

Stuart Showalter
Child Custody Coach
P. O. Box 374
Lebanon, IN 46052
Stuart@StuartShowalter.com
317.474.3143

Tutorial - Dietary Well-being

The first step to well-being is acknowledging that you are not well. That, you have admirably done. Likewise you must accept responsibility for your well-being. That includes getting to the point of not being well and returning to wellness.

Whether what ails you is, heart disease, obesity, depression, diabetes, fatigue, high blood pressure, a combination of these, or nearly any other adverse condition there is usually one common factor - decisions made. You may not have been entirely in control of your outcome. This is especially true of genetic factors and your childhood. It is akin to the climate in which you were raised. As an adult you have been free to choose where you reside just as you have been free to choose whether you consume food. Thus, for the most part, it is decisions you made that determined your current state of wellness.

If you are truly desiring to improve your well-being then you should easily be able to make one commitment that has been effective for many people and stick to it. That simple commitment is to *eat food*, not as a supplement but, as your sole source of digestive material. Leave garbage where it belongs which is not in your body. Pigs will eat about anything but even sewer rats will discern between food and some garbage.

Although much material that should be in landfills has been disguised as food it is still easy to determine what is a food. You may find yourself questioning some of what I have suggested avoiding or have labeled as non-foods based upon no proof that they are unsafe. Keep in mind that lack of proof of harm is not the same as proof of fitness. An acquittal at trial does not prove innocence, only lack of proof of guilt. DDT, Thalidamide, PCB's, Malathion and thousands of other chemicals that have caused untold amounts of harm or death were never proven safe and only taken off the market after being shown to be unsafe. This is why all engineered "foods" should be avoided.

Determining what is a food

1] Is it real?

Some immediate clues that a food is not real are terms on the ingredients label that you are unable to identify or pronounce. The word "artificial" appearing anywhere in the ingredients indicates it is not a real food. Try finding miniature carrots growing in a garden.

2] Is it nourishing?

Something that is nourishing provides substances necessary to life and growth. While some so-called foods contain calories they lack other nutrients necessary to sustain life and growth. Therefore, those are not foods.

3] Does it have a long shelf life?

Most foods begin a process of deterioration upon termination of their nutrient source. Sealing in packages or cooling can help retard this natural process. Other means are not natural and if it is not natural then you no longer have a food.

4] Can you identify it by touch, taste, odor or sight?

Do not overlook the importance of using your senses to identify food. If you can't look at a food and identify it then there is a great likelihood that it is not a food. When I say "a food" I am speaking of a single ingredient – not a Twinkie. As humans we are endowed with ancestral knowledge about what is a food. If it has a repugnant odor and sharp bitter taste then it is likely not edible. This is because our ancestors who found poisons to be pleasant in taste or aroma weren't around to pass on those genes.

The six major nutrient groups

Protein

Protein is necessary for muscle and bone growth. Protein does not cause muscle growth but rather facilitates it. Muscle and bone growth are the result of compensation for pressure demands. If you do not use your bones and muscles to maximum capacity they will deteriorate to match maximum stressors. Two servings [about 15% of total calories] of protein daily is sufficient for most people. Adults and children can readily obtain sufficient protein from a vegetarian or similar diet.

Carbohydrate

Carbohydrates are found in two forms: starches and sugars. Carbohydrates are what the body converts to blood sugar which provides energy to the cells. There is not difference in the conversion rate to blood sugar of sugars or starches. Carbohydrates are found in grains [corn is a grain], vegetables, fruits, legumes and dairy products. 7-15 servings of vegetables, 4-8 servings of fruit, and 4-7 servings of grains [about 70% of total calories] is sufficient for most people. Dairy products should only be consumed if from non-GMO goats milk and limited to one serving per day.

Fat

Fat is a dietary essential which should comprise about 15% of your caloric intake. Fats that are liquid at room temperature (unsaturated) are preferable. Good sources are those found in fish, nuts and vegetables.

Vitamins and Minerals

If a purported food product does not contain vitamins and minerals in proportion to calories then you are likely not getting a food. This is only an indicator though and should not be used as a bright-line deciding factor. Oats have few vitamins and

minerals but are a good source of protein and dietary fiber.

Fiber

Technically fiber is a non-nutrient as it is not digested by the human body. However, fiber is essential to proper digestion and assists in nourishing the body. It also provides good bulk to help satiate appetite if you are pursuing weight loss. A healthful diet contains all of your fiber needs thus supplementation is not necessary.

Water

Something this obvious is often overlooked because it is often hidden in foods. While it is possible to survive for weeks without ingesting food a much shorter length of time without water can prove fatal. The best sources of water are fruits and vegetables. Well water that is not contaminated by agricultural or livestock runoff, spring water, and municipal water supplies are also good sources. Avoid bottled water

“Food” Ingredients

Here is just a partial list of some of the ingredients you may find listed on non-foods designed for the purpose of mimicking food and producing ailments in the human body.

Artificial colour -FD&C followed by a number
Partially hydrogenated
Citric Acid
Bleached
Low-Fat
Sugar-free
Sulfite
Gallate

Artificial flavour
HFCS - High Fructose Corn Syrup
Benzoate
Enriched
MSG - Monosodium Glutamate
Ethyl
Nitrate

Also watch for Sodium or Disodium - sodium is a conductive caustic heavy metal. Some sodium is necessary for electro-chemical brain functioning but, as with anything, too much can have adverse effects

Conclusion

My recommendations vary significantly from those found in the USDA and numerous other guidelines which basically mimic the USDA. The reason for this is primarily that the USDA is a political body that serves a political objective. The other reason is that few people making nutrition recommendations have done the testing and experimentation that I have. I follow my own advice. That is a critical difference that differentiates me from nearly all others.

I have a family history of various cancers, high blood pressure, diabetes, asthma, obesity and I am sure many other ailments. Often onset of these occurred at an age well under my current 45 years. However, I continue to astound medical personnel in that I have no adverse health conditions and the only drugs I have consumed in 25

years have been related to the extraction of teeth which is complete. I also dispel another myth through that.^[1] The reason for the divergence between my familial history and my status is that I chose not to acquire those conditions or exhibit those traits. This has for the most part been achieved by a commitment that I made at age 20 to identify and eat only food.

[1] The ADA has propounded the misinformation that lack of teeth is unhealthy and supported that through a correlation between health status and dental deficiencies. However, correlation is not causation. It is unhealthy living that usually leads to missing teeth unlike I who chose to have them extracted.

Stuart Showalter
Child Custody Life Coaching
P.O. Box 374
Lebanon, IN 46052-0374
Stuart@StuartShowalter.com