NUTRITIONAL INTERVENTION FOR OPTIMAL HEALTH AND PROTECTION FROM DISEASE

Protective Diet EDUCATION
Protection for Humans, Animals, and our Planet.

Class Notes
May 27, 2014

Protective Diet Class #031

Indigestion and Digestive Issues

This class assists you with easing into a high fiber diet. A Protective Diet promotes colon health with fast and regular elimination, preventing the common conditions of constipation, gut rot and disease. You will be enjoying all the benefits of plant fiber in a matter of weeks as your body adapts and optimizes the nourishment in every delicious Protective Diet recipe.

Announcements

- Join us in Protective Diet Living (PDL) for the strong support system you need to achieve your goals.
- Join us in Saturday Morning Live Chat for personalized guidance on the application of a Protective Diet.

Vocabulary

Indigestion	GERD	Ulcerative colitis	Sulfur-containing amino acids
Flatulence	Cancer	Endothelium	Undigested sugars
Constipation	Diverticulitis	Plant Fiber	Sorbitol
Elimination	Gallstones	Gut Bacteria	Xylitol
Stool Size	IBS	Cruciferous	Carbonated

Action Steps for High Fiber Happiness

- Know What is Normal on a Plant-Based Diet

Flatulence	→ Comes from swallowed air and/or fermentation of undigested sugars in the bowel. → Intestinal gas is normal and healthy. Normal range of passing gas=14-22 times a day. → Expect an increase in flatulence at first, indicating adequate fiber intake. It will decrease. → Give your body 8 weeks to completely adjust to a full time, high fiber diet.
Frequency of Elimination	→ Consuming a 50/50 plate will make you regularly eliminate. → Expect to eliminate every 24-36 hours. Your body will get into a predictable routine.
Stool Size	→ Expect larger, looser stool due to fiber and water content; an average of ½ lb of stool/day. → Larger stool moves out faster, flushing excess cholesterol & reducing disease risk.

- Be Proud of Yourself for Taking Care of Your System
  - → Regular elimination is crucial to optimal health and energy.
  - → Plant Fiber is the key to life and health; reduces risk of cancer, heart disease, diverticulitis & more.
  - → Constipation is the #1 complaint leading to millions of doctor visits per year. This is not an issue on a Protective Diet.
  - → Whole foods will heal your body, help you go regularly and nourish your body with vitamins and water.
- Experiment and Make Adjustments as Needed
  - → Increase fiber gradually. Determine what works best for you so you don't feel bloated or gassy.
  - → After your initial detox and taste bud reprogram, ease into eating more fiber with the 50/50 plate practice.
  - → Address things that cause you to swallow air: chewing gum, ill-fitting dentures, drinking through a straw, eating too fast, chewing with your mouth opened, talking while eating, cigarette smoking & carbonated beverages.
  - → Address common culprits of undigested sugars: dairy products due to poor digestion of lactose, Sorbitol and xylitol in sugar free candies/gums/vitamins/medications.
  - → Find ways to keep beans & cruciferous vegetables in your diet at all costs. They are so beneficial.
    - Don't be afraid of beans: Flatulence concerns over beans are exaggerated. Studies show 35% of adults report increased flatulence in week 1 of including beans in the diet, 15% in week 2, 5% by week 5, and 3% by week 8.
    - Indigestible sugars in beans function as prebiotics to feed good gut bacteria and make a healthier colon.
    - Repeated soaking of dried beans and tossing the cooking water may help reduce gas. Canned beans produce less gas.
  - → The lower the amount of fiber in your diet the smaller your stool becomes. Smaller stool size comes from lack of fiber and moisture and results in slow elimination (every 4-5 days) promoting gut rot and disease.
  - → Personal test=eat beets and you will know how long it takes you to eliminate a meal.
  - → Odor is a separate issue. The smell comes from the digestion of sulfur rich foods such as meat, eggs and dairy.
  - → Pepto Bismol binds sulfur to eliminate odors & is only a short term solution; leads to bismuth toxicity with chronic use.

- Enjoy Freedom from Common Discomforts
  - → GERD (Gastric Esophageal Reflux Disease) =acid reflux or heartburn; causes pain or burning just behind the breast bone.
    - Caused by a compromised esophageal sphincter failing to keep stomach acids in the stomach after eating.
    - Eliminate foods that cause the sphincter to relax and not close tightly: fats, chocolate, mint, alcohol, coffee and onions.
    - Obesity, overeating, pregnancy and straining associated with constipation also compromise the sphincter.
    - Eat several small meals instead of fewer large ones and drink lots of water throughout the day to flush acid down.
    - Don't wear tight clothing. Losing 5-10 pounds can offer relief.
    - Raise the head of your bed 6" to employ gravity to keep the acid from creeping up. Stop eating 2-3 hours before bed.
    - WARNING: If you are experiencing severe chest and back pain and you have already made dietary changes, please see your doctor to rule out a heart problem or gallstones.
  - → IBS (Irritable Bowel Syndrome)
    - Severe constipation—eliminate with a high fiber diet.
    - Chronic diarrhea--remove fats and oils from the diet to reduce overproduction of digestive bile acids by the liver.
    - Due to high stress—find something to manage your stress.
  - → Diverticulitis—caused by inadequate fiber in the diet.
    - Inflamed pockets form in the colon due to straining from constipation.
    - Seeds, nuts, popcorn, etc. can get lodged in these pockets.
    - Colon can burst causing death.

Cooking Tips

- Increase fiber in your daily meal by doing a personal 6-week "Greens First Challenge". There are several options for greens.
- Start your meal with a simple salad of mixed greens topped with a delicious PD Salad Dressing or fresh squeezed lemon juice.
- Cook frozen green beans and portion into 2-3 cup containers to eat as pre-dinner greens in place of a salad.
- Prepare Kohlrabi ahead of time as a pre-dinner green: Remove leaves, peel, slice and store in salt water.
- Shred cabbage and top with dressing or steam cabbage wedges and top with salt as a pre-dinner green.
- Eat an English cucumber before your meal.
- Follow your greens with a 50/50 plate. Do not restrict starches. Add greens to increase fiber and promote endothelial health.
- Look for vinegar that does not contain sugar, juice, or additives. Balsamic Vinegar=Grape Must (not cooked) & Vinegar.

Student Q&A

Q: Does nutritional yeast cause gas?
Q: Do garbanzo beans cause more gas than other beans?
Q: Does going gluten-free help with constipation or indigestion?
Q: Are beans on the starch or vegetable side of the 50/50 plate?
Q: Can Crohn's disease be eliminated on a Protective Diet?
Q: Can we juice our greens sometimes?
Q: Do pickles, zucchini and celery count as greens?

Encouragement

- It's worth the trade-off. Which would you rather have: more frequent bathroom visits or a ruptured colon?

"Allow your system to gain control of this new diet. It will settle down with time. Remember the improved health these digestive changes represent."

Recommended Recipes

- ☐ Breath Fresh Spray
- ☐ Creamy Hummus
- ☐ Guac Faux Mole
- ☐ Homemade Lasagna
- ☐ Fat Free Fredo
- ☐ American Potato Salad
- ☐ Red Enchiladas
- ☐ Corn Tortillas
- ☐ Scalloped Potatoes
- ☐ Creamy Ranch Dressing
- ☐ Daily Dressing
- ☐ Zesty Italian Dressing

Recommended Classes

- ☐ #260 Day One on a Protective Diet
- ☐ #160 Anxious About Greens
- ☐ #228 Benefits of Fermented Food
- ☐ #248 Self Awareness Training
- ☐ #072 PD Practice Check Up
- ☐ #257 How The Gut Microbiota Influences Our Behavior & Controls Our Wellbeing
- ☐ #008 Understanding Cholesterol
- ☐ #129 Daily Actions to Eliminate Stress