



ADVANCE BIOMEDICAL TREATMENT CENTER

35 Jolley Drive Suite 102 Bloomfield, CT 06002

Tel 860.242.2200 Fax 860.242.2212 www.AdvBioMedTx.com

HEALTHY COOKING/EATING TIPS

1. It is not how much you eat but **WHAT YOU EAT** that matters! Forget about calorie-counting, and point-systems! It doesn't ensure long term success.
2. **DO eat organic, all-natural, no preservatives / additives / food colorings / artificial sweeteners.**
 - a. Use organic (meaning no pesticides) vegetables and fruits as much as possible.
 - b. Use all natural meat which means no hormones and antibiotics AND must be vegetable-fed or grass-fed.
 - c. Avoid buying foods, condiments, and seasoning mixes in a can, package, plastic bag, box or bottle as they are likely with preservatives (sulfités, nitrites, BHT, etc.), additives, food-coloring and fructose corn syrup. Please choose the "all natural" products; they are mostly in the healthy food section of your local food mart.
 - d. NEVER fall for "diet", "sugar-free", "low-fat", "zero calories". They usually have artificial sweeteners which are toxic to the body. This applies to everyone, especially diabetics. Splenda or sucralose only fools the glucometer and the patient but not the blood test. "Low fat" foods likely have more carbohydrates which actually make you fatter.
 - e. **Use only natural sweeteners** like a little cane sugar, maple syrup, agave nectar and honey. NEVER eat anything with high fructose corn syrup; they are known *obesogens* which means they cause obesity. Fructose corn syrup is in sodas, juices, ketchup, mustard, breads and anything else that needs a little sweetness. So avoid them.
 - f. Breakfast meats have preservatives that cure the meat called nitrites or nitrates. Do not eat them. They are toxic to the liver and to the body. Choose the **UNCURED or PRESERVATIVE-FREE meats** (ham, bacon, pepperoni, salami, turkey, sausages, and corned beef).
3. **YOU MUST EAT VEGETABLES for breakfast, lunch and dinner.** Your plate should be almost half full of veggies. If you are on Coumadin, a blood thinner, you can still eat vegetables, and you should! Just eat different colored vegetables everyday so your Coumadin dose doesn't keep on changing. Always choose **fresh** vegetables over frozen or canned.
4. **YOU MUST EAT FRESH LEAN MEAT or FLESH** = chicken, turkey, fish, seafood, pork 3-6 oz. with each meal. Three ounces of meat is about the size of your palm, 6 ounces of meat is about the size of your whole hand. For most women, you should eat at least 9 ounces of meat a day. Men need more, about 12 ounces or more per day depending on activity.
5. Exercise breaks down muscle, if you don't replace it with protein, you start building fat instead. Therefore, if exercising, eat more protein NOT carbs! For every 30 minutes to 1 hour of aerobic exercise, you should add 3 more ounces of meat to your diet.



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- Remember:
- a. **EXCESS CARBOHYDRATES LEAD TO FAT.**
 - b. **EXCESS PROTEIN JUST LEADS TO MORE MUSCLE**, which is desirable. The only exception are those with severe chronic kidney disease or dialysis; in which case, a high protein diet is a contraindication.
6. **DO NOT EAT GLUTEN** (which is barley, rye, oat, wheat) **and DAIRY products** (milk from the cow or goat). Take note that eggs are NOT dairy; therefore, they are OK to eat. Gluten and dairy cause inflammation, sleep disorder, mood swings, stomach issues, allergies, asthma and even autistic symptoms. Inflammation is the bottom line problem of most chronic illnesses. Look for Gluten-free and Dairy-free products, including ready-made mixes for pancakes, bread, cookies, brownies. Rice, corn, potato, quinoa and other root vegetables are naturally gluten-free which you can choose from in most restaurants. Dairy-free products like coconut milk/ice cream/cream cheese/cheese are very good alternatives because they have good fat which we all need to balance our cholesterol. If using soy products at all, they must be organic and use only minimally. Almond milk products are also great substitutes, has protein and no carbs.
 7. Soy, nuts, beans and proteins from vegetables CANNOT provide enough of the essential amino acids (building blocks of protein). Vegans/vegetarians will be protein-deficient based on specialty blood tests that check for essential amino acids. Most important substances in our body, like neurotransmitters and hormones, are made up of proteins and fat, not carbohydrates.
 8. **AVOID EATING GRAINS (bread, muffin, bagel, cereal, oatmeal, cake, pasta, etc.) OR STARCH.** These foods cause most of the chronic illnesses we complain about, including high cholesterol and diabetes. If eating any starch at all, please choose gluten-free and it should be limited to **½ cup or 1 slice of gluten-free bread a day**. If you are diabetic or would like to lose weight, you shouldn't have any starch at all. People with chronic gastrointestinal symptoms should try gluten-free and dairy-free diet first. If there are residual gastrointestinal symptoms, then they have to remove grains from their diet as well. Cancer patients SHOULD NOT eat grains and sugars. Sugars feed cancer cells. There are many recipes that use almond flour and coconut flour to make desserts and bread products. These are the healthiest options!
 9. Please remember: **Alcohol is sugar**. Therefore, use sparingly. If you have gout, you have to give up alcohol because not only does it cause uric acid to go up, it also causes diuresis and dehydration. This leads to more uric acid crystal formation and more pain.
 10. You can have fruits 1-2 servings a day. Do not overdo fruits. Avoid juicing, smoothies and shakes unless that is the only way to get veggies into the body. These are liquid calories that add up to sugar in the body, which most of the time is more than what you need! Never replace real fresh food with liquid unless it is absolutely necessary.



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11. **You must, at a minimum, eat 4 servings of good fat a day.** Choices are: 4 tsp extra virgin olive oil or EVOO, or 4 tsp coconut oil or ½ cup coconut milk or ½ avocado a day. Good fat balances the cholesterol profile (more of the good cholesterol HDL and less of the bad cholesterol) and good for the heart in many other ways.
12. If you have **high triglycerides or high cholesterol, it is because of the excess grains and dairy** you are eating. You DO NOT need oatmeal, multigrain and wheat to bring down cholesterol. Vegetables have a lot of fiber which will decrease your cholesterol. So before starting a medication, please stop eating grains and dairy, and this should normalize your numbers.
13. **Drink a lot of water.** To compute, it is **half of your weight in ounces per day** unless you were given a water restriction by your physician. So a 160 pound person should drink 80 ounces of water a day. Pure water, not with tea or coffee or juice. Most people think that when their legs are swelling, they are drinking too much water. It's the opposite! They are not drinking enough water! Follow the simple computation above.
14. **Try to use purified water**, at least a reverse osmosis type. In particular, look for one that filters out heavy metals, pesticides and PCB's. These are the most toxic of all toxins. None of the town water system in the whole country can adequately remove these toxins. I use the brand, *Equinox*, which I ordered on line. If you are wondering about well water, it is worse than town water.
15. Remember that taste buds adjust. What seems to be bland now will over time taste sweet or salty enough. If you hate vegetables, just start eating a little bit at a time and increase accordingly. You can also grind them up and mix with meatballs or spaghetti sauce. If you still have a problem with taste, or if your child is a picky-eater, please request a consultation with me and I'd be happy to help.
16. Lessen the salt you use for cooking; be generous with spices (black and red pepper, cumin, coriander, etc.) and herbs that enhance flavor more than just salt. NEVER use soup base mixes as they are laden with MSG and more. Make broth from scratch using lots of different veggies a little salt and a lot of spices. There are ready-made broth brands that do not have junk in them, like *Pacific* brand and *Imagine*.
17. **For oils, use only extra virgin olive oil or grape-seed oil or coconut oil.** Canola is acceptable if you have no other choice; get organic, if possible. Grape-seed oil is great for high heats like grilling or broiling. It must be put in the refrigerator once it is opened. For cooking sprays, choose organic olive oil or canola oil spray.
18. Take note that **eating "healthy foods" DOES NOT nullify the effect of eating "bad foods"**. To stay or become healthy, YOU MUST STOP EATING THE BAD FOODS.



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19. When looking for something to eat, open the refrigerator, not the pantry. You will most likely find a left-over that is healthier to snack on than something from your pantry. Over time, your pantry size should shrink.
20. **DO NOT USE NON-STICK POTS /PANS OR ALUMINUM PANS.** Use stainless steel, cast iron, glass or ceramic pots and bake-ware. Use stainless steel baking pans with silicone lining for non-stick purposes. Avoid using aluminum foils, use parchment paper instead. Never cook with beer cans underneath roasting chicken!
21. **NEVER EAT JUST ONCE A DAY**, especially diabetics! Your body will think you are in famine for good and will prefer to conserve your fat. If you have no appetite, take zinc 50 mg a day to wake up your taste buds, and probiotics to keep your gut healthy. You have to eat 3 times a day.
22. If you have abnormal cravings, you can take over-the-counter 5HTP (hydroxytryptophan) which is the precursor of serotonin. It is not a medication; it's a neurotransmitter which is natural to the body. It makes you sleep well at night and it helps stop the cravings the next day. You should take this for a month to see its full effect. Most of the time, after a month, cravings are gone.
23. Remember that to stay or become healthy, it takes **80% DIET AND 20% EXERCISE.** Therefore, do not make "not being able to exercise" an excuse for not getting healthy.
24. Contrary to allopathic medicine views, ultimately, it is NOT about the weight in the weighing scale nor the BMI (Body Mass Index which is a measurement of height and weight in a graph) that matters. More importantly, it is about **body composition** -how much body fat you have and how much muscle mass you have. Your waistline is directly related to your risk for heart disease!
25. The "really healthy" diet tips given above ensure that you will keep a lean body mass, that you will likely keep your sugar and cholesterol at its lowest, and that you have done your best in preventing the onset of chronic illness.

This is how you can **TAKE CONTROL OF YOUR HEALTH!** It starts at home... in your kitchen. Happy cooking!

Eileen C. Comia, M.D.