

CHAPTER 1 INTRODUCTION TO NUTRITION	1
The best way to determine if a food is ‘yours’:	3
VERY SIMPLE FOOD RULES.....	3
CHAPTER 2 DIGESTION	5
The Parts of You That Aren’t You- Our Living Shield.....	5
Stage One- Seeing, Smelling, Tasting (not stressing)	7
Stage Two- Stomach, Here It Comes	8
Stage Three- Enzymes, Bile, Bacteria, and pH	10
Stage Four- Recovery of Electrolytes and Probiotic Farming.....	12
Colonoscopies- Beware.....	13
The Unhappy Digestive Tract	14
When Should I Eat? No Time, No Time.....	15
Checklist and Notes:.....	16
CHAPTER 3 START WITH THE BASICS	17
PROTEIN.....	18
3 Ways to Calculate Your Daily <i>Minimum</i> Protein Requirement	19
Getting Protein	20
Children and Protein:	22
Women and Protein:	23
Protein and Seniors	23
POTASSIUM FOR VITAL ENERGY	24
Sample Protein - Potassium Meals	27
Potassium Calculator- Daily Optimum:	28
Getting Potassium	29
Potassium Quickie Recipes	32
Potassium Bread Recipe (only for the wheat tolerant).....	32
Western Diet Deficiency Disease	34
Beef Bone Stock - building/maintaining bones and joints	35
CHAPTER 4 LECTINS-PROTEINS THAT MAY CAUSE DISEASE	38
Lectin-The Definition.....	38
Do Dietary Lectins Cause Disease?	40
Lectins In Plain English	42
We are or become lectin sensitive because:.....	44
What Does Lectin Intolerance Mean To Me?	46
Determining Intolerance To Lectins And Treatment	47
Lectin Research Abstracts.....	47
Testing for Lectin Intolerance	49

Checklist and Notes:.....	50
CHAPTER 5 ABOUT FATS.....	51
Fats and Oils: Rules for Handling and Storage	56
Terms Used	57
Some Scientific Fatty Acid Stuff You Need To Know	58
Fats and Light.....	59
Fats and Degenerative Disease.....	61
Omega-6 (vegetable oils) and Cancer	61
Essential Fats for Humans	62
Omega-3 (Fish Oil, not flax) Fatty Acid	62
Supplementing Omega-3.....	64
Fats and Disease- The Importance of Omega-3	66
Key Facts Regarding n-3 and n-6.....	68
Extra Virgin Olive Oil- Nature's Tree of Life.....	69
Essential Fatty Acids Explained.....	69
Omega-3 Fatty Acid Food Sources	71
Omega-6 Fatty Acids	72
NIH Conference 2000 Essential Fats	73
Fatty Acid Table and Graph Explanations	75
To Summarize Fats.....	77
Checklist and Notes:.....	78
CHAPTER 6 MINERALS, STRUCTURAL AND FUNCTIONAL.....	79
MAGNESIUM- THE RELAXER	79
Formula To Calculate Magnesium Daily Requirement.....	80
CALCIUM, MAGNESIUM AND VITAMIN D- METABOLIC FACTORS.....	81
D, Magnesium, and Calcium - What And When.....	83
Vitamin D Guidelines	83
Magnesium and Calcium Guidelines:	84
Magnesium Supplementation	85
Checklist and Notes:.....	87
CHAPTER 7 SUNLIGHT AND HEALTH	88
Ultraviolet Light.....	89
The D Connection	89
Testing vitamin D	91
Calcium, Magnesium, Vitamin D and Obesity	92
United States Latitudes and Sunlight	93
CHAPTER 8 VITAMINS, MINERALS AND MICRONUTRIENTS.....	94
How Vitamins And Minerals Are Measured.....	94
Fat Digestion and Fat-soluble Vitamins	95

Critical Nutrients, A, D and Folic Acid.....	95
Vitamin A (Not Beta-Carotene)	96
Vitamin B complex	97
Folic Acid.....	98
Folic acid and cervical dysplasia.....	99
Vitamin B-12.....	99
Vitamin C.....	99
Vitamin D.....	100
Vitamin E.....	100
Vitamin K, Anti-oxidant Extraordinaire.....	101
Who Needs Supplemental Vitamin K?	102
Vitamin K Studies.....	103
Micro-Minerals	111
Iron.....	111
Iron Overload Disease- Hemochromatosis	112
Zinc.....	113
Zinc Test	113
Manganese	114
Trace Minerals	115
Iodine	115
Selenium	115
Electrolytes.....	116
Checklist and Notes:.....	117
CHAPTER 9 BASIC FOOD PLAN- EASY WAY OR HARD WAY	118
Formula For Determining Your Daily Nutrient Need.....	118
Carbohydrates	119
Best Sources Of Carbohydrates.....	120
Proteins.....	121
Fats.....	121
Food, How Much And When	122
Water	122
Sample Meals	123
CHAPTER 10 PUTTING IT ALL TOGETHER	125
Special Situations.....	128
Dairy Or Grain Or Legume (LECTIN) Intolerant.....	128
Vegetarian	128
Overweight.....	129
Obesity: More Than 30 Pounds Over Ideal Body Weight.....	132
Obesity, Inflammation and Hypoxia.....	133

Obesity No More.....	134
Debunking Media Nutrition Myths.....	135
CHAPTER 11 EXERCISE FOR HEALTH AND LIFE	137
CHAPTER 12 HEALTH, IMMUNITY AND AGING	143
CHAPTER 13 SPECIAL FORMULAS FOR SPECIAL SITUATIONS.....	149
Your Immune System.....	149
For Colds And Flu With Or Without Fever Including H1N1.....	150
Olive Leaf Extract	151
Antibiotics, When and How?	153
A Healthy Gut May Resist Allergies, Asthma	153
For Allergies Caused By Pollen, Dust, Animals, Etc.....	154
For Asthma, Cold Or Flu Night Time Relief	155
For Low Blood Sugar Or Following Sugar Or Alcohol Bingeing.....	155
Depression-Mild.....	155
Anxiety	157
Pain and Inflammation- Acute or Chronic	158
Arthritis Pain and Inflammation	158
Headaches	159
For Healthy Teeth And Gums	160
Testing pH.....	161
Insomnia-Intermittent.....	161
Melatonin, Not Just For Sleep	162
To Prevent Viral Infections Which Frequently Occur After Flying.....	162
For Jet Lag.....	163
For PMS	163
Digestive Disturbances	163
Heart Burn After Eating Or GERD (Gastrointestinal Reflux Disease).....	163
Gallbladder Pain After Eating.....	164
Diarrhea	164
Constipation.....	165
Ulcer or Dyspepsia caused by Helicobacter Pylori Treatment Protocol	166
Parasite Treatment Protocol.....	167
Irritable Bowel (IBS), Diarrhea And Constipation	167
Overgrowth Of Candida In The Bowel.....	168
Understanding Your Digestive Tract.....	168
Immune Restoration Program.....	171
Lactoferrin.....	175
Aspirin, Advil, Motrin And Other NSAIDs, Safe Use Of Pain Meds.....	177
Topical Ointment Recipes And Applications	177

Your Skin	177
Chlorine and Your Skin	179
Soaks	179
Ointments, Sprays And Lotions	179
Burns, Rashes, Wounds:	179
Warts:.....	180
Skin Cancer, Basal Cell:	180
Athlete's foot fungus	180
Topicals For Joint Or Muscle Pain	181
Arthritis, Bursitis, Tendonitis	182
Vitamin K Topical Treatment- Bruises, Varicose Veins, Spider Veins.....	182
C Spray Or Lotion To Prevent And Reverse Sun Damage	183
Anti-Aging For Skin	184
Supplement Formula For Animals.....	185
Pet Dysbiosis (Gut bugs).....	186
Sanitation Of Food And Food Areas.....	186
CHAPTER 14 HELP FOR SPECIAL CONDITIONS.....	188
Hidden Enemies- Mycoplasmas, Chlamydia and the Dreaded Viruses	188
Fibromyalgia/Chronic Fatigue	188
Polycystic Ovarian Syndrome- PCOS.....	190
Aging, the Thyroid, Vitamin D and Probiotics	191
Pregnancy- Creating New Life.....	191
Feldenkrais for Healing Bodily Injury and Chronic Pain.....	193
Anat Baniel Method- Feldenkrais for ADD, ADHD, Learning Disorders, Cerebral Palsy, Post-surgical Injury Recovery and More	193
THE RESEARCH REFERENCES.....	195
CHAPTER 15 OTHER PEOPLE'S IMPORTANT STUFF.....	221
SUGAR'S GOOD SIDE	221
HYPOTHYROIDISM.....	226
Sensitive Diagnosis and Optimized Treatment	226
ABOUT FATS, AGAIN	227
Unsaturated Fats and Oils: Toxic © Ray Peat.....	227
Essential Fatty Acids ("EFA"): A Technical Point	232
Coconut Oil © Ray Peat.....	233
The OILING of AMERICA Part 1 of 2.....	237
The OILING of AMERICA Part 2 of 2.....	245
SOY-SCIENTIFIC DEBATE.....	256
From Tofu And Tacos To Burgers And Baby Formula	256
Tragedy and Hype The Third International Soy Symposium.....	258

SOY- REAL DANGERS	269
Brain Aging and Midlife Tofu Consumption	269
Soy Formulas and the Effects of Isoflavones on the Thyroid.....	270
Infantile Leukemia and Soybeans- a hypothesis	271
Vegetarian Diet In Pregnancy Linked To Birth Defect.....	271
Soy Lowers Brain Calcium-binding Protein, A Brain Protector	272
Addendum	274
SUGGESTED READING LIST	274
Clinical Tests and Laboratories.....	277
Skin Type Guidelines.....	279
Sunning Chart.....	280
UV-B Meters.....	280
Getting Started- Program FAQ.....	281
Safe Supplement Information, check your multi-	283
Amino Acid Supplements	284
Pregnancy Supplements	285
Index of Figures	286
Index	287