

# Perfect Diet - A Sample



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## ***COMMON HEALTH DISORDERS & THEIR DIETARY SOLUTIONS***

Depending upon individual health concerns and issues, food choices can affect body and mental health. To focus on improving and strengthening your overall health and well being, here are common health concerns for both genders listed in alphabetical order and the foods that would work best in individual perfect dietary planning.

**ACNE** – To help fight acne problems, eat plenty of fruits, vegetables and cereals. Lay low on sweets (especially chocolate), fried foods, fats, carbonated beverages, nuts / peanut butter and dairy products.

**AGING** – Watch intake of foods high in caloric content. Focus on complex carbohydrates, calcium to fight off osteoporosis and minimize fat and protein consumption. Men on average over age 50 only need around 63 grams of protein a day; women need 50 grams. Calorie-wise, men need to decrease overall daily calorie totals by about 600; women 300 calories per day.

**AIRSICKNESS** – Put nutmeg under your tongue.

**ALLERGIES** – Drink infusion of wild thyme, take garlic capsules or chew peeled garlic cloves, or drink mineral salt teas like sage tea or nettle tea. And for seasonal allergies, lay low on breads (especially white), rice and pasta.

**ANXIETY** – The old standby cup of warm milk and honey soothes jagged nerves. Mix in a little cinnamon and / or nutmeg. Chamomile and Valerian teas are helpful, too.

**ARTHRITIS** – Garlic capsules and peeled garlic can help here. So can fish oil capsules and fish each day in your dietary planning. And drinking a glass of water a few times each day with a small amounts of apple cider vinegar and honey added are beneficial. Lemonade without sugar helps with rheumatic arthritis. Other aids: wild thyme, celery seed and honeysuckle teas and primrose leaves added to salads.

**ASTHMA** – Some foods to help are hot chili peppers, fresh garlic, onions, chili, water with Tabasco sauce, coffee (regular, not decaffeinated). Seafoods that are helpful include crab, clams, shellfish, oysters, mussels, salmon, sardines, mackerel and haddock. Grandmas chicken soup works wonders, too. Carbohydrates and fruits need to especially be included in the diet. And frozen yogurt, graham crackers and fruit juices are good snacks.

**BAD BREATH** – Brushing teeth with baking soda and water can help eliminate bad breath. Chewing parsley, mint leaves or dill seeds after eating helps, too.

**CANCER** – Lay low on fats. Eat plenty of yellow and green vegetables and fruits (for vitamin C and beta carotene); spinach, winter squash, peaches, cantaloupe, apricots, broccoli, tomatoes, yams, carrots, cabbage, brussels sprouts. Choose low-fat dairy products, leaner meats, plenty of water and high-fiber foods like whole-grain flours and breads. Include macaroni, chickpeas, popcorn, baked potato, pita bread, brown rice. For specific cancers and food choices to target for them, refer to, “Doctor What Should I eat?” by Isadore Rosenfeld, MD. (Warner Books, Inc., 1995).

**CARPAL TUNNEL SYNDROME** – Foods with vitamin B6 can help; oatmeal, sunflower seeds, liver, wheat germ, bananas, rice bran, meat, fish, chicken, avocados. And eat foods with vitamin B12; fish, liver, eggs, cheese, muscle meats and shellfish.

**CATARACTS** – Eat plenty of vitamin C; fruits and fruit juices, leafy green vegetables. Also add small amounts of vitamin A foods; milk, eggs, liver; and beta-carotenes; orange, yellow and red fruits and vegetables.

**CHRONIC FATIGUE SYNDROME** – Add some extra protein; skinless chicken, turkey, fish, egg whites, fresh vegetables and fruits and low-fat dairy products. Eat complex carbs like potatoes, pasta and whole grains. Natural fish sources are also good choices; tuna, salmon, whitefish, mackerel, herring, anchovies, bluefish.

**COMMON COLD** – These foods are helpful for fighting colds: grapefruit and other fruit juices and sections, garlic, horseradish, zinc lozenges, slippery elm tea and other vitamin C foods; broccoli, kale, potatoes and tomatoes.

**CONSTIPATION** – Remedies include cod liver oil, dandelion coffee, fresh fruits and vegetables, parsley, warm water, and slippery elm tea.

**COUGHING** – Drink warm, unsalted water in which potatoes were boiled. Or try warm milk with molasses and nutmeg added.

**CRAMPS** – Potassium-rich foods help – bananas!

**DIARRHEA** – Include in your diet: warm milk, sweet potatoes and RAB (rice, apple sauce and bananas).

**FLU** – Healthy food choices include grapefruit and garlic and beef broth.

**GALLSTONES** – Ease up on fats and refined sugars, eat more fiber; fresh fruits and vegetables (steamed veggies, too). Clear liquids are best; apple juice, broth, gelatin, 7-Up. Also include whole grains cereals, pastas and breads like pumpernickel and wheat rye, popcorn, wheat crackers and add oat bran in recipes. Lean meats and low-fat dairy products are recommended.

**HEADACHES** – Almonds are good for pain relief. So is Gatorade and ginger.

**HEART TROUBLE** – Onions and tarragon are good choices. Also skip alcohol consumption; go low on caffeine and no smoking.

**HIC-CUPS** – Drink water and then eat some bread. Other “cures” are a teaspoon of honey or slowly drinking a glass of ice water covered with a paper towel (and drinking it through the paper towel).

**INDIGESTION** – For stomach trouble, try a teaspoon of baking soda in a glass of warm water. Other food choices are eating cucumbers or apples with their peels on, bay leaves, parsley, watercress, fresh pineapple, raw carrots, grated horseradish and herbal teas: chamomile, peppermint, dill, rosemary. Lemon in coffee and mint tea with honey also help.

**INSOMNIA** – Eat a boiled onion before going to sleep.

**MENOPAUSE** – Keep going with the calcium, ladies. Go light now on coffee, tea, salt, proteins. Better are decaffeinated beverages, herbal teas, herbs instead of salt like garlic, onion and lemon. Chose lean cuts and lower-fat dairy products, whole grains, bran, fresh fruits, vegetables, lentils.

**MORNING SICKNESS** – Before bed, eat a healthy fruit or vegetable that is difficult to digest, like a carrot or apple with the skin on, or celery.

**OSTEOPOROSIS** – Go low on the caffeine, salt and tobacco. And choose decaffeinated beverages and herbal teas. Instead of salt, use onion, garlic or lemon seasoning. Up your calcium / low-fat dairy intake; yogurt, cheese, milk, soy milk, tofu, shellfish, sardines, salmon, oysters, dark green vegetables (not spinach); cabbage, collards, broccoli.

**STOMACH ACHE / UPSET**– Warm cinnamon tea, hot mint tea, herbal peppermint tea or ginger spiced tea will help.

**STRESS** – Combination of drinking water, relax / exercise first. Later – slowly eat small amount of healthy foods – fruits, veggies.

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