

## STEINER HOLISTIC MEDICINE

276 N. Spruce St.  
Crestone, Colorado 81131

**Philip Incao, M.D.**

719-256-5647  
Phone and Fax

## DIET SUGGESTIONS

Remember, in diet as in all matters of health, the key is to connect with the body's innate wisdom. Some cravings, like those for salt, protein or water, are expressions of the body's needs. Other cravings, like those for alcohol, chocolate, sugar or baked wheat goods, are symptoms of an imbalance in the body and are a cry for raised consciousness.

Our digestive system and our whole body will function better if we follow the old guideline of "breakfast like a king, lunch like a prince, and supper like a pauper". *This means eating your richer and heavier proteins and fat foods, like meat, fish, eggs, dairy, butter, oils, legumes, beans, seeds and nuts mostly before 3:00 p.m., and your fruits, desserts and sweets after 3:00p.m.* Vegetables and grains are "neutral" and can be eaten pretty much anytime.

No diet will be beneficial if we dislike it. Enjoyment of our food is a sign of health. When our body and soul are in healthy balance, then what tastes good to us is good for us. Our sense of taste and enjoyment can be a true indicator of the nourishing quality of each food. For most of us, however, taste in food and drink is strongly influenced by factors that have nothing to do with nourishment. Nevertheless we are all capable of educating our senses, including our sense of taste. It is also important to add that due to justifiable social considerations we may not always be able to eat according to our taste.

Improving the quality and rhythm of our eating can be a path of cleansing and strengthening for both body and soul. As in all paths, occasional lapses are to be expected and should not discourage us. The major indulgence we may allow ourselves once in awhile is less harmful than the little indulgence we repeat every day.

These pages are meant only as a guide and not a rigid prescription. The task is a courageous, and self-detached exploration into the nature of food and into our own nature as well.

### RECOMMENDED

#### BEVERAGES

Fresh, organic vegetable juices, especially carrot, beet, parsley (try the Chi tonic at Wild Oats) or other green juices. These are rich, powerful, alive and are infinitely better than any supplement or vitamin in powder or pill form. Frozen organic carrot juice by Naked Juice is excellent and tastes great. Organic, loose herb teas, (Not tea bags). Chamomile, fennel and licorice root are good for digestion, especially in children. Yarrow,

### TRY TO AVOID

Alcohol, cocoa, black and pekoe tea, coffee, and soft drinks. Any juice with added corn syrup or sugar or artificial sweeteners. *Especially avoid all diet drinks containing aspartame (Nutrasweet, Equal, etc.), which is a known poison with toxic effects on the nervous system.*