

OH NO NOT ANOTHER DIET!

I hate to write about dieting and weight loss; people get argumentative, defensive, angry, insulted, guilt-ridden and depressed. Instead please allow me to weave you a nutritional fantasy. **YOU CAN EAT ALL DAY LONG AND YOU WILL ACHIEVE YOUR OPTIMUM BODY WEIGHT IN A YEAR!** Let's call it the **Low Stress Diet**, and it's ridiculously simple.

Meal #1

As much **NON CITRUS, FRESH FRUIT** as it takes to make you a "Happy Camper" in the morning. Pick (no pun intended) from this group:

MELONS	GRAPES	STRAWBERRIES
KIWIS	APPLES	PEACHES
PEARS	BANANAS	PLUMS
PAPAYAS	PINEAPPLE	NECTARINES

Yes Virginia you can have coffee in the morning, as long as your blood pressure is OK. Eating fruit as your first meal not only gives you energy, but also stimulates your digestive system so that you will benefit from your next meal.

Meal #2

Protein and fresh, **COOKED** vegetables. Select vegetables from this group:

BROCCOLI	CAULIFLOWER	STRING BEANS
PEAS	ZUCCHINI	SPINACH
MUSHROOMS	ASPARAGUS	SNOW PEAS
ONIONS	ESCAROLE	ENDIVE
CELERY	CARROTS	RAPPINI
CABBAGE	BOK CHOY	SEAWEED

Select proteins from this group:

CHICKEN	TOFU	BEEF
LENTILS	CHICK PEAS	MUSSELS
SESAME SEEDS	SUNFLOWER SEEDS	PUMPKIN SEEDS
ALMONDS	WATER CHESTNUTS	LOW FAT YOGURT
FISH	ARTICHOKES	LOW FAT COTTAGE CHEESE
BLACK BEANS	KIDNEY BEANS	LOW FAT RICOTTA

Any combination of protein and vegetables is OK. Things to avoid at this meal are: Bread, Beer, Hard cheeses (Whey cheeses like Swiss, American, Brie, Monterey Jack, Cheddar etc.) basically anything fermented or containing yeast. Avoid carbohydrates at this meal. This is the meal that takes the longest to digest because of the protein, so we are eating it when the body systems are most productive for the longest period of time. Eat nothing canned. Skip the coffee.

If you find that you are experiencing **BLOOD SUGAR BLUES** an hour or so after meal #2 you may want to divide this meal into two smaller meals 90 minutes apart. Should this not resolve your problem **SEE YOUR MEDICAL DOCTOR.**

MEAL #3

Carbohydrates and vegetables. Select Carbos from this group:

BROWN RICE (not white rice)	SWEET POTATOES
RED POTATOES (not white potatoes)	BEETS
OATMEAL	PASTA

Select Vegetables from this group:

BROCCOLI	CAULIFLOWER	STRING BEANS
PEAS	ZUCCHINI	SPINACH
MUSHROOMS	ASPARAGUS	SNOW PEAS
ONIONS	ESCAROLE	ENDIVE
CELERY	CARROTS	RAPPINI
CABBAGE	BOK CHOY	SEAWEED

This is the meal that will repair some of the damage you've been doing to your digestive system all these years. After Meal #3 you can have fresh, non-citrus fruit for a snack. Things like amounts I have to leave up to the individual.

All spices are ok especially garlic.

BIOGRAPHY: Nicholas LaCarrubba has been a practitioner of Alternative/Adjunctive Therapy since 1979. He is the former Clinical Director of THE NATURAL HEALING CENTER and currently operates a freelance consulting company for Alternative Therapists and their clients. Over the years he has compiled a large database and welcomes your comments and inquiries. Nick is a licensed Acupuncture Physician, a licensed Nutrition Counselor, and a licensed Massage Therapist in Florida. The focus of his practice is pain control and what he calls "Critical Care Interface". He has the distinction of being one of the first Nutrition Counselors licensed in the State of Florida, and he has been involved with the National Acupuncture Detox Association since 1990. He can be reached at (813) 286-1489.