

Latest Nutritional Information in a Nutshell

“Go with traditional grains, such as buckwheat, quinoa and millet, which have been around for 10,000 years, you’re better off. But gluten-containing refined grains, and modern dwarf wheat full of super-starch and super-gluten, can be problematic.” — Mark Hyman, MD, Author

“When it comes to crafting your own eating plan, listen to your body. I think we are all biochemically unique, and there is no one right diet that works well for everyone. But for many people, both the Paleo and the vegan diets can work well, and there are aspects to both I like a lot, especially avoiding sugar and dairy [for most Paleos], not counting calories, and rather simply eating recommended foods. It’s important in the vegan diet to get adequate protein, vitamin B12 and omega-3 fatty acids and to not eat too much sugar or gluten. On the Paleo diet, try to avoid factory-farmed meats and only eat low-mercury fish.” — Frank Lipman, MD, Author

Proof on what type of Eggs, Poultry and Meat to eat

Eggs

A conventional large egg houses about 33 mg of omega 3’s. One study showed that a pasture raised egg contains about twice that amount (5).

Organic Isn’t Necessarily Grass Fed

Even if you think you’re doing yourself a favor by buying organic beef, it doesn’t *necessarily* mean that the fatty acid content of this animal is much different than a factory farmed one.

Organic only means that the animal had a little more room to move around, that it was not fed anything that had been sprayed with pesticides, and that it wasn’t given antibiotics at any point in its life.

So, yes, it’s fantastic that organic animals aren’t given antibiotics in their water supply like conventional animals, and that their food isn’t laced with toxic pesticides that will end up in its muscles, which we will eat. ***BUT it also means that that cow could have been standing in a fairly dirty pen for most of its life, being fed organic corn and other grain silage, which is inherently hard for it to digest.***

You Are What You Eat

You are what you eat. It’s trite, but it’s true. Do you want to eat the Zenned out cow in a field of grass, happily munching on what IT was designed to eat, or a freaked out cow who is sick from being knee deep in other cows’ manure and eating food that makes its stomachs hurt? Do you want to eat an egg from a chicken who was so obese that she couldn’t even walk or one that was running around in a pasture with her girlfriends eating bugs out of manure piles all day? Do you want to be eating animal products that *promote* illness or ones that help prevent it? You choose.

Grass Fed versus Factory Farmed Animal Meat

The *kinds* of fatty acids you’ll find in a grass-fed cow are much different than a factory farmed animal, too. There is more conjugated linoleic acid (CLA) and omega 3 fatty acids in grass fed animals because the grass itself contains more of those beneficial fatty acids (1). CLA has

some anticancer effects and may help you firm up that belly fat(6). And as you probably know, omega 3 fatty acids are the kind of fats you find in abundance in fish, and they are anti-inflammatory. I'm not just talking about the kind of inflammation you have when you're in pain, either, like with a sprained ankle or arthritis. ***Inflammation is behind everything from diabetes to cancer to migraine headaches, not to mention heart disease. You want to fight inflammation anyway possible, and eating pasture-raised beef & eggs is one way to do it.***

How Much Omega 3 Is Really In Beef?

For instance, there are 38.5 mg of omega 3's in 3.5 oz of grain fed beef, while there are 93.2 mg in grass fed. That's almost 3x the amount of inflammation-fighting fatty acids in grass fed beef. On the other hand, that same 3.5 oz of conventional, grain fed beef contains 285 mg of omega 6 fatty acids, which are the pro-inflammatory counterpart to omega 3's (read: not good for you). That's compared to 171 mg in grass fed beef (1).

Now compared with 3.5 oz of wild caught Alaskan salmon at 2.2 GRAMS of omega 3's , there's not that much in beef (3). To put this all into perspective further, if you were to take a good fish oil supplement to try to get your omega 3s that way, a dose is usually about 1-2 gm. (I think the real lesson here is that we all need to be eating more fish...)

But most people in this country aren't eating salmon: you're eating burger meat and chicken (4), so we need to get our omega 3's where we can get them. ***If grass fed beef is going to have almost 3 times the amount of omega 3's and almost half the amount of omega 6's, that's what I'm going to eat.***

What I Believe

I believe there is a middle way. There is no ONE way that everyone should live or eat. People can still love animals and care about protecting the environment AND honor their own animal bodies and consume the foods that they need.

I believe there are many paths to health.

I believe you can love and care about animal welfare and still consume them.

I believe most people should be eating more vegetables and less processed, chemicalized, processed junk food.

I believe we should restructure the way animals are raised so that they live in more natural, comfortable, humane surroundings and stop force-feeding them 80% of all antibiotics used in the US.

I believe humans are animals. And some animals need to eat other animals to be healthy. Some do not.

Dr Kate's Guide to Macronutrition/what to eat

Applied kinesiology is extremely helpful in clarifying what is best for you and not anybody else.

Remember that the what we need changes with diet and lifestyle as we interact with our environment. So stay fluid in your thinking with some general rules that are always constant.

There are a few universal key concepts that apply to all people:

- **it is important to address your blood sugar with food choices, and consistent meals**
 - do not skip meals, especially breakfast
 - eat low glycemic index foods (this is a number below 65, you can get a list online); this number rates how quickly the food turns to sugar
 - ***balanced blood sugar / less extreme insulin/sugar fluctuations means less inflammation in the body***
 - protein and fat increase glucagon which has the opposite effect of insulin (which is good)
 - carbs increase insulin, high levels of insulin= inflammation, diabetes, cancer, heart disease, autoimmune disease, just to name a few...
- **it is important to support your immune system with your food choices as foods can get the immune system fired up in a bad way...**
 - food sensitivities are related to the following symptoms:
 - acne, eczema, skin rashes
 - anxiety, panic attacks
 - depression
 - fatigue
 - mood swings
 - asthma
 - arthritis
 - ADHD
 - autism
 - bed-wetting
 - chronic diarrhea
 - diabetes
 - chronic ear and other infections (sinus, kidney, bladder, etc...)
 - year round hay fever symptoms, stuffy nose
 - headaches: both tension and migraines
 - irritable bowel syndrome
 - infertility
 - muscle aches, fibromyalgia
- **it is important to address your emotions around food**
 - notice what is happening for you emotionally when you are craving an unhealthy food, cigarette, alcohol, or drug
- **it is important to only eat foods that existed 100 years ago**
 - the news is not yet out on many of the newer man-made ingredients
 - that means avoid: high fructose corn syrup, genetically modified foods,

Aspartame/nutrasweet, etc...

- **it is important to find out your metabolic type (see resources page on my website for the self test, your metabolic type can change as well)**
 - not all people do well on high protein or high vegetable diets
 - take the test and find out the best food type for you/ go this link to test yourself: <http://www.drkateklemer.com/resources/>
 - most of us a genetically mixed mutts so this helps clarify what type of fuel works for us. This test needs to be taken yearly because our needs can change based on our lifestyle, and environment.
- **it is important to address your blood type with food and lifestyle choices**
 - this diet helps you understand your constitution and how to better take care of your body in response to stress, and lifestyle choices: such as the best exercise, sleep, and emotional habits to follow.
 - Do not use this for food choices, it is better for lifestyle choices
- **it is important to not be completely vegetarian and definitely not vegan**
- **It is important to not only eat meat.**
- **it is important to eat good fat** (yes, good saturated fat, in small amounts is important),
- **it is important to eat free range, grass fed, organic food;** especially meats whenever possible
- **avoid:** dirty dozen veggies and fruits, corn fed animals, factory farmed meats and eggs, and all seafood (due to the Fukushima accident and years of dumping toxins into our oceans)

certain fats are good= most people in all of the research studies benefit from more fat in the diet than less:

- avoid all hydrogenated (trans) fats
- avoid polyunsaturated oils
- **USE:**
 - EXTRA VIRGIN OLIVE OIL as a dressing on things (do not use in cooking unless it is low heat)
 - SMALL AMOUNTS OF UNREFINED FLAX SEED OIL (DO NOT HEAT AND KEEP REFRIGERATED)
 - USE COCONUT OIL FOR BAKING, AND COOKING... IT IS VERY STABLE IN HEAT
 - USE ANIMAL FATS FOR **OCCASIONAL** FRYING (duck and goose fat, suet, and tallow are best
 - EAT EGGS WITH THEIR YOLKS THAT ARE FRESH (NOT THE PRE-MIXED EGGS
 - EAT ORGANIC GRASS FED BUTTER OR GHEE

why coconut oil = best source of lauric acid

- best for cooking because it is stable at high temps

- essential saturated fatty acid (need to get this from diet/ can't make our own)
- enhances the immune system by protecting against viruses, yeasts, parasites, and other pathogens in the gut
- it increases your metabolic rate for weight loss
- it helps regulate blood sugar
- it is an anti-inflammatory in the GI tract (good for IBS, Crohn's)
- keeps skin young
- various ways to eat it:
 - coconut oil can be used for sauteing if not subjected to super high heat (its too high when it starts to burn/get smoky)
 - do not use hydrogenated type
 - use food grade
 - canned whole coconut milk (use whole not light, no additives)
 - do not use shredded coconut from supermarkets= loaded with sugar
- what type of coconut oil to buy:
 - certified organic
 - no refining
 - no bleaching
 - no deodorization
 - no hydrogenation
 - non genetically modified
 - low level heated
 - made from fresh (not dried) coconuts

people with compromised immune systems should eat 20-25 grams of lauric acid/day

- 12 grams are in about 2 Tablespoons of coconut oil (you can add it to hot water and drink it like tea)
- 10 grams are in ½ cup of canned whole coconut milk

AVOID SUGAR: (sucrose, fructose, glucose, white flour) try not to eat it because...

- it increases insulin hormone which causes: cancer, heart disease, diabetes, etc...
- it suppresses your immune system via suppression of white blood cells
- increases blood cholesterol
- increases triglycerides
- increases platelet adhesiveness
- increases corticosteroid/ stress hormone levels
- increases gastric acidity
- shrinks the pancreas
- enlarges the adrenal glands and liver
- increases heart disease (candy bar storage story)
- causes mood swings
- causes hyperactivity, lack of concentration, behaviour problems,
- causes diabetes

- creates cravings for coffee and tobacco
- creates candida overgrowth
- tumors are enormous sugar absorbers
- bone loss
- dental decay
- raises cholesterol
- makes you fat
- **good sugar substitutes= stevia**
- **avoid splenda, aspartame, saccharine**

GRAINS SHOULD BE EATEN IN SMALL AMOUNTS

- **Cold Breakfast cereals, puffed wheat, and rice, and rice cakes are processed with high heat which makes them toxic**
- **if you are going to eat grains it is best to soak or ferment the grains before eating them sprouting, overnight soaking, and old fashioned sour leavening predigest the grains these things neutralize phytates and enzyme inhibitors found in the grains .**
- **Best grains are organic Quinoa, Millet, and Buckwheat**
- **Rice is associated with Arsenic a poison**
- **Don't eat them a lot, a few times a week or month is ok**

GENERAL RULES FOR CARBOHYDRATES

- eat veggies raw or lightly steamed when possible because it does not destroy the nutrients and enzymes, and has a lower glycemic index raw.
- **juicing is a very good way to get a high concentration of vegetables in your diet**
- **especially with low glycemic veggies, fruits, and particularly greens**
- **make sure you get a lot of greens; they clean the liver and the blood**
- **vegetables are the most important nutrient you can eat; they have fiber, enzymes, vitamins, and minerals**
- forget about eating pizza, pasta, baked goods at restaurants on a regular basis, avoid wheat and gluten as much as possible/ at least 90% as it has been so modified it is now a "frankenstein food" that causes leaky gut.

JUICING IS GOOD TO DO AT LEAST 5X PER WEEK:

- It is all about the greens, getting them down the hatch, do not get carried away with other ingredients!
- I like the Breville or the Jack Lalane juicers

- **recipe for two:**
 - **two bunches of collard greens or kale (try to roll these so they are more solid)**
 - **two carrots**
 - **ginger**
 - **peeled lemon**
 - **two granny smith apples**
 - **celery**

PROTEIN: most important to eat organic free range, grass fed meats in small portions

- there are no indigenous tribes that are vegan (read more from the Weston Price foundation)
- can only get B12 from meat
- difficult to get all essential amino acids and zinc from vegan diet
- eat 100% grass fed (100% of the time not just at the end of their life)
- no hormones/steroids
- no antibiotics
- no chemicals
- portion should be based on blood type and metabolic type: Type O can eat a lot more than Blood Type A, and AB+B Are somewhere in the middle.
- try to eat rare or medium rare (except for poultry)
- turkey is good for type A blood due to tryptophan = serotonin increase

fish= it is not such a good idea to eat much fish these days after Fukushima, etc.

eggs= free range, organically fed, grass/pasture fed, omega 3 enhanced are best

- one of the best sources of protein and good fat
- food allergies: raw is less allergenic than cooked
-

12 Most Contaminated produce= (so it is important to get these in organic form)

- Peaches
- Apples
- Sweet Bell Peppers
- Celery
- Nectarines
- Strawberries
- Cherries
- Pears
- Grapes (Imported)
- Spinach
- Lettuce
- Potatoes

12 Least Contaminated if Not o

- Onions
- Avocado
- Sweet Corn (Frozen)
- Pineapples
- Mango
- Asparagus
- Sweet Peas (Frozen)
- Kiwi Fruit
- Bananas
- Cabbage
- Broccoli
- Papaya

WHY ORGANIC FOOD IS BETTER

1. Reduce The Toxic Load: Keep Chemicals Out of the Air, Water, Soil and our Bodies

Buying organic food promotes a less toxic environment for all living things. With only 0.5 percent of crop and pasture land in organic, according to USDA that leaves 99.5 percent of farm acres in the U.S. at risk of exposure to noxious agricultural chemicals.

Our bodies are the environment so supporting organic agriculture doesn't just benefit your family, it helps all families live less toxically.

2. Reduce if Not Eliminate Off Farm Pollution

Industrial agriculture doesn't singularly pollute farmland and farm workers; it also wreaks havoc on the environment downstream. Pesticide drift affects non-farm communities with odorless and invisible poisons. Synthetic fertilizer drifting downstream is the main culprit for dead zones in delicate ocean environments, such as the Gulf of Mexico, where its dead zone is now larger than 22,000 square kilometers, an area larger than New Jersey, according to Science magazine, August, 2002.

3. Protect Future Generations

Before a mother first nurses her newborn, the toxic risk from pesticides has already begun. Studies show that infants are exposed to hundreds of harmful chemicals in utero. In fact, our nation is now reaping the results of four generations of exposure to agricultural and industrial chemicals, whose safety was deemed on adult tolerance levels, not on children's. According to the National Academy of Science, "neurologic and behavioral effects may result from low-level exposure to pesticides." Numerous studies show that pesticides can adversely affect the nervous system, increase the risk of cancer, and decrease fertility.

4. Build Healthy Soil

Mono-cropping and chemical fertilizer dependency has taken a toll with a loss of topsoil

estimated at a cost of \$40 billion per year in the U.S., according to David Pimental of Cornell University. Add to this an equally disturbing loss of micronutrients and minerals in fruits and vegetables. Feeding the soil with organic matter instead of ammonia and other synthetic fertilizers has proven to increase nutrients in produce, with higher levels of vitamins and minerals found in organic food, according to the 2005 study, "Elevating Antioxidant levels in food through organic farming and food processing," Organic Center State of Science Review (1.05)

5. Taste Better and Truer Flavor

Scientists now know what we eaters have known all along: organic food often tastes better. It makes sense that strawberries taste yummiier when raised in harmony with nature, but researchers at Washington State University just proved this as fact in lab taste trials where the organic berries were consistently judged as sweeter. Plus, new research verifies that some organic produce is often lower in nitrates and higher in antioxidants than conventional food. Let the organic feasting begin!

6. Assist Family Farmers of all Sizes

According to Organic Farming Research Foundation, as of 2006 there are approximately 10,000 certified organic producers in the U.S. compared to 2500 to 3,000 tracked in 1994. Measured against the two million farms estimated in the U.S. today, organic is still tiny. Family farms that are certified organic farms have a double economic benefit: they are profitable and they farm in harmony with their surrounding environment. Whether the farm is a 4-acre orchard or a 4,000-acre wheat farm, organic is a beneficial practice that is genuinely family-friendly.

7. Avoid Hasty and Poor Science in Your Food

Cloned food. GMOs and rBGH. Oh my! Interesting how swiftly these food technologies were rushed to market, when organic fought for 13 years to become federal law. Eleven years ago, genetically modified food was not part of our food supply; today an astounding 30 percent of our cropland is planted in GMOs. Organic is the only de facto seal of reassurance against these and other modern, lab-produced additions to our food supply, and the only food term with built in inspections and federal regulatory teeth.

8. Eating with a Sense of Place

Whether it is local fruit, imported coffee or artisan cheese, organic can demonstrate a reverence for the land and its people. No matter the zip code, organic has proven to use less energy (on average, about 30 percent less), is beneficial to soil, water and local habitat, and is safer for the people who harvest our food. Eat more seasonably by supporting your local farmers market while also supporting a global organic economy year round. It will make your taste buds happy.

9. Promote Biodiversity

Visit an organic farm and you'll notice something: a buzz of animal, bird and insect activity. These organic oases are thriving, diverse habitats. Native plants, birds and hawks return usually after the first season of organic practices; beneficial insects allow for a greater balance, and indigenous animals find these farms a safe haven. As best said by Aldo Leopold, "A good farm

must be one where the native flora and fauna have lost acreage without losing their existence.” An organic farm is the equivalent of reforestation. Industrial farms are the equivalent of clear cutting of native habitat with a focus on high farm yields.

10. Celebrate the Culture of Agriculture

Food is a ‘language’ spoken in every culture. Making this language organic allows for an important cultural revolution whereby diversity and biodiversity are embraced and chemical toxins and environmental harm are radically reduced, if not eliminated. The simple act of saving one heirloom seed from extinction, for example, is an act of biological and cultural conservation. Organic is not necessarily the most efficient farming system in the short run. It is slower, harder, more complex and more labor-intensive. But for the sake of culture everywhere, from permaculture to human culture, organic should be celebrated at every table.

Omega-3 fatty acids found in fish have been linked to:

- lower blood pressure
- lower heart rate
- lower risk of death from heart disease
- lower risk for stroke
- lower risk for depression
- lower risk for some cancers

Because farm raised fish don't have lots of room to swim and are prone to disease, they are often given antibiotics as well as commercial dyes to give them a healthy color. Even the feed they are given may have toxins that are passed on to the consumer.⁵

While farm raised fish often costs less than their wild caught counterparts, the health risks and lack of flavor truly don't merit buying such an inferior product. Having said this, however, there are many aquaculturists that operate responsibly and you can eat the fish from these farms without sacrificing your health or that of the planet.

Take Fermented Cod Liver Oil, +/- Omega 3,6,9 Fatty Acid Supplements from now on as Our Oceans are Polluted and Farm Raised Fish are not healthy either. This insures that the pollution is taken out of the fish. We need to get these fatty acids in our diet or by supplementation.

This is a list of good fish, but recently they are showing to have levels of radiation, pcb's and mercury, due to Fukushima Power Plant meltdown, and polluted oceans.

- **Salmon**
- Halibut
- Tuna
- Cod

- Sardines
- Anchovies

Fish To Avoid due to toxicity...

- Swordfish
- Shark
- Tilefish
- King mackerel
- White (albacore) tuna
- Warm water fish like orange roughy
- Shellfish like clams, lobsters, oysters, shrimp and scallops
- Fish whose color has been preserved with dyes
- Farmed fish (unless from a responsible aqua-culturists)

Eat Fermented Food Every Day or Take probiotics Daily

Gut health is a major part of overall health. What we eat every day supports us or challenges our health. When we eat fermented foods or take a probiotic we are lowering inflammation in the body, and strengthening our immune system to fight diseases like cancer, heart disease, and auto-immune diseases.

- kombucha
- kim-chee
- sauerkraut
- etc...

General Information:

- in the winter months eat more soups
- make soups from bones/ bone broth if you have gut issues, or are sick
- Eat more salads and raw veggies in the warmer months
- Eat a ton of vegetables
- It is easier to be vegetarian in warmer climates near the equator, as well as if it is in our ancestry.
- It is better to eat more fat and meat in the winter in the northern hemisphere.
- Always eat foods only that existed 100 years ago.
- Take vitamin D3 in the winter months/ 5000-10,000 IU's to prevent sickness, breast cancer if you live in the northern hemisphere