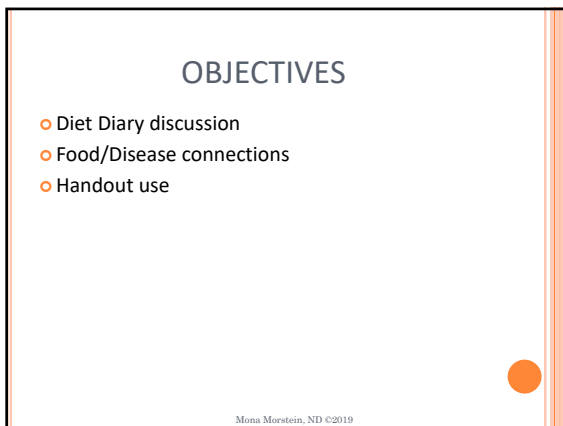


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3

NUTRITION

- Nutrition: “The act of nourishing or of being nourished; the science or study of nutrition, especially in humans”.
- WHO: “Diet, Nutrition and the Prevention of Chronic Disease”
 - http://whqlibdoc.who.int/trs/WHO_TRS_916.pdf?ua=1
 - “Growing epidemic of chronic disease afflicting both developed and developing countries was related to **dietary and lifestyle changes...**”
 - 2001: Chronic diseases contributed to approximately 60% of the 56.5 million total reported deaths in the world and 46% of global burden of disease.
 - 2020: Increase to **57% of GBD**
 - 2020: Chronic disease will account for **% of deaths** worldwide: CVD (MI and stroke) and diabetes.

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US

- <https://health.gov/dietaryguidelines/2015/guidelines/introduction/nutrition-and-health-are-closely-related/-table-i-1>
- Half of all American adults (117 million) have 1/more chronic illness, related to **poor diet and inactivity**.
- 2/3 adults and 1/3 children are overweight or obese
- Conditions:
 - Obesity/Overweight
 - CVD
 - Diabetes
 - Cancer
 - Bone Health
 - (NDs) Pretty much all conditions seen

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BIG NUTRITION PICTURE

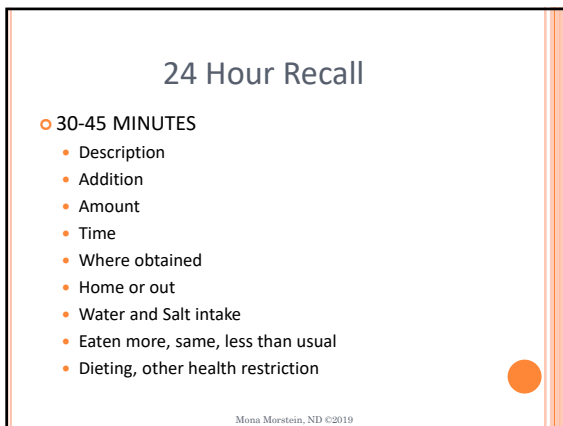
- **Nutrition is Vital To Our Patients:**
- What they eat affects their health, their spouse’s, their kids’ health:
 - Now
 - In the future
- What they eat also affects how companies produce food

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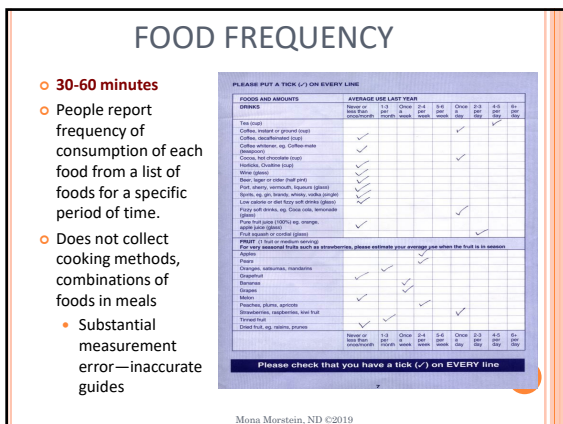
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8



9

DIET DIARY

- Diet History
- Created around 1940 by B.S. Burke
- “Dietary assessment method designed to ascertain a person’s usual food intake in which many details about characteristics of foods as usually consumed are assessed in addition to the frequency and amount of food intake.”
- Consists of:
 - Detailed interview about usual pattern of eating
 - Food list asking for amount and frequency usually eaten
 - 3-day diet record.

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WHAT NO ONE IS DOING OR RECOMMENDING.....

- Ask your patients in 1 minute to list what they ate yesterday during your initial interview.
- Consider that sufficient knowledge of patient’s diet.
- Don’t check patient’s diet at all.
- ND Study: 27%

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DIET DIARY

- Considered “gold standard” of reporting
- Lessens problems of omission
- Increases food descriptions
- More accurate portion reporting
- Problems
 - Low Energy Reporters: Under-reporting
 - Mostly found in high BMI women and elderly

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DIET DIARY STUDIES

- <http://www.ncbi.nlm.nih.gov/pubmed/12885485>
 - Breast cancer and saturated fat NOT associated with FFQ
 - Breast cancer and saturated fat IS associated with 7 day diet diary.
- <http://journals.cambridge.org/action/displayAbstract?fromPage=online&aid=895112>
 - Diet journals more effective than diet recall for accuracy
- <http://www.reuters.com/article/2008/07/08/us-diet-diary-idUSN0741885020080708>
 - Keeping diet journal helped patients lose more weight.




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PATIENTS AND DIET CHANGES

- Long term habits
- Emotional associations
- Taste
- Cultural
- Convenience
- Hassle/Change
- Social




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DOCTOR-PATIENT COMMUNICATION

- <http://www.ncbi.nlm.nih.gov/pmc/articles/PMC3096184/>
- Medical model has gone from paternalism to individualism
- **Information exchange is the dominant communication model**
- Main Goals
 - Create a good interpersonal relationship
 - Facilitating exchange of information
 - Including patients in decision making



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DOCTOR-PATIENT COMMUNICATION

- Lack of sufficient explanation → poor patient understanding.
- Lack of consensus between doctor and patient may → therapeutic failure.
- Effective doctor-patient communication can be a source of:
 - Motivation
 - Incentive
 - Reassurance
 - Support

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NATUROPATHIC PRINCIPLES

- Primum No Nocerum
 - First, Do No Harm
- Vis Medicatrix Naturae
 - Healing Power of Nature
- Tolle Causum
 - Remove Obstacles to Cure
- Tolle Totem
 - Treat The Whole Body
- Docere
 - Physician as Teacher
- Prevenir
 - Prevention

Which is the most important in clinical medicine?

Docere!

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DOCTOR AS....

- Your Diabetic Patient Eats A Slice of Cake 2x/week...

Should We Be:

- Dictator
- Parent
- Critical Nag
- Enabler

Or, Should We Be:

- Educator
- Motivational Interviewer
- Supportive
- Problem Solver

WHAT PART OF NO DON'T YOU UNDERSTAND?



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DON'T WORK BLINDLY:
Please Do Not....

- Give nutritional advice without Diet Diary
- These foods are bad...and don't eat...
 - (patient—I don't eat those)
 - (patient—I do eat those, but what else can I eat)
 - (patient—partially hydrogenated what?)
- Eat less carbohydrates
 - (patient—what is a carbohydrate?)
- Simply pull dairy and gluten from all diets
- Force extreme changes
 - Little changes can do a lot
 - All patients cannot remove gluten, dairy, corn, soy AND do a candida diet!

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WHAT IS THE DIET DIARY

- Get journal and write down food/drink as you eat them.
- Date, time, place of food eaten
- Feelings, hunger levels
- Quantity of food
- Record symptoms and times developed
- Record bowel movements
- Record physical activity
- Notice patterns
- Focus on positive aspects


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DIET DIARY

- With paper handout
 - Many patients make their own
- On computer
- On phone
- Learn how to read broccoli spelled 40 different ways! ;-)

Brokli
Brokkly
Brockli....



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DIET DIARY KEY

- Intro
 - Not judgment
 - Gathering information
 - Don't Care if Good/Bad



Stupid Caramel Latte...

Thou ate FRENCH FRIES???



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AIMS
4657 S. Lakeshore Dr. Ste #1 Tempe, AZ 85282
Ph: 480-284-8155

AMOUNTS

Patient Name: _____
Date To Begin: _____

Diet Diary Guidelines: Write down **EVERYTHING** you eat and drink for meals and snacks. List **BRAND NAMES** of foods you bought in a Supermarket. Use **EXACT INGREDIENTS** of homemade foods. The purpose of this diary is **NOT** to judge your eating habits, but to learn more about your nutritional, biochemical, hormonal needs and strengths. Under BM, please list the time you had a bowel movement and if it was D (diarrhea) and C (constipation). **Record Type and Amount of Insulin Injected (if pertinent)** Record Insulin

BREAKFAST Times	LUNCH Times	SUPPER Times	SYMPTOMS Times	BM Time(s)
Day One				
Day Two				
Day Three				

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BREAKFAST Times	LUNCH Times	SUPPER Times	SYMPTOMS Times	BM Time(s)
Day Four				
Day Five				
Day Six				
Day Seven				

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CLINIC PROCEDURE

- First Office Visit: Discovery
 - Intake
 - Personality
 - PE
 - Labs—Standard, Naturopathic
 - Homework—**DIET DIARY**, Glucograph, etc.
- Second Office Visit: Remove OTC → Replacements
 - Go Over Labs
 - **Discuss Food Allergies—do first** **HANDOUTS**
 - **Discuss Diet Diary—do second** **HANDOUTS**
 - Discuss Lifestyle
 - Set up Treatment Sheet
 - Make agreements with patient on treatment plan
 - Add in websites, books to reasonable extent
- Agreement: Can patient do the protocol?

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DIET DIARY

- Associate disease with:
 - **Nutrition**
 - Over—portion control, over-eating, over-macro'd
 - Under—Low Nutrients: EFA, macronutrients, micronutrients
 - **Inflammation**
 - High sugar
 - Low EFA
 - Overeating
 - S.A.D.
 - **Hormones:**
 - Pre-Diabetes/Diabetes
 - Reactive Hypoglycemia
 - Female/Male hormones
 - Adrenals
 - Thyroid
 - **Antioxidants**
 - Fruits/veggies
 - Spices
 - Whole foods

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WHY ARE THEY BAD?

- How do those things relate to the condition your patient has?
- Biochemistry/Physiology connections—required to know to fill in chasm between Bad Food → Causes Condition.
 - Ingredients/Quality of Foods and Preparation
 - Nutritional aspects
 - Gut Health—enzymes, dysbiosis, organ dysfunction, allergies, etc.
 - Detoxification—what helps/harms that?
 - Various systems: immune system, neurotransmitters, adrenals, glucose regulation, thyroid, etc.

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ANALYZING DIET DIARY

- What are the **Problematic** Items: Analyze **each** meal
 - Refined sugar
 - White grains
 - Beverages—sweetened, artificially sweetened, caffeinated
 - Low produce
 - Agri-industry meats
 - Low EFA
 - Low variety
 - Over-eating/Under-eating calories,
 - Imbalanced macronutrients
 - Processed foods/drinks—colorings, flavorings, preservatives
 - Fried foods
 - GMOs
 - Food allergies

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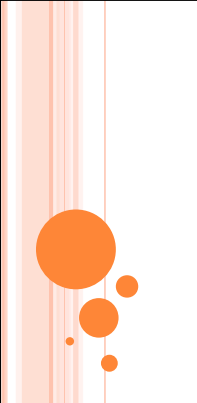
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ANALYZING THE DIET DIARY

- What are the **Nourishing** Things:
 - Whole foods
 - Fruits and Veggies
 - Good proteins—balanced, variety and good quality
 - Lack of fast food, junk food, crappy processed food
 - Eat in more than eat out
 - Portion control
 - Good balance of macronutrients (based on patient' s needs)
 - Whole grains
 - Sources of EFA
 - Avoiding GMO foods/use organic foods

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TALKING POINTS

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UNHELPFUL DOCERE LEAPS

- Sugar is bad for your female hormones.
- Mice won't eat margarine.
- White bread is bad for your gut

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High Sugar Intake

- Decreases liver detoxification
- Pro-inflammatory (any "itis"; any pain)
 - <https://www.sciencedirect.com/science/article/pii/S0735109706013350>
- Extra calories (overweight, obese, insulin resistance)
- Causes dysbiosis (food allergies, leaky gut, candida)
- Depression, Anxiety, ADD/ADHD/"Brain Fog"...
- Acidic (bone loss, kidney stones, inflammatory, cavities)
- Addictive (sweet tooth, loss of appetite control)
- Reactive hypoglycemia—weak adrenals, sweet craving
- Reduces immune system
- Raises TGs and Cholesterol
- Nutrient loss due to "empty calories"
- Dysglycemia

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Low Omega 3 Oil Intake

- O-3 Oils found in
 - Found in leafy greens, walnuts, oily fish, organic pasture raised meats and dairy, omega-3 eggs, processed foods, walnut oil, flax oil, hemp oil, soy, wild rice.
 - NOT found in olive oil, coconut oil, agri-industry meat, other nuts.
- What O-3 oils do:
 - Anti-inflammatory
 - Anti-oxidants: <https://www.ncbi.nlm.nih.gov/pubmed/24597798>
 - Lower lipids and CVD
 - Lowers blood pressure
 - Insulin Sensitive
 - Better brain neurotransmitters
 - Antidepressant/anti-anxiety/anti-Bipolar

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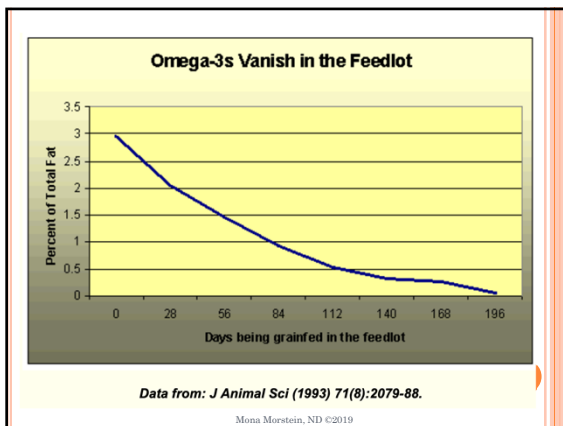
Table 7 Comparison of muscle tissue lipid concentrations (mg fatty acids/100 g sample) in elk (*Cervus elaphus*), deer (*Odocoileus hemionus*), antelope (*Antilocapra americana*), pasture and grain-fed cattle (*Bos taurus*). Data adapted from the present study; Marmar et al (1984); and Miller et al (1986)

Fatty acid	Elk	Deer	Antelope	Pasture-fed steer	Grain-fed steer
SAT ^a	610	989	895	910	1909
MUFA ^b	507	612	610	793	1856
PUFA ^c	625	746	754	262	341
n-3 PUFA	178	225	216	61	46
n-6 PUFA	448	524	536	138	243
18:2 n-6	286	352	336	86	155
18:3 n-3	58	99	87	24	11
Long chain PUFA	281	295	331	152	175

^aSAT, total saturated fatty acids.
^bMONO, monounsaturated fatty acids.
^cPUFA, total polyunsaturated fatty acids.

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GMOs

- Found in: Corn, soy, cotton, sugar beets, canola, aspartame, hawaiian papaya, some zucchini and yellow squash.
- Responsibletechnology.com
- What They Do
 - Destroy the gut (leaky gut, inflammation)
 - Food allergies
 - Immune problems
 - Infertility
 - Accelerated aging
 - Insulin resistance
 - ??? Etc.

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Low Fruits and Veggies

- Lack of antioxidants/nutrients:
 - EFA, proVit A, Carotenoids, Vit C, Vit K, Mag, Calcium, Potassium, Bioflavonoids, etc.
- Lack of fiber→ constipation/IBS, poor detox, dysbiosis, reabsorption of cholesterol/estrogens.
- Helps decrease appetite—filling
- Anti-carcinogenic
- Fermented: Sauerkraut, Kim Chi, Pickles and pickled products
- “Rainbow”
- Raw, steam, stir fry, bake, grill

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PROTEINS

- Half of all cell walls
- Stable long-term energy
- High nutrients
- Balances blood sugar
- Hormone formation
- Carrier proteins
- Good attention span
- Helps adrenals
- Helps detoxification in liver

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LACK OF PROTEIN VARIETY

- Chicken and Cheese!
- **Increase protein variety**
 - Beans, peas, lentils
 - Nuts and Seeds
 - Soy:
 - GMO/organic/no soy protein isolate
 - Fermented: Tempeh, miso soup
 - Low toxic Fish
 - Omega-3 eggs
 - Alternative dairy
 - Cow, goat, sheep, dairy
 - Organic, grass fed/finished meat/poultry

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White Flour

- Very similar to white sugar
- No fiber
- Can feed dysbiosis
- Aggravates blood sugar
- Low nutrients: Low magnesium, Vit E, Bs
- Lose nutrients processing it
- Folic acid, metallic iron added
- Other artificial nutrients

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Caffeine/Coffee

- Coffee: acidic, irritating to gut, irritating to bladder, pro-peristalsis
- Caffeine from all areas:
 - Insomnia, falling asleep or waking alert
 - Weakens adrenals
 - Liver has to detox
 - Raise glucose in T2DM
 - Depression
 - Hot flashes
 - Can elevate glucose/perhaps BP

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Lack of Variety

- Food allergies
- Limiting nutrients
- Reducing microbiome diversity
 - Kiwi Study:
<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3747767/>
- Reducing digestive enzyme production

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Grazing

- If fasting is our best way to heal, how is eating every two hours not considered **the worst way to eat?**
- Poor blood sugar control (adrenals, liver, pancreas)
- Migrating motor complex and SIBO risk
- Endless digestive energy vs. energy spent elsewhere in the body
- Life is tied to eating
- Low protein intake
- Poor appetite control
- Sweet/CHO craving

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Organic Vs. Conventional

- Organic: more nutrients, less chemicals, supporting healthier earth
 - Con: may be more expensive
 - EWG card
- Conventional:
 - Cheaper

- If Affordable and available—buy organic

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Fast/Junk Foods

- Agri-industry meat: proinflammatory, low nutrients, higher calories, saturated fat, no EFA
- Added hormones and pesticides
- Inhumane
- High salt
- Refined flour, refined sugar
- GMO
- Lack EFA
- Trans fat (fries and fried foods)
- High calories
- Food additives, preservatives, colorings, flavorings....

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Eating Out

- Difficult to control ingredients, calories, quality of food.
- More refined, agri-industry foods

- Suggest:
 - Simple meals
 - Think outside the typical American box for meals
 - Give healthier restaurants
 - Money saving

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**DIET DIARY AND CONDITIONS:
KNOW YOUR PATHOPHYSIOLOGY**

- How can white sugar aggravate a woman's PMS?
- How can low EFA intake affect a man with hypertension?
- How can eating a lot of Agri-industry meat aggravate osteoarthritis?

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WHITE SUGAR AND PMS

1. Liver Detoxification of Estrogens
2. Proinflammatory → cramps
3. Dysbiosis—candida
4. Associated with depression and anxiety
5. Reduce nutrients
6. Reactive hypoglycemia
7. Loss of appetite control

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LOW EFAS AND HYPERTENSION

1. Lower blood pressure
2. Reduce TG's
3. Decrease plaque development
4. Decrease arrhythmias
5. Anti-inflammatory
6. Reduces risk of CVD
7. Reduce insulin resistance/metabolic syndrome
8. Reduce Depression/Anxiety eating poorly

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AGRI-INDUSTRY MEAT AND OSTEOARTHRITIS

1. High proinflammatory fat
2. Less Omega-3
3. Acidic diet
4. Increase Toxins: GMOs, Hormones, Antibiotics.

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CONDITIONS AND PHYSIOLOGY

- How does low veggie intake increase risk of skin cancers?
- How does having a fruit smoothie in the morning with banana, berries, and some sweetened soy milk weaken adrenals?
- How does eating fewer fruits and vegetables increase risk for dementia?
- How does a Snickers bar aggravate diverticulitis?
- How can eating white rice cause "brain fog"?

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DIET DIARY AND CONDITIONS

- How does drinking pop increase risk of osteoporosis?
- How can grazing work against having good bowel movements?
- How does eating a Pop Tart for breakfast increase a child's ADD/ADHD?
- How does eating high refined carbs worsen subclinical hypothyroidism?
- How can drinking beer, coffee and processed foods, increase risk for hemorrhoids?
- Why is fiber good for a patient who has estrogen dominance?
- Why are eating oils helpful to increase our antioxidant status?

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#1 Key Need For Nutritionally Based Physician

- **KNOW what is in a great deal of common foods patients eat**
 - Read labels of common foods in the supermarket
- Get good info from Diet Diary
- KNOW what nutrients associated with that condition.
- Know how nutrition can help/hurt that condition.
- Have computer handy
 - Your prediabetic patient eats Omega 3 Jif--Okay?

<http://www.westonaprice.org/know-your-fats/interesterification>
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#1 Key Need For Nutritionally Based Physician

Ingredients:MADE FROM PEANUT BUTTER (ROASTED PEANUTS, SUGAR CONTAINS 2% OR LESS OF: MOLASSES, FULLY HYDROGENATED VEGETABLE OILS [RAPESEED AND SOYBEAN], MONO AND DIGLYCERIDES, SALT), ANCHOVY* AND SARDINE OIL*, TILAPIA GELATIN, TOCOPHEROLS AND CITRIC ACID (ANTIOXIDANTS). *A TASTELESS, ODORLESS SOURCE OF OMEGA-3 DHA AND

Product Claim Information:Excellent Source of Omega-3 EPA and DHA - Contains 32mg of EPA and DHA combined per serving, which is 20% of the 160mg Daily Value for a combination of EPA and DHA.

<http://www.westonaprice.org/know-your-fats/interesterification>
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EXPANDING THE DIET DIARY

- **Breakfast:** Oatmeal, coffee with sugar and cream, apple
- **Lunch:** Turkey sandwich with pop
- **Supper:** Salmon, rice, salad

Breakfast: Oatmeal, coffee with sugar and cream, apple

- What type of and how much oatmeal—instant flavored or just plain oatmeal?
- Coffee—decaf, fully caffeinated?
- What kind of cream—real cream, coconut cream, Coffeemate?

Lunch: Turkey sandwich with pop

- What type of pop—diet or regular? Caffeine?
- What type of bread?
- Any mayo or other condiments?
- Turkey—name of processed, cooked, how much?
- Any vegetable(s) on the sandwich?

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EXPANDING THE DIET DIARY

Supper: Salmon, rice, salad

- What type of salmon and ounces?
- White, brown, wild rice, and amount?
- What was in the salad—type of lettuce, veggies, dressing?

What did you drink the rest of the day?

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DIVERTICULITIS 65 Y/O MALE: Dairy Allergy

ATTENTION

Teresa, AZ 85303
Ph: 480-284-8228

Date To Begin: _____

This Day/Day(s) Write down EVERYTHING you eat and drink for meals and snacks. List BRAND NAMES of foods you bought in a supermarket. List EXACT INGREDIENTS of home-made foods. The purpose of this diary is NOT to judge your eating habits, but to learn more about your nutritional, biochemical, hormonal needs and strengths. (Order list, group list the items you had a bowel movement and if it was D (diarrhea) and C (constipation). Record Type and Amount of stools (specify of ordered bowel stools).


	BREAKFAST Times	LUNCH Times	SUPPER Times	SYMPTOMS Times	BMI Times(s)
14	7 am Cereal Apple 1 Banana 3oz. Tapioca	12 pm Turkey sandwich pop 1 Apple 2oz. Rice	6:30 pm Salmon, rice, salad pop		7:15 pm
15	7 am Cereal Apple 1 Banana 3oz. Tapioca	12 pm Turkey sandwich pop 1 Apple 2oz. Rice	6:30 pm Salmon, rice, salad pop		7:15 pm
16	7 am Cereal Apple 1 Banana 3oz. Tapioca	12 pm Turkey sandwich pop 1 Apple 2oz. Rice	6:30 pm Salmon, rice, salad pop		7:15 pm

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DIET DIARY EXAMPLE 1

- 60 year old female has Osteoporosis
- What would be problematic in her diet?
- What would be helpful in her diet?



Problematic:
 White sugar in any form
 White flour
 Acidic foods: pop, coffee
 Excess calories
 High saturated fat—low EFA
 Food sensitivities




Helpful:
 EFA: fatty fish, green leafies, good oils in home, walnuts, eggs
 Good fiber
 More plant based proteins
 GF/GF Organic meats
 Proper portions

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DIET DIARY EXAMPLE #2

- 33 year old male has IBS (SIBO negative)
- What would be problematic things in his diet?
- What would be helpful things in his diet?



Problematic:
 White flour
 White sugar
 Lack of produce
 Fried/Processed/fast foods
 Liver irritants: coffee, pop, alcohol
 Rushed eating
 Over-eating



Helpful:
 High fiber: beans, veggies, whole grains
 No SAD type processed foods with colors/flavorings/etc.
 No GMOs
 No over-eating
 Remove food sensitivities

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KEY NEED FOR PHYSICIANS #2


- **Handouts: EXTREMELY USEFUL**
 - Gathering data:
 - Diet Diary
 - Glucograph
 - Candida Questionnaire
 - Giving Data
 - Food Allergy Handouts—Dairy, Egg, Gluten, Wheat, Soy, Corn...
 - General Diet Plan: Can be adapted for many conditions
 - Insulin Resistance Diet Plan
 - Diabetic Diet Plan
 - Special Carbohydrate Diet/SIBO
 - Candida Diet

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VALUE OF HANDOUTS

- Docere
- Professional Expertise
- Education Of Patient
- Organization Of Treatment
- Compliance
- Take home information
- Ever changing—continue to improve them




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KEY POINTS TO USING HANDOUTS

- DO NOT READ OFF HANDOUT—know the form well so you can discuss it regarding patient’s illness and diet diary.
- Use **High lighter** on important points to patient
- **Constantly relate handout to patients condition**
- Ask patient to let you do handout section before asking questions—most of questions will be answered.
- Keep patient as equal—let them choose what they can commit to do BUT only if will be helpful.
- **Remember the Vis—everything doesn’t have to happen THIS visit.**
- Update the handout—they can always be better.




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KEY POINTS TO USING HANDOUTS

- Yes, it’s repetitive—all jobs have repetition: it’s new to each patient.
- Allergen handouts—5 minutes
- Diet handout—30-40 minutes



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FOLLOW-UP

- Email diet diary to patient to have on file
- Ask patients to always do diet diary for 3 days before follow-up office visits
 - Alarm on phone
 - Alarm on computer
- Have office person call patients and mention bringing in diet diary.
- Patients get trained!
- Compliment and praise patient for positive steps
 - Motivational interview for problem areas

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Individual Analyzations: A BAKED POTATO

- Your patient has Type 2 diabetes and is on Metformin. A1C of 7.0. He is 40 pounds overweight. Should he have a baked potato with dinner?
- Your patient is a 30 year old female asthmatic on daily inhalers. You found she is allergic to dairy and are now going over her diet diary. Is it okay for her to have eaten a baked potato with dinner?
- Your 26 year old lean, athletic patient has psoriasis and is allergic to eggs and corn. She is willing to remove those. She likes eating healthy, baked potato chips from BOPS: <http://www.goodboyorganics.com/products/snacks/bops-sea-salt/> Can she still eat them 1-2 times a week?

INGREDIENTS: POTATO, STARCH*, POTATO FLAKES*, CORN FLOUR*, SUNFLOWER OIL*, PALM OIL*, SEA SALT, NATURAL SEASONINGS, POTATO STARCH*, SEA SALT, SUGAR*, YEAST EXTRACT*, ORGANIC.

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ANALYZING: A CUP OF COFFEE

- Your 40 year old patient with eczema is tidying up his diet and removing his egg allergy; his lesions are clearing nicely. He still wants a cup of coffee in the morning as he loves the taste. Do you let him keep drinking the coffee?
- Your 30 year old male patient takes Benadryl every night to fall asleep. He only has one cup of coffee around 6 am every morning and then is caffeine free the rest of the day. Should he keep drinking his coffee?
- Your 55 year old female patient has osteoporosis, and doesn't want to end up with a broken hip like her mom had. She is changing her diet, exercising, and taking her supplements. Do you want her to have two cups of decaf a day?

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ANALYZING: CORN CHIPS

- Your patient is a lean 40 year old male with IBS and many food allergies, although corn is not one of them. He loves Mexican food and making fajitas, which he eats with Tostito corn chips. Can he eat them?
- Your patient is a slightly obese woman, BMI 31, who is trying to avoid becoming a diabetic patient like her mother. Can she snack on organic corn chips?

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ANALYZING: A PIECE OF CHOCOLATE

- Your patient has gotten her diet on track from having reactive hypoglycemia. One day a week she allows herself to have something sweet. That day how would it be okay for her to have some chocolate without a reaction?
- Your lean, athletic patient has a soy allergy which causes eczema. Is it okay for him to grab a Snickers bar for a quick burst of energy when hiking?
- Your patient has migraines. It's Valentine's Day and her partner has given her a box of chocolates. What's your opinion on her eating them?
- Your lean marathoner, with some depression, has 1 bite of 83% dark chocolate once a day. Is that okay?

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ANALYZING: A GLASS OF WINE

- Your patient with hypertension has had a terrible, intense week at work, and has a teenage child also acting out. Friday night she wants to drink 1-2 glasses of red wine. Is that okay?
- Your patient is overweight and has pre-diabetes. Her ferritin and ALT was elevated on labwork and you did an abdominal ultrasound and found she has NAFLD. Can she continue her one glass of red wine with dinner?
- Your patient is getting over an ulcer. She just finished the triple therapy to kill her h.pylori, and is taking your supplements. Can she have just 1 glass of red wine 2-3 times a week?

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DIET DIARY #3:
LOW IMMUNE SYSTEM and WHEAT ALLERGEN

- 24 year old woman gets sick all the time
- Breakfast: Fiber One Chocolate Peanut Butter Bar, and Starbucks Caramel Latte
- Lunch: Dannon Strawberry Yoghurt, Triscuits with Diet Coke
- Snack: Some random muffin in office lunch room
- Supper: Sushi and Saki

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DIET DIARY #3:
LOW IMMUNE SYSTEM and WHEAT ALLERGEN

<p>Problematic: Refined Sugar: Fiber One, Caramel Latte, Muffin, sweetened sushi rice GMO: Fiber One Low Vit D foods Low Produce Low fiber foods Wheat: Muffin, Triscuits</p>	<p>Change to: Quick smoothie for breakfast or wheat free toast and topping or hard-boiled egg/fruit Rawma or Lara Bar—make own trail mix Quick home-made sandwich Fruit for snack Discuss beverages (water!): Non-sweetened coffee Whole grains</p>
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PATIENT WITH OSTEOARTHRITIS & GLUTEN ALLERGY: BREAKFAST

Breakfast: Oatmeal with brown sugar, coffee with sugar and cream, orange juice

What type of and how much oatmeal— instant flavored or just plain oatmeal? Coffee—decaf, fully caffeinated? What kind of cream—real cream, coconut cream, Coffeemate?	<p>INSTANT SWEETENED FLAVORED OATMEAL</p> <p>FULLY CAFFEINATED</p> <p>FRENCH VANILLA COFFEEMATE</p> <p>Osteoarthritis:</p> <ol style="list-style-type: none"> 1. Brown sugar 2. weetened instant oatmeal 3. Coffeemate 4. Coffee—loss of bone
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Gluten: Oatmeal

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PATIENT WITH OSTEOARTHRITIS AND GLUTEN ALLERGY

- Shop at Whole Foods, Trader Joe’s, Sprouts, Frye’s.
- Gluten Handout—what grains to eat/avoid
 - Breakfast alternatives: rice/quinoa cereal, plain GF oatmeal (Bob’s Red Mill)
 - Draw for Celiac Disease
- General Diet Handout—how to stop inflammation, bone loss, pain/stiffness of O/A
 - Add fruit instead of brown sugar
 - Use regular cream, unsweetened coconut cream
 - Change fruit juice and coffee: herbal tea, veggie juice, unsweetened dairy alternative, coffee substitutes (Pero, Roma, Cafix)
 - Discuss rest of GDP for omega-3, less meat, etc.

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Patient with Psoriasis Allergic To Soy

- Lunch: Turkey sandwich with pop
 - Diet Pepsi
 - Sara Lee Whole Wheat Bread
 - Hellman’s Mayo
 - Boarshead Turkey breast
 - Iceberg lettuce and tomato slices
 - Cookie
- Analysis:
 - Soy: Sara Lee Bread, Hellman’s mayo, supermarket cookie
 - Inflammation: Cookie, Pop
 - Liver irritant: Cookie, Pop
 - Low antioxidants

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Patient with Psoriasis Allergic To Soy

ANALYSIS

Allergy:
Soy free handout: Soy free mayo (Olive oils, Safflower oil, Veganise), Soy Free whole grain bread.

General Diet Handout:
Increase EFA: whole greens on sandwich (Kale—O-3 and liver detox help)
Remove inflammation/liver irritants (no pop/cookie): water, herbal tea, veggie juice, fruit for dessert
Increase antioxidants: tomatoes, onions, sprouts on sandwich; fruit for dessert

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DIET DIARY SUMMARY

- Excellent way to get dietary information
- Focus of Nutritional Based Practice
- Examine based on patient, condition, pathophysiology
- Educate patient with handouts (Remove/Replace)
- Have patient agree to protocol
 - If too much, reduce: If they are allergic to dairy, gluten, soy and corn and cannot remove all of them, choose the 1-2 which are highest on diet diary
 - If diet is terrible, perhaps just ask patient to reduce sugar intake to two days a week and add one salad a day.
- Follow-up with diet diary
- Always praise and be supportive!

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