

What Diet is the Best Diet For You? Ketogenic, Paleo, PULS, Mediterranean, Low Carb, Atkins, ZONE, HCG, DASH, Anti-inflammatory, Vegan, Vegetarian, Raw food, Weight Watchers, MIND, Specific Carbohydrate, FODMAPS, TLC, Ornish, Autoimmune, Esselstyne, Candida...

By Dr Jennifer Rumancik

There are so many I am even overwhelmed!!! While in naturopathic medicine school we learnt about numerous diets. Personally, I have tried more than I can count and what I found is that I could never stay on just one. Truthfully, it was a bit disheartening; each time starting with such high excitement and optimism with a commitment to do better myself – to be the best I can be. Then, inevitably they would end in guilt because I couldn't stick it through long term.

Now, with years of experience under my belt I do not think there is one diet for everyone and how could there be?!? There are so many different variables to take into consideration: from genetics, environment influences, drug, toxin, and heavy metal intake, nutrient deficiencies, disease processes, organ damage, stress, stress, and more stress, food allergies, inflammation, warming foods, cooling foods, seasonal foods, the correct balance of raw veggies to cooked, negative thinking, anxiety / depression, and so on.

Much of it comes down to trial and error, keeping a detailed record of what you eat each day and any resulting symptoms. This will help determine which foods you are reacting to immediately or in the short term. By this alone you can ascertain a good deal of information on how to boost your energy levels and sense of well being.

However, if your digestive symptoms, energy levels, vitality etc. is still not where you want it to be, then you may be having a delayed reaction. Delayed reactions can occur up to thirty days – yes thirty! - after eating the offending food. This makes it incredibly difficult to determine what food(s) to cut out.

At this point is where I would suggest doing an elimination diet – another diet?!? - I know 😞; but, it is considered the gold standard for determining what you can and cannot eat. It involves eating only one food for ~three days to one week until your symptoms get better, then slowly introducing a new food one at a time and waiting to see if a reaction results.

I find it incredibly difficult to do this where I have even embarked on week long water only fasts only to find myself gorging on food after. So, one alternative I frequently use is an expensive private test called Mediator Released Testing (MRT) by Oxford Biomedical Technologies. It is a patented technique measuring your reactivity to a panel of 85-170 different foods and additives. It screens for inflammatory reactions which is different than a typical food allergy panel that looks at IgG reactions. With your results you can create a base line eating plan, then slowly introduce one new food at a time and watch for a



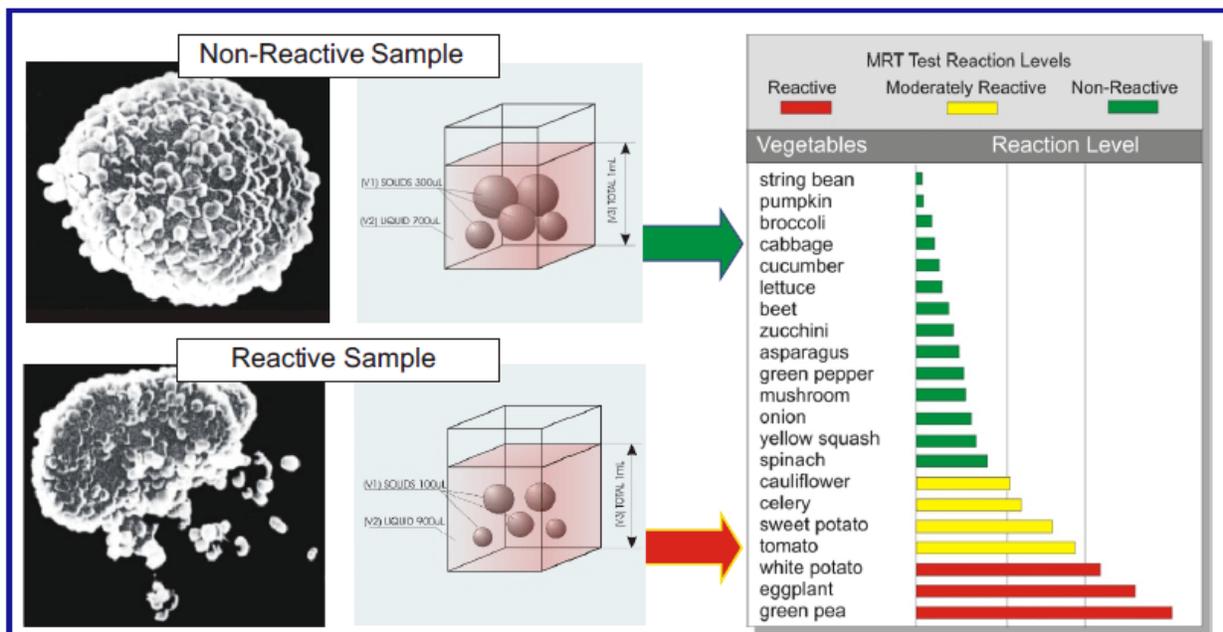
reaction. This is similar to an elimination diet, but with more options to start with speeding up the entire process and making it much easier to follow. You receive a report listing foods in three categories: red, yellow, and green. The greens are safe to eat and the yellows and reds you need to avoid for a specified amount of time then you slowly introduce them back one at a time.

The question is - is it worth the high cost?

I would recommend this to anyone who can afford it - it is preventative medicine as well as a curative. Untreated inflammation is not good - it causes an array of problems down the road including nutrient deficiencies, arthritis, pain, as well as increases one’s risk for cancer. Oxford Biomedical Technologies lists the following conditions that they see the best results for including:

- Irritable Bowel Syndrome (IBS)
- Crohn’s disease & Ulcerative colitis
- Gastroesophageal reflux disease (GERD)
- Poly Cystic Ovarian Syndrome (PCOS)
- Eczema
- Interstitial cystitis
- Chronic ear infections
- Epilepsy
- Cyclic Vomiting Syndrome
- Fibromyalgia
- Chronic Fatigue Syndrome
- Arthritis
- Depression
- Restless Leg Syndrome
- Migraines
- Attention Deficit Hyperattention Disorder (ADHD)
- Obesity

It involves taking a small blood draw, sending it away and results typically come back within in a week. Below is an example of what the test results look like:



If you are lucky and do not have any allergic symptoms, digestive symptoms, or the conditions listed above, but want to achieve optimal health follow the chart below:

INCREASE	DECREASE
<p>Fiber: flax, psyllium, chia, legumes, grains, fruit and veggies. Fiber is food for the bacteria in our intestines, which produce vitamins we need such as B12, B7, B5, K2 and short chain fatty acids helping to heal the gut. Fiber also helps bind toxins and aids its elimination.</p> <p>Veggies!!! The more colourful the better – this is a great source of antioxidants, fiber, and vitamins and minerals. Try to get different colours and types and change up whether you have them cooked or raw.</p> <p>Complex carbohydrates / starches: whole grains, legumes, squash, parsnip, plantain, yam, and potatoes – these are all high in vitamins, minerals, and fiber just remember to soak grains and legumes overnight to reduce the amount of phytic acid (a molecule that binds up minerals preventing absorption). Also keep in mind however, that the longer you cook them (the mushier they are) the quicker they will digest with a higher glycemic load. Thus, these definitely need to be eaten in a balanced meal with proteins, fats, and fiber.</p> <p>Healthy Fats: avocado, flax, olives, sunflowers seeds, pumpkin seeds, hemp hearts, poppy seeds, grass fed butter, coconut oil, etc.</p> <p>Protein: via legumes and grains along with fish, eggs, grass fed dairy and meats. Aim for 0.66g – 2.0g based on activity level for each KG you weight.</p>	<p>Sugar: especially high fructose corn syrup, which spikes your insulin faster than any other sugar and is considered by many to be toxic. A small amount of honey, maple syrup, Zevia, or fruits is ok. Only athletes or incredibly active people can take in high amounts of sugar regularly.</p> <p>White flour: there are so many reasons to avoid flour, some are included in my blog post where I talk about contamination with heavy metals. Gluten also leads to leaky gut by increasing a protein called zonulin as well as causing inflammation.</p> <p>Genetically Modified foods: these foods have been genetically modified to be able to withstand large amounts of chemical spray (glyphosate) and are typically grown in soils devoid of nutrients; as such, the plants are high in heavy metals and low in nutrients. Common genetically modified foods include canola, corn, soy, zucchini, and sugar beets. Remember if the sticker on the produce starts with the number eight (Eg8xxxxx). Inflammatory foods such as alcohol, fried meats and fats, processed meat and foods, and high fructose sugars.</p> <p>Artificial flavours and colours: give your liver and your kidneys a break by trying to decrease these extra additives. Many are neurotoxic and allergenic. A basic rule of thumb is if you do not recognize it then avoid it.</p>

Also, see my other two articles with my top 10 tips to healthy eating and Food allergies, testing, and applied kinesiology article.

Thanks for reading!