

Chris is doing a wonderful job cooking and experimenting with new foods. He now feels comfortable with his new eating habits and they are becoming a way of life. He is shopping in the “weird” aisles at the grocery store and now plays “stump the cashier” with the type of vegetables he purchases.

He now eats 3 regular meals a day and finds he is hungry at meal times. There is a prevailing message and goal in the diet industry that suppressing your appetite is a good thing. However, a sign of good health is a healthy appetite, not only for food but for life. Nothing is better than to be hungry for a meal and to eat good food.

In our third meeting, I asked Chris to add miso soup and brown rice to his menu planning. Miso is a soybean paste made from soybeans, sea salt, water and grain. The most medicinal type is barley miso which is aged 2 years or longer. It contains healthy enzymes which aid digestion and lowers cholesterol and blood pressure.

Recently, the Atkins’ Diet created a backlash against carbohydrates. However, complex carbohydrates such as brown rice should be consumed over refined carbohydrates such as white flour products. Our bodies run on glucose, not protein, and whole grains are the best source. The fiber eliminates toxins and improves the function of the intestines.

I asked Chris to add more blanched vegetables to his diet. Blanching brings Vitamin C and water- soluble vitamins to the surface of a vegetable. It also provides a healthy crunch which helps with stress...not that he has any!

I am so proud of Chris and his commitment to improving his health. The support he is receiving from you, the readers, helps tremendously. Thank you.