

GONADAL METABOLIC BODY TYPE DIET

GONADAL BODY TYPE – Means testicular or ovarian body type for male or female respectively.

Large Amounts Of: 4 or more servings per day of vegetables and fruit. Steamed or raw is preferable on veggies and use vegetables more than fruit because they raise the blood sugar less (lower glycemic index. Lower blood sugar rise means less release of Insulin. Lower Insulin means less production and storage of triglycerides and cholesterol.) Use organic when possible for both fruits and vegetables for less of a toxic load on the liver, kidneys and the body.

MODERATE AMOUNTS OF:

1 or 2 servings per day of fish, poultry, or eggs (broiled, grilled or boiled are always better than fried or breaded). Cheese, yogurt and milk or the goat's milk version of this if you are allergic to cow's milk. Olive oil, flax oil, coconut oil and Omega 3 fish oils, you need both plant based and fish based oils. Essential fats/oils supplementation should consist primarily of Omega-3 fish oils since our diet tends to contain excessive plant oils. Many plant oils are pro-inflammatory. Green Tea or sparkling water with small amount of unsweetened fruit juice as flavoring.

MINIMAL AMOUNTS OF:

3 or 4 servings per week. Full strength concentration fruit juice or dried fruit (even though it is natural sugar it is higher in sugar than fresh fruit and has a higher glycemic index.) Use unpasteurized, local honey, Agave nectar or real maple syrup as sweeteners. Flax oil or olive oil based butter combinations are better than margarine.

AVOID:

No more than 2 servings per week from this group. Red meats, pork, Cream (especially ice cream), spicy food (Mexican, Italian, Indian etc.), coffee, tea (green tea is ok), chocolate, butter, margarine, lard, fried/oily foods, refined carbohydrates (chips, candy, soda, white flour, wheat flour, pasta), any grains, oatmeal, flour, rice, corn, beans or any oils made from grains such as corn oil. If you can't avoid grains entirely, wheat and corn products (not corn as a fresh vegetable) are the worst offenders. Real, whole brown rice, steel cut oats and beans are lower inflammatory foods than wheat and corn products, but never the less, they are still pro-inflammatory foods.

6 or more 8oz. glasses of water per day – fresh lemon or lime can be added

SCHEDULE:

Light Breakfast: mostly complex carbohydrates, moderate protein

Light Lunch: mostly vegetables (as much as you want) , moderate amount of protein

Larger dinner: complex carbohydrates, also add protein to meal, most protein and highest calorie meal of day

MEAL EXAMPLES:

Breakfast: Fresh fruit or soaked dried fruit, Yogurt or goat's milk yogurt (not sweetened with sugar, corn syrup or artificial sweeteners.) Use plain yogurt mixed with real fruit, honey, Agave nectar or real maple syrup. Water, milk, goat's milk, herbal teas, green tea, almond milk, coconut milk or mineral water mixed with 100% unsweetened fruit juice. You may drink all the vegetable juices you want. Very minimal fruit juices or dried fruit due to high sugar content, however, these sugars are more complex in nature than refined cane sugar or corn syrup and have a lower glycemic index. Dried fruit soaked in water will lower the sugar content somewhat. Raw nuts or seeds.

Lunch: As many raw vegetables, (steamed or in soups or salads) as you want. Same drinks as above. Baked potato or sweet potato. Sushi with minimal rice. Raw nuts or seeds. Gonadal body types should have minimal meat at lunch. Grilled chicken or salmon salad is an acceptable amount of meat for Gonadal body types.

Dinner: Fish, Sushi with minimal rice, poultry, venison, lamb, liver, cheese or goat's milk cheese and eggs. Vegetables steamed, raw or in soups and salads, as much as desired. Same drinks as above. Fresh fruit or other low sugar items for dessert (try to wait ½ hour or longer after a meal before having a dessert. Mixing carbs and proteins is harder to digest than eating separately.) Raw nuts, seeds or raw vegetables can be used at any time for snacks or with meals. Example of a natural dessert if no weight loss is desired would be yogurt with fruit, sweetened with honey or fruit juices but not sugar.

FOR WEIGHT LOSS

In order to lose weight you must have normal hormonal function. This includes the Hypothalamus, Pituitary, Thyroid, Adrenals, Ovaries or Testicles. You must have proper digestion and elimination or you can not lose weight from the abdomen. Your liver must not be toxic, which is often secondary to a toxic colon. The liver and colon can become toxic because we are consuming (exogenous, from the outside) chemical poisons or producing toxins from metabolic waste or fermentation in the gut rather than proper digestion (endogenous, from the inside.) You need good gallbladder and liver function in order to process fats and burn them off. If one of the above hormonal organs or the gallbladder has been removed, you must mimic this missing function with nutritional supplementation to achieve results. Proper pancreatic function with adequate sugar handling and insulin production is essential. Pancreas must also produce adequate digestive enzymes.

When we eat simple carbohydrates, i.e., sugars and starches, these are high glycemic foods and cause a rapid and excessive rise in blood sugar which drives high insulin release. When we are in a high insulin state our body goes into storage mode.

All of the doctors in our clinic focus on Applied Kinesiology and muscle testing Chiropractic techniques. These can be utilized to help you determine what the missing link is in the blockages to your lack of weight loss. Just starving yourself does not work. This forces the body into a calorie hoarding state and lowers your metabolism.

No snacking between meals. This includes coffee, soda and fruit juices. Take 4-5 hours between breakfast and lunch and also between lunch and dinner. You may have water or unsweetened herbal tea. This is because your body burns sugars and carbohydrates easier than it burns proteins or fats. If given a source of sugars and carbohydrates such as white starches, your blood sugar skyrockets, followed by a spike in insulin. When insulin is high, our body goes into storage mode and packs on fat and triglycerides. Insulin must stay down in order to burn fat off of the body. This is why some high protein diets work for THYROID AND PITUITARY BODY TYPES.

Ironically, a common approach for treating hypoglycemia (low blood sugar) is to give the person many small meals or snacks a day, often simple sugars like hard candy. This supplies the body with carbohydrates and quickly stops hypoglycemia symptoms, but this constantly places a demand on the pancreas for insulin. It often leads to a full-blown case of diabetes by wearing the pancreas out over the years. When the blood sugar starts to drop, you get low energy, mental sluggishness, irritability, etc. Your body will start craving sugar or some other stimulant. If you wait a while, your body will reach into its stored fat and burn this for energy. This will be difficult at first if your body has been dependent on coffee, tobacco, soda, (especially colas) candy, sugar or alcohol. You will have to wean yourself off of these slowly and gradually work up to not eating for 4-5 hours between meals. Glandular nutritional support makes this easier. You can force your body more quickly away from sugar metabolism to fat and protein metabolism with aerobic exercise. You must have some natural fat in the diet to prime the fat metabolism along with good proteins. These good fats are usually oils at room temperature and are called Omega 3 or EFA's, Essential Fatty Acids. These are primarily from fish, olive oil and coconut oil. Any oil or fat that is heated to high temperature(French fry oil), exposed to sunlight, microwaves or oxygen, processed or stored for long periods of time, turns rancid and is no longer in a form that benefits the body. They are usually carcinogens or cancer promoters. To cut down on fermentation and bloating of foods in the gut and to improve digestion DO NOT EAT ANYTHING sweet within 30 minutes of a meal. DO NOT EAT within 2 hour of bedtime.

PLEASE LISTEN TO THE BODY TYPE DIET SEMINAR AVAILABLE AT OUR OFFICE FOR AN EXPLANATION OF THESE DIETING STRATEGIES. PAY PARTICULAR ATTENTION TO THE INFORMATION REGARDING THE GONADAL DIET.