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Basic principles of eating a modern traditional diet

- Follow the Leptin rules (see below) - eat breakfast, don't snack, have dinner early
- Get up at 7am
- No work after dinner and dinner no later than 8pm

At a glance – top three priorities:

1. Eat no or as little sugar as possible (grains and fruit are sugar)
2. Eat no or as few grains as possible (but see below)
3. Focus on top quality fat and protein (suppliers below)

The truth about fat

Good quality fat doesn't make us fat or ill -sugar does. Good fats and good cholesterol are found in:

Eggs, Butter, fish (esp oily), coconut oil, brown meat or marbled meat

> Note: the fat in these products are only good for you if:

- It is organic and therefore pesticide and drug-free
- It has been raised on pasture/grass and is free-range, rather than grain fed and raised indoors
- For dairy, only if organic and raw (unpasteurised and unhomogenised)

Read this article:

<http://newmedicinegroup.com/wp-content/uploads/2013/06/Fat-Fallacies-final.pdf>

And sugar

Human beings need very little sugar and get more than enough from natural sugars in normal foods. Excess sugar is the primary cause of:

Obesity, diabetes, heart disease, bad cholesterol, dementia.

Sugar (sucrose, glucose and fructose) is present in:

- All processed foods, convenience foods, take-aways, ready meals, fruit
- juices, snacks, etc
- Fruit
- Simple carbohydrates, in particular grains

Lactose is found in milk products, but is usually ok if raw.

Real stock – the most important missing ingredient from the modern diet?

Few people make real stock anymore, which is a real pity as it is an important nourishing and healing food. Read the article on this link for full information, recipe at the end:

<http://newmedicinegroup.com/blog/treatment/nutrition/real-stock/>

Grains

Quinoa, Amaranth and Buckwheat are actually not grains but can be used in much the same way. Rice is also ok.

Salt

You need enough salt for a host of essential biological functions. Natural seasalt is very different to industrial sodium chloride, which should be avoided. Most people need around 1-2 teaspoons of seasalt a day.

Real dairy vs industrial dairy

The full story in this article:

<http://www.thrive-medical.co.uk/blog/nutrition/white-stuff/>

Suppliers -to get hold of top quality produce, organic and grass fed meat and raw dairy, you have to either go to a farmers market or buy from specialist online suppliers. A good butcher who you can quiz about their meat is also a very valuable resource.

See this link for updated suppliers list:

<http://www.thrivehealth.co.uk/about-thrive/information/food-suppliers/>

Summary of 'Leptin' Based Guidelines:

Leptin is a recently discovered hormone that controls appetite

- Eat a breakfast containing significant protein content
- Eat 3 meals a day – 5 to 6 hours between each
- Avoid snacks
- Never eat after dinner
- Allow 11-12 hours between dinner and breakfast
- Generally finish eating dinner at least 3 hours before bed
- Do not eat large meals
- Eat slowly
- Reduce the overall amount of carbohydrates eaten, (e.g cereals/fructose) and consider increasing fat intake
- Get adequate exercise
- Ensure 7 hours sleep per night at least
- Enhance stress coping strategies
- Ensure intake of enough calcium, omega 3, probiotics, Vitamin D
- Control gut overgrowth of yeast and fungi