

TUESDAY MINUTE TRANSCRIPT

This Week's Topic

Help Your Patients Develop

The Art Of Overeating



“Let’s accept the reality that everyone will cheat, so how can we make the best out of it? ”

Do you want to have your cake and eat it too? I am referring to holiday eating. I want to enjoy eating without feeling the effects. Is it possible? Let’s just say, when holidays roll around there are a few tips that might help you and your patients develop what I call “The Art of Overeating.”

Some people gain weight. I’m lucky in that department, but I do get brain fog and develop an unhealthy relationship with my couch when I eat too much junk. Since food is so important during holidays, I’ve put together a sheet that you can print up and offer your patients. One of the ways to build a referring clientele is to share with them things that will make them FEEL GOOD and LOOK GOOD during and after the holidays. So you have my permission to put your name on the recommendations and use them as a handout in your waiting or treatment rooms.

Let’s accept the reality that everyone will cheat, so how can we make the best out of it? For



starters, let’s cheat with the right stuff. Eat chocolate. But purchase dark organic chocolate from a reputable company and don’t eat the whole bar or box in one sitting.

Try to increase your fiber at every meal. Fiber will slow the release of excess sugar laden treats which may help with the holiday functional hypoglycemia swings.

Also think color, color, color: greens, reds, oranges, yellows. The more color, the more flavonoids and carotenoids. That’s where nutrient companies get concentrated levels of antioxi-

dants and phytochemicals that they put in capsules and bottles. Phytochemicals are the big buzz in the pharmaceutical world, and they come from plants. The goal is 10 servings of vegetables and fruits a day. It may seem a little tough at first but your body is already smiling at the thought of getting the nutrients it needs to return to peak performance.

When you go to holiday pot-lucks always take the dishes that make you feel the best. As you go thru the line, make that a large portion of what you have for your meal. For example, my wife makes a skinned

cooked red beet salad with feta cheese and scallions; roasted pecans; and cherry, raspberry, or cranberry vinaigrette. It's really good. The recipe is on the patient handout.

And never go to a holiday event starving. You will make the wrong decisions guaranteed. Eat something you know is a healthy snack for your metabolism before you go, like a colorful salad, guacamole, or hummus with veggies. When we are really hungry, we eat too fast and don't chew our food which reduces our ability to digest our foods.

Food combining is somewhat controversial; but when it comes to the "art of overeating", reducing the amount of starches consumed with your veggies and protein makes a large meal a lot lighter and easier to digest. See the link below on "Food Combining" for more details. The basic idea is to eat predominantly vegetables and protein together or vegetables and starches. Healthy oils can be added to either category.

It is the mixing or combining of starches and proteins that reduces digestive capacity. This often results in gas bloating, sluggish thinking, and overall discomfort. This is when many people reach for over the counter drugs. Let's not forget the class of gastrointestinal aids is the second largest category. It's a big problem in America and worse over the holidays.

Some patients may benefit by adding additional HCL. For a low dose HCL use Hydro-Zyme, for a higher dose use Betaine Plus HP. I suggest people take them in the middle of the meal for optimal results. See the link below for a previous Tuesday Minute on HCL.

If you have patients who complain of an inability to breakdown fats, you may want to give them a trial of Beta-TCP. I use 3 tid with meals. Organic beets, taurine, vitamin C, and pancreatic lipase all help thin bile that can get thick from poor diets.

Another practical tip is to encourage your patients to visualize their plate in 1/3's. 1/3 salad or raw veggies, 1/3 cooked vegetables and 1/3 protein. Try to limit the protein size to the palm of your hand.

In terms of starches enjoy a small handful or less if weight loss is an issue. Or skip the starch and save room for a healthy dessert that would be about the same size.

Here's another tip: Drink a glass of water between any beverages that you may consume. Whether it's coffee, tea, fruit juice, punch, or red wine; whatever put a 12 ounce glass of filtered water between other beverages. Your body needs the water for digestion and detoxification. This tip helps with both food and alcohol hangovers.

One of my IAACN colleagues shared with me how he has used Vascular-Sirt with his patients for hangover prevention and he swears by it. He has his patients take 5 before bed.

These tips can stimulate awareness and help patients develop a wellness mentality. As a follow up, remember to ask your patients "how did they feel during the holidays." Opening that dialogue will give you clues about their digestive health and possible food allergies. Food sensitivities will make any condition worse and can intensify joint, back, or any type of arthritic pain. The three step detox is a great way to do a little post holiday clean-up, and it will get people off the foods they are most sensitive to for a specific amount of time.

As you use the handout with your patients, they may not exactly "master" "the art of overeating", but they may be amused by the concept and all of them will appreciate that you care.

Thanks for reading this week's edition. I'll see you next Tuesday.