

THE SLOW OXIDIZER EATING PLAN

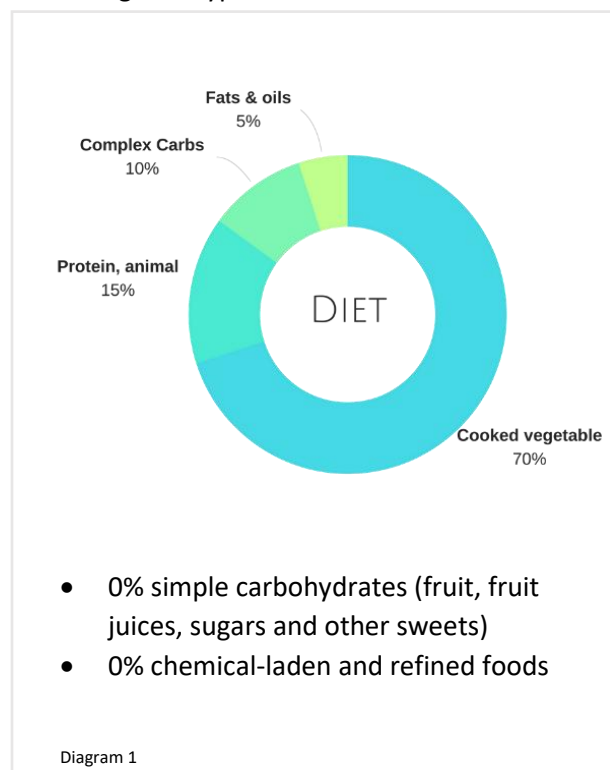
The diet is the most important part of the program. Follow the diet so the rest of the program will work, and so you can detoxify as intended.

DIET GOALS

- Provide phytonutrients from cooked vegetables.
- Ease digestion.
- Provide pure food with a minimum of toxic chemicals.
- Make body warm, or yang.

GENERAL PRINCIPLES

Percentages of types of foods:



Eat at least three meals daily.

No skipping meals. Not hungry? A small snack is better than nothing. Maintain blood sugar by eating regularly. Waiting until you are hungry may bring on anxiety, even hours later.

Variety. Rotate your foods. Eat different food over several days.

You may have more than three meals daily, but do not snack all day, as this is hard on digestion. Instead, if hungry, eat another small sit-down, relaxed meal.

Eat plenty, provided it is the right foods in the right proportions. (See Diagram 1) This is mainly cooked vegetables, with a little animal protein, toasted almond butter, and dried beans, dairy products, and a few whole grains.

MODIFICATION: Babies and young children usually need more fat and fewer carbohydrates.

Fresh and organically grown food is best. Organically grown food is certified and tested to be lower in pesticides and higher in nutrients. Fresh food is generally better than frozen or canned.

Eat whole, natural foods. This means

- ✘ NO protein powders
- ✘ NO green drinks, smoothies or shakes
- ✘ NO eggs whites only or Egg Beaters
- ✘ NO food bars.

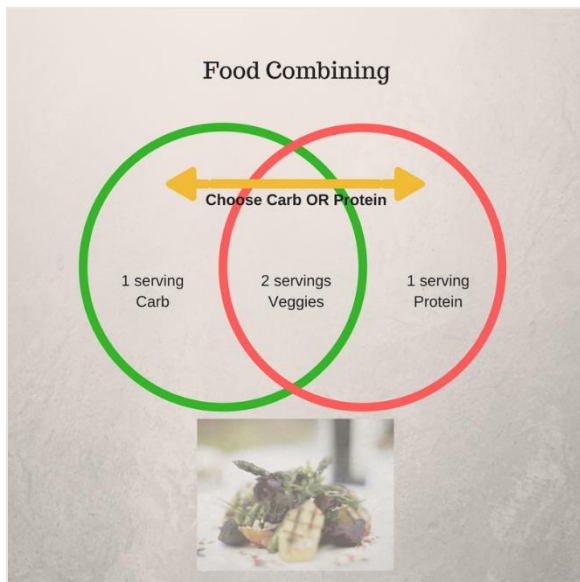
Eating habits. Eat slowly, chew thoroughly, sit down when eating, and eat in a relaxed, quiet environment. Ideally, rest a few minutes before your meals, and rest at least 10 minutes after each meal.

Food combining. One type of food at a meal is excellent. Otherwise, meals need to consist of mainly cooked vegetables, with EITHER ONE

protein or ONE starch at a meal. This is for ease of digestion.

This means:

- a) Separate meat and eggs in the same meal, as these are both proteins. Also, do not mix rice and corn tortillas at the same meal, as these are both starches.
- b) Separate starch from a protein.



For example, you may have a large amount of two or three cooked vegetables with a chicken thigh. Then, a few hours later, have a cooked vegetable or two with a starch such as blue corn tortillas or quinoa.

Simplicity. The simplest food combinations are easiest on your digestion. If you can, be satisfied with a single food or two at a meal, as this is best. It also simplifies food preparation and cleanup.

Also, if possible, refrain from putting a lot of dressings, sauces, relishes, sweeteners and spices on your food. A little is fine to flavor the food. Too much can upset digestion.

DIET SPECIFICS

COOKED VEGETABLES

Quantity. Adults need to eat about *2 cups of cooked vegetables at each meal*, three times daily. This means 6 cups of cooked vegetables daily! Fill two-thirds of your plate with cooked vegetables.

How many at a meal. You can have one, two or three different cooked vegetables per meal.

Each day, eat at least:

Two Root Vegetables, such as carrots, onions, turnips, garlic, ginger, black radish, celery root, rutabaga, daikon, beets, sweet potato, and yams.

Two Cruciferous Vegetables, such as cauliflower, cabbage, Brussels sprouts, or broccoli.

One or two Greens, such as spinach, kale, carrot tops, beet greens, green beans, string beans, peas, cilantro, mustard greens, Chinese cabbage, Napa cabbage, bok Choy, Swiss chard, leeks, scallions, and green onions.

Other acceptable vegetables, though not quite as good, are fresh yellow corn, winter squashes (acorn, spaghetti, and butternut squashes), pumpkin, mushrooms and celery.

Vegetables to avoid. Nightshade vegetables (white and red potatoes, tomatoes, all peppers, and eggplant). These vegetables are really fruits.

Also, avoid or have rarely asparagus, artichoke, okra, cucumber, lettuce, jicama, or summer squashes such as zucchini or sunburst squash. These are slightly toxic.

Cooking vegetables. The vegetables should be cooked until soft, NOT RAW OR CRUNCHY. Steaming, crock pots, pressure cooking or stir-frying are best.

Reasons for cooking:

- It greatly enhances the absorption of minerals from food. This is most important.
- It makes the food more yang, which is very important.
- It kills many bacteria and parasites on vegetables.
- It concentrates some foods, allowing one to eat more of the food.

Cooking reduces the amount of several vitamins in the food. However, it does not damage the mineral content of food at all, and this is far more important, in almost all cases.

Variety. Eat a variety of cooked vegetables, not just two or three all day.

Freshness and leftovers. You can cook once daily, preferably in a crock pot or steamer, or you can even cook for two days. I do not suggest eating leftovers for more than one extra day.

Frozen and canned vegetables. Some frozen vegetables are okay, but fresh is best, so do not eat all frozen vegetables. Canned vegetables are usually not as good, but they are much better than not eating vegetables if this is all you will eat.

Salads and coleslaw. Raw vegetables do not provide many minerals and are much more yin. They are not necessary. For these reasons, they do not count as eating vegetables. Do not eat many salads.

PROTEINS

Quantity. About 15% of the diet by volume should be protein foods. Eating protein twice daily is usually adequate.

Cooking. Cook all protein foods except cheese, yogurt or kefir. These may be eaten raw. Crock pots, steaming, and stir-frying are good cooking methods. Do not overcook meats. Roasting (such as barbecue) and baking are not quite as good. Do this only occasionally.

Animal protein. Eat animal protein only *twice* daily.

Portion size. Portions of protein foods should be *4 to 5 ounces only*.

The best. The best protein foods are sardines, lamb, chicken, turkey, wild game such as deer and elk, eggs, raw cheeses, and toasted almond butter.

Lamb. This is an excellent meat that is almost always pasture-raised, even from the supermarket. Eat two portions each week. It is the best red meat, and an excellent and special food.

Sardines. This is an excellent protein food. Ideally, eat three to four cans weekly, but not more due to the mercury in all fish. No other fish or seafood are permitted on this diet for this important reason.

Wild game. Elk, deer, and many other wild animal types of meat are excellent. Avoid bison and buffalo. These are not quite as good.

Beef. This is a hybridized food today, and not needed. Eat one serving per week or less.

Eggs. Men can have up to *8 eggs* per week. Women can have up to *6 eggs* per week. Eating more eggs than this causes liver toxicity and is harmful.

Always eat eggs soft-cooked, with the yolks runny. This means either soft-boiled, poached or lightly fried.

Dairy. Ideally, find raw dairy products. Organic is not as good, but better than most standard dairy. Have *only 4 ounces of dairy products daily or less each day*. It is not an essential food.

Nut and seed butters. Occasional use is okay, but these are all somewhat yin and somewhat difficult to digest. An exception is toasted almond butter and can be eaten several times per week.

Dried beans (legumes). These are somewhat yin. You may have up to two servings per week.

AVOID all pig products (ham, pork, bacon, and lard), soy products, nuts and seeds (except almond butter), spirulina, algae products, protein powders, meal replacements, hard-cooked eggs, processed meats and American cheese or “cheese food,” and organ meats.

STARCHES OR COMPLEX CARBOHYDRATES

Quantity. About 10% of the diet can be complex carbohydrates. Have less if you do not tolerate them well. Starches are excellent foods, so there is no reason to avoid them.

The best starch foods. These are **blue corn** (chips or cereal), **quinoa, millet, amaranth,** and **basmati, brown or wild rice**. Some people can tolerate **oats, rye,** and **barley**, which contain some gluten.

Organic yellow corn and yellow corn tortillas are also okay. Other good starches are sweet potato and yams. These are technically vegetables but are digested more like starches.

Cooking. Always thoroughly cook starches. Avoid all raw grains such as granola, trail mix or some raw grain cereals such a muesli.

Breads. Those made without any wheat are better, however, bread cooked at high temperature is less healthful.

Pasta. The market has swelled with variants of wheat flour alternatives. Eat rice, corn, or quinoa.

Avoid white or red potatoes, which are nightshade family vegetables. Avoid wheat, Kamut, einkorn, wheat, spelt, buckwheat, teff, and bulgur. White flour items, which includes cakes, cookies, pastries, bread, muffins, flour tortillas, hot and cold cereals, soups thickened with flour, and white flour wheat pasta. Rice Cakes are best avoided, which are a highly processed and less nutritious food.

FATS AND OILS

Quantity. About 5% of the diet should be fats or oils.

The best. Excellent quality fats are butter, meat fat, toasted almond butter, and olive oil. A little ghee is okay, but butter is usually better.

Vegetable oils. Occasional use of refined vegetable oil is okay, such as peanut, sunflower, safflower, corn, soy, and canola oils. Vegetable oils in blue corn chips are okay.

Avoid deep-fried foods and tropical oils. Deep-fried foods such as French fries can be toxic because the oils are often damaged in high heat. Use coconut and palm oil only occasionally because they are yin and somewhat toxic.

FRUIT AND OTHER SIMPLE CARBOHYDRATES



Berries are the best fruits on this diet and are permitted to have up to 1 Cup per day, or 4 olives per week. The best olives are the black botija olives, as they are more yang.

AVOID all other fruit. Fruit today is hybridized, too yin upsets blood sugar and digestion, and is not needed at all. Fruit also absorbs a lot of toxic potassium if the trees are fertilized with N-P-K fertilizers. This fertilizer is used even on organic fruit orchards.

Artificial sweeteners. A little sweetener like stevia or xylitol are among the best.

AVOID all other simple carbohydrates. This includes sugar, artificial sweeteners such as Aspartame, Equal, Splenda, Saccharin honey, maple syrup, agave syrup, fruit concentrates and rice syrup.

BEVERAGES

Water

Quantity. Adults need to drink three quarts or three liters of water daily. An excellent habit is to drink up to 1 quart of healthful spring or carbon filtered water upon arising in the morning.

Drink between meals. Drink an hour after meals up until 10 minutes before a meal. Only drink enough water to take your supplements during a meal.

The best drinking water. The best is usually spring water. Second best is usually carbon-only

filtered tap water. (Use carbon, carbon block or a sand filter only for filtering water. Do not use multi-stage filters as they seem to damage the water).

The American or Canadian spring waters are generally better than the European ones, although Evian and Agua Panna are excellent. Buying spring water in plastic bottles is okay.

AVOID reverse osmosis water, also called “purified water” or “drinking water,” alkaline waters or other designer waters. Well water may or may not be pure.

Do not add minerals or salt to your drinking water.

Other liquids

Substitutions. Limit yourself to one cup of coffee, one cup of black, white tea, or mild herb tea daily. Some find green tea to be an irritant. In general, these listed do not hydrate the body well enough.

Milks. Limit cows or goat milk to no more than four ounces daily. Milk should be organic and if possible, raw.

Broths and soups. Bone broth is excellent, up to a cup daily.

Juices. 10 ounces of carrot juice daily or 1-2 ounces of wheat grass juice daily are okay.

Have carrot juice 15 minutes before a meal or between meals, as it does not combine well with meals.

Use a juicer, and not a blender such as the Vitamix to make carrot juice. Blenders do not break up the carrots enough to extract all the nutrients. They also mix the juice with too much

