



NSIPM & Sano Wellness Center

Lower-Carb Mediterranean Diet – The Stressed-Out Person’s Diet

The following will help balance blood sugar and hormone levels, help with Adrenal Fatigue, prevent ups and downs in energy and mood, and promote weight loss. It is also an extremely heart-healthy diet plan.

How To Eat

- Eat every two hours. This relieves the stress handling glands from the job of maintaining normal blood sugar levels between meals (via epinephrine and cortisol).
- Do not eat carbohydrates alone; always add protein to your meals and snacks. It is especially important not to eat a carbohydrate – only breakfast.
- Avoid stimulants – caffeine, sugar, alcohol, etc. Stimulants work by provoking the stress handling glands into releasing epinephrine and cortisol to raise blood sugar and release energy.
- Avoid dead, devitalized and junk food. These foods cannot re-build a healthy body. They are also anti-nutrients – they rob any remaining nutrient stores from your body.
- Avoid trans-fats and rancid fats. Cell membranes, nerve tissue, and steroid hormones (vitality hormones) all require healthy fats. Unhealthy fats interfere with these functions and structures.
- Eat real, whole, fresh food. Minimize fruits and fruit juices. Most people will do well on a Mediterranean-type diet, combining some carbohydrates, protein and fat at each meal.
- Salt your food liberally with sea salt. Stress handling glands need plenty of salt for normal function. Research has proven that eating salt does not cause high blood pressure or heart disease. Only people with organ damage, like kidney disease, need to be concerned with keeping a low salt diet. In fact, low salt diets contribute to adrenal fatigue.
- Sea salt can be obtained from a health food store. It looks and tastes like “regular” salt, but contains the trace minerals that have been refined out of “regular” salt. For a good source of “Real Salt” visit www.realsalt.com or call 800-FOR-SALT (8000-367-7258).
- Drink plenty of water (filtered, or a reliable source of spring water, NOT tap water).

What to Eat

- Eat foods rich in Omega 3 fatty acids such as fatty cold-water (not farm grown) fish, including salmon, tuna, trout, herring and mackerel. Eat walnuts, flaxseeds, and green leafy vegetables. Or, if you prefer, take an Omega 3 supplement such as **Tuna Omega-3 Oil** (2 tabs 2x/day).

- Use monounsaturated oils, especially virgin or extra virgin olive oil as your primary oil/fat source. Note: Canola oil, although a monounsaturated, is a highly refined, genetically engineered oil with none of the benefits of olive oil.
- Eat seven or more servings of vegetables and fruits every day. Fruits are minimized during the first few months. Vegetables and fruits should be fresh or frozen (not canned). Vegetables can be slightly cooked, steamed, or eaten raw.
- Eat natural sources of good protein, (not man-made deli meats), and preferably organic meat (raised without estrogenic hormones and antibiotics).
- Eat more vegetable protein including peas, beans, lentils, and nuts.
- Eat only organic whole grains (non-commercial). No refined carbohydrates (like white flour, white rice, white pasta, white sugar).
- The best breads are found in the frozen section of the health food store. Look for organic sprouted grain breads (sprouted grains have a higher protein and lower carbohydrate content than regular flour).
- Minimize oils that are high in Omega 6 fatty acids, including corn, safflower, sunflower, soybean, and cottonseed oils.
- Reduce or eliminate intake of trans-fatty acids (all hydrogenated oils), which are prevalent in margarine, vegetable shortening, and almost all commercially prepared packaged foods.
- Make complex carbohydrates (such as breads, pasta, and grains) your smallest food group.

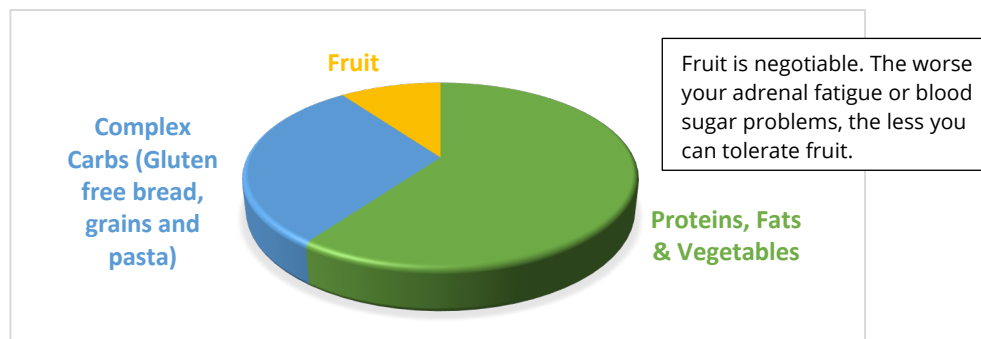
Most bookstores carry a variety of books on versions of the Mediterranean Diet, with suggestions for recipes.

The Mediterranean-Type Diet, also known as the Crete Diet and Omega Diet, was compared to the Standard American Heart Association Diet in the Lyon Diet Heart Study in 1994.

“Compared to those on the AHA diet, patients on the Mediterranean-Type Diet had an unprecedented 76% lower risk of dying from cardiovascular disease or suffering heart failure, heart attack or stroke! Remarkably, the new diet had proven more effective at saving lives than any other heart diet, drugs, lifestyle program, or any combination of these elements.” *

This is Your Plate

These are approximate recommended portions of the food groups discussed above.



*Simopoulos, Artemis, P., M.D., and Jo Robinson, The Omega Diet: The Lifesaving Nutritional Program Based on the Diet of the Island of Crete, Harper Collins Publishers, Inc., (1999) p9

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