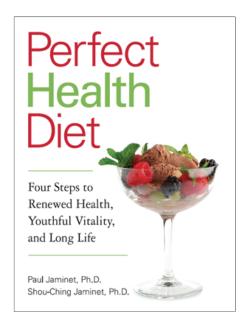
The



Color Companion



Featuring Food Pictures and Images from the Book

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and

SHOU-CHING JAMINET, PH.D.

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The Perfect Health Diet in One Page

The Perfect Health Diet is, by *calories*, a low-to-moderate-carb (20%) high-fat (65%) moderate-protein (15%) diet.

However, by weight, the diet is about 65% plant foods, 35% meats and oils.

DO eat:

About 20% of total calories (~400 carb calories per day) from starchy tubers, rice, fruits and berries. Eat as many vegetables as you like; but don't count any calories from vegetables. Be sure to include seaweed (for iodine). In total, you might eat ~1.5 lb plant foods.

About 80% of total calories (~1600 calories per day) from 0.5 to 1 lb of fatty meats, seafood, and eggs, plus ~4 tbsp healthy oils and fats. Include salmon or other cold water fish for omega-3 fatty acids. Cook with butter, animal fats such as lard or tallow, coconut oil, and olive oil; snack on nuts, cheeses, and fruits. Use spices including salt.

Do NOT eat:

Grains and cereals (including wheat, oats, and corn but excluding rice) or any products made from them (including bread and pasta).

Sugar, corn syrup, or products containing them (soda, sweets).

Legumes (such as soybeans, kidney beans, pinto beans, or peanuts).

Omega-6-rich vegetable seed oils (such as soybean oil, corn oil, safflower oil, peanut oil, or canola oil).

These "do not eat" foods contain naturally toxic proteins; excessive fructose and omega-6 fats; and few nutrients.

AVOID:

Pasteurized milk, but DO eat fermented or fatty dairy foods: butter, cream, ice cream, sour cream, cheese, yogurt. Within the watery fraction of milk are dissolved biologically active cow hormones and potentially allergenic proteins; fatty and fermented dairy foods are safer. Raw milk proteins are more easily digested than pasteurized milk proteins; goat milk is better tolerated than cow milk. Those with dairy sensitivity may need to restrict themselves to clarified butter (ghee).

Dry, lean meats which are protein-rich but fat-poor.

Finally, DO:

Supplement to optimize nutrition, with a daily multivitamin plus vitamins C, D3, and K2 and magnesium, selenium, iodine, copper, and chromium.

Practice intermittent fasting, for instance by restricting eating to an 8-hour window each day, or by taking longer "ketogenic fasts" with lots of coconut oil but no carbs or protein.



The Economics of a Perfect Diet

Paul is an economist at heart, and he thinks of nutrients as cooperating to produce health in much the way people cooperate to produce a successful economy.

Many concepts from economics can be helpfully borrowed by nutrition. Here is a typical "marginal benefit curve" for nutrients.

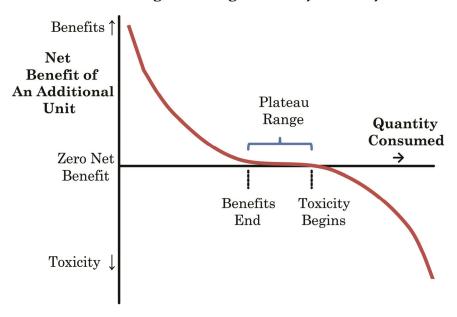


Figure: Marginal Benefit Curve for Nutrients

With each extra bit of nutrient eaten, the benefits are reduced. Eventually, nutrients become unhelpful and then toxic.

This pattern is known as "declining marginal benefits." Its application to toxicity – increasing toxicity with higher doses – is known as the "toxicologist's rule," and was first formulated by the medieval physician Paracelsus.

Shou-Ching's First Cartoon

If Shou-Ching had not become a scientist, she would have liked to have been a painter and cartoonist. So she says – but she never had a chance to publish a cartoon, until our book.



Lions and lambs don't eat the same diet ... or do they?

This cartoon leads into our discussion of animal diets. The difference between a herbivore and a carnivore may be less than you think!



Learn how many pounds of vegetables gorillas eat per day ... and what macronutrients they get from them.



Illustrations

Pictures can be worth many words. Here are illustrations of fats in the body, and of a wheat kernel, drawn by Seo Jung Sa.

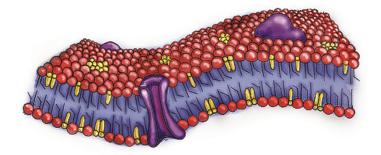


Figure: A portion of a cell membrane, showing a phospholipid bilayer threaded by a few proteins.

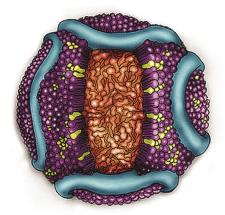


Figure: An LDL particle. Each particle contains an oily core (red), a phospholipid coat (purple), cholesterol (yellow), and one protein molecule – apoprotein B100 (blue).



Figure: A wheat kernel. The bran, or outer shell, makes up about 14% of the kernel and is included in "whole" grains; the starchy endosperm, in yellow, makes up 83% of the kernel and provides most of the calories; and the germ, in dark brown, makes up about 3% of the kernel.

Health and Behavior

The same factors that cause disease – toxins, malnutrition, and pathogens – affect mental health and behavior. It's possible that the effects of diet on the mind are large. Here's a chart of murder rates versus vegetable oil consumption, from a paper by Joseph Hibbeln and collaborators:

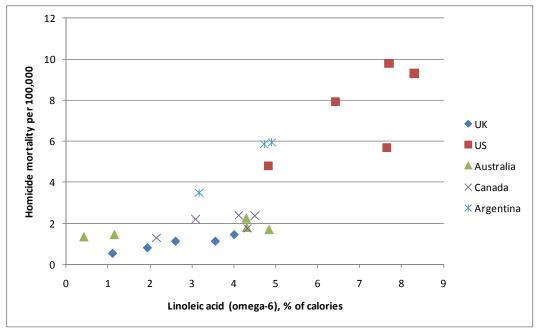


Figure: Homicide mortality versus consumption of omega-6 linoleic acid, plotted for 1961, 1970, 1980, 1990, and 2000 in five countries. Within each country, homicide rates go up as linoleic acid consumption goes up.¹

¹ Hibbeln JR et al. Increasing homicide rates and linoleic acid consumption among five Western countries, 1961-2000. *Lipids*. 2004 Dec;39(12):1207-13. http://pmid.us/15736917. Hat tip Stephan Guyenet, http://wholehealthsource.blogspot.com/2008/09/omega-ratio.html.

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Macronutritious Eating

Most people eat too little fat, and too much protein and carbohydrate. Most protein and carb rich foods will taste better, and be healthier, if they are mixed with healthy (low in polyunsaturated fat) fats and oils. The pictures below give some ideas.



A half taro corm with cream cheese and a fig spread. We are here squeezing the cooked corm out of its brown skin.



our favorite ways to eat rice is in a chicken soup. We boil a whole chicken with 20 garlic cloves, then remove it and add uncooked rice to the broth. Later we'll return shredded chicken meat to the soup, and vegetables. Left: adding egg yolks to rice soup to get our 1 calorie carb to 2 calorie fat ratio. Right: finished meal.



Lean meats like chicken should be combined with a fat source, such as avocado or olive oil.



A representative meal: Salmon, vegetables, and sweet potatoes mashed with butter and $coconut\ oil.$



Replacing Forbidden Foods

Some people are lost for breakfast ideas without cereal, or dinner without pasta; or what to use in place of vegetable oils. We suggest a few possible substitutes.



Some breakfast ideas. Paul often eats a banana and coffee mixed 50-50 with heavy cream; Shou-Ching likes whole milk yogurt and berries, sometimes a boiled egg.



Asian supermarkets offer various styles of rice noodles. The spaghetti-style noodles on the left are pure rice. The lasagna-style noodles on the right have some flour and vegetable oil; buy pure rice noodles if you can find them.

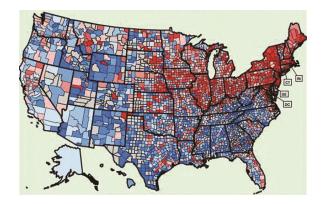


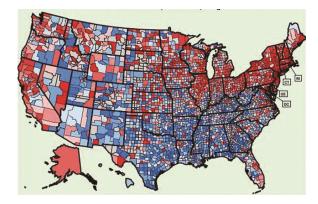
Coconut oil is one of our favorite oils, for its low omega-6 content and ketogenic short-chain fats. It is a clear liquid above 76°F, a white solid below. "Extra virgin organic" brands taste best.

Micronutrients

Some vitamins and minerals can make a big difference in mortality.

Vitamin D, for instance: note how people who live farther north, and get less sunshine, have higher cancer rates. Here are some maps from the National Cancer Institute illustrating the pattern.²





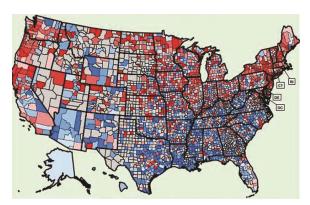


Figure: Cancer mortality in the U.S. Top left: Colon cancer mortality among males. Top right: Breast cancer mortality among white females. Bottom left: Ovarian cancer mortality among white females. In all maps, dark red is the highest mortality rate, dark blue the lowest.

² National Cancer Institute, "Cancer Mortality Maps and Graphs," http://www3.cancer.gov/atlasplus/, based on Devesa SS et al. Atlas of cancer mortality in the United States, 1950-94. Washington, DC: US Govt Print Off; 1999 [NIH Publ No. (NIH) 99-4564].

3

Micronutritious Foods

Many people eat an unvaried diet: their animal foods are from muscle only, and their plant foods come from a few staple species.

This approach risks micronutrient deficiencies, because every tissue has somewhat different nutritional needs and muscle does not provide all of them.

Helpful foods include tendons and connective tissue, seaweed, seafood, egg yolks, liver and other organ meats, and bone marrow.



Left: Beef stew ingredients: beef tendon (top) and beef short ribs (bottom). Right: Finished beef stew with rice. The rib meat has fallen off the bones.



Beef bone and seaweed soup



Mussels with onions, carrots, garlic, and shallots in a soy sauce.



Egg-and-potato salad: Make mayonnaise from egg yolks, oil (we prefer coconut oil), vinegar and lemon juice. Mix diced potatoes, eggs, carrots, cucumber, and spices.



Bone marrow.

There is an old Chinese saying that you should "eat what ails you." If you have a stomach problem, for instance, then eat tripe; a kidney problem, eat kidney. This is a sure way of obtaining the micronutrients your ailing organ needs.



A Japanese Buffet

Quality ingredients make a nutritious meal. Any combination of a safe starch, seaweed, vegetables, and meat, eggs, or seafood makes a great meal.

A frequent meal for us, because it is so easy to prepare, is a Japanese buffet – a sort of homemade sushi. Here is how it looks:



Left: A buffet: Eggs, bacon, shrimp, avocado, cucumber, and smoked gouda cheese; sushi nori seaweed; and white rice. Right: A homemade sushi roll.

Vegetable-Wrapped Finger Foods

A variation on the Japanese buffet is to use more conventional vegetables in place of the nori, and sautéed meat and vegetables in place of the buffet ingredients.



Beef with pine nuts and mandarin oranges in a boiled cabbage leaf. Add in rice or potato for a more complete meal.

A Program For Perfect Health

We believe that most diseases are caused by the interaction of a bad diet with infectious pathogens.

This is good news, because:

- With optimal diet and nutrition, the body resists pathogens easily and can successfully avoid disease.
- With optimal diet and nutrition, the body has enormous recuperative powers. Few
 diseases, we believe, are incurable if the right diet is combined with appropriate
 antibiotic therapies.

Step Four of the book is devoted to natural healing and disease prevention. It offers tips on how to enhance immunity, how to avoid feeding pathogens, and how to work around and recover from past damage.

Our Goals

One goal of the Perfect Health Diet is to give hope and health to patients with chronic diseases that conventional medicine considers incurable; and longer, healthier, fitter lives to those who are free of clinical disease.

But a larger goal is to revolutionize medicine by shifting healing toward natural methods that really work.

Scientists ourselves, we know it won't be easy to persuade the medical community. One thing above all is persuasive: the experiences of large numbers of people. By helping people heal themselves and become healthy centenarians, we hope to make a difference in the course of medical practice.

Please Join Us

We invite you to experience the benefits of the Perfect Health Diet for yourself, and become a contributor to our medical revolution. Two first steps are:

- Buy the book. Perfect Health Diet: Four Steps to Renewed Health, Youthful Vitality, and Long Life is available from online booksellers and can be ordered by retail bookstores.
- **Visit our blog**. At http://perfecthealthdiet.com, we welcome your comments, questions, and feedback.
- **Tell others**. If you benefit from out diet, please let others know that they can benefit too.

Our best wishes for perfect health!

Pal Brow-Ging