

# Magnolia Natural Health Center

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## **The Page Fundamental Diet Plan**

This diet plan is designed to assist your body in its ability to create and maintain a "balance body chemistry". Dr. Melvin Page's Phase 1 and Phase 2 diet is not only extremely helpful, but in many cases essential to control blood sugar imbalances as well as all other types of imbalances in body chemistry. At the famous Page Clinic, blood chemistry panels were done every three to four days on all patients. Dr. Page based his diet plan on the research of Drs. Price and Pottenger, who showed the relationship of diet to health, both physical and emotional. The diet plan was proven true when thousands of his patients normalized without any other intervention. Many of today's popular diets are based on Dr. Page's work. Dr. Page emphasized removing refined carbohydrates (such as sugar and processed flour) and cow's milk from the diet. On the food sheet list attached, notice the percentage of carbohydrates is indicated. Dr. Page felt that it was not only important to eat quality proteins and fats, but quality carbohydrates as well.

The longer you are on this diet and the more closely you follow it, the easier it will be to stick to it. This will result in your feeling and looking so much better than you did previously. As you become healthier, your craving for "refined carbohydrates" (i.e. sugar), which are not the best choices for you, will actually diminish. Old habits are hard to overcome, so take your time in changing your diet so that you do not slip back into your old way of eating. However, if this happens, let us know as soon as possible so we can assist you in determining what is upsetting your body chemistry. Nutritional supplements may be needed to assist you to get back on track by reducing craving, etc.... Just remember, the faster you start and the more compliant you are, the faster you will start to see results.

Complex Carbohydrates are long chains of sugar which when consumed breaks down into glucose. Glucose is our body fuel however when excess carbohydrates are consumed this causes the body to react by releasing insulin. The release of insulin activates the body into a storage mode. The excess glucose will be stored into fat and production of cholesterol. Some fruits and most grains contain too many carbohydrates, which will cause the release of insulin by the Pancreas. When favorable fruits and grains are consumed they must be eaten alone and not with other foods. Many individuals are gluten sensitive and are unaware of this. In order to become the optimal weight, the more efficient your body becomes the healthier it will be. We are trying to achieve the release of "Glucagon" which is produced by the Liver. Glucagon works just the opposite as Insulin, it transports the fat into storage when sugar is not available. "Glucagon" is released in the blood when proteins and fats are present, as well as absent of sugar.

# Food to eat and not to eat

**Protein:** Eat small amount of proteins frequently. It is best to have some protein at each meal. It need not be a large amount at any one time; in fact it is best if you stick to smaller amounts (<2-4 ounces of meat, fish, fowls, nuts or eggs at a time). Both animal and vegetarian sources of protein are beneficial. Choose a variety of meat products and try to find the healthiest options available, i.e. free range, antibiotic free and/or organic, whenever possible. Eggs for most people are an excellent source of protein. Eat the whole egg, the lecithin in the yolk is essential to lower blood fat and improve liver and brain function. With any protein, the way in which you prepare it is critical. The closer to raw the better. Remember that any time meat and vegetables are heated over 110 degrees Fahrenheit, crucial enzymes are damaged and lost. Avoid frying. Grilled, boiled, steamed, soft baked, or poached is best.

**Vegetables:** Eat more, more, more!!! This is the one area where most everyone can improve his or her diet, and it is an important area for you. Always look for variety, make the dark, green leafy type your preference. This includes spinach, chard, beet greens, kale, broccoli, mustard green, and all types of lettuces.

As stated above with proteins, the quality of your produce (fresh and organic preferred) and the method of preparation are critical. Raw is preferred with lightly steamed or sautéed as your second choice for all vegetables. Use only butter or olive oil to sauté. When eating salads try not to eat iceberg lettuce (it has no major nutritional content), rather use lettuces with a rich green color, sprouts and raw nuts.

**Fruits:** Most people wrongly try to drink their fruits. Fruit juice loaded with the simple sugar fructose, which is shunted into forming triglycerides and ultimately stored as fat. Without the fiber in the fruit, juices send a rapid burst of fructose into the blood stream. When you do eat the fruit, only eat one type of fruit at a time swear it forever. Dr. Page found out that milk was actually more detrimental than sugar for many people (man is only mammal that continues to drink milk after weaning). Avoiding dairy will make it easier for you to attain your optimal level of health. Raw butter and Kefir (liquid yogurt), however, are excellent sources of essential nutrients and vitamins. Raw goat and sheep cheeses and milk products are great alternatives because their genetic code and fat content is apparently more like humans. I would still be cautious with these.

There has been a lot of hype about using soy and rice milk to replace dairy. While they sound like healthy alternatives, what they really are high processed foods that are primarily simple carbohydrates. You're better off doing without these as well. Of course Lactaid, Mocha Mix and the other dairy substitute are highly processed nutrients-depleted products that honestly should not be considered a food.

**Liquids:** Water is Best, a minimum of one gallon a day and herbal tea. Avoid all sodas and soft drinks. No coffee until you are fully recovered, please check with Dr. Sadanaga before resuming consumption of coffee. Fruit juices are forbidden because of their high fructose content and dumping of sugar into the blood stream. An occasional small glass of vegetable juice with a meal is probably okay, BUT water really is best.

If you enjoy wine or beer and still insist, there are some guidelines. First drink only with meals. Red wine has less sugar and more of the beneficial polyphenols than white wines. Most of the good foreign beer is actually brewed and contains for more nutrients than the pasteurized chemicals called beer made by the large commercial

breweries in the United States. Trader Joe's usually has a good selection. Less is better. Occasional rather than regular. Because coffee and alcohol force you to lose water, you'll have to drink more water to compensate.

The important life-giving substance in the body is water. The daily routine of the body depends on a turnover of about 40,000 glasses of water per day. In the process, your body loses a minimum of 6 glasses per day, even if you don't do anything. With movement, exercise, and sugar intake (that's right), etc., you can require up to over 15 glasses of water per day. Consider this – the concentration of water in your brain has been estimated to be 85% and the water content of your tissues like your liver, kidney, muscle, heart intestines, etc. are 75% water. The concentration of water outside of the cells is about 94%. That means that water wants to move from the outside of the cell (dilute) into the cell (more concentrated) to balance out things. The urge for water to move is called hydroelectric power. That's the same electrical power generated at hydroelectric dams (like Hoover Dam). The energy made in your body is in part hydroelectric. I just know you wouldn't mind a little boost in energy.

## Eat Smaller Amounts More Frequently

Eating smaller amounts reduces the stress of digestion on your energy supply. Eating small meals conserves energy. Give your energy generator a chance to keep up with digestion by not overwhelming it with a large meal (the average mealtime in the United States is 15 minutes. In Europe the average mealtime is 1 to 1 1/2 hours. Little wonder Americans suffer such a high rate of digestive disorders!). Then digestion is impaired, yeast overgrowth, gas, inflammation, food reactions, etc. are the result.

Another reason for eating smaller meals is to prevent the ups and downs of your blood sugar level, so you end up craving less sugar. As mentioned earlier, you can overwhelm your digestive capacity. You can also overwhelm your body's ability to handle sugar in the blood. Since the body will not (or should not) allow the blood sugar level to get too high, insulin and other hormones are secreted to lower the blood sugar. Often times, the insulin response is too strong and within a short period of time insulin has driven the blood sugar level down. As a result of low blood sugar, you get a powerful craving for sugar or other carbohydrates. You then usually overeat, and the cycle of ups and downs, yo-yo blood sugar results (depression and the lack of energy are all part of this cycle). Eating a small meal again will virtually stop this cycle.

Eating smaller meals also has advantages for your immune response to ingested food. It turns out that a small amount of food enters the blood without first going through the normal digestive pathway through the liver. As a result, the body sees this food not as nourishment, but as a threat and you will stimulate an immune reaction. Normally a small immune reaction is not even noticed, but if a large amount of food is eaten (or if a food is eaten over and over again) the immune reaction can cause symptoms. Over time disease develops.

By eating smaller amounts, the size of the reaction that occurs is small and inconsequential. A large meal, and thus a large assault of the immune system, could cause many symptoms of an activated immune system including fatigue, joint aches, flu-like symptoms, headaches, etc. This reaction was called the Metabolic Rejection Syndrome by the later nutritional pioneer Arthur L. Kaslow, MD. Through thousands of his patient's food diaries, he compiled a list of high-risk foods this is much the same as Dr. Page's.

**Important Note:** When in doubt, don't eat it. If it isn't on the list, wait and ask your Dr. Sadanaga on your next visit. The Page diet plan is designed to help you to optimal health just as it has for tens of thousands of Dr. Page's patients, many of whom are in their later years without signs of degenerative diseases such as heart disease, arthritis, cancer, osteoporosis, etc. It is not intended to make you suffer or sacrifice, in fact quite the opposite, as you will be delighted with the physical and emotional improvements you experience from the food your body was designed to run optimally on. And what you eat and drink at the occasional party or evening out is not going to be significantly harmful to your nutritional balance in the long run, so you can enjoy it.

Lastly, as will all things that are beneficial to your health, it's hard to start, but the longer you use this diet, the greater the benefits you will realize from it. **Relax and enjoy the benefits!!**

Each of your meals **must** include some protein. The easiest sources are meat, fish, poultry, or eggs. (Count 2 eggs as equal to 3 oz.). Vegetarians must combine proteins carefully and consistently using a different calculation! An easy way to calculate the amount of protein you need is to divide your ideal body weight by 15 to get the number of ounces of protein to be consumed per day. This is not a "high protein diet". Like many people, you already eat this much protein during a day, but you eat it mostly in 1 or 2 meals instead of spreading it out evenly over 3-5 meals. If you are more physically active, eat more protein.

90lbBW = 6 ounces a day or  $1\frac{3}{4}$  - 2 ounces of protein per serving  
105lbBW = 7 ounces a day or  $1\frac{3}{4}$  -  $2\frac{1}{3}$  ounces of protein per serving  
120lbBW = 8 ounces a day or 2 -  $2\frac{3}{4}$  ounces of protein per serving  
135lbBW = 9 ounces a day or  $2\frac{1}{2}$  - 3 ounces of protein per serving  
150lbBW = 10 ounces a day or 3 -  $3\frac{1}{3}$  ounces of protein per serving  
165lbBW = 11 ounces a day or  $3\frac{1}{3}$  -  $3\frac{1}{2}$  ounces of protein per serving  
180lbBW = 12 ounces a day or  $3\frac{3}{4}$  - 4 ounces of protein per serving  
195lbBW = 13 ounces a day or 4 -  $4\frac{1}{3}$  ounces of protein per serving