



Jade Mountain Dietary Recommendations

There is no diet that is right for everyone, as we all come from a different genetic lineage, but there are some basic dietary principles that are generally useful for most people. We have included several variations here that after specific genetic testing or a thorough review of patient ancestry are valuable alterations to our basic dietary guidelines.

In the simplest terms, our basic diet consists of:

60-70% vegetables

15-20% protein

15-20% fats

Vegetables are the foundation of our dietary recommendations, and a small amount of seasonal fruits are included in this category. Protein here refers primarily to fish and animal protein, but also includes unprocessed legumes for those people who digest them without issue. Fats include saturated as well as unsaturated fatty acids.

Dietary basics:

Common Allergens/Sensitivities

These foods are commonly identified as being associated with negative reactions in *sensitive* individuals. *Sensitivity* can be primarily genetic, or can be associated with different degrees of endocrine disruption, in which a person develops sensitivity under the influence of prolonged environmental stressors.

Wheat

Dairy

Soy

Corn

These foods have been genetically modified, that is, modified by their genetic selection over generations of human farmers who have selected for specific traits. In more recent times, the selection criteria employed by human farmers has unfortunately included selection based on capital gain. Instead of selecting for the most beneficial nutrient profile, or the most digestible variety, much of modern farming has been driven by the all mighty dollar. Beyond this type of genetic manipulation, the recent surge of **GMO** foods is another issue altogether. These foods should be avoided completely. Recent research has revealed that animals fed a diet of GMO foods resulted in smaller organ size.

Other foods to avoid

Alcohol – one to two glasses of wine can be beneficial for some people, and wine has been prescribed in traditional medical systems as a way to invigorate the blood for people suffering from blood stagnation. For some people, alcohol is generally a bad idea, but if you are someone who really enjoys a drink on occasion, with no outstanding health issues, try not to drink 2 days in a row.



Sugar – this includes maple syrup, honey, powdered sugar, brown sugar, cane sugar, AGAVE syrup (<http://www.NaturalNews.com/024892.html>), date sugar, etc. The over consumption of sugar is a big part of the endocrine disruption afflicting much of our culture today, and is directly implicated the development of many of the named diseases.

Sugar alternatives: Lou Han, Stevia, Yacon Syrup.

Fried, rich or very spicy foods

Nightshades – Solanacea family – ***avoid if arthritic**

- ~potato
- ~eggplant
- ~tomato
- ~peppers

Processed/prepared foods such as pasta or canned soup. Processed foods have been reduced from their natural occurring state to a simpler one. The more processed a food is, the less nutrition it affords, and the more quickly it breaks down into simple carbohydrates and generates a spike in blood sugar levels. It is the “spike” in blood sugar that is very detrimental for patients with cancer, diabetes, or heart disease.

Good food choices

Vegetables & Grains

Lots of vegetables of all kinds! Lightly steamed is best, and soups and stews are excellent.

- Wild rice
- Quinoa
- Millet
- Amaranth

Meats

- Organic meats and wild fish.
- Eggs

Fats

- Coconut, Sesame or
- Olive oil
- Avocado
- Butter or Ghee (Clarified Butter)

Super food additions

*all items organic, fresh and locally harvested whenever possible

Fast swimming cold water fish:

- Salmon, Trout, Sardines, Herring

Kefir (goat, raw/unpasteurized)

Seaweeds



Sauerkraut (lacto-fermented, Pickled Planet brand is the best!)

Miso

Salmon or salmon jerky (watch for hidden ingredients like sugar!)

Buffalo or buffalo jerky (watch for hidden ingredients like sugar!)

Eggs (organic, farm fresh whenever possible)

Blueberries, or any fresh local berry

Coconut water/coconut milk/fresh coconuts/coconut butter or oil

Avocado

Olive Oil ~ (extra virgin cold pressed)

Wild rice

Butter/Ghee