young people should also AVOID warfare!

During the Viet Nam war, after people were aially-sprayed with agent orange (paraquat), their children had horrific birth-defects. And, after people in Iraq had exposure to depleted uranium (DU) during US bombing missions, their children also

had terrible birth-defects.

Men need to nourish and protect their prostate gland and testicles, and women need to nourish and protect their ovaries and breasts. Agriculture and environmental chemicals, toxins, and pollutants are responsible for high amounts of infertility, birth defects, and the highest percentage of cancer that inflicts one in three people today. READ Toxic Legacy, by Dr. Stephanie Seneff, PhD.

Seniors require a nourishing diet that prevents or delays age-related degenerative diseases. (e.g., Heart disease, cancer, diabetes, dementia, and osteoporosis). Hence, they should AVOID pollutants such as damaged fats/oils, refined sugar, tobacco, alcohol, caffeine, aluminum, mercury, and fluoridated water/products. Fluoride is a neurotoxin and endocrine disruptor that damages the thyroid glands by hindering the uptake and production of iodine. SEE FAN and Fluoride Free Australia. Fluoride also destroys the body's collagen, contributing to premature aging.

Collagen is the most abundant protein in the body. It is in your joints, bones, skin, hair, nails, connective tissues, and other body tissue. As you age, collagen production decreases. This, in addition to fluoride exposure, results in weaker bones, joint pain, and thinner, wrinkled skin that has lost its elasticity. Drinking pure spring or volcanic water, taking silica and a quality grass-fed collagen supplement, and avoiding fluoride will help to slow the aging process.

Proper intra-cellular hydration with pure structured water is also vital for good health. Antioxidants, (e.g., vitamins C and E complex, bioflavonoids, CoQ10, quercetin, grape seed extract, milk thistle, resveratrol, and ginkgo) help to protect arteries and the heart from free-radical damage. They also heal free-radical damage in the cells. Sunshine vitamin D, natural daylight, vitamins A, C, E, and K, moderate exercise, sufficient magnesium, iodine, selenium, potassium, and zinc with various other minerals, help to prevent bone loss, osteoporosis, and hip fractures.

Elektra Mg Cream and Lotion are an excellent source of transdermal Mg that works (with a healthy thyroid) to keep calcium in the bones and teeth where it belongs. Elektra Mg Creams/Lotions are also excellent natural moisturizers. The sodium/potassium ratio is also vital in maintaining a healthy heart and wellbeing.

In essence, the daily 'basics of life' never change. With so much good information readily available these days, it is bewildering why so many seniors continue to feed their addictions with pollutants instead of nourishing their bodies.

## **Genetics**

Evolution is a slow process. When a person drastically changes their diet from what their ancestors ate, their bodies do not function well. For example, some ethnic groups are intolerant to cow dairy because of an inability to produce lactase that digests the lactose or milk sugar. Taking lactase as a supplement can sometimes help alleviate this problem. But generally, these people, along with A and O blood types, do better when they AVOID cow dairy products. These same blood types also do not do well with wheat or other gluten grains.

The Blood Type or GenoType diet, with a few exceptions, is an excellent guide for



the different blood types. According to Dr. Peter J. A'Damo, author of *Eat Right 4 Your Type* and *The Geno Type Diet: Change Your Genetic Destiny*, a chemical reaction occurs between your blood and the foods you eat. This reaction is part of your genetic inheritance and is affected by lectins. Lectins are abundant and diverse proteins found in foods, which can have agglutinating properties that affect your blood. When you eat foods containing protein lectins incompatible with your blood type antigen, the lectins target an organ or bodily system and agglutinate blood cells in that area. Blood or Genotype diets restore natural genetic rhythm.

At least two generations or more must be studied to properly assess the effects of a food, a diet, drug, or environmental toxin.

Most genetic defects occur within your lifetime. Diet, hydration, and environment play a significant role in creating healthy or defective genes and gene expression. A person with 'strong' genes will respond more quickly to a good diet, proper hydration, and nutritional supplementation. A person with 'weak' genes requires more time and nutrients to obtain optimum results. Each generation contributes to the genetics of their offspring. Consuming a more nourishing diet conducive to your genetics, taking various supplements, and avoiding pollutants before conception, can prevent many birth-defects or diseases later in life. Proper prenatal care is vital and creates much healthier babies.

### **Illness/Disease/Medication/Injury/Surgery**

Certain illnesses, diseases, and medications may interfere with nutrient intake, digestion, absorption, metabolism, and gene expression. For example, celiacs and gluten intolerant individuals must AVOID gluten foods, such as wheat, spelt, rye, barley, and sometimes oats. Because of changes in agriculture, chemical use (e.g., glyphosate, etc.), and GMOs in our food supply, gluten intolerance and sensitivity to wheat, corn, and soy are now prevalent.

Diabetics must AVOID refined sugar and damaged oils/fats. Type 2 diabetics need to consume a nutritious, sugar-free diet that includes fiber, quality protein, healthy fats/oils, vitamins, and minerals. Their nutritional requirements include EFAs in balance, complex carbohydrates, chromium, magnesium, potassium, zinc, sulfur, vitamins B 6 and B complex, vitamin C complex, natural vitamin E, sunshine vitamin D, and various other nutrients. Proper hydration is also vital for survival. Damaged oils and Statin drugs can cause diabetes. READ [Health and Nutrition Secrets That Can Save Your Life](#) by Russell Blaylock, MD.

People with heart disease can improve and even reverse their condition by providing the dietary basics, deficient nutrients, and nutrients that rebuild. A good vitamin C complex, natural vitamin E, sunshine vitamin D, silica, CoQ 10, taurine, magnesium, iodine, selenium, potassium, zinc, proper hydration, and an exercise program are vital for recovery. READ *Why Animals Don't Get Heart Attacks...But People Do*, by [Matthias Rath, MD](#), and for a whole new concept, READ [Human Heart, Cosmic Heart](#), by [Thomas Cowan, MD](#).

People with thyroid conditions or obesity require iodine, quality protein, healthy fats,

and sunshine vitamin D. Also, they should AVOID products and water containing fluoride and soy, which block the uptake and production of iodine. READ *The Case People Against Fluoride*, by Paul Connett, Ph.D., J. Beck, MD, Ph.D. & H. S. Michlem, DPhil. (<https://fluoridealert.org/>). Also READ *Iodine: Why You Need it. Why You Can't Live Without It* by Dr. David Brownstein, MD.

LISTEN to Dr. Joseph Mercola's interview with Dr. David Brownstein, MD on iodine. Potassium-rich foods, Sea Seasonings, and Celtic sea salt are healthier options than refined, commercial salt, which is particularly harmful to those with hypertension and kidney disease. SEE <https://seaveg.com>.

A well-balanced macrobiotic diet can help reverse degenerative diseases. However, reversal diets are best adhered to for a short time, then changed to a more comprehensive diet.

Both teens and adults often suffer from adrenal burnout because of all the stimulants they consume and exposure to toxic metals and environmental pollutants. Unfortunately, many practitioners do not understand that the body cannot eliminate toxins without energy. Before fasting, it is necessary to rebuild both the thyroid and adrenal glands to restore the body's energy. Rest, pasture-fed red meat, organic chicken liver, boned meat soups and stews, natural daylight and sunshine, pantothenic acid with other B vitamins, and superfoods such as bee pollen, Royal Jelly, and Sun Eleuthero help rebuild the adrenal glands. Dark leafy greens, Sun Chlorella, spirulina, cilantro, turmeric, and natural powdered zeolite help eliminate toxic metals, such as mercury in amalgam fillings, tuna, and other deep-sea fish.

Injuries and surgical procedures heal sooner with fewer complications when patients consume quality protein from pasture-fed or organic meat, leafy greens (folate, vitamins B12, K), sunshine vitamin D, natural A and E, C complex, magnesium, iodine, potassium, and zinc. Taking aspirin before surgery can cause a patient to bleed to death. Medical procedures have a much better outcome, and there are far fewer complications when good nutrition is applied. Back pain and sore joints can be relieved by consuming a diet free of gluten, sugar, soda, and coffee.

Good nutrition with acupuncture and various products produces the best outcome. Acupuncture, developed from Traditional Chinese Medicine (TCM), is a very effective procedure that promotes healing from numerous ailments or injuries. It has a history that dates back to the second century BCE. Acupuncture's use for certain conditions has been recognized by the National Institute of Health, in the United States; the AACMA in Australia; the National Health Service of the United Kingdom; the World Health Organization; and the National Center for Complementary and Alternative Medicine.

Biotape, developed by Darrell Stoddard, is another remarkable and effective product that provides a drug-free, harmless pain treatment.

### **Climate/Lifestyles**

Climate is another factor to consider when selecting a diet. People in a cold climate require cooked foods to warm the body for survival. Foods such as boned meat soups and stews; bison, beef, lamb, and other red meats; liver and kidneys; fatty fish; buckwheat/kasha/soba; kombu, and other sea vegetables (high in iodine) help warm

the body. People in a tropical climate do better with raw and light foods, such as fish, poultry, vegetables, salads, and fruits.

Lifestyle and occupation are other factors to be considered when determining your dietary needs. For example, athletes or people who do a lot of physical work require a diet higher in fatty calories, quality protein, and complex carbohydrates than people who lead a sedentary lifestyle.

People who do a great deal of mental work require sufficient quality protein, EFAs in balance, full-spectrum daylight, and brain nutrients (all organic). Some examples are small, wild-caught fatty fish, free-range turkey, eggs, walnuts, berries, green leafy vegetables, and Ginkgo biloba. People exposed to environmental pollutants need more antioxidants and vitamins C, A, and E.

Stress depletes a tremendous amount of nutrients. If not replaced, the body will rapidly age and break down. Stimulants, such as caffeine, alcohol, and other drugs add to the effects of stress and make deficiencies worse. Continuously produced stress hormones, such as cortisol, growth hormones (GH), and norepinephrine/adrenaline for fight or flight, rapidly break down the body. Eventually, a state of burnout results. On the other hand, a nutritious diet and connecting with nature, earthing, gardening, meditation, yoga, qi gong, tai chi, dancing, singing, swimming, walking, and other exercises are beneficial for relieving stress and healing the body.

Maintaining a proper balance between the sympathetic and parasympathetic nervous systems is critical to your health. The calcium/phosphorus ratio on a hair mineral analysis is a good indicator of your autonomic state. This is important as the autonomic state is closely related to adrenal and thyroid gland activity and the health of your heart.

## OXIDATION TYPES

Oxidation is a process by which elements in the body chemically combine with oxygen to release energy. A person can be either a fast, slow, mixed, or balanced oxidizer. READ *How to Balance Your body Chemistry* by Lady Carla Davis, MPH, on the Nutrition page at [www.NourishingBasics.com](http://www.NourishingBasics.com). Eating the wrong foods or taking the wrong supplements can be just as damaging as polluting the body. A hair analysis is the best way to determine your oxidation type, mineral levels, ratios, and toxic metal levels. It also provides a supplement program for your specific nutrients to help balance your body chemistry.

Fast oxidizers release energy too quickly. To slow down, they should eat a moderate amount of protein (e.g., organ meats, lamb, fatty fish, and wild game); more fats, oils, and goat or sheep dairy products; less fruit, grains, and starch. Calcium, magnesium, and zinc are necessary for them. Too much vitamin C, E, and B complex can worsen the symptoms of the fast oxidizer because they raise sodium and potassium levels. This, in turn, can cause a heart attack. Most children are fast oxidizers. All stimulants, such as coffee and sugar, are detrimental to fast oxidizers.

Slow oxidizers release energy too slowly and are often overweight. To increase oxidation, consume a diet containing more protein, moderate amounts of fruits and

vegetables, and fewer grains, fat, and oils. Zinc, manganese, vitamins C, E, and B complex, and thyroid and adrenal glandulars are beneficial. Slow oxidizers need to AVOID refined carbs, sugar, sweets, and fruit juices. Hypoglycemia, arthritis, osteoporosis, and allergies are common among slow oxidizers.

A vegetarian diet can temporarily increase the oxidation rate due to lower fat content. But eventually, it slows the oxidation rate due to a higher copper content and low zinc and B vitamin content. Soy increases copper and promotes estrogen. Soy and fluoride inhibit thyroid function. Both of these factors contribute to many health problems, including hormone imbalances.

Mixed oxidizers have an erratic metabolism. One of their two energy-producing glands, the thyroid or adrenals, is slow while the other is fast. Stabilizing them is done accordingly. For example, calcium slows down the thyroid gland, and potassium speeds it up. Too much sodium to magnesium will speed up the adrenal glands. Too much magnesium to sodium will slow down the adrenal glands.

The rarely balanced oxidizer has the most efficient metabolism.

As you can see, in addition to dietary basics, different factors require different nutritional needs. AVOID radical diets or quick fixes that make unrealistic promises. Provide dietary basics, eat consciously with your specific needs, and consult a good nutritionist.

NOTE: Nutritional guidelines and advice in this article are general and for educational purposes only. They are not to diagnose, treat any illness or disease, or replace the advice from your health or medical practitioner.

© 2022 Lady Carla Davis [www.NourishingBasics.com](http://www.NourishingBasics.com)