

Implementing The Innate Diet™

The Innate Diet™ Golden Rules

- Eat fresh Food, not industrial products. Eat what God or Mother Nature provides in the form it is provided.
- Eat some raw vegetables with EVERY MEAL. They contain wonderful digestive enzymes as well as a plethora of other wonderful nutrients. Vegetables should make up 70% of your meals (fruit in the morning can replace SOME of your vegetable percentage).
- Drink nothing other than clean water. Do not drink water with your meal. This habit comes from eating processed foods that have no water content in them and not chewing your food properly. Take small bites, chew to a pulp, and swallow with ease.
- Slow cook your lean, grass fed meat and cook it thoroughly.
- Eat at home or pack homemade lunches etc.
- Get the right tools of the healthy eating trade. Get a food processor, a slow cooker, a vegetable steamer, a juicer, and some quality food storage containers (preferably glass). Use stainless steel pots and pans not non-stick. If you are frying something use an organic heat tolerant oil for non-stick effect (coconut oil, sesame oil, almond oil) or some organic raw butter.
- Enjoy your meals and eat frequent small meals rather than infrequent large meals. Food is supposed to be enjoyed and appreciated, it is just NOT supposed to be a source of emotional comfort or emotional reward.
- Don't shop hungry! The nutritional decisions that determine your health are made at the grocery store. If the "bad" foods don't get purchased, they don't get eaten! Take pride in going to the cashier with a cart full of healthy food for you and your family and take the opportunity to be a leader and inspiration to others.
- Don't judge your dietary choices based on the food guide, your neighbor or your coworker! Evaluate your food choices based on what your cells need (i.e. what your ancient, healthy ancestors ate – The Innate Diet™)
- NEVER feel guilty about a food choice. Guilt will NEVER serve you well. Evaluate your food choices honestly but without personal character judgment. ALWAYS look forward to your next meal as a chance to improve you eating habits and your health.

The Innate Diet™ Macronutrient Profile

Protein (vegetables and lean, grass-fed meat)	20-30%
Carbohydrate (fruits and mostly vegetables)	40-50 %
Fat (organic meats and fish; vegetables, nuts)	30-40%

**The type and source of macronutrient is much more important than the percentage. Simply eating in the "zone" or in the pH limits etc. with modern foods will NOT provide sufficiency and purity. Diet, like all aspects of health and wellness, is a holistic not a reductionistic subject.*

The Innate Diet™ – Transition and Implementation Strategies

Remember, the goal is health, not weight loss, fewer chins, being able to see your toes, less pain, less gas, less fatigue etc.

Transitioning Step 1 – Creating Sufficiency

Increase the amount of water you drink (with greens and lemon and/or pH drops).

Eat some raw vegetables or fruit with EVERY meal (fruit with breakfast)

Try to eat 5 times a day, make lunch or breakfast your biggest meal

Take the recommended supplements-----Pharmaceutical grade fish oil (4,000 mg/day minimum

Probiotics – containing L. Plantarum

Whole food supplement- Juice Plus, Garden of Life, Standard Process, etc.

Drink some vegetable juice every day

Eat grass fed meats

Make your own salad dressings

For one week, measure all your food and count the calories for each food group.

The Innate Diet™ Step 1 Transitioning Meal Planning

<u>Upon Rising</u>	<u>Gratitude ritual or prayer</u> Recite affirmative goals
<u>Breakfast</u>	<u>(Approximately 400 calories)</u> Eat your regular breakfast Drink ½ cup organic veggie juice Fresh fruit from food list Take Innate Choice fish oil supplement and Probiotic Take ½ portion of multivitamins and minerals
<u>A.M. Snack</u>	<u>(Approximately 200 calories)</u> Your choice (always incorporate some raw vegetables and try to include protein or nuts/seeds)
<u>Lunch</u>	<u>(Approximately 500 calories)</u> Your choice (incorporate some raw vegetables and protein)
<u>Aft. Snack</u>	<u>(Approximately 200 calories)</u> Your choice (always incorporate some raw vegetables and try to include protein or nuts/seeds)
<u>Dinner</u>	<u>(Approximately 500 calories)</u> Your choice (incorporate some raw or steamed vegetables and some protein or nuts/seeds)
<u>P.M.</u>	<u>Gratitude ritual or prayer</u> Recite affirmative goals

**Throughout the day drink 3 liters of filtered water with lemon or lime juice added.*

Do not drink within 30 minutes of meals.

**Keep track of all your calories, food choices, ad calories per food group for one week.*

**www.calorielab.com is one of many sites to look up caloric values of foods. I you prefer a book there are many inexpensive choices.*

Transitioning Step 2 – Creating More Sufficiency

For breakfast eat the Innate Diet™ Power breakfast or one of the Innate Diet™ vitality smoothies.

Eat The Innate Diet™ Organic Big Salad or equivalent for lunch with some protein and The Innate Diet™ salad dressing

Eat a protein or nuts snack with a small portion of raw vegetables.

Eat The Innate Diet™ Super Terrific Salad Mix for dinner with some protein and The Innate Diet™ salad dressing

Keep up with the water and supplements.

The Innate Diet™ Steps 2 & 3 Transitioning Meal Planning

Upon Rising	Gratitude ritual or prayer Recite affirmative goals
Breakfast	Innate Diet™ Power Breakfast or Vitality Smoothie ½ cup organic veggie juice (may be in smoothie) Fresh or frozen fruit from food list Take Innate Choice™ fish oil supplements Take ½ portion of multivitamins and minerals
A.M. Snack	Protein, Nuts, fruit, seeds, or raw vegetables
Lunch	The Innate Diet™ Organic Big Salad or other large salad or vegetable serving with protein Innate Diet™ (or equivalent) omega veggie dressing
Aft. Snack	Protein, nuts, fruit, seeds or raw vegetables
Dinner	The Innate Diet™ Organic Big Salad or steamed veggies with protein Innate Diet™ (or equivalent) omega veggie dressing Take ½ portion of multivitamins and minerals Take probiotic supplement if required.
P.M. Snack	Gratitude ritual or prayer Recite affirmative goals

*Throughout the day drink 3 liters of filtered water with lemon or lime juice added.

*Do not drink immediately prior to or during meals.

Transitioning Step 3 – Eliminating Toxins

Limit any beverage other than water or organic green or herb tea to 1x per day

No Dairy

No Artificial Sweeteners

No Added Salt

No Added Sugar

No Trans Fats or Hydrogenated Fats

Limit grains to one small serving a day

Step 4 – Full Implementation of The Innate Diet™

This is where you begin to eat The Innate Diet™ on a meal to meal, day to day, week to week, month to month, and year to year basis.

To start you may want to have a “treat day” each week where you may choose to eat some non-innate foods. If you do, please choose to eat homemade goodies or goodies without the artificial fats and sweeteners etc. In other words, eat some empty calories NOT some toxic calories.

The Innate Diet™ Ideal Meal Planning Protocol

<u>Upon Rising</u>	<u>Gratitude ritual or prayer</u> Recite affirmative goal Drink ½ cup organic carrot juice with organic greens powder overnight (to breakfast) Minimum ½ hour Innate Fitness™ activity and or mental relaxation (Innate Resistance™ Workout 3 days per week)
<u>Breakfast</u>	<u>Drink 1 ½ cups organic veggie juice</u> 100 calories approved nuts/seeds or seed butter 200 calories fresh or frozen fruit or veggies Take Innate Choice™ Fish Oil Supplement and probiotics Take ½ portion of multivitamins and minerals *Innate Diet™ Power Breakfast or Vitality Smoothie may be substituted but must include veggie juice
<u>A.M. Snack</u>	<u>200 calorie Innate Diet™ approved animal protein or nuts and seeds with raw vegetables</u> *may substitute unsweetened lactose-free protein drink with water or hemp or other veggie proteins for vegetarians
<u>Lunch/Dinner</u>	<u>Unlimited low glycemic veggies (add seeds ok)</u> 150 calories Innate Diet™ omega veggie dressing 300 calories Innate Diet™ approved animal protein *may substitute unsweetened lactose-free protein drink with water or hemp or other veggie proteins for vegetarians Probiotic supplement if required
<u>Aft. Snack</u>	<u>Nuts and seeds with raw vegetables</u>
<u>Dinner/Lunch</u>	<u>Unlimited low glycemic veggies (add seeds ok)</u> 150 calories Innate Diet™ omega veggie dressing 200 calories Innate Diet™ approved animal protein *may substitute unsweetened lactose-free protein drink with water or hemp or other veggie proteins for vegetarians Take ½ portion of multivitamins and minerals
<u>Evening</u>	<u>½ hour walk and/or mental relaxation</u>
<u>Prior to Bed</u>	<u>Gratitude journal or prayer</u> Recite affirmative goals

**Throughout the day drink 3 liters of filtered or distilled water with lemon or lime juice added. Drink at least 1 liter with organic greens powder mixed in. Do not drink immediately prior to or during meals. If you must skip a protein snack add it to the next meal; it is better to snack on some veggies or nuts and seeds than to go for long periods without eating.*

**Exercise and relaxation can be done at any time, but it is a wonderful way to start your day.*

The Innate Diet™ Recommended Foods

Vegetables

Organic if possible, if not soak in a sink full of water with some organic veggie wash, distilled vinegar, or 60 drops per gallon of either chlorite (ClO₂) or hydrogen peroxide. Rinse well.

Eat raw as much as possible. At first you can lightly steam until you are used to the increased vegetable consumption.

Eat as many dark colored vegetables as possible and eat as many different colors as possible. Go heavy on the greens and sprouts and limit starchy veggies like potatoes.

Animal Protein

All meats should be lean, grass fed, free range, hormone free, and antibiotic free whenever possible.

Grass fed meats will have omega 3 fatty acids (EPA, DHA); grain fed meats will have none.

Organ meats are very healthy IF they are from hormone free and antibiotic free, grass fed animals, DO NOT eat organ meats from industrially farmed animals

Wild Game is the best source – make sure it is NOT an endangered species please!!!

Lean Beef (trim excess fat; don't go for the fat marbled meats)

Lean Lamb (trim excess fat; avoid chops)

Turkey (do not eat skin unless organic or if weight is an issue)

Chicken (do not eat skin unless organic or if weight is an issue)

Eggs (free range only)

Wild Salmon (Sockeye, Pink< Chum – canned is ok, fresh, wild caught is best – check for added salt

Limited (no more than 6x/month) cod, snapper, rockfish, haddock, halibut

Very limited (avoid completely if pregnant) tuna, swordfish, etc.

Avoid all farmed fish (most fish in markets is farmed, those that aren't are still often highly contaminated with heavy metals)

Avoid shellfish (bottom feeders; highly contaminated)

Lactose free whey, hemp, or other vegetable protein can be used as a substitute for meat.

Sources for Free-Range, grass fed Meats

Please check with our front desk staff. Often, we have products available.

Cope Grass Farms, Truxton, MO

636-262-0135

copegrassfarm@yahoo.com

Quarter, half or whole side of beef/pork

Benne Farms (MO)

www.bennesbest.com

636-486-6024

Rain Crow Grass fed beef

www.raincrowranch.com

Proteins, when composed of lean grass fed, free range, fat trimmed portions of beef, lamb, and game and lean, white meat skinless portions of chicken and turkey, and white fishes can be assumed to be about 150-200 calories per 4 oz serving. The fat content of different species and different sections of the same species can vary considerably. For accurate caloric values please go to www.calorielab.com

Wild salmon is higher in fat, but it is good fat so just ignore the extra calories unless your body weight is a severe health issue. Counting calories is generally unimportant while eating The Innate Diet and following The Innate Fitness and Exercise guidelines.

Fruits

Try to eat as much local, organic or non-sprayed fruits as possible. It is more likely to be vine ripened (contain more phyto-nutrients etc.), and less likely to be sprayed with the agents that are used to prevent over ripening.

All fruits are not equally healthy. Melons are very high on the glycemic index and, (except for occasional watermelon), and should be consumed in very limited amounts. Fruits that are dark in color contain higher amounts of antioxidants (if they are grown in good soil – get organic if you can!). Examples would be organic blueberries, raspberries, strawberries, blackberries, cranberries, etc. Nonorganic strawberries are highly sprayed – avoid them! A good strategy is to find a source of good fruit and fill a freezer full for the winter months. It is much better to buy local vine ripened fruits and freeze them than to purchase fruits from across the continent or world.

*It is best to eat fruit in the mornings; fruit is a good way to break the overnight fast before exercising or meditating first thing in the morning. *Those with microflora issues should avoid fruit entirely until cleansed.

Nuts and Seeds

Nuts and seeds are a great source of both protein and healthy fatty acids. Most nuts and seeds are fine, my favorites are almonds, walnuts, Brazil nuts, sunflower seeds, pumpkin seeds, and flax seeds (ground). Remember, the oils in nuts and seeds oxidize when exposed to light so buy nuts and seeds in the shell (almonds are usually ok as the skin is protective) and buy oils and nutbutters in lightproof containers whenever possible. Generally, nuts are about 2 Tablespoons per 100 calories and oils and nutbutters are generally about 2 teaspoons per 100 calories.

*Peanuts are NOT seeds, they are legumes. Peanuts should not be consumed; they are very highly sprayed to get rid of aflatoxin fungus and if they are organic the aflatoxin remains. Avoid peanuts!

Grains

No more than one grain serving a day is recommended. In fact, avoiding grains entirely is the best option. Those who just feel they cannot live without grains should choose either whole oats, or wild, whole grain rice in small servings (about ½ cup cooked.) Some other grain choices that are acceptable are quinoa, Kamut, spelt, and amaranth.

Breads are NOT whole foods. You do not see bread growing out of the ground, do you?! If you must eat bread, eat a yeast-free, wheat-free, salt-free version of a whole grain rye or spelt bread. By the way, before you eat that bread, what are you planning to put on it?

Food Choices to Avoid

1. Fried foods (fries, donuts, chips, etc.)
2. Processed and Non fiber carbs (flour, pasta, breads, etc.)
3. Grains (limited whole grains – wild rice and whole oats)
4. Dairy (limited non-pasteurized dairy)
5. Juices (limited very diluted)
6. Caffeine (very limited – I apologize to the addicts)
7. Sprayed, early harvested fruits and vegetables
8. Grain-fed, antibiotic fed, hormone fed or smoked meats
9. Non-filtered or non-distilled water
10. Dried fruits (limited, organic only)
11. Hydrogenated fat
12. Partially hydrogenated fat
13. Trans fats
14. Added Salt
15. MSG
16. Hydrolyzed protein (disguised MSG)
17. Aspartame and other artificial sweeteners
18. Any and all chemical food additives and colors
19. Non-fiber carbohydrate additives – sugar, fructose)
20. Corn Syrup, corn syrup solids, and especially High Fructose Corn Syrup.
21. Soy – unless traditionally fermented

The Innate Diet™ and Supplementation

Clearly our ancestors did NOT take supplements. However, they also ate 100% organic food grown in nutrient rich soils, drank only pure water, ate no processed foods, ate no food additives, ate no pesticides, breathed clean air, got lots of sun exposure, and exercised virtually all day every day.

The healthiest thing possible is to eat a diet that is totally pure and sufficient; doing so would make supplementation redundant and perhaps dangerous.

The reality is, it is impossible to eat a totally pure and sufficient diet in the industrialized world we now live and breathe in.

Soils are nutrient depleted and so is our produce, even the organic produce. Our meat sources are devoid of polyunsaturated fatty acids. Most of us do not have the time or the desire to eat the amount of raw vegetables required to match the vitamin, mineral, and fiber content of the diets of our ancestors.

None of us walk around all day hunting and gathering!

The reality is supplementation is now a requirement in order to achieve the nutrient and fiber levels that our cells require.

The Innate Diet™ Recommended Supplement List

1. Fish Oil Supplement for EPA and DHA – 3-4 grams per day minimum. Pharmaceutical grade with a natural EPA/DHA ratio only!
2. Probiotics – make sure it contains high levels of Lactobacillus Plantarum
3. Vitamin D – greater than 5000 IU a day (either cod-liver A&D or liquid from a dropper)
4. Multi Vitamin/Mineral Supplement (liquid & colloidal if possible) Ionix Supreme or Essential Minerals
5. Daily Vegetable Juice (mostly greens, some carrot and beet ok for sweetener) – no added sugar.
6. Concentrated Greens Powder (wheat grass, barley grass, oat grass, Kamut grass, lemongrass plus variety of vegetable greens) Put in drinking water or mix with veggie juice (Greens First or Alkagreen).

Food Combining

I do not believe our ancestors ever considered food combining. If it was available, I'm sure they ate it.

However, it is conceivable they did eat certain types of food at certain times based on availability etc.

I would suggest very often fruits and vegetables were eaten alone or together with nuts and seeds.

I would also suggest meat was very often eaten by itself after a big kill or a big scavenge find.

Based on the digestive pH requirement differences between meat and all other food sources it seems reasonable to choose to eat animal protein sources alone.

What is my recommendation? If it is convenient eat protein separately or with low glycemic leafy vegetables not with starchy veggies like potatoes or yams. Your degree of gas (burping) and bloating and mucus production will tell you what works best for you if food combining is an issue. Remember, when you eat a lot of veggies some gas (flatulence) and intestinal bloating from the fermentation of the fiber by your healthy intestinal flora is NORMAL. Animals make foo-foos and it is normal. Sorry ladies- fellas, this is not a license to gas your families and coworkers. Gas is normal; walking around asking people to pull your finger is not.

Here are some general foods combining guidelines.

Fruit alone or with starch; best in the a.m.

Protein alone or with low starch leafy veggies or fat.

Low starch, high water leafy veggies and low sugar fruits (tomato, avocado, red, yellow, orange and green peppers, and lemon and lime) with anything anytime.

Healthy oils are great with just about anything although some may find vegetable oils do not combine well with proteins (although healthy animal proteins contain (Poly Unsaturated Fatty Acids (PUFAs))

Innate Diet™ Recipes-look on our website- www.webbwellness.com

There are not a lot of complicated or fancy recipes required with The Innate Diet™ because The Innate Diet™ is based on eating naturally. There are no fads involved, just whole, unprocessed, innate food choices. Most of the recipes you have now for meats and vegetables and salads and soups will work perfectly. Your recipes that include flours and sugars and salt and pastry and dairy products are just simply not what our ancestors were, or we are, designed to eat.

I have included the few recipes that are referred to in the meal planning protocols but, The Innate Diet™ is about simplifying how you eat not complicating it.

I suggest finding 10 or so recipes that you really like and using those as the foundation of your diet. (Consult any “paleo” recipe book (*i.e. The Paleo Diet by Loren Cordain, Ph.D.*) or our website for hundreds of different possibilities.)

One of the great myths is that eating healthy limits your choices. This is a complete myth!! I guarantee you that if you analyze what you eat now you will discover that you eat the same foods every week! The variety of vegetables you eat is absolutely less that you will eat with The Innate Diet™ and you will likely also expand your meat choices. Fruit choice may change but will most likely expand as well.

What is left? Grains and junk food! The only thing you will limit on The Innate Diet™ is toxic food choices. You may want to argue how unfair this is but if you really think about it how can it be anything but logical to limit consuming toxic substances that decrease your health?

Addictions and bad habits are hard to break but once you do you will become addicted to good habits which are equally as hard to break! Life really is fair!

The Innate Diet™ Organic Big Salad and Vegetable Dressing

To make preparation and consumption of enough vegetables easier it is a very good idea to use a food processor. Chop the veggies into pieces about as big as your fingernail. Use good things like Swiss chard, kale, broccoli, cauliflower, cabbage, carrot, celery, beets, parsley, some ginger, and some onion and garlic. Put the whole green leafy vegetables in stems and all. Put the entire mixture into a big container (glass is best) that you can seal and put in the fridge. If you choose you can sprinkle the mixture with some lemon or lime juice or some vitamin C powder to keep it fresh for longer periods.

Now buy a GIANT salad bowl for each person. Yes, the one you used to put on the table for the whole family is now going to be an individual sized bowl! Put some organic greens and cucumber or red, green, yellow, or orange peppers and some tomato on the bottom of the bowl and then top with a large portion of the vegetable mix. Always add some sprouts (alfalfa, soy, bean, etc.) and you can also add some seeds if you like. Top with some Innate Diet™ vegetable dressing.

Innate Diet™ Vegetable Dressing

1 teaspoon omega balance oil or organic flax oil

1 teaspoon organic extra virgin cold pressed olive oil

Organic lemon or organic (nitrate free) apple cider vinegar to taste

Organic seasoning to taste.

As with everything in transitioning into a healthier lifestyle, the Innate diet is no different: ADD GOOD CHOICES FIRST! Never start a new habit by using the “take away.” Taking away things you like, or you “need” is very difficult and sometimes painful. Very simply, we are genetically designed to avoid pain. If taking away chocolate or coffee is hard for you and produces pain, you will gradually have an internal drive to put it back into your life. When you do, you will then beat yourself up for not having enough “will power” to stop your habit and then the cycle of stress continues. You are always best to ADD IN GOOD CHOICES FIRST, then as you get healthier, you will not have the “need” for caffeine, nicotine or sugar. At that point you can choose to stop your soda, coffee, cigarettes, etc. when it is comfortable to do so.

Changing lifestyle habits is not difficult if you have the correct goal: future health. Health is not a place you get to; it is a lifelong learning process. Focus on developing good habits that will be with you for a lifetime. Don't worry about where you are now or how long it will take to reach your goals. Focus on the DIRECTION your choices are taking you. Our choices are either destructive and take us away from health or they are constructive and take us toward health.

One day at a time; one choice at a time. Enjoy the journey.