

NUTRITIONAL MAINTENANCE – Rich German

Purpose of nutritional maintenance program

The objective is to balance the chemistry of your mind and body. A well-balanced mind/body chemistry is a vital life-support system. Your brain chemistry controls how you think and feel. Your body chemistry determines how you function and perform. The focus is to build and maintain a sound immune system which will strengthen your healing power and protect you from disease.

This high performance maintenance program will have you eating your way to wellness! It is based on a balanced, natural food, vegetarian based diet with emphasis on whole foods. This program will keep you sharp, light and energized.

Maintaining balance relies on:

- Lots of rich living food (fresh fruits, vegetables & juices).
- High intake of complex carbohydrates (whole grain cereals, breads and pastas, potatoes and brown rice)
- Moderate level of plant and vegetable protein
- Trace minerals and vitamins
- A plan high in phytonutrients (energizing molecules and enzymes found in fresh food)
- An abundance of antioxidants (anti-aging, anti-cancer, anti-stress nutrients)

The maintenance diet has:

- A cleansing foundation
- A detoxification background
- High-quality fiber for elimination of metabolic waste
- Nourishing phytonutrients
- Purification powers

The maintenance diet keeps your metabolism precision-like and fresh. Its balancing effect creates a unification of your mind, body and spirit...and a basis for exceptional health! The long term goal is to create inner balance and inner strength.

Enzymes, Hormones and Nerves 101

All facets of wellness (from fitness to mind power to will power to relaxation) depend on the strength of your neuroendocrine system: your nervous system and glandular metabolism (endocrine system). Your brain houses your nervous system and master glands where thinking, feeling, intelligence and behavior move from one nerve to another. Your glands (pituitary, adrenals, thyroid, ovary, etc) release hormones that connect your ideas and feelings with your

behavior. The objective of maintenance is to re-construct your body's self-regulating pharmacy of enzymes (proteins that produce chemical reactions w/in cells) and hormones.

In simple terms, your nerves, enzymes and hormones connect your mind to your body. To create a powerful synthesis between the passages of these chemical messages, it is critical to eat essential nutrients rich in minerals, vitamins and amino acids. These foods contain **phytonutrients** that rejuvenate your body.

Natural sources of phytonutrients (and their benefits)

Citrus, peppers, broccoli, grapes (prevent cancer-causing hormones from binding to cell surfaces)

Parsley, carrots, cantaloupe, spinach, kale (antioxidants inhibiting free radicals)

Peppers, strawberries, carrots, pineapple, tomatoes, pineapple, cauliflower (inactivate carcinogens)

Peppers, beets (prevent carcinogen attachment to DNA)

Garlic, onion, leeks, chives, broccoli (activate anti-cancer enzymes)

Kale, leeks, spinach, strawberries, grapes, raspberries (anti-carcinogens)

Antioxidants

Antioxidants defend your nervous system from stress, pollution, self-abuse and aging. They protect you from arthritis, cancer and the effects of alcohol, caffeine, sugar and any other drugs. They also strengthen your circulation, cellular vitality and enrich your immune system.

Free radicals build up from eating unnatural, chemical-ridden, processed and fast foods. They act as pro-oxidants and damage cells, nerves, tissues and arteries. Too many free radicals result in fatigue, stiff joints and hardening of the arteries.

The more antioxidants in your program and fewer free radicals, the better your nutritional balance.

High in antioxidants:

- Whole grains
- Fresh fruits and veggies (and their juices)
- Beans and peas (legumes)
- Sprouts, nuts and seeds

High in free radicals:

- Butter

- Dairy products
- Saturate fats
- High salt foods
- High processed foods
- Beef and pork protein
- Caffeine
- Soft drinks
- Junk food

Knowing what NOT to eat and why

Sugar – any amount of table sugar is too much. It creates faulty metabolism, weakens your liver and adrenal glands, overtaxes nerves and depletes vitamins. Too much sugar leads to hypoglycemia, arthritis, PMS and hormonal dysfunction.

White flour – clogs your digestive system, adds weight in places you don't want it, clogs lymph system and plugs up your liver and spleen.

Salt – damages your kidneys and causes high blood pressure.

Refined carbohydrates – white rice impairs your liver's ability to detoxify; refined carbs make you susceptible to cold and flu viruses.

Soft drinks – they have NO nutritional value. They are highly acidic, contain caffeine, sugar and artificial chemicals.

Meats ** – red meat is loaded with chemicals. Meat is toxic fuel that hurts your pancreas, damages nerves and joints and causes colon cancer.

** If you are unwilling to become a vegetarian, an alternative to this maintenance plan is organic white meat of turkey without skin, organic white meat of chicken without skin, broiled or baked fish not more than once a day and up to 2-3 times a week.

Fats – they clog circulation, harden the arteries and lead to diabetes, stroke, heart disease and obesity. They also make you vulnerable to breast cancer, are high in cholesterol and effect hormonal balance.

Milk – is very mucus forming and has a negative effect on the digestive system.

Caffeine – over stimulates the nerves, adrenals and heart and can lead to headaches, breast lumps and prostate dysfunction

The REAL 4 Food Groups

- 1) Simple natural carbohydrates (fresh fruits, fresh veggies and juices) – 50% of your diet
- 2) Whole complex carbs (whole grain breads, brown rice, cereals, pastas and natural starches) – 20- 25%
- 3) High Quality Proteins (legumes, beans, veggie burgers, tofu, tempeh, etc) – 15-20%
- 4) Natural Fats (unsaturated oils, unsalted nuts, avocados – 10-15%

Some guidelines:

- 50% of your diet should be natural carbs (for antioxidants and phytonutrients)
- 20-25% whole complex carbs
- 15-20% protein (the goal is 100% non-animal protein)
- 10% natural fats
- Mineral and vitamins (to be covered next week)
- Raw vs. cooked – at least 50% should be fresh, raw, living food
- Fiber – at least 25 grams daily (fruits, whole grains, beans)
- Taste – use natural herbs and condiments to flavor your food

Maintenance Has Enough Protein

Most adults require 40-50 grams of complete protein daily. You are getting enough protein if you feel good, look good, are energetic and can sustain a happy, active sex life. Too much protein leads to arthritis and cancer.

Recommend Books to read:

10 Rules of High Performance Living – Dr. Barnet Meltzer

Diet for a New America – John Robbins

Skinny Bitch – Rory Freeman and Kim Barnouin