



Perfect Eating

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THE CLOSER WE EAT TO OUR NATURAL, COMMON SENSE, SCIENTIFICALLY PROVEN DIET, PERFECTION OF HEALTH BECOMES OBTAINABLE. IT IS NOT ONLY QUALITY OF FOOD THAT COUNTS BUT THE HOW'S AND WHEN'S OF EATING AS WELL. DO AS MANY OF THESE CONCEPTS AS POSSIBLE, TAKE AS LONG AS YOU NEED TO MAKE THE CHANGES, BUT FOR GOODNESS SAKE, DO SOMETHING!

- ◆ Your diet will achieve the following calorie profile by only eating an animal product (fish, fowl, red meats, eggs, or dairy) serving up to once every other day.
50% complex carbohydrates **25% fats/oils** **25% proteins**
- ◆ This profile will also give you a bulk ratio of 2:1 alkaline to acid forming foods. The chart on page 2 shows which are which.
- ◆ Eat as least 50% of your food bulk as raw. This realistically can't be applied to most animal products, so think **vegetarian!**
- ◆ Eat when hungry, every few hours if necessary. Small feedings are best as compared to the typical voluminous American dinner.
- ◆ Don't drink beverages with your food. Cease drinking up to 10 minutes before eating, and wait from 1-3 hours after eating, depending on the size and quality of the food.
- ◆ The only beverage your body ever needs is **WATER!** Anything else you drink between meals must be processed to extract the water, or can actually create a water loss. Use filtered water. When fruit juices are used, dilute them with water by 50%. If you fail to eat according to the first 5 rules, you better try to at least drink a quart a day of water. If you behave you'll need much less. Heavy sweating is an exception, since water loss here can approach gallons per day.
- ◆ Certain times of the day are not meant for eating based on the body's daily biorhythms. So try and avoid eating much in the morning or within a few hours of going to bed. This pertains to foods high in proteins more than anything. This rule is helped by point 4.
- ◆ Avoid as many man-made chemicals in your foods as possible. That means read those labels. On labelless foods such as fruits, vegetables, or bulk items, try and buy organically. This applies to all animal products as well. If you buy fast foods expect added salt and MSG in it.
- ◆ Sugar, the white poison! Try and keep it down to two sweet insults per week. Be careful on reading those labels, they'll hide sugar by some of its other chemical names: glucose, maltose, dextrose, invert sugar, brown sugar, or fructose. Obviously some of these are not as bad as others, but they are loaded with calories and are acid forming in nature.
- ◆ Use sea-salt or rock mineral salt. Don't worry too much about the salt you use in your kitchen, since 80% of the salt in the American diet is in prepared foods, (anything you eat that someone else prepared.)
- ◆ Meal sequencing is an effective way to improve digestion as well. Simply put, eat animal products last during your meal. Also, make the animal product a small portion of the meal instead of the largest. We have to get away from emphasizing the high protein diet!
- ◆ When you cook foods, do it in the safest way possible. Avoid high, prolonged temperatures. Avoid the grill with its aromatic carcinogenic smog.
- ◆ As the chart will show you, I don't expect you all to go completely vegetarian, or live in a plastic bubble. But the body can only work with so much insult, and the American way has gone far beyond the limit of our adaptability. Eat to live, eat to obtain your potential!

