

READ THIS FIRST.

All you need to know to get started is:

1. Get adjusted.
2. Take nutrition according to the daily dose sheet received at the time of your visit.
3. Eat protein within 30 minutes of waking and every three hours throughout the day.
4. Drink three oz. of fluid (not water) every 30 minutes throughout the day.

(when you're ready.....turn this over. But only when you're ready!)

READ THIS SECOND.

1. No carbohydrates after 2pm. If you are on the Paleo diet, fruits are your source of carbohydrate. If not on the Paleo diet, carbohydrates are rice, pasta, any grain, flour, sugars, potatoes, cereals and all beans (string beans, kidney beans, lentils, snowpeas and peas).
2. Do not eat carbohydrates and proteins together. Always eat carbohydrates at least 30 minutes after eating proteins.
3. Proteins are meat, fish, chicken, cheese, eggs and nuts (no peanuts or cashews....because they are not nuts).
4. It is best to eat protein every three hours. If you have to change your schedule, it is better to eat your proteins closer together rather than farther apart.
5. Vegetables are a neutral food. They can be eaten with either carbohydrates or proteins.

THE PALEOLITHIC DIET

Eat the following:

Meat, chicken and fish

Eggs

Fruit

Vegetables (especially root vegetables except potatoes and sweet potatoes)

Nuts (walnuts, Brazil nuts, macadamias and almonds) Do not eat peanuts (a bean) or cashews (in a family of their own)

Berries

Do not eat the following:

Grains (including bread and all pasta)

Beans (including string beans, kidney beans, lentils, peanuts, snowpeas and peas)

Potatoes (including sweet)

Dairy products

Sugar

Salt

SEQUENCE MUST NOT BE CHANGED!

Breakfast (within ½ hour of waking): 3 eggs

½ hour later: one banana (must be ripe with brown spots but not mushy)
6 oz. orange juice (not from concentrate)

Three hours after eggs: 3 oz. protein

*fruit (to be eaten at least 30 minutes *after* protein or at least 30 minutes *before* protein)

Three hours later: protein and salad

*fruit

Three hours later: protein and salad

Three hours later: 3 oz. protein

*You may have these two pieces of fruit daily in addition to the banana. Total pieces of fruit per day can vary according to individual needs. See the doctor. Lower glycemic index fruits are best.

Bedtime options are :

____ eggs ____ BioPure protein ____ meat/fish ____ nuts (no peanuts or cashews)

Protein options:

Beef, veal, lamb, turkey, fish, eggs

Vegetables:

You may add vegetables with salads or at any other time.

Salad specifics:

Use at least three types of greens.

You may use as many additional vegetables as you like.

Salad dressing can be 2 oz. of olive oil and 1 oz. of grated cheese. Do not use any vinegars.

Salads and/or vegetables may be eaten with any protein or protein may be eaten alone.

Before 2pm, drink 3 oz. of diluted orange juice every 30 minutes (one cup of orange juice to three cups of water).

After 2pm, drink 3 oz. of Celestial Seasonings Lemon Zinger herbal tea every 30 minutes.

Before bedtime, take one gallon of water and add eight Lemon Zinger teabags. Place in the refrigerator for use the next day.

Alternate Plan: Do breakfast as above. Beginning two hours later, eat 1 oz. of protein every 60-90 minutes for 12 hours. Have a salad at your usual lunchtime and dinnertime.

INTRODUCTION TO THE PALEOLITHIC DIET

Dr. Ben Balzer

There are races of people who are all slimmer, stronger and faster than we are. They all have straight teeth and perfect eyesight. Arthritis, diabetes, hypertension, heart disease, stroke, depression, schizophrenia and cancer are absolute rarities for them. These people are the last 84 tribes of hunter-gatherers in the world. They share a secret that is over 2 million years old. Their secret is their diet- a diet that has changed little from that of the first humans 2 million years ago, and their predecessors up to 7 million years ago. Theirs is the diet that man evolved on, the diet that is coded for in our genes. It has some major differences to the diet of "civilization". You are in for a few big surprises.

The diet is usually referred to as the "Paleolithic Diet" referring to the Paleolithic or Stone Age era. It is also referred to as the "Stone Age Diet", "Cave Man Diet" or the "Hunter-Gatherer Diet". More romantic souls like to think of it as the diet that was eaten in the "Garden of Eden" and they are correct in thinking so.

The basic principles of the Paleolithic Diet are so simple that most high school students can understand them. Within 15 minutes from now you will grasp the major elements. At the technical level, Paleolithic Diet Theory has a depth and breadth that is unmatched by all other dietary theories. Paleolithic Diet Theory presents a fully integrated, holistic, comprehensive dietary theory combining the best features of all other dietary theories, eliminating the worst features and simplifying it all.

All major dietary components are covered- (i.e. vitamins, fats, protein, fats, carbohydrates, antioxidants and phytosterols etc). This is for the simple reason that it is the only diet that is coded for in our genes- it contains only those foods that were "on the table" during our long evolution, and discards those which were not. Have you ever wondered why almost everybody feels the need to take vitamin supplements at times, or why so many people feel the need to "detoxify" their system? There are very real reasons for this that you will soon understand. Now, come with me. I'd like to share the secret with you.....

Basics of the Paleolithic Diet

For millions of years, humans and their relatives have eaten meat, fish, fowl and the leaves, roots and fruits of many plants. One big obstacle to getting more calories from the environment is the fact that many plants are inedible. Grains, beans and

potatoes are full of energy but all are inedible in the raw state as they contain many toxins. There is no doubt about that- please don't try to eat them raw, they can make you very sick.

Around 10,000 years ago, an enormous breakthrough was made- a breakthrough that was to change the course of history and our diet forever. This breakthrough was the discovery that cooking these foods made them edible- the heat destroyed enough toxins to render them edible. Grains include wheat, corn, barley, rice, sorghum, millet and oats. Grain based foods also include products such as flour, bread, noodles and pasta. These foods entered the menu of New Stone Age (Neolithic) man, and Paleolithic diet buffs often refer to them as Neolithic foods.

The cooking of grains, beans and potatoes had an enormous effect on our food intake- perhaps doubling the number of calories that we could obtain from the plant foods in our environment. Other advantages were soon obvious with these foods:

- they could store for long periods (refrigeration of course being unavailable in those days)
- they were dense in calories- ie a small weight contains a lot of calories, enabling easy transport
- the food was also the seed of the plant- later allowing ready farming of the species

These advantages made it much easier to store and transport food. We could more easily store food for winter, and for nomads and travelers to carry supplies. Food storage also enabled surpluses to be stored, and this in turn made it possible to free some people from food gathering to become specialists in other activities, such as builders, warriors and rulers. This in turn set us on the course to modern day civilization. Despite these advantages, our genes were never developed with grains, beans and potatoes and were not in tune with them, and still are not. Man soon improved further on these advances- by farming plants and animals.

Instead of being able to eat only a fraction of the animal and plant life in an area, farming allows us to fill a particular area with a large number of edible plants and animals. This in turn increases the number of calories that we can obtain from an area by some 10 to 100 fold or more. Then followed the harnessing of dairy products, which allowed man to obtain far more calories from the animal over its lifetime than if it were simply slaughtered for meat. Dairy products are interesting as they combine a variety of components- some of which our genes were ready for and some not. While cow's milk is ideal for calves, there are several very important differences between it and human milk. For example, the brain of a calf is only a

tiny fraction of its body weight whereas humans have very big brains. Not surprisingly, cow's milk is low in critical nutrients for brain development, particularly omega-3 fats.

Paleolithic Diet buffs refer to the new foods as Neolithic foods and the old as Paleolithic Diet foods. In simple terms we see Neolithic as bad and Paleolithic as good. Since then, some other substances have entered the diet- particularly salt and sugar, and more recently a litany of chemicals including firstly caffeine then all other additives, colorings, preservatives, pesticides etc.

Grains, Beans and Potatoes (GBP) share the following important characteristics:

- They are all toxic when raw. There is no doubt about this- it is a fact that no competent source would dispute- they can be extremely dangerous and it is important never to eat them raw or undercooked. These toxins include enzyme blockers, lectins and other types. I will talk about them in detail later as they are very important.
- Cooking destroys most but not all of the toxins. Insufficient cooking can lead to sickness such as acute gastroenteritis.
- They are all rich sources of carbohydrate, and once cooked this is often rapidly digestible-giving a high glycemic index (sugar spike).
- They are extremely poor sources of vitamins (particularly vitamins A, B-group, folic acid and C), minerals, antioxidants and phytosterols.

Therefore diets high in grains beans and potatoes (GBP):

- Contain toxins in small amounts
- Have a high glycemic index (ie have a similar effect to raw sugar on blood glucose levels)
- Are low in many vitamins, minerals, antioxidants and phytosterols- ie they are the original "empty calories"
- Have problems caused by the GBP displacing other foods

As grains, beans and potatoes form such a large proportion of the modern diet, you can now understand why it is so common for people to feel they need supplements or that they need to detoxify (ie that they have toxins in their system)- indeed both feelings are absolutely correct. Unfortunately, we don't necessarily realize which supplements we need, and ironically when people go on detoxification diets they unfortunately often consume even more Neolithic foods (e.g soybeans) and

therefore more toxins than usual (perhaps they sometimes benefit from a change in toxins). More detail on these issues follows in subsequent pages.

The Essentials of the Paleolithic Diet

Eat none of the following:

- Grains- including bread, pasta, noodles
- Beans- including string beans, kidney beans, lentils, peanuts, snowpeas and peas
- Potatoes
- Dairy products
- Sugar
- Salt

Eat the following:

- Meat, chicken and fish
- Eggs
- Fruit
- Vegetables (especially root vegetables, but definitely not including potatoes or sweet potatoes)
- Nuts, eg. walnuts, Brazil nuts, macadamias, almonds. Do not eat peanuts (a bean) or cashews (a family of their own)
- Berries- strawberries, blueberries, raspberries etc.

Try to increase your intake of:

- Root vegetables- carrots, turnips, parsnips, rutabagas, Swedes
- Organ meats- liver and kidneys (I accept that many people find these unpalatable and won't eat them)

Expect some minor tuning problems- don't worry, you can deal with them:

- It will take some time for your body to adjust to the changes after all these years. There is a huge surge in your vitamin intake. There is a huge decrease in your toxin intake.

· Start with breakfast for few days, as this is the easiest place to start as most people eat it at home, and it tends to be the least Paleolithic meal of the standard three. For weight loss you will eventually need to reduce your carbohydrate intake, but ignore this initially as most people have high carb intakes and this can continue for the first few days that you are on this diet. If you reduce too quickly then you may feel unwell. Then move on to lunch or dinner for a few days and then to all three meals. If you work, you will often find it easier to take your lunch to work.

· Keep reading more about the diet- and read it again. Remember, there are many dietary myths that will need to be unlearned. Particularly, please read the section on fats several times. Knowledge on fats has exploded over the last decade and there is a realization in mainstream nutrition that omega-3 fats are critical to good health. It is very important to ensure that you have an adequate intake of these. The lowfat diet craze of the 90s was well intentioned but many people "threw out the baby with the bathwater"- most people reduced omega-3 fat intake as well as other fats, and sometimes even increased omega-6 fats. There is now a realization that the low fat diet theory of the 90s doesn't often work (it has about a 6% success rate like most other diets) and that the vast majority of the Western population need to increase their omega-3 intake and decrease their omega-6 intake. Even if you don't end up on a Paleolithic Diet, you will benefit from a better appreciation of fats.

Technical Aspects

12,000 years ago the ice planet Earth thawed out as the last Ice Age came to an end. The great glaciers melted, carving enormous plains across the continents and the planet became green again. The seas rose some 400 feet (incidentally and unfortunately drowning most of our archeological heritage). The plains flourished and savannah, prairie and forest sprang up. Grazing animals spread onto the plains, followed by hunting animals and amongst these last were the greatest hunters of all- humans. Humans, being omnivores, have the ability to eat both plant and animal foods. That is a major advantage as the number of creatures that can live in a particular habitat depends entirely on how much energy they can obtain. To make a crude example- imagine you are breeding monkeys on 100 acres of land and the only edible plant there is bananas. If you double the number of banana plants, then you can double the number of monkeys on the land.

You might instead introduce apple trees and have the same effect. The number of monkeys would depend entirely on how many calories they could obtain from the environment. The carrying capacity of the habitat for a species depends on how many calories the species can obtain. Humans are no different. They have a major advantage in being able to eat both plant and animals foods thereby harvesting

enormous amounts of calories from the environment. Humans learned to cook grains, beans and potatoes and increased further the number of plant food calories they can obtain from the environment- probably doubling it in most habitats, and even more on grasslands.

The reason why grains, beans and potatoes store so well is simply because of the toxins that they contain. The enzyme blockers put them into a deep freeze, stopping them from sprouting. The lectins and other toxins are natural pesticides and can attack bacteria, insects, worms, rodents and other pests (and humans too of course).

ANTINUTRIENTS- YOUR KEY TO BAD HEALTH

You probably already know a lot about nutrients- macronutrients (fats, protein and carbohydrates and micronutrients (vitamins, minerals, antioxidants, phytosterols etc). Now it's time to meet the rest of the family. We all know that foods contain a variety of nutrients. There is less awareness that many foods contain small amounts of potentially harmful substances. These are toxins, as they have toxic effects. They are normally called "antinutrients" by the scientific community as toxins sounds too alarmist. Antinutrients are very real and for over 100 years research has been done on them- but it is generally only appreciated by a small group of specialized scientists. Antinutrients have an incredible range of biological effects. As you have probably already guessed, the vast majority and highest levels of antinutrients are in Neolithic foods like grains, beans and potatoes. The Paleolithic diet has incredibly low levels of antinutrients compared to the usual modern diet. I believe that this is the number one advantage of the diet.

Textbooks on antinutrients read like books on what not to eat. Neolithic foods are the most prominent. Professor Irvin Liener published one of the most famous of these books in 1980. In the first chapter he points out that when we started cooking inedible plants, new toxins entered the diet for the first time. Ironically, he wasn't trying to promote Paleolithic diets- his aim was to help agricultural scientists more safely feed the world on grains, beans and potatoes.

It's a technical subject, and I'll do my best to make it clear to you.

Consider our friend, the apple. When an animal eats an apple, it profits by getting a meal. It swallows the seeds and then deposits them in a pile of dung. With some luck a new apple tree might grow, and so the apple tree has also profited from the arrangement. In nature as in finance, it is good business when both parties make profit happily. Consider what would happen if the animal were greedy and decided to eat the few extra calories contained within the apple seeds- then there would be

no new apple tree to continue on the good work. So, to stop this from happening, the apple seeds contain toxins that have multiple effects:

- * firstly, they taste bad- discouraging the animal from chewing them
- * secondly some toxins are enzyme blockers that bind up predators' digestive enzymes- these also act as "preservatives" freezing the apple seed enzymes until sprouting- Upon sprouting of the seed, many of these enzyme blockers disappear.
- * thirdly, they contain lectins- these are toxic proteins which have numerous effects. They act as natural pesticides and are also toxic to a range of other species including bacteria, insects, worms, rodents and other predators including humans .

Of course, the apple has other defenses- to start with it is high above the ground well out of reach of casual predators, and it also has the skin and flesh of the apple to be penetrated first. Above all though is the need to stop the seed from being eaten, so that new apple trees may grow.

Now, please consider the humble grain. Once again as a seed its duty is mission critical- it must perpetuate the life cycle of the plant. It is however much closer to the ground, on the tip of a grass stalk. It is within easy reach of any predator strolling by. It contains a good source of energy, like a booster rocket for the new plant as it grows. The grain is full of energy and in a vulnerable position. It was "expensive" for the plant to produce. It is an attractive meal. Its shell offers little protection. Therefore, it has been loaded with toxic proteins to discourage predators- grains are full of enzyme blockers and lectins. You may be surprised to learn that uncooked flour is very toxic- please don't try eating it as you become very sick. And no, I don't recommend al dente pasta (if one must eat pasta at all).

Beans too are full of enzyme blockers and lectins. Potatoes contain enzyme blockers, lectins and another family of toxins called glycoalkaloids. Glycoalkaloids (GA) unlike lectins and enzyme blockers aren't destroyed by cooking, even deep-frying. GA are particularly high in green or injured potatoes, which must never be eaten even if trimmed heavily and well-cooked. Many people have told me that they eat small amounts of raw potato- this is a dangerous habit and it should be discouraged very strongly.

These toxins in foods are commonly referred to as antinutrients. Let's learn some more about them:

Enzyme Blockers: These enzyme blockers are abundant in all seeds including grains and beans, and also in potatoes, serving to hold them in suspended animation and also acting as pesticides. Most commonly they block the enzymes that digest

protein (proteases), and are called "protease inhibitors". They can affect the stomach protease enzyme "pepsin", and the small intestine protease enzymes "trypsin" and "chymotrypsin". These small intestine enzymes are made by the pancreas (it does a lot of other important things besides making insulin). Some enzyme blockers affect the enzymes that digest starch (amylase) and are called "amylase inhibitors".

When GBP are cooked, most of the enzyme blockers are destroyed, but some are not. In human volunteers and in animal experiments high levels of protease inhibitors lead to increased secretion of digestive enzymes by the pancreas. This is because the body can sense that the enzymes have been knocked out and orders to pancreas to make more. Even if the effect of GBP based foods is only a small increase in pancreatic enzyme secretion, over many years it all adds up to a lot of extra work.

They are effective poisons- rats cannot gain weight if they have substantial amounts of enzyme blockers in the diet. As far as their preservative action is concerned, I need only to remind you that the potted grains in the tombs of the Egyptian pharaohs were still viable and sprouted after thousands of years locked away.

Grain eating birds have evolved digestive enzymes that are resistant to grain protease inhibitors. Lectins (Haemagglutins)..... Meet Hannibal!

Lectins are natural proteins that have a large variety of roles. They are amongst the most fascinating and stimulating of all biological compounds; and I have no doubt that they play a major role in many "unexplained" diseases. I think of them as "Hannibal Lectins" as they remind of the devious criminal mastermind in the shock horror movie "Silence of the Lambs." Lectins are like master code-breakers. The cells of our bodies are studded with receptors which are like code pads to ensure stimulation only under the correct circumstances. Lectins have the ability to crack these codes and stimulate the receptors causing a variety of responses- covering basically the full repertoire of the cell and even tricking the cell into doing things it normally cannot do.

They also have a knack for bypassing our defenses and "getting behind the lines", and then they can travel all over the body causing harm. They can, for example:

- strip protective mucus off tissues,

- damage the cells lining the small intestine- disrupting the microscopic fingers called villi and microvilli,

- get swallowed whole by the small intestine cells ("pinocytosis")

- bind to cells including blood cells causing a clot to form (hence they were initially called "haemagglutins")
- make a cell act as if it has been stimulated by a hormone-
- stimulate a cell to secrete a hormone
- promote cell division at the wrong time
- cause growth or shrinkage of lymphatic tissue ("outposts" of white blood cells)
- cause enlargement of the pancreas
- cause cells to present codes (HLAs) that they normally should not use
- cause cell death (apoptosis)

Lectins break down the surface of the small intestine, stripping it of mucus and causing the cells to become irregular and leaky. Some lectins make cells act as if they have been stimulated by insulin. Others cause the pancreas to release insulin. Others cause immune cells to divide in the wrong way, causing growth of some white blood cells and breaking down the control of the immune system. Others cause cells to present the wrong codes (HLAs) on their surface, tricking the immune system into thinking that intruders have been found and activating the immune system inappropriately- thus leading to "autoimmune disease" where the body's tissues are attacked by its own immune system.

Autoimmune diseases are incredibly common and increase every year that a person gets older. A disordered immune system also has a much harder job recognizing and attacking the real intruders- invading germs and cancer cells (you may have heard that scientists think that most people generate many cancer cells in a lifetime but that the immune system cleans most of them up).

It is not known whether lectins can cause cancer- this is one of the most important questions in medicine today. They certainly affect colon cells in the test tube. I feel that they are likely candidates as they can stimulate abnormal cell growth and they also cause disorder in the immune system.

Lectins have many other roles besides defending seeds. For example in beans, lectins act like a glue to enable nitrogen-fixing bacteria to bind to the roots of the plant. Many important lectin families are found in animal tissues, but as we are carnivores, we have evolved to be able to deal with these- just as birds that live on grains have evolved to be resistant to grain lectins.

It is ironic that the lectins were discovered more than 100 years ago and yet so many questions remain unanswered- the same was true of the immune system until the 1980s. I hope that there is more research done into lectins as they hold a whole world of disease mechanisms of which most of the medical community is blissfully unaware.

Exorphins:

Exorphins are food chemicals that have morphine-like activity. They are found in dairy products and wheat. Our body has its own natural morphine-like substances that are called endorphins. Endorphins work by stimulating a type of nerve cell surface receptor called endorphin receptors. Endorphins are very important in controlling pain and addictive behaviour.

Exorphins also act on endorphin receptors and may stimulate them or block them. It is logical that exorphins may therefore affect chronic pain and also affect addictive behavior.

Additional Reading Suggested by Bill Lauritzen:

The Omega Plan

Paleolithic Prescription

Nutrition and Physical Degeneration by Weston A. Price

Nutrition and Evolution by Crawford and March

PaleoDiet by Loren Cordain

Syndrome X by Gerald Reaven

The Miracle of Fasting by Paul Bragg

Dr. Simon B. Aslanian
510 North Kings Highway
Suite A4
Cherry Hill, New Jersey 08034

phone: 856.667.8636
fax: 856.667.8940

Divide daily doses equally between 2 or 3 meals. Always take nutrition after eating.

Never take more than half a daily dose at one time.

Do not take pills dry.

Never make up the next day for a missed day.

If you have burning or upset stomach, discuss with the doctor immediately.

If you experience any increase of symptoms, or any problems once starting nutrition, do not delay in discussing these things to determine the need for changes in products and doses.

Do not pay attention to dose on bottles. These are not therapeutic doses.

These nutritional supplements are not a treatment for any specific condition or disease. All nutrition is advised in relation to reflexes that fail in your CRA exam, as outlined by Dr. Versendaal.

CRA testing uncovers weak reflexes in their order of importance. Your first test will show us the most important imbalance. Subsequent tests will address the next most important imbalances. Many times the results you are seeking are not reached with the first or second tests. Patience and persistence are the key to this system working.

Re-test date should not be missed. This will prevent your program from being interrupted. It is always better to come in for re-test early than late to avoid an interruption in your program.

Our program is based on a 12-week cycle. This is the reason for a test every 11 weeks. Sometimes the eleven week interval is too long and problems may occur. These problems usually present themselves in a reversal of progress -DO NOT BE ALARMED - call to discuss the situation and a course of action will be decided.

The more difficult your case, the more dramatic your responses will be when changes in therapy or dosage are needed.

Do not be alarmed when any negative response occurs - call immediately to discuss any problems. Do not change your program on your own - do not delete any nutrition or change doses on your own.

Do not add any vitamins, minerals or herbs to your program - this will confuse your program. Your CRA program is based on your body's ability to handle nutrition.

If you are on more than 6 Ges-Cid, it is better to take one every hour. This stimulates digestion (6 or under - divide equally with meals).

If you are planning or trying to get pregnant discuss with me immediately.

As your level of health improves, your ability to take nutrition will increase. It is best to take only what you need.

CRA programs supply what the body needs and can utilize.

If you are on Immuplex and Sago C, avoid dairy products.

If you are on a fluid reflex therapy, avoid water and use Celestial Seasonings Lemon Zinger Tea. To make this tea use two tea bags in a quart of spring water. Keep refrigerated (it spoils if left out). It is ready to drink in three hours.

Protein must be eaten within 30-60 minutes of waking. There are 6 grams of protein in an egg or in each ounce of meat, fish or poultry.

Optimum protein intake is 3-5 oz. (depending on weight) every three hours.

Peanuts and peanut butter are not a source of complete protein - they are not a nut but a legume. Almond butter is a good source of protein. Cashews are not a nut but in a category all their own.

When following guidelines for quantities of nutrition (CRA program) follow the doses carefully - remember too much of a good thing can be harmful.

Ground meat should not be frozen - buy beef cubes or rump roast. Cut, grind and cook immediately. Mold grows in ground meat as soon as it is ground.

The following eight guidelines are not included if following the Paleolithic Diet

*Eat 4 oz. of plain yogurt before bedtime.

*Fruits are best when eaten 30-40 minutes after protein. To lose weight do not eat carbohydrates after 2:00 PM. This does not apply to children (under age 18).

*All carbohydrates are high glycemic index foods (high sugar content) they should be eaten before 2:00 PM to avoid any stress on the pancreas. Anyone prone to headaches (not sinus) should follow this rule.

*Breakfast carbohydrates should be ½ cup of whole oats (McCann's oatmeal) - cook only in water. Midday carbohydrate should be ½ cup of brown rice (brown rice cooked), ½ cup potato (white or sweet) or 2 oz. dry pasta. We suggest non-gluten rice pasta.

*To lose weight have only one serving of fruit a day. If your weight is normal you may have a second serving between lunch and dinner. If prone to carbohydrate addiction discuss with me the best time for carbs.

*Popcorn is a high glycemic index food and should not be eaten after 2:00 PM.

*Corn is a carbohydrate and should not be considered a vegetable.

*Bake potatoes - do not boil.

Butter is a very healthy food and should be used sparingly - one 1/4" pat a day. This is a perfect lubricant for the body.

Cholesterol is absorbed in the bowel - the cleaner your bowel the less chance fat has to be absorbed into the bloodstream and then carried throughout the body.

Margarine is not to be used. It does not break down and is usually a soy product, which is never to be used.

Soy products should never be used. They are not pH balanced and confuse the liver.

All refined, white and processed foods are anti-nutrients. An anti-nutrient is a food that is not only an empty calorie food providing no nutrition but requires energy to be eliminated.

White flour, dairy, refined foods, melted cheese, salad dressings and fried foods are congestants which pollute the bowel, causing a mucous build that slows down elimination. This is what gives the fats in your food the time to be absorbed.

Sugar is a problem - avoid all forms as much as possible.

Canned food, frozen food, packaged food, prepared foods, dried or instant food should be avoided. Use only as originally intended - for emergencies.

"Replacement" foods or foods from concentrate are not natural foods and should be avoided.

Sea salt should be used daily (¼ tsp. per day).

Apples are to be avoided as they can overstimulate the liver. If you are healthy, they are fine.

Oranges and bananas should be eaten together because they balance each other chemically.

Dried fruits should be avoided. If you want to have them they should be boiled and kept in the refrigerator in their own syrup.

Grapes can cause many problems and should be avoided. The problem is that they start to spoil the minute they are picked.

Tomatoes are not vegetables. They are a fruit and should only be used on occasion (never to be used by anyone with arthritic symptoms). Cooked tomatoes are particularly bad, especially sauces that are cooked for long periods of time.

Vegetables should be taken three ways each day - raw, cooked and juiced.

We do not suggest a vegetarian diet for anyone. If you are or are thinking of being a vegetarian request a metabolic type test to determine if you can be a vegetarian. Less than 10% of society tests to be a vegetarian.

Alcohol is to be avoided because it stresses the body. It causes dehydration, negative reactions in the liver and makes the body non-electric.

Sprouts are not to be used.

Carbonated drinks should be avoided because they deplete digestive enzymes. The phosphoric acid in soda can diminish bone density.

For excellent digestion, add chlorophyll to the diet: take 3 oz. water and a pinch of as many leafy greens as possible. Suggested greens are watercress, celery tops, spinach, romaine or arugula.

Do not drink with meals. Any liquid taken with food dilutes digestive enzymes. It is best to take any fluid 20 minutes before and after your meal.

Any foods made with leavening (yeast, baking soda or baking powder) should be avoided as they cause fermentation in the bowel and can damage stomach lining.

Frying foods denatures protein.

It is always best to eat a variety of foods - rotating them to avoid eating the same foods day after day. Four-day rotations are best for very sensitive systems.

Do not stand, watch TV, drink, read or have upsetting conversations while eating. Avoid extremely hot or cold foods (this is important for people on Ges-Cid or anyone who has a hiatal hernia).

The less done to food the better it is.

NEVER FAST.

Take NO vitamins except those on your CRA program.

Drink diluted juices until 2:00 PM.

Drink herbal tea from 2:00 PM on.

Use as many organic products as possible.

Eat no more than 30 grams of protein at a time (3-5 oz.).

Avoid artificial sweeteners.

Drink coffee black/organic (not after 10:00 AM). Once cup daily is best.

Eat protein every 3-4 hours, or more often if needed. Discuss this with me.

Eat 1 oz. of protein for every 10 lbs (use what should be your proper weight).

Avoid milk, it is a congestant. For those following the Paleo Diet, this is not an issue.

Have 2 tbs. of olive oil every day.

Do not eat fruit with protein.

Eat plain yogurt at bedtime. Plain yogurt is the only type of yogurt suggested. The reason is that any flavor, sugar or fruit added to yogurt kills the “friendly” bacteria that is present in yogurt. Yogurt is not a food that should be used as a mealtime protein. A 6 oz. serving of yogurt has 7 grams of protein. Foods rich in protein have 6 or 7 grams per ounce. Translation: to eat enough yogurt to be beneficial as a meal you would need to eat 18 ounces of yogurt to equal the protein of 3 oz. of meat, fish, chicken or cheese. The only benefit of eating yogurt is the introduction of “friendly” bacteria in the digestive system - that is why we suggest yogurt at bedtime. If you are following the Paleo Diet, this does not apply.

No iceberg lettuce. Use romaine and as many greens as possible. Iceberg lettuce contains an opiate that slows down bowel function.

Eat two large salads each day (greens should fill your hands).

Broil, bake or grill meat, fish or chicken- no frying.

Eat as many single ingredient untouched foods as possible.

Ask the question “WAS IT ALIVE?”. If not, don’t eat it.

If you can’t pronounce it, don’t eat it!

No rhubarb, cranberry, honeydew, grapefruit, grapes or apples.

Yes to bananas, apricots, peaches, pears, cantaloupe, berries, cherries, pineapple, watermelon, papaya, mango, kiwi and oranges.

Avoid smoked and dried foods.

No pork products.

Many packaged foods have ingredients that are not listed. The law is if it's not 10% of the gross weight of the product an ingredient does not have to be listed. The FDA does not test all foods (less than .01%!) So companies take risks.

Salad dressing should be 2 or 3 tablespoons olive oil with 1 or 2 tablespoons grated cheese. Use no lemon or vinegars - this makes a change in the beneficial alkalinity of the salad.

Cottage cheese can be used to replace eggs, meat, fish or chicken. If you are following the Paleo Diet, this does not apply.

Fluids should be taken on a regular, consistent basis. Three ounces of fluid every 30 minutes is the general rule. We prefer diluted juices until 2:00 PM and herbal tea from 2:00 PM to bedtime. Use orange juice (12 oz.) with water (24 oz.) from 8:00 AM to 2:00 PM. Lemon Zinger tea, use water (1 gallon) with 8 tea bags. It is best to make this every night to use the next day (keep in refrigerator all night). Always dispose of any unused tea at the end of each day.

Freezing food kills the enzymes. Enzymes occurring naturally in foods aid our body in the digestive process.

Our diet is not the Atkins diet. The diet we use is based on balance. Many diets confuse the system causing weight loss in the beginning which will only backfire by depleting the body of nutrients. Our methods are designed to alter your habits and create stable body chemistry. Diet books and other programs are depending on people not doing them.

For the first fruit serving of the day, we suggest banana with orange juice because it doesn't create an imbalance of pH. Another fruit each day at the same time is good but this should be a different fruit each day on a four day rotation. If you are trying to lose weight still do the orange juice and banana. If your weight is good, you may have a second serving before 2pm.

A great lubricant and chemistry balancer is olive oil. This is a good system to retrain the bowel and return it to normal function.

3 tablespoons of olive oil 3 oz. of orange juice

Pour the olive oil into the orange juice. Let the oil rise to the top and then drink in one gulp. If you suffer from constipation, use 3 oz. of freshly squeezed and strained grapefruit juice (this is the only occasion for which we will suggest the use of grapefruit juice). This should be done every night (10pm is best).

Following these suggestions will eliminate stresses on the body that challenge the immune system. In other words the more of these suggestions you follow the stronger your immune system will be.

Avoid black pepper, it doesn't leave the body.

We expect that you will not take any supplement, nutrition or herb that is not part of your program. Since the question does come up we would like to say under no circumstances should any calcium in the forms “glutamate” or “carbonate” be taken.

There are many people talking about pH of the body these days. As usual the information given is incomplete and confusing. I have been using pH information for over 25 years and all of our dietary and nutritional advice is about balancing pH. Emanuel Reveci is the doctor who discovered the importance of pH balancing and I have had the distinct pleasure of knowing him personally as my mother-in-law and wife were both under his care. Additionally, I have studied with a doctor trained by Dr. Reveci. The pH of the body must swing between an acid state and alkaline state at different times of the day. Any person selling a product saying that the product will keep your body alkaline is illustrating how little they know about using this very valuable tool in understanding body chemistry.

Gluten: there are many valuable websites available online. Our diet is essentially gluten free; however, the oatmeal can be an issue for people who are gluten intolerant. This can be decided on an individual basis. I believe gluten leads to degeneration of the small intestines even when a person is not gluten intolerant. Therefore, as a prevention I suggest eliminating or limiting gluten intake. For those following the Paleo Diet, this is not an issue.

We suggest using as much organic food as possible.

Always ask yourself before ingesting anything “Was it alive?” This is the ultimate question posed by Charlotte Gerson, whose father was Dr. Max Gerson. Dr. Gerson developed a natural, holistic therapy for degenerative disease. We ask our patients to eat foods of natural ingredients. One-ingredient foods are the best (meaning when you look at the ingredients there is one). Regarding ingredients: if you can’t pronounce it, you can’t eat it.

Water is to be used in our program but not by itself. Water is an inorganic substance - meaning it was never “alive”. We ask you to add juice or make herbal tea. Fluids are the key! I know people say “drink water, drink water” but I say NO water - and the difference is amazing. Fluids should be taken rhythmically every 30 minutes to 60 minutes. Fluids should not be taken with meals and not more than 4 ounces at a time. We can test each individual for proper timing and amounts.

Love yourself where you are and learn to trust your inner guidance. “It is good to feel good!”

CRA AND NUTRITIONAL RESEARCH FOUNDATION

CRA Explained

What is Contact Reflex Analysis?

Contact Reflex Analysis is a simple, safe, natural method of analyzing the body's structural, physical, and nutritional needs. A deficiency in any of these areas could cause or contribute to various acute or chronic health problems. CRA is not a method of diagnosis. It is a means by which a health professional uses the body's reflexes to accurately determine the source of a health problem.

CRA Reveals The Root Of A Health Problem

Many times the symptoms of a health problem are treated while the actual source of the problem continues to go undetected. For example, headaches are treated with aspirin, coughs are treated with cough medicine. If these symptoms persist, expensive tests are run and stronger medications are prescribed. But the question still remains. What's causing the headache? What's causing the cough?

There is hope. CRA is different. CRA quickly and accurately uncovers the root of the health problem and provides the Health Care Professional with answers for correcting it.

Procedure Of Contact Reflex Analysis

Hundreds of miles of nerves carry electrical energy and connect with every organ, gland, muscle and tissue. There are approximately 75 known reflex areas on the skin which represent various organs, glands and bone structures. It is believed that when the body becomes ill there is an interruption of nerve energy to these reflexes. The reflex, when tested, will act similar to a circuit breaker under an overload.

To test a reflex, the tester will use the patient's arm muscle (or any other muscle) as a "circuit" indicator. When the tester's fingertip comes near or touches a healthy reflex, the arm muscle will remain very strong. Nerve energy is flowing freely. The tester will not be able to push the patient's arm down without exerting a lot of force.

However if the arm muscle is suddenly weak, and the tester can easily push the patient's arm down, a "hot circuit breaker" has been located. The nerve energy has been interrupted. Using this reflex information, the Health Care Professional will know if the problem is structural, physical, or nutritional.

When the deficiencies are uncovered, an exact structural and/or nutritional support can be given to help the body heal.

Deficiencies And Illness

A structural deficiency could inhibit the necessary flow of energy and nutrition to specific organs, muscles, glands ... thus causing a health problem.

Physical deficiencies are caused by environmental agents such as chemicals, parasites, viruses and bacteria that attack the body and make it sick. Proper nutrition needs to be given to strengthen and/or support the problem area.

Health authorities are finally admitting that good nutrition is very important to good health

Natural Health Professionals continue to prove that most health disorders share the same root problem; improper body function, brought about by nutritional deficiencies and life-style.

CRA Is Accurate

A great degree of accuracy is possible with CRA. It will even uncover deficiencies at a sub-clinical level; that is when the problem is so tiny that the person may not be aware of it, and many modern methods of testing cannot detect it.

Until CRA, the methods for determining the body's structural, physical, and nutritional needs were costly, time consuming and at times frightening. The only method of determining a nutritional need was by a person's symptoms, expensive lab work, and the Health Care Professional's knowledge of biochemistry, physiology, and nutrition. An educated guess was made.

Now with CRA, the educated guess is no longer necessary. CRA is the finest natural method of guiding the Health Care Professional to the root of the problem.

With CRA, the Health Care Professional is also able to prove to the patient that the source of the problem has been located, and that the proper nutritional support and/or structural procedure has been given.

Amazing Facts About Your Body

- Except for your brain cells, 50,000,000 of the cells in your body will have died and been replaced with others, all while you have been reading this sentence.
- The adult heart beats about 40,000,000 times a year. In one hour, the heart works hard enough to produce enough energy to raise almost one ton of weight one yard from the ground.
- The liver is often called the body's chemical factory. Scientists have counted 500 different liver functions.
- The central nervous system is connected to every part of the body by 43 pairs of nerves. Twelve pairs go to and from the brain, and 31 go from the spinal cord. There are nearly 45 miles of nerves running through our bodies.
- Messages travel along the nerves as electrical impulses. The fastest they travel is about 248 miles per hour.
- In one square inch of skin there are four yards of nerve fibers, 1300 nerve cells, 100 sweat glands, 3 million cells and three yards of blood vessels.

The point behind all these facts is that your body is a wonderful, complex creation. Like a machine, all of its parts (organs, glands, muscles and tissues) must be in good working condition. Its electrical system (nervous system) must be carrying energy smoothly to all areas. There must not be any short circuits. Finally, it must be fueled with the proper nutrition to keep it functioning, alive and well.

CRA Is Used In Many Health Professions

CRA was researched and developed by Dr. Versendaal, D.C., along with an M.D., a clinical nutritionist, a dentist and a hematologist during the past 30 years. CRA has been taught in continuing education seminars across the United States to all Health Care Professionals for over 25 years. There are Health Care Professionals all across the country who are proficient in CRA.

Patient Testimonials

[Link to patient testimonials](#)

Do I Need CRA?

Ask yourself these questions:

Do I have a health problem that has not responded to ordinary orthodox medical care?

Is it possible that I could have a nutritional, physical or structural deficiency that could be affecting my health?

Do I want to prevent any sub-clinical conditions from becoming full-blown health problems?

Could my mental health be affected by nutritional, physical or structural deficiencies?

Is there someone I know, who is in poor health, who could be helped by CRA?

If you have any further questions, or wish to know how CRA can help you or your loved ones, speak with your CRA practitioner.

Alternative healing modes

A look at Contact Reflex Analysis

Peter Clecak, PhD
 Ron Carsten, DVM, MS
 Paul Jaskoviak, DC, DACAN
 Mary Jane Mack, RN
 Steve Nelson, Pharm D, PhD
 Michael Robertson, MD
 J. Rodney Shelley, DC
 Donald Warren, DDS, FAHNP

Introduction

Contact Reflex Analysis (CRA), a non-invasive analytic

technique that fits into the emerging discipline of clinical nutrition, is a healing mode that does not yet have an official stamp of approval from the research community. However, it is a healing art that already is practiced by hundreds of licensed health care professionals in several disciplines, including orthodox medicine.

Peter Clecak, PhD, Stanford University. He is a Professor of Social Sciences at University of California, Irvine, where he teaches courses in Alternative Health Care.

Ron Carsten, DVM, MS, Colorado State University (DVM), Anatomy and Neurobiology, Colorado State University (MS). He has a veterinary practice in Glenwood Springs, Colorado.

Paul Jaskoviak, DC, DACAN, FICC, is currently dean of the postgraduate division of Parker College of Chiropractic, and is a Diplomate of the American Academy of Neurology. BS, Loyola University of Chicago, National College of Chiropractic, Lombard, Illinois.

Mary Jane Mack, RN, Evangelical School of Nursing, Chicago, Illinois, The Craniosacral Therapy and Visceral Therapy, Upledger Institute, CRA Analysis and Applied Nutrition, certified by Parker College. Independent practitioner in Issaquah, Washington.

Steve Nelson, PharmD, PhD, practices CRA in Banning, California.

Michael Robertson, MD, Diplomate of American Board of Anesthesiology; Diplomate of American Academy of Pain Management. He has a pain management practice in Banning, California.

J. Rodney Shelley, DC, Los Angeles College of Chiropractic, Los Angeles, California. He has a chiropractic practice in Long Beach, California.

Donald Warren, DDS, FAHNP, University of Tennessee College of Dentistry, and Fellow of the Academy of Head, Neck, and Facial Pain and TMJ. Teaches and lectures to study groups on TMJ, kinesiology, applied nutrition, cranial manipulations, and CRA and Applied Nutrition. He has a dentist practice in Clinton, Arkansas.

Although clinical nutrition is a relatively recent approach to wellness, it is arguably the fastest growing healing mode in America among both mainstream and non-mainstream health care providers.

Much of what passes for clinical nutrition still is based on guesswork, some of it informed, most of it not.

Contact Reflex Analysis (CRA), a non-invasive analytic technique that fits into the emerging discipline of clinical nutrition...

CRA: An analytic basis for clinical nutrition

The use of dietary indications and restrictions to help the body to prevent disease, combat disease, and promote optimal health has a long history. Herbs have a similarly ancient pedigree. But it was not until the latter part of the 19th century that micronutrients—vitamins, minerals, and amino acids—began to be isolated. And it was not until after World War II that the primary task of analysis of micronutrient needs began to be addressed in a systematic, scientific fashion.

In recent decades, regimens of clinical nutrition have been designed on a more profession-

al basis—systematic analyses of all of the specific needs of individual patients. Extensive health history, current symptomatology, physical examination, nutritional blood chemistry analysis, and urinalysis—all have been used to identify the specific micronutrient needs of individuals.

The entire system of analysis that CRA encompasses includes points that test for weaknesses in the major organs, glands, systems, and structures of the body.

These techniques of analysis give clinical nutrition an increasingly strong claim to scientific status: regimens of micronutrients and macronutrients are fashioned on the basis of solid criteria of analysis that are repeatable, with results that can be tested against such objective criteria as blood studies.

CRA is a systematic technique of analysis that is highly useful in clinical nutrition. It is a holistic mode of analysis that enables the doctor to check every major organ, gland, system, and structure in the body.

In CRA, the tester uses an intact muscle on the testee to identify a series of reflex points on the body. Dr. Dick A. Versendaal, who developed CRA explains the technique: "On a healthy body electricity flows to every area and feeds it the

energy it needs to function. When you use CRA to test the reflexes of each area, the testing arm, which is like a circuit breaker switch, will remain strong. There is no interruption of nerve energy. However, if one area of the body becomes unhealthy, it begins to draw excessive electricity in order to stay alive and functioning. This causes the body's electrical system to 'blow a breaker.' The testing arm will become weak and drop when the affected area is tested."

Once all the weak responses in the body have been identified and prioritized through this process, the tester can identify the micronutrients and dietary measures required to help the body, insofar as it can, re-establish a vital flow and balance of energy to the affected areas. Over time, biochemical balance is restored and parts of the body heal, insofar as they can.

Consider, for an example, a simple case of an individual who tests strong on every point except the Master Lymphatic Reflex (located over the tonsil area on the left side of the neck). A weakness of this reflex may, or may not, indicate the presence of an active or lingering staph syndrome somewhere in the body. In the lexicon of CRA, the weak point indicates the need for supplementation that will help the body strengthen immune function.

When given a supplement containing, among other constituents, thymus extract for a period of 12 weeks, the Master Lymphatic point will test strong in most cases. (If it still tests weak, the patient is kept

on the same regimen until it is no longer needed.) Moreover, certain symptoms that the patient presents at the outset—fatigue and low resistance to infection, for example, can be expected to improve. Finally, before and after blood studies will show an optimization of the WBC and the differential. CRA, it should be noted, does not diagnose staph. Nor is Designed Clinical Nutrition used to treat staph. The body itself accomplishes the task of healing, if given the right micronutrient inputs.

The entire system of analysis that CRA encompasses includes points that test for weaknesses in the major organs, glands, systems, and structures of the body. Using a sequence of as few as 11 major test points, it is possible to assess and prioritize all of the nutritional needs of a patient.

Historical background of CRA

The antecedents of CRA date back thousands of years to the origins of the ancient Chinese art of acupuncture. The history of CRA as a distinct healing art can be traced back to the late 1950s, when Dr. Dick A. Versendaal was a student at Palmer Chiropractic College in Iowa. There he developed an interest in nutrition—an interest he has pursued from the first years of his chiropractic practice to the present time.

Dr. Versendaal's interest in clinical nutrition—in the healing potentialities of micronutrients as well as of macronutrients of whole foods—was fueled by his study of the work of

Dr. Royal Lee. In the course of endeavoring to discover the most effective technique for analyzing the body and recommending micronutrients calibrated to individual needs, Versendaal attended seminars given by his mentors, Dr. George Goodheart and Dr. Johnston. From Johnston, Versendaal learned the basics of kinesiology and reflexology.

Beginning with Johnston's reflexology of the mouth, Versendaal set off in a fresh direction, launching extensive research to find the body's most clinically useful reflexes. This work involved the discovery—through extensive empirical experimentation—of body reflex points for organs, glands, and systems, as well as of reflexes for the structural dimension of the body.

The next steps involved determining the significance of the reflexes and to which each reflex corresponds. The map of the energy fields of the body drawn by practitioners of acupuncture was of considerable use in this process, although not all of the reflex points in CRA are acupuncture points.

Another crucial step in this process involved comparison testing between weak body reflexes before and after the ingestion of concentrated nutrient combinations to determine which combinations strengthened specific reflexes. As positive results were achieved on the basis of testing and micro-nutrient treatment, Versendaal developed what he calls Designed Clinical Nutrition to form the primary nutritional treatment dimension of CRA.

As increasing numbers of

patients achieved optimal levels of wellness through CRA and Designed Clinical Nutrition, Versendaal broadened the initial clinical research base to include other researchers from several disciplines. In the early years of CRA, Versendaal collaborated with a number of professionals, among them Peter Northhouse, MD, Harry Eidenier, Sr., CN, Ed Hartman, DDS, and Walleed Karachy, a hematologist.

Their research model included independent evaluations of CRA and Designed Clinical Nutrition treatment through independently conducted physical examinations, pre- and post-treatment blood chemistry analyses, urine studies, and electrocardiograph comparisons. The positive correlations achieved in each of these modes permitted Versendaal to simplify what had evolved into a complex system of analysis involving 350 reflexes to one that currently features 75 principal reflexes, tested in sequence.

Once CRA had reached this point of development, Versendaal intensified his role as teacher of CRA, taking this healing art to thousands of licensed health care professionals, including medical doctors, chiropractors, dentists, veterinarians, optometrists, registered nurses, and clinical nutritionists.

Currently, Dr. Versendaal offers more than 40 seminars yearly. These seminars provide CRA post-graduate educational services for professionals. In 1993, the division of graduate and continuing education at Parker College of Chir-

opractic assumed sponsorship of CRA seminars. This was a major step to include CRA as a healing art within the mainstream of the American health care system. Professionals attending the CRA seminars could not only receive continu-

The history of CRA... corresponds to a phase in the evolution of orthodox medicine in which alternative techniques based on assumptions at variance with those of hard science and mainstream medicine were largely ignored.

ing professional education credits with CRA but are now also able to receive validation from a prestigious teaching and research institution.

Many professionals have mastered the CRA techniques and integrated it into their practices. Most professionals work in the United States, but this holistic healing art is now international in scope with practitioners in Canada, Mexico, Europe, Australia, Africa, and Japan.

CRA: Theoretical foundations

Despite the effectiveness of CRA as an analytic technique in clinical nutrition, it is not hard to understand why it was

not investigated in university research centers or medical schools, and, hence, not evaluated regularly in indexed journals in previous years. The history of CRA, from its inception in the late 1950s to the present, corresponds to a phase in the evolution of orthodox medicine in which alternative techniques based on assumptions at variance with those of hard science and mainstream medicine were largely ignored.

CRA...is interdisciplinary in nature, combining techniques of kinesiology, acupuncture, and clinical nutrition. And it is multidisciplinary in its application across the range of healing arts.

In the past decade, however, historically eclipsed paradigms of the nature of man and natural approaches to healing have been revived, in part as we noted earlier, as a result of public interest, but also and even more importantly, on the basis of developments within scientific circles, especially within areas such as advanced theoretical physics.

As alternative healing techniques begin to be taken seriously, both in the public area and in research circles, we must manage two para-

digms simultaneously: the prevailing paradigm of orthodox medicine and orthodox medical research, and the expanded model of man in terms of which healing arts such as CRA make sense.

There is no insuperable difficulty in granting any healing art its basic assumptions, including a conception of the human person as possessing a spiritual dimension, as well as a mind that is more than a mere epiphenomenon of the brain. The point here is not whether these presuppositions are true or false. At this level of abstraction, nothing can be proved to everyone's satisfaction.

The point rather is that whatever assumptions a healing art such as CRA begins with, the technique itself can be evaluated scientifically in valid clinical studies. It is results—repeatable, verifiable results—that count. To dismiss any healing art on the basis of its theoretical presuppositions is to engage in the genetic fallacy, a simple rule of logic that cautions against confusing the origins of a phenomenon with the results that can be achieved on the basis of practical techniques rooted in its theoretical assumptions. And here—in the area of positive results—CRA emerges as the premier technique of clinical nutrition.

Conclusion

CRA, as we have seen, is a holistic healing art that has been perfected over a period of three decades. It is interdisciplinary in nature, combining techniques of kinesiology, acu-

puncture, and clinical nutrition. And it is multidisciplinary in its application across the range of healing arts.

The research dimension of CRA is similarly impressive. Beginning with Versendaal's path breaking original experiments, research studies of CRA and hundreds of positive peer reviews have continued to accumulate over the past 30 years. At present, at least a dozen researchers/practitioners are conducting clinical studies of all aspects of this holistic healing art.

As a group of independent researchers and practitioners, we welcome the opportunity to have CRA evaluated in major research centers, and in the indexed literature that constitutes the accepted network of research communication. Given the rich research heritage of CRA, the evaluation of this technique need not begin at ground zero. We can begin in the middle, as it were, with the research studies and peer reviews of CRA that are already completed.

On the basis of this body of evidence, the authors conclude that CRA is the most promising non-invasive healing art in the range of healing modes currently classified as "alternative," and as further studies are undertaken in mainstream centers of research, this healing art will rapidly become a vital part of mainstream health care in America.

TRIGGER FOODS

We notice similar patterns of addictive behavior with food, alcohol and drugs. Alcoholics and drug abusers frequently have atrocious dietary habits. Many of them grew up dysphoric with bad chemicals in their food and environment.

Addicts often report they first felt well when they had their first drink or injected the initial dose of heroin. Opiates, like other molecules, are effective but temporary remedies for dysfunctional mind-body states. The drive to maintain an opiate level is less to "get high" and more to feel "normal" and mostly to avoid the terrible experience of withdrawal.

The digestion of food proteins may produce substances having opiate or narcotic properties. There are also a number of regulatory peptides feeding back to brain control centers to form the brain-gut axis. A stop signal to the brain when enough food is eaten is important for appetite control and may be defective in compulsive eaters.

EXORPHINS

Pieces of milk and wheat proteins (peptides) can act like the body's own narcotics (endorphins) and were described by Zioudro, Streaty and Klee as "exorphins" in 1979. Other food proteins, such as gluten, results in the production of substances having opiate- (narcotic) like activity. These substances have been termed "exorphins". Hydrolyzed wheat gluten, for example, was found to prolong intestinal transit time and this effect was reversed by concomitant administration of nalaxone, a narcotic-blocking drug. Digests of milk proteins also are opioid peptides. The brain effects of exorphins may contribute to the mental disturbances and appetite disorders which routinely accompany food-related illness. The possibility that exorphins are addictive in some people is a fascinating lead which needs further exploration.

Another mechanism, similar to dependency on food-derived neuroactive peptides such as exorphins, would be a dependency on gastrointestinal peptides released from the bowel during digestion. Deficiencies in the bowel production of regulatory addictive peptides, such as endorphins, would likely be associated with cravings and compulsions to increase food ingestion. Eugenio Paroli reviewed the peptide research, especially the link between food and schizophrenia. He suggested that "the discovery that opioid peptides are released by the digestion of certain food has followed a line of research that assumes pathogenic connections between schizophrenic psychosis and diet".

Excessive Heat Denatures Nutrients:
DO NOT FRY FOOD!

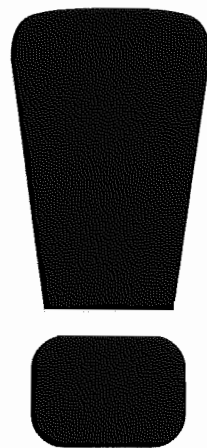
Burn your finger and skin tissue dies. Overly apply heat to food and nutrients are progressively destroyed. Fresh food prior to wilting or rotting sustains life to a high degree of wellness. Harvested food from field and orchard provides raw materials to replenish your cells and tissues. Overly cooking food destroys live plant and animal tissue and reduces the availability of individual nutrients. A diet containing an abundance of raw, unfired food maximizes well being.

In addition, heat also changes the properties of lipids (fats). High heat applied to oils during frying decomposes them into hydrocarbons (which are potentially carcinogenic) and reduces flavor and nutritional value. Heated oils raise rather than lower serum cholesterol levels and increase LDL cholesterol nearly as much as saturated fat will.

When cooking with oil, always choose organic extra-virgin olive oil in its unrefined and cold-pressed state. This form is the most nutrient dense. When oil is unrefined, it has a low "smoke point". This refers to the temperature at which visible gaseous vapor appears. In other words, the smoke point is when the decomposition of the oil begins to take place- which you want to avoid! For high-quality olive oil, a temperature of 200-250 reflects the most likely upper limit for heating without excessive damage.

**DO
IT
WITH**

FOOD



Cholesterol, cholesterol, cholesterol.....

...the truth about cholesterol. This conversation is usually started with the topic of the prescribed breakfast which features eggs. Contrary to popular belief, dietary cholesterol is not responsible for raising blood cholesterol levels in humans- saturated fat is. An organic, free-range egg contains 4.5 grams of fat, 1.5 grams of which are saturated. Foods high in saturated fat include butter, cheese, whole milk, and certain cuts of pork and beef.

The diet we prescribe (The Paleolithic Diet) avoids such foods that are high in saturated fat and instead focuses on foods that supply high concentrations of necessary nutrition which, in turn, provides the body with optimal health.

Eggs are not “dangerous” in a healthy diet. They ARE dangerous in the average American diet, which is laden with fried foods, laden with refined sugar, laden with refined flour, laden with dairy and laden with artificial food substances (also known as chemicals) such as partially hydrogenated oils, synthetic sweeteners and artificial dyes and flavors.

The most critical issue regarding cholesterol is where it is absorbed, how it gets absorbed, and the ultimate damage that is done to our bodies. Dangerous fats are absorbed into the bloodstream from the large intestine. The health and functioning of the large intestine is most critical. The wall of the intestine is made of villi, finger-like projections, which are meant to massage the remains of digested food while absorbing vital nutrients through to elimination. THIS IS THE CRITICAL POINT. GET IT! Consuming starchy (carbs), congesting (dairy) foods causes a horrible buildup of gunk that obliterate the villi. Imagine gluing your fingers together and trying to use your hands to perform any of their normal functions. Once the villi are rendered powerless to perform their most important task (moving food quickly through the bowel and, therefore, preventing absorption of fats), the bowel is not able to do its job efficiently and food sits longer than necessary, allowing fat and cholesterol to be absorbed.

A clean, healthy diet leads to lower cholesterol levels!

Health is about **WHAT** *you eat.*

Weight is about **HOW MUCH** *you eat.*

General Nutrition vs. Specific Nutrition

(them)

(me)

HEALTH FOOD STORE APPROACH

Symptom-based or the “this is good for everyone” approach to nutrition is the way health food stores, nutritionists, medical doctors, trainers and self-professed know-it-alls dispense advice to anyone and everyone who will listen. This kind of information is what makes vitamins, minerals and supplements dangerous.

MY APPROACH

Wholistic healthcare is based in what is right for the specific patient at the specific time- not what is good for everyone, because nothing is good for everyone all the time. My approach to adjustments and nutrition and diet and exercise is to be as specific as possible- patient specific and moment specific- to create the greatest level of health possible.