

Eating to Reduce Inflammation

Your guide on what to eat,
how to eat and when to
eat to reduce your pain
and inflammation.



In this booklet I will share with you as a practitioner what I believe to be the best Nutritional Strategy to improve or normalise health. This is something that I recommend ALL patients who attend our practice to aid and assist in regaining health.

Following an extensive review of the research literature, I believe a "supplemented Palaeo-Mediterranean diet" is the best dietary approach. This combines the best of the Mediterranean diet with the best of the Palaeolithic (Pre-historic) diet.

The Basic Principle: Garbage in Garbage Out.

Follow this eating plan, and you will feel better, quicker.

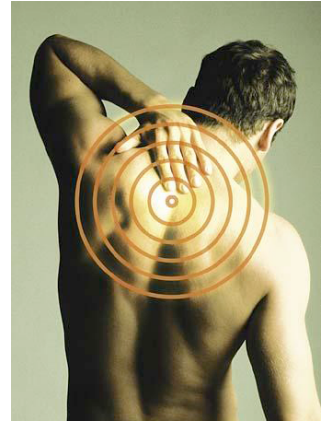


Health Promoting Nutrition

Generally patients have had declining health over a number of years, although they may not be aware of it. Some patients have had sub-optimal health for so many years they believe that a state of poor health is 'normal'.

Typically most patients have problems that relate to a number of different aetiology (or aggravating factors);

- ***Acute (new), sub-acute (medium term) or chronic (long term) inflammation***; that drives conditions such as muscle aches, muscle pains, muscle weakness, gastrointestinal upset, chronic fatigue, respiratory problems, cardiovascular issues, heart disease, neuro-degenerative conditions of the brain (Dementia, Alzheimer's, Parkinson's disease, memory loss), recurrent back pain, headaches, strokes, skin conditions and cancer.
- ***Mechanical trauma***; recent accident, repetitive strain, over use or repetitive work related injuries.
- ***Neurotransmitter problems***; chronic stress, weight gain (or loss), emotional upset, fatigue, depression, anxiety and poor sleep.



This strategy will significantly accelerate any appropriate treatment you may be receiving for conditions such as:

- Spinal pains; including lower back pain, neck pain, disc injuries and sciatica.
- Muscular and Skeletal pains; such as shoulder, knee, hip, ankle or elbow pains that are slow to resolve.
- Headaches, migraines, mental lethargy, visual blurring and fatigue, high blood pressure, high cholesterol and cancer.
- Chronic fatigue, depression, anxiety, debilitating, chronic and intermittent pain that is difficult to control, metabolic syndrome and particularly diabetes, elevated blood sugar levels or insulin resistance.
- Gastrointestinal upset, bloating, nausea, nasal catarrh, bowel problems, trouble losing weight or maintaining a healthy weight range, and particularly gastric reflux and hiatus hernia.

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So What is the Secret?

Following an extensive review of the research literature, I believe a "supplemented Paleo-Mediterranean diet" is the best dietary approach. This combines the best of the Mediterranean diet with the best of the Paleolithic (Pre-historic) diet.

The Basic Principle: Garbage in Garbage Out.

You will never recover or have good health eating six serves of wheat per day or 4 serves of fast food per week. It is never going to happen.

So What does this Mean in Real Terms?

You Need to Eat like a Meat Eating Vegetarian Coeliac (no wheat or gluten).

Health promoting nutrition means that you need to eat generous quantities of fruits, vegetables (good sources of carbohydrates), nuts, seeds, and berries. But they must also be combined with good sources of protein. And if you are not going to eat meat, then you are going to have to really watch what you are doing to make sure you eat enough protein from other sources.



Focus on the protein and carbohydrates tend to take care of themselves. Check the site if you need more information about carbohydrates and proteins.

Good sources of protein are lean meats such as cold water fish, chicken and turkey. I also advocate whey, soy or rice protein for their high-quality, anti-cancer, cardioprotective, and mood-enhancing benefits.

You will need to have about 1.5 to 2 grams of protein per kilo of body weight per day. So if you weigh 80 kilos, then you need to aim for about 160 grams of protein per day.



Read the label, write it down work out your protein. It is the key to your recovery, improved lean muscle mass (so you look good down the beach) and one of the primary indicators for increased longevity.

You will need to graze throughout the day. You need to have at least 5 SMALL meals evenly spaced every two to three hours, throughout the day which provide a good source of protein and some unprocessed carbohydrates (ones that don't come from a packet).



Raw foods are good because cooking denatures plant proteins. Also cooked foods have reduced 'life enzymes'; that is no phytonutrients, lipases (break down fats), proteases (break down proteins) and amylases (break down carbohydrates).

Aim for 8 to 10 serves of fruits and vegetables which will provide plenty of fibre, phytonutrients, carbohydrates, and protein, while simultaneously being low in fat, sodium, and "simple sugars."

Doing this will keep your metabolism ticking along quite nicely, you won't get hungry, your blood sugar levels will remain stable and you won't feel tired! Most importantly, your healing response will significantly accelerate.

You Mean I Can't Eat Bread?

Yup. Deal with it. Build a bridge. No good comes from eating bread. An average person needs to run 20 flights of stairs just to burn one slice of bread. Nearly every patient I treat is addicted to bread; particularly the toxic ingredients - wheat and gluten.

We usually crave what does us the most damage.

In the months ahead, once your health conditions are resolved, your weight is stable, you have no blood sugar problems, all inflammation and acidity is resolved and you can justify the extra 'kilojoules' then you might (and I say might) consider re-introducing wheat and gluten free bread. But I would not recommend it.



Remember gluten damages your DNA. It changes your book of life (your genetic material). So the less wheat and gluten you have the better. And the better you will feel.

If you don't believe me, go three months without wheat/gluten and then have a pizza. Watch what happens.

But What will I have for Breakfast?

Move up the buffet. Step away from the cereal and toast. It is junk.

Make some oats, eat last night's dinner, scramble some eggs, have an omelet, use one of our delicious protein shakes or even try the 'Hooper Shake' (although it is a bit heavy). Do some reading on the site. There are plenty of meal planners.

Focus on what you can eat. Not what you can't.

I can't do the 5 Meals!

Yes you can. Go liquid if you have to. That is what I do. It works brilliantly. Could not live without it. Could not do the hours. Could not do the training.



Research shows that if we give you medical food (say two serves a day - mid morning and mid afternoon) then you can get where you need to go from a nutritional point of view in about 3 to 4 months as opposed to 2 years for the average patient.

There are many exceptionally high quality, medical grade, highly fortified liquid meals available on the site. And most of them taste pretty good too. Depending on your condition, your case history, presenting condition and what you require we can suggest a number of alternatives.

Soft drink leeches the minerals out of your bone (particularly calcium and magnesium), screws up your blood sugar levels, is highly acidic and one of the primary causes of obesity.



Drink enough water. You will need 20 mls per kilo of body weight. More if it's hot or you sweat.

Summary

This is a huge topic and obviously we are only at the tip of the ice berg.

Most people take two or three months to get their head around these important dietary changes.

The point of this section is just to give some very basic dietary facts that will assist in your recovery and help normalise many body functions.

Obviously it needs to be tailored to your individual nutritional requirements and normally this is done through the Baseline Nutritional Evaluation. Other tests to consider are the Optimal Nutritional Evaluation (ONE), Essential Fatty Acid Testing, or specific Food Allergy testing.

Provide your body with the best nutritional protocol for optimal health and wellbeing. Make sure you are covering the basic nutritional building blocks essential for optimal health.

If you want the basics of the program, here it is:

- Increase sources of lean protein within your diet - preferably fish, chicken, whey, soy and nuts. You will need about 1.5 to 2 grams of protein per kilo of body weight.
- Eat every 2 to 3 hours while you are awake. Make sure each meal has a good protein source and unprocessed carbohydrates.
- Drink enough water. You will need 20 mls of water per kilo of body weight. More if it's hot or you sweat.
- If you need a sports drink, use watered down fruit juice. If you need an electrolyte replacement, use one of the medical grade protein drinks we have in the clinic.



- Make sure you use a comprehensive multivitamin and multimineral. They provide an essential platform for recovery. Think of a good multi as 'nutritional polyfiller'. It fills any gaps within your diet. It is impossible to get all your nutrients from your diet, let alone if you diet is not up to scratch or you eat commercially grown food (from Coles or Woolies). It is the cheapest form of health insurance you can use. Ask Dr. Hooper for which one is best for you.
- Use an essential fatty acid such as Fish Oil and Flaxseed Oil. Fish oils (EPA) have very strong anti-inflammatory effects regulating the arachidonic acid cascade, reducing eicosanoid formation and can regulate mood or emotional state of people under stress.



Fish oils (DHA) significantly improve cardiovascular health, reduce triglycerides, favourably influence blood cholesterol levels and improve blood viscosity. DHA also plays a crucial role in the growth and development of the central nervous system in infants, and is essential to the health functioning of the adult brain and may assist in learning ability.

- If you have significant pain and inflammation, consider the use of a clinically effective anti-inflammatory that won't damage your gastrointestinal system or increase your chance of heart attacks and strokes like the drug anti-inflammatories do. You will feel more comfortable and it will speed up your recovery.



Read the booklet 'So You Think Your Drugs Are Safe?' for more information on the dangerous side-effects of commonly used drugs.

- If you have any type of digestive complaint or bowel problems, consider the use of medical grade probiotic. Probiotic restore correct bacteria to the bowel and are essential for the control of skin conditions, eczema, dermatitis, recurrent respiratory tract infection and irritable bowel syndrome.



- Consider a source of Magnesium if you have any musculoskeletal problems or heart problems. Extra magnesium is essential for correct muscular function so it is an absolute must for people with back or neck pain, period pains, and particularly athletes or those who sweat profusely.



- Increase your intake of vitamin D. Most people have become deficient in vitamin D, particularly as we age. Vitamin D is essential in many body functions including correct bone development (osteoporosis prevention), regulating inflammation and assisting the mucosal lining of the intestines (to stop leaky gut).
- Consider the use of Glucosamine and MSM if you have arthritis, you are an athlete or you have “worn” joints. A combined glucosamine, MSM, chondroitin and calcium hydroxyapatite formulation has been shown to be highly effective in the treatment of arthritis conditions.

Nearly 2000 well done clinical trials show the effectiveness of quality glucosamine products, that work as good as NSAID's (typical drug medications) without the very severe and dangerous side-effects. Ask Dr. Hooper for the best one for you.

- Use Co-Enzyme Q10 if you are on any blood pressure medication or statin drugs. CoQ10 acts as the cellular spark plug for the mitochondria of the cells so it is essential for energy production and the production of ATP. Important for athletes, people with cardiovascular problems and those with chronic fatigue, fibromyalgia or depression.



Why Change Our Diet?

In short - Because it is NOT WORKING.

In Australia most adults are overweight (65%) and a large percentage are clinically obese.

As for our children, 40% are overweight by the time they turn 12 and about half of that 40% are clinically obese. They never had a chance!

We are now the fattest country (per capita) IN THE WORLD.

If that does not provide a catalyst for change then I don't what will.



In the 1980's and 90's "low fat" was in. We all tried to eat low fat foods (and still do) thinking we are doing the right thing. The food and beverage market responded by bringing out an incredible range of "low fat" products usually laced with excess sugar (bad) or artificial sweeteners (worse) to appease our taste buds.

We are now paying the penalty for this galactically stupid blunder. We got fatter and the type 2 diabetes rates went through the roof.

What should I eat? What should I avoid? What should I include in my diet if I have a particular condition? How much water should I drink? What supplements should I consider taking if I am taking drug medication? There are many things to consider.

Common Myths

We all like to think we are doing the right thing. But it is a little harder to see it though. Why? Mis-information. It seems there is a new diet every week. And then there is a "independent expert" ridiculing it the next. (The "independent expert" usually presents a particular food group that was not advocated in that particular diet.)

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So what are the common myths or misconceptions held by so many of us?

- Most of us think we have a good diet. We don't.
- Most of us think that we can get all our nutrients from our food. Wrong!
- Most of us are chronically dehydrated.
- Most of us eat too infrequently.
- Most of us eat too late in the day.
- Most of us think if we eat fat we will get fat.
- Most of us eat 4 to 6 (or more) serves of highly processed wheat and think we are eating 'healthy'.
- Most of us don't know whether we should eat things like eggs or potatoes because we don't know what to believe.



Health Promoting Nutrition Explained

Following an extensive review of the research literature, I believe a "supplemented Palaeo-Mediterranean diet" is the best dietary approach. This diet plan combines the best of the Mediterranean diet with the best of the Palaeolithic (pre-historic) diet.

So what does this mean in real terms?

Health promoting nutrition means that you need to eat generous quantities of fruits, vegetables (good sources of carbohydrates), nuts, seeds, and berries. But they must also be combined with good sources of protein and I will explain why a little later.

Good sources of protein are lean meats such as cold water fish, chicken and turkey. I also advocate soy protein and whey protein for their high-quality, anti-cancer, cardio-protective, and mood-enhancing benefits.

In reality you need to have 5 to 6 meals, regularly spaced throughout the day which provide a good source of carbohydrates and proteins - in each of the meals.

Doing this will keep your metabolism ticking along quite nicely, you won't get hungry, your blood sugar levels will remain stable and you won't feel tired!

Sounds like too much work? Not Really!

It is all about planning.

It does not matter who you see (dietitian, naturopath etc.) or where you go (weight watchers, jenny craig etc.) you must plan your meals!



Dietary mistakes will always occur when you are hungry (i.e. you haven't eaten for a few hours) and you have nothing prepared.

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As a general rule most of us eat too much, too late in the day. So when we do eat we are usually very hungry and have quite low blood sugar levels. We then overload our stomach going to bed with a gut full of food, that needs to be processed overnight. This causes us to become restless and overheat - generally disturbing our sleep.

The last meal of the day should be our 5th or 6th meal. If you follow this rule, you really won't be that hungry when you sit down for dinner. A light meal will suffice.

Remember it takes about 20 minutes for your brain to work out that your stomach is full!

If you are struggling for ideas of where to start go to the Weekly Meal Planner will help get you thinking in the right direction.

So what is the next thing to consider?

All Carbohydrates are Burnt as Cups of Sugar.

Think about that one for a moment.

Your body does not know the difference between a slice of bread (a refined carbohydrate) and a cup of sugar. It is burnt/digested/processed in EXACTLY the same manner as sugar. That is why when you eat a slice of bread you feel good for a while (as your blood sugar levels go up). Then an hour or so later you feel hungry again (as your pancreas gets on its treadmill and pumps out the insulin to reduce the blood sugar spike).



As the pancreas produces this insulin, the blood sugar levels can drop below the "normal" level which results in you becoming "hypo-glycaemic". You then feel hungry, lethargic and your brain shuts down so reach for a Mars bar or another piece of bread to compensate.



So the process of a blood sugar spike, pancreas producing heaps of insulin, dropping blood sugar levels, hypo-glycaemia, and low energy levels continues.

The more refined carbs you eat (usually bread, pasta, pastries & soft drinks) the greater the blood sugar spike, the harder the pancreas has to work to produce insulin to get the blood sugar levels down. This is how you put on heaps of weight and pretty much feel lethargic all the time (except when you are eating). Also, THIS IS HOW YOU GET DIABETES!



If you are buying food from a bakery (pies, pastry, bread) this is a refined carbohydrate and your body will process it as sugar. If you are buying food from the green grocer then this is usually an unrefined carbohydrate. The more unrefined carbohydrates you eat the less spikes you will have in your blood sugar levels - the better you feel.

So, if you are going to eat a carbohydrate make it a fruit or vegetable (unrefined carbohydrates). Fruits and vegetables are great sources of carbohydrates and in general they are pretty low GI or glycaemic index. That means they will not create havoc with your blood sugar levels, and unless you are on a special diet you really can't go wrong eating a good mix of fruits and veggies.

Rice, pasta and potatoes (very starchy) are sources of carbohydrates and should be discouraged due to their relatively high glycemic loads, and their lack of fibre and phytonutrients (compared to other fruits and vegetables). Most of the rice we consume in Australia is highly processed, chlorinated or bleached so it looks white.

Indeed much of the pasta we eat is highly processed and contains many preservatives. Also we tend to eat rice, pasta and potatoes too late in the day (dinner) and in too great a quantity. There is no point eating a large carbohydrate meal (rice, pasta and potatoes are carbs) late in the day when you are not going to use that energy. It will be converted to glycogen in the liver and if that is not used immediately it will be converted to fat. If you have to eat these foods eat them by lunch time.

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By the way, the most common source of potatoes in our diet (especially our children) is french fries and "potatoe" chips. All thanks to McDonalds for this one!

Grains such as wheat and rye should be discouraged due to the high glycemic loads/indexes of most breads and pastries, as well as the allergenicity of gluten, a protein that appears to help trigger disorders such as migraine, celiac disease, psoriasis, epilepsy, and autoimmunity.

Sources of simple sugars such as high-fructose corn syrup (e.g., cola, soda) and processed foods (e.g., "TV dinners" and other manufactured snacks and convenience foods) are strictly forbidden. Chemical preservatives, colorants, artificial sweeteners (nutrasweet and aspartame etc.) should be avoided.

What is Protein Adequate as Opposed to "High Protein"?

In Australia I believe that most people do not have enough good quality lean sources of protein in their diet. It seems to be a feast or famine situation. Most women do not have anywhere near enough protein in their diet and most men eat too much too late in the day (i.e. the big steak at night).

If you actually work it out most people only eat about 40 to 60 grams of protein per day (in our clinical experience). There is hardly enough protein to maintain consistent energy levels.

Think of Carbohydrates of Kindling on the Fire.

Think of Protein as Logs on the Fire.

All carbohydrates (kindling) burn very quickly whereas the proteins (logs) burn slow and provide an even heat.

I particularly advocate the use of Whey Protein, preferably as Whey Protein Isolate (WPI). A constantly growing number of studies support applications for whey protein in preventative medicine, health maintenance and recovery.



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With a spectrum of applications extending from infant nutrition to the elderly, whey protein is a great food supplement indicated in health issues as diverse as gut integrity, immune function, infections such as HIV, reduction in cancer rates, cardiovascular health, high blood pressure, body building and weight management.



I usually drink 2 Whey Protein based drinks per day - one mid morning and one mid afternoon. They help to provide consistent clean energy for the entire day when combined with the other three (breakfast, lunch and tea) normal or "non-liquid" meals. By using a whey protein liquid meal I find it very easy to consume 5 meals a day without too much effort.

Tip: If you don't like the idea of using a protein drink try a piece of fruit (say an apple) and a handful of nuts and seeds; for example have a handful for almonds as a snack - they are a great source of protein.

Unlike other types of protein, whey transits the stomach quickly and is rapidly absorbed from the intestine. Whey is the supplemental protein source of choice for many bodybuilders athletes, and people wanting to improve their body composition in favour of lean muscle tissue and reduced fat mass.

So, How Much Protein Do You Need?

Research indicates that you will need approximately 1.5 to 2 grams of protein per kilogram of body weight per day. Therefore for example; a seventy kilogram person will need up to 140 grams of protein per day.

Remember that you can only digest up to 30 or 40 grams of protein per meal depending on your size and the quality of the protein. So this means you need to be eating regular small meals every 2 to 3 hours. Each meal should consist of a good source of protein and some (preferably unprocessed) carbohydrates.





If you are an athlete or have a very physical job, then you may need to increase the amount of protein you consume beyond 2 grams/kilo of body weight. Some body builders and elite athlete consume 3 to 4 grams/kilo!

You will need to eat a minimum of 5 to 6 meals on this protocol. I

recommend having 3 "normal" meals such as breakfast, lunch and dinner, with 2 to 3 "snack" meals mid morning, mid afternoon and if you want a supper. But, you should not eat in the last few hours prior to bed. I do not recommend having the 3 "normal" meals as a liquid meal (unless it is something pretty substantial like the Hooper Shake). Preferably use the liquid meals as snacks.

Important things you need to consider for Optimal Nutrition:

- Make sure you are getting enough protein - around 2 grams per kilo of body weight
- If you focus on getting the correct amount of protein within your diet, the carbohydrates (and the hunger) tend to take care of themselves
- Try and have a good protein source plus some fruits or vegies with each of your main meals and you really can't go too far wrong
- If you are eating protein regularly, and drinking the right amount of water, throughout the day it is unlikely that you will get hungry and your blood sugar levels (energy) will quickly stabilise!
- High-fat and high-carb meals are pro-inflammatory. Cut out those addictive, process, easy to eat carbohydrates
- All carbohydrates are burnt as cups of sugar by the body. Try to cut down on refined carbohydrates as best you can
- Cut down on your grain (especially bread, pasta, cereals) and sugar intake
- Stop drinking all soft drinks (including the so called "diet soft drinks") - they are catastrophic for your blood sugar levels and contribute to a "pro-inflammatory" state.



- Make sure you have 5 to 6 small meals per day. Eat a good source of protein with each of these meals
- Snack on nuts and seeds; for example have a handful of almonds as a snack - they are a great source of protein
- Use a protein supplement if you can't work out what to eat as a snack. A liquid snack is quick and easy; especially the pre-mixed ones
- To lose weight, reduce both carbohydrates and calories - but do not starve yourself

In summary, this diet plan provides plenty of variety, as most dishes comprised of poultry, fish, soy, fruits, vegetables, nuts, berries, and seeds are allowed. The diet also provides plenty of fibre, phytonutrients, carbohydrates, and protein, while simultaneously being low in fat, sodium, and "simple sugars."

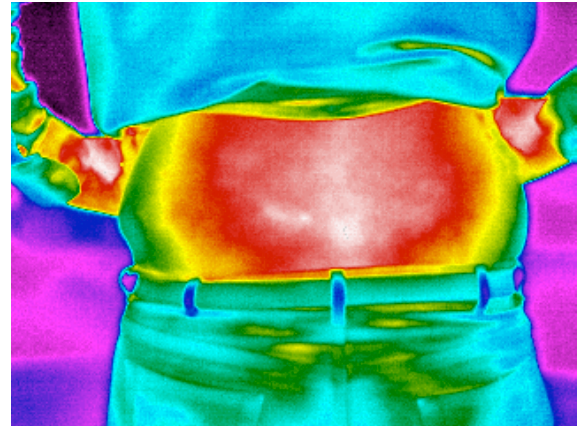
The diet must be customised with regard to total protein and calorie intake, as determined by your size, status, and activity levels, and individual food allergens should be avoided.

Regular consumption of this diet has shown the ability to reduce hypertension, alleviate diabetes, ameliorate migraine headaches, and result in improvement of overall health and a lessening of the severity of many common "diseases." This diet is supplemented with vitamins, minerals, and fatty acids as described on the next pages.



Eating to Reduce Inflammation

Research is now confirming that the root of many diseases, so prevalent today that they have become an accepted part of the human condition, can be traced to a common cause: a serious and chronic condition of INFLAMMATION within the body.



Are the Foods You Eat Killing You?

Disorders such as cancer, heart disease, back pain, sensitive gut, osteoporosis, atherosclerosis, headaches and migraine are all associated with an INFLAMED condition of the cells.

Your diet has a direct impact on the inflammatory levels in your body.

For patients suffering from chronic back pain it is very important to reduce the inflamed condition of your body in order to get the best from your care.

Your Diet is Responsible for Inflammation

Grains and our genetic makeup

It is known that grains are a relatively new food from an evolutionary perspective. Humans existed as non cereal-eating hunter-gatherers since the emergence of Homo-erectus some 1.7 million years ago.

The historical evidence indicates that the human genetic constitution has changed little over the past 40,000 years.

The addition of cereal grains to our diet over only the last 5,000 - 10,000 years represents a dramatic departure from those foods to which we are genetically adapted - wild game, fruits and vegetables.

When agriculture developed it had far reaching effects on our health. Our diets became narrowed as we relied on what could be produced by farmers. Most major cultures existing in the world today can be identified with one particular grain which permeates the diet of every citizen.



In the West it is wheat. In Asia it is rice. In Europe it is Rye. In America it is corn. Today, the massive level of grains consumed by most people is an "assault on our genes".

In Australia we have an obsession with wheat and it comes in the form of BREAD. Other culprits are cereals and pasta.

The problem is that we have been told that these are good for you and so we consume them in huge amounts. Even the food pyramid (created in consultation with wheat, dairy and sugar industry approval) recommends high intake of these foods.



Aggressive marketing and progressive brain washing has resulted in many people eating up to 6 serves of wheat per day.

For example:

- Cereal (wheat and sugar) for breakfast with toast (white), margarine (who knows) and jam (sugar)
- Biscuits for morning tea (wheat and sugar)
- Sandwich for lunch (wheat)
- Pastry or bun for afternoon tea (wheat and sugar)
- Pasta for dinner (wheat), or crumbed meat (wheat) with some extra bread (wheat) to help fill you up
- Biscuit/bun/cereal etc. (wheat, wheat, wheat...) for a snack before bed

See a theme here?

There are two things you need to remember...

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1. All grains are acidic

If I ask a patient to reduce their consumption of bread they blank out. "If I can't have bread what will I eat?"

We have become so dependent on bread that for many they cannot consider a day without it. Instead of having a chicken and salad sandwich; have more chicken and salad without the bread!

Have an omelette in the morning for breakfast instead of the highly processed, sugar added, wheat based cereal. More suggestions later in this article.

What about wholemeal bread I hear patients ask? Many of the wholemeal and full grain breads start life the same as the highly processed white bread you are trying to avoid.

A refined bleached white flour is used as the base. Colour is added to make it brown bread. A hand full of grains is added to make it "whole grain". At the end of the day, it is still grain and it is still acidic.

What about Rye bread? Rye, soy and linseed are, in my opinion, better breads, but they still contain grains, albeit slightly less acidic than wheat. If you are eating to reduce inflammation, then you need to eliminate breads from your diet - all types of bread.

I had a patient with chronic heart burn (the GP diagnosis was that of a hiatus hernia). Using natural medicine and dietary modification we were able to get rid of 90% of the acid reflux. But it was not until she finally stopped eating her "wheat free" bread, did the "heart burn" stop.



2. We use grains to fatten cattle

As well as inflammation and disease being caused by grains, there is the issue of weight gain. Coming from a farming background I know that grain is very good for fattening cattle.

Unfortunately grains have the same effect on people too. Unless you are exceptionally active your body can only successfully burn off one slice of bread per day (depending on your diet). If you are eating more than this you will most likely store it as fat.

For each extra slice of bread you ingest you would have to do exercise in the gymnasium for up to 1 HOUR to burn it off!

Eating grains that have been refined makes this situation worse because it is easier to consume refined grains in greater volume. Bread is a refined grain.

With butter (fat) and a nice jam (sugar) most of us could eat 3 or 4 slices without too much trouble. Most cereals contain refined grains.

Unfortunately the more tasty the cereal the more processed the grain and the more sugar is added.

Some cereals have so much sugar you would be better off eating the cardboard (Fruit Loops and Frosty Flakes come to mind).

If you notice, a few hours after eating refined grains like bread, you will probably be hungry again. Your blood sugar levels rise dramatically on eating the bread. Your pancreas produces insulin to drive down the spike in blood sugar.

The insulin drives the blood sugar down too far in some people and they end up "hypo-glycaemic" - that is they have low blood sugar levels. This makes them lethargic, sleepy and HUNGRY again. Just in time for more grains!

So if you must eat grains make sure that they are in their unrefined state. Whole grains are better than processed ones. Unrefined whole grains will help satisfy those hunger pangs for longer.



Reduce Grains & Sugars to Lose Weight

For several million years, humans existed on a diet of animals and vegetation. It was only with the advent of agriculture a mere 10,000 years ago - a fraction of a second in evolutionary time - that humans began ingesting large amounts of sugar and starch in the form of grains (and potatoes) into their diets. Indeed, 99.99% of our genes were formed before the advent of agriculture; in biological terms, our bodies are still those of hunter-gatherers.

While the human shift to agriculture produced indisputable gains for man - modern civilization is based on this epoch - societies where the transition from a primarily meat/vegetation diet to one high in cereals show a reduced lifespan and stature, increases in infant mortality and infectious disease, and higher nutritional deficiencies.



Contemporary humans have not suddenly evolved mechanisms to incorporate the high carbohydrates from starch and sugar rich foods into their diet. In short, we are consuming far too much bread, cereal, pasta, corn (a grain, not a vegetable), rice, potatoes and Little Debbie snack cakes, with very grave consequences to our health. Making matters worse, most of these carbohydrates we consume come in the form of processed food.

That 65% of Australians are overweight, and 27% clinically obese, in a nation addicted to sesame seed buns for that hamburger, with a side of French fries and a Coke, is no coincidence. It is not the fat in the foods we eat but, far more, the excess carbohydrates from our starch- and sugar-loaded diet that is making people fat and unhealthy, and leading to epidemic levels of a host of diseases such as diabetes.

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If you are experiencing any of the following symptoms, chances are very good that the excess carbohydrates in your body are, in part or whole, to blame:

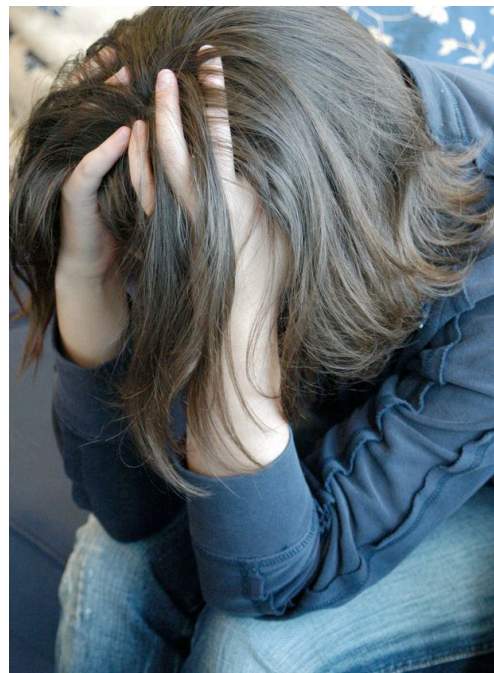
- Excess weight
- Fatigue and frequent sleepiness
- Depression
- Brain fogginess
- Bloating
- Low blood sugar
- High blood pressure
- High triglycerides

We all need a certain amount of carbohydrates, of course, but, through our addiction to grains, potatoes, sweets and other starchy and sugary foods, we are consuming far too many. The body's storage capacity for carbohydrates is quite limited, though, so here's what happens to all the excess: they are converted, via insulin, into fat and stored in the adipose, or fatty, tissue.

Any meal or snack high in carbohydrates generates a rapid rise in blood glucose. To adjust for this rise, the pancreas secretes the hormone insulin into the bloodstream, which lowers the glucose. Insulin is, though, essentially a storage hormone, evolved over those millions of years of humans prior to the agricultural age, to store the excess calories from carbohydrates in the form of fat in case of famine.

Insulin, stimulated by the excess carbohydrates in our overabundant consumption of grains, starches and sweets, is responsible for all those bulging stomachs and fat rolls in thighs and chins.

Even worse, high insulin levels suppress two other important hormones - glucagons and growth hormones - that are responsible for burning fat and sugar and promoting muscle development, respectively. So insulin from excess carbohydrates promotes fat, and then wards off the body's ability to lose that fat.



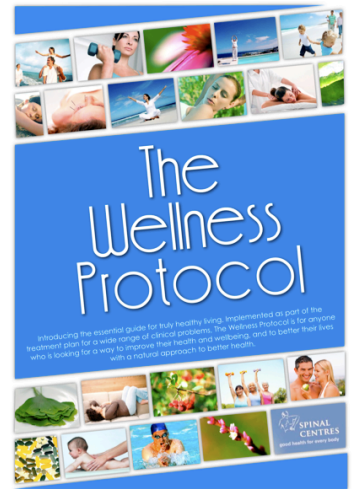
Excess weight and obesity lead to heart disease and a wide variety of other diseases. But the ill effect of grains and sugars does not end there. They suppress the immune system, contributing to allergies, and they are responsible for a host of digestive disorders. They contribute to depression, and their excess consumption is, in fact, associated with many of the chronic diseases in our nation, such as cancer and diabetes.

Watch out for articles and booklets in the clinic for ongoing detail on reducing grains and sweets, and for a comprehensive dietary plan geared toward fighting illness, preventing disease, increasing energy and optimising your weight.

Grab your copy of the Wellness Protocol - the easy-to-follow guide to healthier, stronger body.

Need some food ideas? Try the Healthy Eating booklet. This informative booklet outlines key dietary principles in an easy-to-follow guide.

The bottom line is this: Australians need to reduce their intake of grains, including wheat based foods, and all sweets and potatoes, dramatically.



Eating to Reduce Inflammation



Natural Medicine Treatments

Reducing heartburn, reflux and digestive complaints doesn't have to be hard. Rather than turning to prescription drugs to relieve your stomach complaint with chemicals, choose natural medicine instead.

The following two natural medicine products have shown to reduce heartburn, reflux and stomach upset by treating the source of the complaint naturally.

Innovative Therapies Gastro Aid

Gastro Aid contains a blend of fermented soy protein which has been shown to reduce the symptoms of heartburn, dyspepsia, indigestion and digestive discomfort. Clinical trials demonstrate a reduction in symptoms of pain and heartburn in a majority of patients within 10 minutes, and relief of chronic symptoms in 95% of patients within one month. This is combined with zinc carnosine, which has been shown to reduce gastric inflammation, tissue damage and lesion formation.



Cathay Herbal Long Dan Xie Gan Wan

Cathay Herbal Long Dan Xie Gan Wan is formulated to help relieve heartburn, drain excess fire from the liver and gallbladder and clear damp-heat from the San Jiao.

Cathay Herbal Long Dan Xie Gan Wan is ideal to take if you suffer from any of the following symptoms: heartburn, headache, chest pain, bitter taste in the mouth, ears swollen and painful, vomiting or sour or bitter fluid, flushed face, dry and hard stools or a red tongue with a yellow greasy coat.



10 Ways to Help Us Help You



1 Knowledge is Power

Understand your problems and enjoy better results.



2 Use Our Experience

Stay on track by following our recommendations.



3 Exercise and Stay Active

Aim for 20-30 minutes of gentle exercise each day.



4 Improve your Nutrition

Eat like a meat-eating vegetarian coeliac. Cut out grains and bread. Aim for 8 serves of fruit & veg daily.



5 Drink Plenty of Water

Drink 20ml per kilo of body weight everyday. (eg. If you weigh 70 kilograms, you must drink 1.4 litres minimum.)



6 Get Adequate Rest

Restful sleep allows your body to make needed repairs. Aim for 7-8 hours per night.



7 Reduce Emotional Stress

If you are having trouble managing stress, talk to Dr. Hooper about your options.



8 Adopt Healthier Habits

Stop smoking and get to your optimum weight. Pour soft drinks down the drain and avoid tea and coffee.



9 Participate in your Recovery

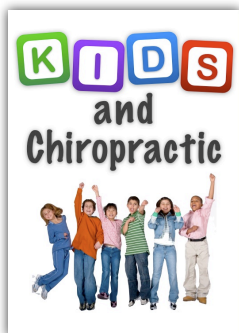
Educate yourself with our information and never be afraid to ask questions.



10 Remain Hopeful

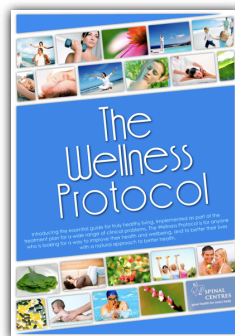
Healing is a process that takes time. Stay optimistic. We are!

Recommended Reading



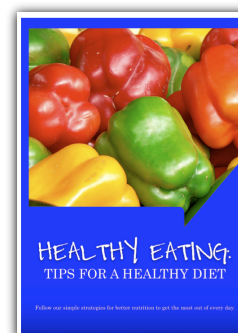
Kids and Chiropractic

Chiropractic is just as important for your kids. Find out why in this great booklet.



The Wellness Protocol

The 7 steps to achieving optimum health.



Healthy Eating

Your guide on how to eat, what to eat and when to eat it.

For more information, advice and back care tips, please visit our website TheSpinalCentre.com.au

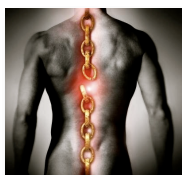
As a patient of this practice, you are also eligible for access to our exclusive weekly e-newsletter, which brings you up-to-date information and advice on important health topics like back pain prevention, exercise strategies, eating plans and much more.

THE SPINAL CENTRE
spinalcentres.com.au



Eating to Reduce Inflammation





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