

Terry's Traditional Diet



- Discover how a low-carbohydrate/ample-proteins, high healthy fat diet can prevent—and even cure—heart disease, diabetes, GERD, arthritis, allergies, obesity, and even cancer
- 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 of protein and healthy fats. 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 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 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

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 primarily vegetables with smaller quantities of fruits. 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 (no nitrates or nitrites), 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 (those lower than 50 on the Glycemic Index), 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, yes, 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 MILK

A special diet can supply unusual health benefits by consuming raw milk and soft cooked eggs daily. Raw milk and soft cooked eggs are a superior protein. Generations of animals fed pasteurized milk have many physical birth defects, and arthritis is common in the litters fed pasteurized milk. And they had the inability to reproduce and to extend the generations of offspring. 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 and eating 2-3 soft cooked eggs daily will supply a superior form of raw protein, many good fats 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.

FOOD IS YOUR BEST MEDICINE. CHANGE YOUR DIET, CHANGE YOUR HEALTH. DRUGS ARE NOT THE ANSWER BUT WITH THE RIGHT CHANGES OF FOOD AND LIFESTYLE YOU CAN MAKE UNBELIEVABLE, POSITIVE HEALTH CHANGES.

IF YOU ARE VERY UNHEALTHY AND ARE CHALLENGED WITH MANY HEALTH ISSUES, IT IS GOOD TO START WITH A VERY CLEAN DIET THAT ABSOLUTELY AVOIDS ALL GRAINS AND ALL DAIRY PRODUCTS, WITH THE EXCEPTION OF CREAM, BUTTER AND EGGS. THE GLUTEN IN GRAINS AND THE CASEIN IN DAIRY PRODUCTS FOR MANY PEOPLE IS TOXIC AND POISONOUS TO THE BODY. PEOPLE SUFFERING FROM ALLERGIES, TYPE 2 DIABETES, ARTHRITIS, DEMENTIA, EPILEPSY, SEIZURES, DECREASED LIBIDO, HEART DISEASE, MS, PARKINSON'S, HUNTINGTON'S DISEASE, UNSPECIFIED TREMORS, AND NERVE DISORDERS, ADD, ADHD, DEPRESSION, SCHIZOPHRENIA, OR BIPOLAR WILL SEE HUGE BENEFITS BY AVOIDING GLUTEN AND CASEIN. ADOPT THE ABOVE CHANGES FOR AT LEAST 90 DAYS TO GIVE YOURSELF A FAIR TRIAL. WITH SOME RESERVATION YOU MAY START EATING, AFTER 90 DAYS, GLUTEN FREE GRAINS SUCH AS BROWN RICE, QUINOA, AMARANTH, MILLET SEED AND BUCKWHEAT.

KEEP YOUR BELLY FAT IN CHECK AND YOUR WEIGHT IN PROPORTION TO YOUR BODY STRUCTURE BY ADOPTING THE DIET RECOMMENDATIONS BELOW. ALWAYS KEEP IN MIND TO KEEP YOUR CARBOHYDRATES BETWEEN 60 AND 70 GRAMS DAILY.

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 (no preservatives such as nitrates or nitrites)
1 cup of coffee or green 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 vegetables seasoned with olive oil or butter and Celtic Sea Salt
1 piece fresh fruit – see suggestion below in the snack list
Unsweetened iced tea with lemon, coffee or green tea

MID AFTERNOON SNACK

1 serving of goat cheese
Small handful of walnuts

DINNER

Unlimited salad (lettuce, tomatoes, cucumbers, avocado, peppers, mushrooms, etc. seasoned with olive oil and Celtic Sea Salt)
Choice of animal protein
Steamed broccoli, snow peas, asparagus, zucchini, etc. dressed with either butter or olive oil and Celtic Sea Salt

DESSERT

Small apple, plum, peach or grapefruit

BEDTIME SNACK*

Small handful of nuts or seeds and 1 ounce cheese

*Yes, you can snack whenever you want on this type of diet. It's not required and you may not even feel like snacking since the diet is so complete and satisfying. But, below are ideas for snacks:

- Chopped raw vegetables, raw goat cheese or feta cheese, or nut butter
- Slices of cold meat such as turkey, chicken or roast beef with mustard or salsa
- Half an avocado with raw vegetables
- One or two soft or hard boiled eggs
- Tomato slices with fresh sliced mozzarella cheese drizzled with olive oil and basil
- One piece of fresh fruit (no canned), low on the Glycemic Index such as grapefruit, orange, apple, berries, melon, pear, cherries, grapes, quinoa, plum, peach, and nectarine
- 2-3 small squares of dark chocolate over 70% cacao, about ½ to 1 ounce of chocolate. (Choose this snack once per day).

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**

Wheat Belly **By Dr. William Davis**

Grain Brain **By Dr. David Perlmutter**

Accelerated Weight Loss Program

If you or someone you know is thinking about losing weight this year, this may help, so here are a few tips.

Start your new year the low carb way. Anyone can lose the weight they want.....if they want.

<http://healthyliving.msn.com/nutrition/healthy-snacks-with-10-grams-of-carbs-or-less>

Eat plenty of good quality animal proteins and healthy fats at EVERY meal with a focus on low carbs.

Doing this will curb your craving for sweets.

No more than 50-70 grams of carbs daily.

FOR AN ACCELERATED WEIGHT LOSS METHOD DO THE FOLLOWING!

In fact, cycling carbs works even better to give you a lean, well-proportioned and well-toned body.

For this method, do not exceed 20 grams of carbs daily Monday through Friday. If you feel unusually fatigued, slightly increase your carbs, maybe to 40-50 grams daily. Then on Saturday and Sunday you can have unlimited healthy carbs. (Any gluten free grain, sweet potatoes, bananas and gluten free pasta. No gluten, no bread of any kind and no soy. This works so fantastically well.

Add a kettle bell routine 2-3 times per week as well. This will keep your body much more firm while losing weight. You don't want to be lean and flabby. Just a weight loss program without an exercise program of some kind to keep muscles firm will result in weight loss but 50% of the weight loss will be muscle. For more information refer to the short burst exercise newsletter at www.TerryTalksNutrition.com.

Take 1-2 THYROID CARE capsules at breakfast.

There is no reason you can't feel fantastic.

JUST REMEMBER HEALTHY FATS DO NOT CAUSE WEIGHT GAIN, EXCESSIVE CARBS RESULTS IN WEIGHT GAIN!!!!!!