

Stress Management - The Dietary Component

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Clinical experience has shown us the up to 60% of the root problem with highly stressed people stems from long term dietary disturbances. High adrenaline levels eventually cause the body to react. This results in nutritional deficiencies and neurological imbalances.

Hypoglycemia becomes a major problem with severe emotional and physical effects.

This paper discusses the background of the problem and provides a dietary solution.

Hypoglycemia - CAUSE AND EFFECT

Hypoglycemia means low blood sugar level. This term is used to describe a metabolic disorder that may show itself in a variety of physical and 'physiological' symptoms. Glucose is a source of both physical (muscle) and mental (brain) energy. The brain, although only 2 percent by weight of the body, requires between 40 and 50 percent of the available glucose in the body. About one teaspoon of glucose needs to be available in the blood at any time.

Consequently any extreme fluctuation in the supply of glucose to the brain will inevitably have an effect on our emotions, feelings of fatigue and personality.

The symptoms of hypoglycemia may mimic and even cause many psychological and physical disorders some of which are shown in the following list in order of frequency and as reported by hypoglycemics.

The Symptoms

Muscle spasm, joint pains, mental confusion, limited attention span, nervousness, irritability, exhaustion, weakness, learning disability, faintness, dizziness, tremors, cold sweats, lack of sex drive, depression, migraine headaches, insomnia, concentration problems, digestive disturbances, itching and crawling sensation of skin, forgetfulness, mood swings, anxiety, aggression, violence, anti-social behavior, blurred vision, nightmares, sugar addiction, drug addiction, phobias & fears, neurodermatitis, nervous breakdown, alcoholism, bedwetting and hyperactivity in children.

Hypoglycemia, or low blood sugar level, is only one form of what Dr George Samra, in his book *The Hypoglycemic Connection*, describes as **The Hypoglycemic Syndrome**. He refers to the four most important symptoms.

- Depression or moodiness
- Tiredness
- Memory impairment or poor concentration, and
- History of-sugar addiction

At least three of the symptoms should indicate the possibility of hypoglycemic syndrome.

The Beginnings of Hypoglycemic Syndrome

One hormone involved in the development of the syndrome is adrenalin produced by the adrenal glands. Adrenalin may quickly raise blood sugar level in response to a crisis. Many people exist in a constant state of crisis, which translates itself into the "fright or flight" mechanism. High adrenalin levels, and hence high circulating sugar levels, prepare the body and muscles for a life saving effort. This, when we are in danger, is a valid response.

But when the fear response (anxiety) is generated by mental states which last for years at a time, the body's response is not valid.

In response to this the pancreas overproduces insulin, in an attempt to lower the blood sugar. Then the adrenals are brought into action to raise the blood sugar level because adrenaline and insulin are antagonistic. When this mechanism continues day after day, year in, year out, the adrenals eventually become exhausted and the energy drops as the blood sugar drops. Because glucose is the brain fuel it means that when the blood sugar drops the brain becomes starved of energy and the ability to think clearly is reduced. Confusion and lack of memory then become apparent.

The pancreas controls the blood sugar level by means of the hormones;

- **Insulin**
Insulin pushes blood glucose into body cells and so lowers the blood sugar level, and
- **Glucagon**
Glucagon slowly raises the blood sugar level if it falls too low. Glucagon acts on glycogen, the

storage form of glucose, which is stored in the liver. Many people lack these storage sites because of various liver problems. Anybody who has previously had hepatitis must be regarded with suspicion regarding liver storage of glycogen.

Types of hypoglycemic Syndrome

There are several forms that the hypoglycemic syndrome can take and Dr Samra describes them well.

Type 1. Relative Hypoglycemia

Following ingestion of glucose (sugar) the blood sugar level rises unusually high and then suddenly drops, but still above the minimum level. The sudden drop triggers off a panic reaction in the brain, because its main fuel is crashing, and adrenaline is secreted by the adrenal glands. Adrenalin is a rapidly acting hormone which converts glycogen back into glucose, thus raising the blood sugar level. The excess adrenalin however causes feelings of uneasiness, anxiety, sleeplessness and irritability.

Type 2. Absolute hypoglycemia

This is any blood glucose recorded below the lower limit

Type 3. Combined relative and absolute hypoglycemia

This is also known as 'reactive hypoglycemia'. Here the blood sugar level not only drops suddenly, but also goes below the lower limit

Type 4. Flat curve hypoglycemia

The low blood sugar level is not so much due to the reaction from

sugar consumption or over insulinism, but rather is a sign of a low metabolic rate in general.

This may be due to hypothyroidism, or underactive thyroid gland, which controls the general metabolism, or to a disease of the pancreas. Hypothyroidism is often indicated by low temperatures in the morning before getting out of bed. It is accompanied by extreme fatigue in the morning and depression and 'weepiness'.

If one's temperature is regularly below 36.5 degrees C or 97 degrees F before getting out of bed, one should discuss this with one's medical adviser. It is interesting to note that iodine is a natural forerunner of thyroxin the thyroid hormone. Vitamin B1 (Thiamin) plays a role in the production of thyroxin. Sometimes supplementation with phenylalanine or tyrosine (amino acids and also forerunners of thyroxin) may also be a help.

Type 5. Hypoglycemic energy starvation at the cellular level of the brain

Here the person may have a normal glucose tolerance test, or normal blood sugar levels, but presents the same symptoms of the hypoglycemic syndrome. The explanation is that there is an obstruction in the breakdown of glucose into simpler chemical substances, before it is used as energy. Several vitamins and minerals are needed to assist in the breakdown of glucose.

Vitamins involved are; B1, B2, B3 and B5, and Minerals; Magnesium, Manganese,

Iron and Zinc are seen as the most important mineral and many alcoholics and drug addicts are

known to be zinc deficient. Zinc and copper are in balance; thus a high copper level may cause a low zinc level and vice versa. Heavy metal intoxication - such as lead poisoning - may interfere with enzymes breaking down glucose into energy.

Anaemic people may not be able to supply sufficient oxygen to transform the final glucose end product into energy, thus they may present hypoglycemic symptoms.

The orthodox viewpoint is that hyperglycemia (or diabetes) is demonstrated by a fasting glucose level of 8.0 mmol/litre of blood or higher, and then 11.0 mmol/litre of blood or high two hours after drinking lots of glucose in a glass of water.

Hypoglycemia is considered to occur at 0.9 mmol/litre of blood - at which point one has usually fainted or is in hospital.

Fasting glucose levels have a range of 3.5 to 5.9 mmol/litre of blood. After drinking the glucose water it should not rise above 8.0 mmol/litre and over the next five hours it should not drop below your fasting sugar level.

It is necessary to have a five hour glucose tolerance test to pin-point the way the body handles sugar. By doing this we can then pin-point the time when you become tired or confused after a meal which includes carbohydrates. This point occurs at the time when the blood sugar level drops below the fasting level.

Allergies

ALLERGIES are closely related to the hypoglycemic syndrome. Many asthmatics have improved their condition by adopting the hypoglycemic eating pattern. Very

often, when using an hypoglycemic diet - by eating natural food - hitherto hidden allergies may emerge. Common foods, causing allergic reactions are cows milk, eggs, fish, crustaceans, legumes, grains and various seeds. These may all result in hypoglycemic symptoms.

Food allergies often interfere with the proper absorption of nutrients in the intestines, thus causing vitamin and mineral deficiencies. Others obstruct the synthesis of neurotransmitters in the brain (such as serotonin), often resulting in 'psychiatric' disorders and stress symptoms. Allergic reactions can be overcome by either avoiding the offending foods and/or by supplementation with special enzymes, vitamins and minerals. Depending on the severity of allergic reactions, these should be treated in consultation with professional nutritionists.

Coffee (caffeine) refined carbohydrates (which break down into sugars) and cigarettes (nicotine) - and allergens - all stimulate adrenaline production, which raise the blood sugar level by converting glycogen back into glucose. This provides a 'high' to hypoglycaemics, who are then often addicted to these substances. This explains why we may be addicted to our allergies.

Food drug and allergy addiction, and even hypoglycemia - over a long period of time may cause adrenal exhaustion, as the body has relied on adrenalin production to raise the blood sugar level. Adrenalin is a defense hormone against all forms of stress. Thus often the nutritional treatment of hypoglycemic syndrome must include nutrients to restore the exhausted adrenal glands. Here again phenylalanine may be helpful.

The Stress Management Diet in Brief

In brief the nutritional treatment of the hypoglycemic condition consists of:

1. Avoidance of sugar, coffee, strong tea, nicotine if possible, refined carbohydrates, such as white bread, white rice, cakes and sugary drinks, breads, cereals etc.
2. High protein snacks every three hours or sooner, to provide - a slow release of glucose, and to prevent a hypoglycemic dip. A high protein breakfast must be considered the most important meal of the day.
3. Supplementation of diet with vitamin B Complex tablets, including chromium, zinc + vitamin c.

A rule of thumb: "Is what you are about to eat nature made or man made".

Nature made food consists usually of complex carbohydrates and proteins, the kind of food that we were meant to eat. There are exceptions, such as sugary fruits, melons, honey, dates and bananas.

These can be reintroduced into the diet after some time in moderation. Man-made foods usually contain added quantities of sugar, salt and fat combinations to tempt our taste buds.

When you change your diet suddenly, you may be left with low blood sugar levels, without the highs, causing depression, fatigue and worsening the symptoms initially. These are withdrawal symptoms that should not last longer than a week or so. Nevertheless, these unpleasant feelings can be alleviated by

taking a tablespoon of glycerin mixed in milk or diluted natural fruit juice three times a day. Glycerin is metabolized into "energy". It bypasses glucose, and is therefore not recognized by the pancreas as sugar.

Hypoglycemia is a stress symptom. This causes potassium to be excreted in the urine and salt to be retained. Adele Davis suggests that the unpleasant feelings of hypoglycemia may be relieved by taking potassium chloride tablets. Avocado contains an odd sugar called mannoheptulose, which may actually depress insulin production. It is therefore a fruit that may be beneficial to hypoglycemics, but not to diabetics!

What's in a name?

As described previously, hypoglycemia means low blood sugar level. This is the common term used to describe the metabolic disorder. Unfortunately, this term causes immediate confusion and many doctors and professionals to react by suggesting to their clients to take MORE sugar! It is the worst thing that can happen as it will make the symptoms worse.

In diabetics the pancreas is unable to produce sufficient Insulin to control the blood sugar levels, so they rely on insulin injections to re-establish a balance.

In hypoglycemia a person's pancreas produces too much insulin. In both cases the pancreas is unable to cope with a sugar load and hence for both conditions it is a necessary part of treatment to **avoid** sugar.

Candidiasis

This condition indicates an overgrowth of the yeast *Candida Albicans*. *Candida* is a natural inhabitant of the gastro-intestinal tract in the ovoid form but becomes a potent source of allergies when it assumes the mycelial form. This mycelial form attaches itself to the bowel wall and looks like small pieces of seaweed with suckers. These protuberances attach to the bowel and grow into the cells of the bowel wall. They penetrate all the way through the cells into the blood stream where tiny pieces break off and proliferate within the red blood cells.

This causes the production of free radicals by our immune system, known as reactive oxygen toxic species, which lead to allergic reactions and also lipid peroxides which attach to and destroy mucus membranes. To avoid *Candida* in its ovoid form we must produce sufficient bile of the right quality from the liver as well as sufficient pancreatic enzymes and bicarbonates from the pancreas. Almost all hypoglycemic patients suffer with candidiasis. The symptoms are almost identical and are tiredness, vagueness, poor concentration, poor memory and depression.

One major contributing factor in the onset of *Candida* is the overuse of antibiotics in our society. Antibiotics tend to kill off the "good" bacteria in the intestines, throwing the system out of balance and allowing the *Candida Albicans* to grow. Even if you have never had a therapeutic course of antibiotics you consume huge amounts in the meats you eat.

In years of experience with *Candida* at a clinical level I have found that elimination of all

sugars and yeast products is essential. A product manufactured by Herbalife International called Florafibre has been found by us to be the most effective treatment for *Candida*. This product is available from Herbalife Distributors.

Chronic Fatigue Syndrome

Other names include **ME** or **myalgic encephalomyelitis** or the **yuppie flu**. Severe fatigue is a common feature of CFS. This disease is becoming more common and many doctors read it as predominately a psychological condition. Some of the sufferers do have hypoglycemia and candidiasis and these can be treated mainly with diet and supplements. Dr Samra and other doctors regard - this condition as a weakness of the immune system which has developed as a consequence of modern medicine ingestion as well as environmental pollution.

Defying Darwin's laws of nature, these days even people with weak constitutions live to become adults and do reproduce. This is one theory; others include the development of CFS as a result of exposure to antibiotics over some years. Again others believe the disorder has resulted from pollutants in the environment, including petrochemicals, lead, mercury and even fluoride in our drinking water.

One consistent scenario we find is a deficiency of essential micronutrients - and in some cases macro nutrients. The diet we provide here often produces dramatic effects in reversing so called 'chronic fatigue syndrome'. I would suggest using substantial amounts of nutritional supplements.

The hypoglycemic syndrome can be corrected by a return to man's

natural diet, devoid of artificial colorings, additives and above all sugar, and sugar containing foods and drinks.

Management of Diet and Related Stress

As stress and poor diet are the main ingredients in this metabolic disturbance, their correction is vital to full recovery and the recommended nutrients must be taken in conjunction with this diet.

Factors in correcting hypoglycemic glucose tolerance, in order of importance:

1. strict adherence to special diet
2. nutritional supplements.
3. adequate exercise - but do not change your habits without consulting your Therapist
4. reduction in stress levels, plus adequate rest and relaxation.

The DIET

- a. Strict avoidance of sugar rich foods: confectionery soft drinks, glucose, honey, malt, sweet dried fruits such as raisins, dates, figs and sultanas. Cane sugar containing foods such as sweet biscuits, cakes, desserts, golden syrup and molasses. Fruit juices should be diluted 50% with mineral spa water.
- Avoidance of refined starchy foods made from white flour.
 - White bread, dry biscuits, pasta, pastries etc.
 - Restriction of coffee, alcohol, conventional tea. Smoking - the less the better.
 - Frequent snacks of protein rich foods In between meals so as to avert hypoglycemic like symptoms. You should not wait until you are tired, hungry, weakening or losing concentration

before taking a snack. The prolonged 5 hour glucose tolerance test may indicate when hypoglycemia develops, and causes symptoms.

In general snacks should be had every 1 to 2 hours.

IF CANDIDA IS A CONTRIBUTING FACTOR - NO YEAST

Protein rich snacks could include:

- High protein energy drink (see below)
- Nuts (unsalted) hazels. almonds (not cashews or peanuts)
- Seeds - sunflower. pumpkin kernels. (nuts and seeds are better digested if softened by soaking in water for a 1/2 hour and chewed very well, or vitamized into a paste with water
- Legumes - hazelnut spread on whole-grain bread. (also almond/walnut - but not peanut)
- Thick pea soup
- Thick lentil soup
- Hard boiled eggs (free range only)
- Dairy foods - goats yogurt or milk (cows milk yogurt and cheeses are O.K unless contradicted by recurrent infection, allergies or skin problems, sinus, hayfever, asthma etc.)
- Fish

HIGH PROTEIN DRINK

Vitamise into a thick drink in 750mls of water:

4-6 dspns of soy milk (not sweetened)

1 dspn lecithin powder

1-2 dspn of brewers or torula yeast but not if candida is a contributing factor

1 dspn carob powder

1/2 tsp calcium ascorbate

100 gm. of roasted unsalted nuts or sunflower seeds may be used instead. blending into a paste with about 200mls of water before adding other ingredients.

Serve ice cold or hot and have 1 cup every 1 to 2 hours.

A great alternative to this is to use a product such as Herbalife Formula One, which is high in protein and essential amino acids, yet has a low glycemic index. (Available from Herbalife Independent Distributors)

MEALS

Meals should also contain a substantial protein compound until the symptoms of hypoglycemia and stress have eased. Lean meat grilled fish, lambs fry are beneficial, or alternatively dishes made from vegetable proteins such as beans, bean curd, lentils, chick peas, sesame and sunflower seeds, or from free range eggs or natural yogurt Plentiful fresh organically grown vegetables should be included, raw or lightly cooked.

As with snacks, avoid sugar with meals in deserts or processed foods (e.g. canned fruits, baked beans, and breakfast cereals).

Note: Snacks should only be discontinued when free from all symptoms of hypoglycemia, but only after checking with your Therapist first

Further Comments:

Fruit - fresh only limited to 2 pieces per day between meals, except in hot weather when more can be had. Avoid dried fruits, except prunes, if needed for sluggish bowels.

Avocados - good for hypoglycemics

Potatoes - with meals are okay (unless you are allergic to Deadly Nightshade range of foods.

Whole-grain Carbohydrates - e.g.: 100% whole-meal bread, unsweetened whole-grain biscuits, brown rice, buckwheat millet, brown rice crackers, etc. may be had with or in between meals. Some people do no progress as well as normal on a high protein diet and require complex carbohydrates in larger portions.

Otherwise the diet can be fairly normal. it is imperative to have something for breakfast even if only a cup of the high protein drink.

ALLERGENIC FOODS - some people have maladaptive reactions to one or more particular foods causing a variety of potential problems including a specific food-related hypoglycemia, migraines, allergic dermatitis, digestive disturbances, allergic rhinitis etc. Needless to say such foods should be avoided.

Keeping a diary may be of assistance.

- record the day, time, what you eat and how you feel, i.e.: emotional and physical.

The Long Term

A HIGH PROTEIN multi-portion diet as described above is the most effective diet in treating Hypoglycemia, except in those who happen to respond better to a higher complex carbohydrate diet.

In the long term a high animal

protein diet (meat and cheeses especially) is not so desirable. It is best in treating hypoglycemia to supplement a more normal balanced diet free from refined carbohydrates with high protein snacks in between meals as long as these are needed to feel well. Plenty of raw or stir-fry vegetables and whole grains are recommended for all people desirous of good health.

STRESS REDUCTION AND REST

These are vitally important for a full and lasting recovery. Recurrent stress may cause recurrences of functional hypoglycemia. Identify the problem areas. Steps should be taken to reduce overwork and resolve conflicts. Relaxation, counseling, personal growth psychotherapy and meditation may be helpful.

However always ensure that you have the correct supplementary nutrients especially Vitamin B.

1. Ensure you eat a good breakfast each morning, soon after rising. If you are particularly sluggish in the mornings, try drinking a fresh fruit or vegetable juice before arising. This allows the blood sugar levels to rise,

2. All tablets to be taken with recommended foods three (3) times a day; Divide the recommended dose of nutrients into three (3) - breakfast - midday - evening. All nutrients must be taken with a cool drink.

3. Small snacks to be eaten during the course of the day; approximately 10.00am., 3.00pm., 8-9.00pm. e.g.: fruit, nuts, cheese, seeds etc.

RECOMMENDED DIET

HIGH PROTEIN - HIGH COMPLEX CARBOHYDRATE

HIGH PROTEIN

- MEAT - RED/WHITE
- FISH
- CHICKEN
- EGGS
- MILK (not if you suffer allergies!)
- CHEESE (not if you suffer allergies!)
- FRUIT - (limit to 2 pieces)
- FRUIT JUICE -50% water
- VEGETABLES
- VEGETABLE JUICE
- NUTS
- SEEDS
- SALADS
- LEGUMES
- SPROUTS
- MINERAL WATER

ELIMINATE:

- ALL FOODS FROM PACKETS, BOTTLES & TINS
- EVERYTHING CONTAINING SIMPLE SUGARS
- SWEETS
- BISCUITS

- CAKES
- ICE CREAM
- MILK AND CHEESE IF YOU SUFFER DAIRY ALLERGIES (LIKELY!)
- PRESERVATIVES ARTIFICIAL COLORINGS
- WHITE FLOUR PROCESSED FOODS

RECOMMENDED EATING HABITS

1. Eat a lot of protein - meat, fish, and eggs. dairy produce, grains. beans, sprouts, nuts and seeds.
2. Eat a good breakfast - e.g.: eggs & bacon, roiled oats, millet meal.
3. Eat supper - preferably no fruits at this time.
4. Eat frequently - e.g.: snacks between meals of the recommended foods.

OPTIMUM DIET INGREDIENTS

- a. Grains. Seeds. Nuts & Sprouts: such as millet, buckwheat, brown rice, wheat (as in whole-meal bread), and cereals.
- b. Vegetables: especially raw, steamed, or waterless cooking.
- c. Fruits: small quantities at a time. Avoid excess of sweet fruits, fruit juice, dried fruit, grapes and dates.
- d. Supplementary Foods: milk yogurt, cultured cheeses, olive oil (tablespoon per day)

e. Snacks: rice cakes and avocados, almonds, hazelnuts, cheese, milk, fruit.

f. Breakfast: Puffed rice/millet. Add sunflower seeds and unsweetened soy milk.

Millet meal made with water & soy milk makes a great porridge.

Jalna yogurt add olive oil few drops of vanilla essence, lecithin plus fruit of your choice - process in a blender.

ALLOWABLE VEGETABLES

Avocados, asparagus, beets, broccoli, brussel sprouts, cabbage, cauliflower, carrots, cucumber, celery, eggplant, lima beans, onions, radishes, squash, sauerkraut, string beans, tomatoes, turnips, olives, mushrooms.

ALLOWABLE FRUITS

Apricots, berries, grapefruit, melons, oranges, peaches, pears, pineapples, tangerines

Eaten raw, or cooked, with or without cream, but no sugar.

ALLOWABLE JUICES

Any unsweetened fruit or vegetable juice except grape, apple or prune.

ALLOWABLE BEVERAGES

Herb tea, decaffeinated coffee, barley coffees and caro

ADDITIONAL INFORMATION

Wheat free bread - Wupperixot (not Wuppertalia)

- Pita bread and rolls available at Health Food Stores

- Rice and Millet pasta, Corn pasta, Buckwheat pasta - Health Food Stores

- Melrose 100% Almond paste and Cashew' paste

- PM Sobers Tomato Paste and Jamba Paste

FOODS TO AVOID

BEVERAGES:

- Alcoholic beverages
- Coffee/tea (caffeine drinks)
- Cocoa - sweetened
- Cola drinks
- Grape juice
- Ovaltine
- Papaya juice
- Postum
- Prune juice
- Soft drinks

VEGETABLES:

- Barley
- Corn & Corn products
- Hominy
- Potatoes – use small amount only
- Beans (Lima and others)
- Sweet Pickles
- Sweet Potatoes
- Yams
- Rice – eat BROWN not white

PASTA:

- Eat whole-meal, vegetable or egg noodles (NOT WHITE PASTA)

- MACARONI
 - NOODLES
 - ROLLS
 - BRAN PRODUCTS
 - SPAGETTI
 - PIZZA
- FRUITS:
- DRIED FRUITS - especially dates
 - CANNED FRUITS IN SYRUP
 - GRAPES
 - HUCKLEBERRIES
 - MANGO

PROCESSED WHEAT:

BREADS:- Eat whole-meal, Rye, Sourdough (NOT WHITE)

MEATS: - Avoid ALL Processed Meats

- CANNED MEAT
- COLD CUTS
- HOT DOGS
- SALAMI
- SAUSAGES
- SCRAPPLES

DESSERTS and SWEETS:

CAKES

- CANDY
- CUSTARDS
- CARAMEL
- DESERT TOPPINGS

- HONEY
- ICE CREAM
- MALT
- PASTRY
- MARMALADE
- PUDDINGS
- MOLASSES
- PIES
- CHOCOLATE - sweetened
- COOKIES
- SUGAR
- JELLY
- SYRUP
- WAFFLES
- PANCAKES

NIBBLES:

- CASHEW NUTS
- PRETZELS
- PEANUTS
- CHESTNUTS
- POTATO CHIPS

DEXTROSE, FRUCTOSE, GLUCOSE, HEXITOL, LACTOSE, MALTOSE, MANNITOL, SORBITOL, SUCROSE and all forms of sugar, and am not allowed when used in the form of artificial sweeteners.

Suggested Meals

Breakfast

1/2 grapefruit, apple, banana or slice of fresh pineapple

Eggs

or instead of eggs

1 or 2 lamb chops

or

small piece of steak

or

tin of tuna or salmon on wholegrain bread

or

chicken leg (or breast or wing) with wholegrain bread

or

ham on whole-grain bread

Drink: Decaffeinated coffee or tea, black with a slice of lemon added for extra flavor. **NO MORE THAN FOUR CUPS** of EITHER BEVERAGE A DAY Filtered and Mineral water may be used freely, at least 6-8 glasses per day. This helps eliminate toxins from the system.

NO fruit juice (it is a concentrated form of sugar which will raise your blood sugar level and drop it just as quickly.)

NO breakfast cereals and no dried fruits unless you make a muesli yourself out of whole-grain and nuts. Blend them together in your blender and add water. Blend to a smooth paste to your taste. if you like millet, buckwheat, lentils, oats, wheat and barley give them a try with handfuls of cashews, Brazil nuts, almonds added for an extra nutty flavor. If you don't blend them, remember, no milk (cow or goat) to be added. They contain lactose, a very sweet sugar. Soya bean milk contains no lactose but has sucrose added to it to suit the average taste.

Avoid excessively sweet fruits such as peaches, apricots,

strawberries, watermelons, sugar melons and rockmelons.

Mid-morning snack:

1 or 2 slices of vegetarian nut meat or handful of almonds, sunflower seeds or other fresh unroasted nuts (peanuts are a legume, not a nut).

or

Piece of fresh fruit

or

Slice of natural blockcheese on rye or pumpernickel bread

and

10 grams of Protein Powder (Herbalife Formula One) in a large glass of water or Soy Milk

Lunch:

Vegetable salad with avocado (Avocados contain a 7-carbon sugar, mannoheptulose which does not stimulate insulin production.)

1 Slice bread (Rye, whole-wheat, pumpernickel)

1 slice natural block cheese

1 small slice butter

or

Vegetable salad with small tin of tuna or salmon

Slice of whole-grain bread, Butter, Natural block cheese

or

Vegetable soup with slice whole-grain bread

Mid-afternoon.

As for mid-morning (with 10 grams of protein powder)

Dinner Fresh green salad with onions and garlic, avocados, tomatoes, cucumbers, mushrooms, but easy on the carrots, they are heavy in sugar.

Some tinned Soya beans (not raw)

or

mixed beans may be added to any vegetable salad with pleasing results.

Small amount of meat, fish or fowl.

The ideal balance, to give you sufficient cell building (cods, energy building foods and fiber for the bacteria in the gastrointestinal tract is about 25% (by volume) of animal proteins and 75% (by volume) of vegetables, fruit, nuts and whole-grain. The body is very accommodating. You do not have to weigh everything exactly. Near enough is good enough in this case.

Additional Nutritional Supplementation

High levels of Vitamin B Complex intake are beneficial. Clinical experience shows that a B Complex containing a minimum of 50mg B3 and 25mg B6 taken three times per day helps enormously. Calcium Ascorbate 100mg x 3 times per day also helps.

A broad spectrum complete system such as the Herbalife Cellular Nutrition Program also gets great results as it creates a disciplined approach to the whole scenario.

Detoxification Effects

People who are very highly stressed, overweight or have consistently eaten junk food for long periods of time are likely to experience some degree of detoxification on this diet. This may make you feel uncomfortable or nauseous for a few days.

PERSIST!

If you drink plenty of fresh water and fluids the problem is reduced substantially.

The Results

Clinical work over ten years shows consistent positive results. Typically the mood swings and high anxiety begin to dissipate after 1 – 2 weeks. Energy levels increase and a feeling of well-being begins to occur. Problems that used to be serious don't seem as serious any more. Thinking is clearer and more logical. Halucinations stop. Tinitis (ringing in the ears) often stops.

Contacts

For more information please contact Gary Johnston via his email address at gmf@gmfint.com

Or via ordinary mail to P.O.Box 16, Bulleen, VIC 3105 Australia

Or via fax to (61 3) 9852 1766

A complete personalised report is available by completing a series of symptomology tests. Cost of this complete report is \$60.

Powerful Stress management and relaxation tapes are also available.

[Journey of the Crystal Cave](#)