

Diet Rules: Which Ones Should You Follow?

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Does your diet rule your life? Should it? Is there a better use you could be putting your energy to if you weren't compulsive about what you eat? I admit that I was a health-food-diet addict and that planning, preparing and eating certain (organic, if possible) food was the focus of my life. At one point it had to be in order for me to survive the food and chemical sensitivities developed from mercury poisoning, the resultant candida overgrowth and leaky gut, but all those food and diet rules had me frustrated, confused, and finally, anorexic. I knew I was dangerously underweight and the diets and supplements recommended by my doctors and nutritionists only aggravated the problem.

Once I was finally able to put more varieties of foods into my diet, I decided I wanted to become a vegetarian. It was 1997 and my body wasn't cooperating with my plan, letting me know that I needed animal protein for energy. I attended to a health EXPO for help. First I listened to a Humane Society spokesman and he convinced me that I should never eat beef or other meat again. Next, a lecture by a naturopathic physician convinced me that soy was the perfect meat substitute and that it would be wonderful for my hormone problems. But that was followed by a slide-lecture presentation by Sally Fallon, spokeswoman for the Price-Pottenger Nutrition Foundation (PPNF, also known as the Health & Wisdom Foundation) on the wisdom of primitive diets. She gave convincing evidence from scientific research regarding the benefits of eating animal fats (including raw dairy products) and whole living foods. She also disputed the benefits of soy with scientific evidence of many problems associated with most soy products now flooding our markets. (Fermented soy is very good; tofu is not fermented and should be eaten in moderation once it is cooked. Animal protein should be included in the diet. Don't even ask about soy milk and the other soybean by-product foods!)

Needless to say, I was totally confused and spoke to Ms. Fallon after her lecture. She convinced me to buy her cookbook, [Nourishing Traditions](#) (which I highly recommend) but I was still confused. Fortuitously, I found a book on diet and health by the health and spirituality leader, Edgar Cayce, a short time later, and it helped me put all this in perspective. Cayce recommended certain meat, fish and fowl that are beneficial for good health which took away my guilt about eating flesh. This was shortly followed by learning of Peter D'Adamo's book, [Eat Right for Your Blood Type](#). I knew I my blood type was O, and his book states that type O people need flesh for protein and do not do well with grains. This was further confirmation on what my body had been telling me for years. I found him off target on many issues, however, including gluten, which he only lists in wheat. And I didn't fit neatly into his box for type O people.

Someone is always trying to put us into those boxes—body types, blood types, personality types, etc., and all those boxes have their own rules. Then there are all those beliefs and rules for eating raw, live food versus cooked food; vegetarian food versus non vegetarian or other sub-vegetarian groups; spices versus no spices; herbs vs. soy; and my favorite, chocolate versus no chocolate. My least favorite and most difficult rules to follow and remember were the food combining rules, especially when I found conflicting theories on them, too.

What to do? You have probably heard or read it before. Use your own inner guidance! Don't let someone else's beliefs and rules become dogma in your life! There are many good guidelines out there and most are beneficial. But don't let yourself become a slave to them like I was. And don't condemn or feel superior to anyone who is not following the path you think is right, like I did. Many of you may be in a survival mode, afraid for your lives, as I was, because

you have, or have had, dis-ease. But there is a time to have faith that your body knows what is best and to be able to listen to what it is telling you (with abdominal distress, such as belching, bloating, gas, or headaches, spaciness or other sensations). Pay attention and keep a food journal. You can also ask for guidance in meditation or dreams. In her inspiring book, [You Can Heal Your Life](#), Louise L. Hay gives us her philosophy on diet and eating: if it grows and she likes it, she eats it. Right on, Louise!

Kripalu Center's philosophy is also right on target and recaps what I have been saying. "There is no one specific diet that is right for everyone. Because of diversities in culture, genetic background, body types and lifestyles, each person must find the way of eating that suits [him or her] best. We call this intuitive eating, and the process begins with CHEWING...Chewing your food to liquid will overcome a multitude of dietary sins! Although what we choose to eat affects us on all levels, HOW we eat has a profound effect." Whenever possible, let each mouthful of food become a meditation as you breathe, relax and savor each bite, affirming thoughts as you chew.

Here are ten great reasons to chew thoroughly:

TEN GREAT REASONS TO CHEW THOROUGHLY:

- 1. Develop patience, gratitude, and appreciation.**
- 2. Develop your inner guidance.**
- 3. Normalize your weight.**
- 4. Reduce your craving for sweets.**
- 5. Strengthen digestion and increase assimilation.**
- 6. Increase your body's alkalinity.**
- 7. Strengthen your immune system.**
- 8. Improve your body's elimination process.**
- 9. Reduce or eliminate bad breath and excess gas.**
- 10. Save money by spending less on groceries and medical bills.**

(Thanks to Kripalu Health and Yoga Center and *The Power Eating Program*, by Lino Stanchich.)

Faith in your Self, Truth to this Self and Moderation in all other things, including chocolate (typically a woman's addiction) are the major keys for Self Empowerment. Make your own rules, and follow them, remembering the moderation part. If, when you make mistakes, you learn from them, you will not fail. ~

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