

Foot Plans, Meal Plans and Diets

February 2016, Revised 5/2018, 11/2019



Michael Cheikin MD
Holistic Medicine and Physiatry

www.cheikin.com 610-239-9901

The term "diet" implies the restriction or elimination of foods, such as "low-fat diet", "gluten-free diet", and, the diet of all diets, the "weight-loss diet". At the beginning of each year we also go on the "New-Years-Resolution-One-Week-Diet" to accompany our short-lived gym membership.

A number of people, often women, fail to shed a pound with strict diet and exercise ("D&E"). Over 90% of the time, D&E fails within five years, all the weight and more coming back. Some still believe this is because of the person's lack of willpower. However, our understanding of how hunger, satiety, emotion, addiction, and therefore willpower are modulated by food is increasing. When the D&E model doesn't work, it's the theory, not the patient that is to blame.

With regard to nutrition, weight, and health we actually all have a lot more facts than we realize. We just can't see them because they're obscured by the theories.

The Facts

1. Two people can eat the same meal and have completely different effects: the first feels good while the second gets bloat and anxiety and gains weight.

2. One person can eat two different meals with the same calories and composition of fat, carb and protein, and have two opposite effects.

3. A person can eat a food on a regular basis, and then suddenly not be able to eat that food due to a strong reaction such as rash, diarrhea, constipation, and depression.

4. Some children grow out of their food allergies, such as dairy or peanuts. Others can desensitize with shots or other therapies. Some cannot.

5. Some people wake up hungry; many have no hunger, or even nausea, and can't eat for hours.

6. Some people can go without food for hours, some cannot. In some, this can vary with the time of day or prior meal.

7. Certain foods feel better when eaten in the morning, others later in the day. This varies from person to person.

8. Certain foods in combination feel better than others.

9. There is a tendency to gain weight as we get older. However, this does not affect 100% of the population.

10. Fasts and detoxes are parts of religious rituals and modern treatments. Some people feel and do great, others get sick and sometimes cannot return to baseline.

11. Energy medicine, such as acupuncture and NAET can dramatically improve food allergies, sometimes in a matter of minutes.

12. Leptin, ghrelin and other recently discovered hormones from fat and other tissues can influence metabolism and hunger. (This is in part the basis of weight-loss surgery)

13. "Epigenes" are signal molecules that we inherit from our grandparents, parents and earlier ancestors. They work by turning genes on and off. If DNA is the hardware, Epigenes are the software. They transmit environmental information over generations.

14. Modern chemicals, such as trans fats, high-fructose corn syrup, pesticides, food additives, growth hormones and genetic modification can affect individual and global health.

15. The "biome" is the totality of organisms in us and on us. It comprises 90% of our cellular count, but because our cells are larger, our cells make up 99.9% of the volume. This biome lives in a community, surrounded by "biofilms" in our mouth, gut, sinuses and other moist or hollow places. It benefits from living within us (symbiosis) and provides us with molecules such as vitamins

Food Plans
Foods to emphasize
Foods to completely avoid
When to eat foods
Combinations to emphasize and avoid
Foods for occasional use (i.e. weekly/monthly/seasonally)
Foods to emphasize and avoid under special circumstances (I.e. detox, illness, etc.)

and immune modulators. The biome can be dramatically affected by antibiotics, chemicals, and specific foods and therefore can drastically affect our health in a positive or negative way.

16. All other observations as observed. This is similar to the job description "all other duties as assigned". What this means is that we continue to make observations individually and communally. Clearly, the science has lots of holes.

Conclusions

1. Weight loss involves more than the input (diet) and output (exercise) of calories. We are not simple vats.

2. There are control mechanisms for metabolism that involve fat, brain, gut, hormones, our biome, and other systems.

3. Food is not just energy and material, it is also a signal, or computer program. Sequences and combinations over time alter the programming.

4. The science of nutrition remains rudimentary and unfortunately influenced by special interests. Clearly the world-wide obesity epidemic will require more than diet and exercise.

5. We have individual responses to different foods. This can change over time and circumstance.

6. A carb is not a carb. A fat is not a fat. Therefore a protein is not a protein. Within each family, there are good and bad, as well as individual differences. Fads are out!

7. Finally, and most importantly, each of us have unique biochemical profiles, influenced by genes (up to 10% in general) and lifestyle (90% or more). This changes over the day, season, and life phase; as well as with different foods and combinations.

Food Plans and Meal Plans

A "food plan" is a set of rules about individual foods, their combinations and timings (what, when and how), as described in the center box. Ultimately, this is unique for an individual.

Once we have a food plan, we can then create an infinite number of recipes from those foods. If food is a word, a recipe is a sentence. A set of recipes makes a meal, which is like is a paragraph. A page in lifeplan includes these meals, as well as other paragraphs such as snacks, supplements, fluids, education, exercise, work, rest, fasting/ detoxification, re-creation and

psycho-spiritual practice (if desired, can include sex). A lifeplan can be re-engineered, and for most needs to be adjusted regularly based on current performance and symptoms, starting and ending stressors, lab tests, and long-term goals.

Going back to nutrition, a "meal plan" is a series of pre-determined recipes, based on a food plan. Most meal plans are divided into three meals and two snacks a day, with some specifics for certain days of the week. Food and meal plans need to be clear and relatively easy to implement in order to be sustainable. Proper kitchen equipment, technique, and storage strategies can sway the balance toward sustainability.

Food plans that have evolved include Kosher/Halal, Vegetarian/ Vegan/Fruitarian, Raw, Combining Rules, Allergy/ Elimination/ Rotational strategies, Timing strategies (such as Intermittent Fasting), Paleo, AIP (Auto-Immune Paleo), Weston-Price, "Gluten-free", "Eat Right for Your Type", SCD (Specific Carbohydrate Diet), and innumerable others, often variations on the above.

Biochemical testing and safe strategizing with the help of the right practitioner can customize optimal food plans and allow healing of many chronic and obscure conditions. As Hippocrates said, "let food be your medicine". It is also always wise to avoid extremes and ruts for sustained periods.

IMPORTANT NOTES:

1. **This educational material may not be used to influence medical care without supervision by a licensed practitioner.**

2. These contents are ©2016-8 by Michael Cheikin MD and may not be reproduced in any form without express written permission.

3. Dr. Cheikin's website has related articles and references such as "Anti-Nutrients", "Seeing the Obvious", "Epigenes" and others.

Michael Cheikin MD is a holistic physician, Board Certified in Physical Medicine and Rehabilitation ("Physiatry"), Pain Management, Spinal Cord Medicine and Electrodiagnostic Medicine and licensed in Medical Acupuncture. Dr. Cheikin has extensively studied yoga, diet and metabolism, Ayurvedic, Chinese and energy medicine and other alternative modalities for over 30 years. He specializes in obscure, chronic and severe problems that have not responded satisfactorily to other methods of healing.

www.cheikin.com 11/28/2019 ...a09