

DIET AND GENES IN 2005

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The NATURE VS NURTURE debate is more real today than ever.

WHOLE NEW WORLDS of medicine and nutrition are unfolding now that the human genome is fully known. We now know that individuals have many small differences or mutations in inherited gene blueprints, making each unique. People vary in nutritional needs, ability to metabolize or detoxify drugs, chemicals or hormones, and risk for certain diseases.

DID YOU KNOW THE FOOD YOU EAT ACTUALLY SPEAKS TO YOUR GENES?

Your everyday emotions, exposures to chemicals, and choices at each meal directly influence which enzymes, proteins, receptor molecules your body makes, and which genes will be expressed and which ones suppressed. Food is so much more than carbs, protein, fat and calories! How you live your life is so important!

What was on your plate at breakfast?

A dose of trans fats and saturated fats from egg mcmuffin? Or was it dark berries with granola and soy milk? Did you skip breakfast? What message did you give your cells?

Colorful carotenes found in dark berries, root vegetables, dark greens, red, golden and orange colored fruits and vegetables contain lutein and zeaxanthin that help prevent macular degeneration, while lycopene helps prevent cancer, cardiovascular disease, and other chronic illness. Vitamins a & d encourage genes to make normal cells rather than cancer cells. Resveratrol in red or purple grapes, genistein in soy, and egc in green tea modulate tumor suppressor genes to slow proliferation of tumor cells. Oils in fish suppress inflammation. Broccoli speaks to liver enzymes to produce non-cancer causing estrogen metabolites.

Man has been vitamin c deficient for millions of years, since we lost the ability to manufacture vitamin c in our bodies. Man is one of four warm-blooded species on earth today who no longer makes this important vitamin. Animals who are able to make vitamin c do not get heart disease and cancer as we humans do. It is nearly impossible to eat enough oranges or red peppers to get enough of this vitamin from dietary sources.

Folic acid and b12 are often poorly absorbed. Some persons are not able to activate folic acid or some of the other b vitamins in the body. This is a genetic inheritance. The list goes on and the point is that a good diet plus tailored supplements are probably the best bet.

MYTH OF THE BALANCED DIET.

A reality of today's world is that it is not possible to get optimum amounts of nutrients from a well-balanced diet. There is a big difference between staving off a deficiency disease like scurvy and the right amount of vitamins and minerals and other nutrients for best function and prevention of disease. RDA's and RDI's and food pyramids are just the beginning of basic needs for tip-top function.

The food industry offers many quick, easy nutritious choices, such as various frozen stir fry vegetable mixtures, fajita mixtures, prewashed salad greens, frozen soups. One can eat well for less this way, so much better than stopping for fast food!

BEST BET is a colorful plant-based diet that includes lots of green vegetables (yes, even for breakfast!), organic foods whenever possible, adequate protein, fibers from fruits, vegetables,

nuts, seeds, beans, grains as tolerated, and use of good oils, including omega 3 fish oils. Did you know that children eat more if presented with attractive, colorful food?

CHECK THE SASHABAW ROAD DIET BELOW FOR IDEAS.

No one should drink pop, use aspartame, msg, or acesulfame; eat sugar, dyes, GMO foods, pesticide residues or chemical additives. The closer you come to a natural diet of your ancestors, the better you'll be.

Sashabaw Road Spring Cleaning Diet

BREAKFAST OPTIONS

- Fruit, raw (soaked) almonds, kefir or yogurt
- 2 poached eggs, 1 cup steamed asparagus, sprouted grain toast with ghee
- Vegetable or lentil soup, half an apple or pear
- Oatmeal, currants, slivered almonds, cinnamon, sliced apples, unsweetened soy milk
- Breakfast apple salad with celery, walnuts, currants, grapes, pineapple, with apple juice and a dollop of plain yogurt
- Sliced cucumber, tomato, feta cheese, olives, olive oil, lemon
- Blender shake with fruit, green food, oil, rice, soy, or whey protein (Ultra Clear, see below) Ask for a free smoothie handout for other suggestions
- Wendy's Fresh Fruit Bowl with Yogurt
- Instant Hot Quinoa Cereal plus fresh fruit, add nuts or seeds
- Amaranth flakes, soy milk, banana
- Baked oatmeal with currants, cinnamon, walnuts
- Blueberries, soy milk, oat granola (no sugar), raw nuts
- Avocado, purple onion, grapefruit, olive oil, poppy seeds, lemon
- Grilled vegetables with olive oil: peppers, zucchini, red onions, small eggplant, carrots, lemon
- Hemp or Flax cereal, banana, soy milk
- Ultra Meal Berry shake with raspberries, oil, green food added
- Ultra Meal Plus shake with strawberries (lowers cholesterol)
- Sprouted grain toast, peanut butter, fresh pear
- Sautéed fresh mushrooms, scallions in olive oil, sprouted grain toast, fresh berries
- Green fruit: honeydew, kiwi, white grapes, lime juice, soaked almonds or chopped walnuts, almond milk
- Eggplant relish (baked eggplant, chopped tomato, green onion, olives, garlic, olive oil) on rice crackers
- Artichoke spinach dip (available at Whole Food Co.) rice crackers, plum, peach, nectarine, pear or apple
- Sprouted grain tortilla, organic refried beans, sliced avocado, salsa
- Quinoa flakes 1/3 cup, 1 scoop Ultra Clear Sustain, 1 tablespoonful tahini in a cup, add 1 cup boiling water, stir, cover and let steep. Stir and drink. OK for Candida.

LUNCH OPTIONS:

- Vegetable, minestrone, miso or other with clear broth base soup
Garden salad, oil and lemon juice, fruit (try hazelnut oil)

- Lentil or split pea or bean soup, salad, fruit.
Large green salad with colorful cut up raw vegetables (radish, broccoli, zucchini, tomato, carrot, cauliflower, cucumber) and protein such as garbanzos, tuna, feta cheese, shrimp, turkey, boiled egg or chicken, with flax, olive or walnut oil, lemon juice, sunflower seeds or pine nuts or pumpkin seeds
- Brown rice with steamed vegetables, such as spinach, chard, broccoli, onion, sweet pea pods, carrot, cabbage, green beans, peppers, sweet potato, soy sauce, sesame oil, with organic broth or miso. Chinese or Thai food can work here, but NO MSG!
- Baked potato with broccoli topping (Wendy's baked potato works) Mixed salad, grapes. Easy to make at home, too.
- Baked sweet potato, raw pecans, steamed broccoli, hazelnut oil
Hummus or baba ghanoush, tabouleh, raw carrots or rice crackers
- Lebanese, Thai, Chinese, Viet Nameese, Italian, delicatessens, cafes can usually provide a good lunch if you choose carefully.
- Cobb salad on bed of Boston lettuce: grated raw beet, carrot, daikon radish, raw sunflower seeds, dressing of tahini or peanut butter, rice wine vinegar, stevia or honey, diluted. (Children like this salad because it is tasty and colorful)
- Shrimp boiled, 4-6, on a bed of lettuce with sliced radishes, cucumber, zucchini, tomato, broccoli and cauliflower, carrot, with olive oil, lemon or lime juice
- Greek salad with feta and olives. Lemon and olive oil dressing. Be careful of too much salt in the dressing.
- Salad of mixed greens, garden vegetables with grilled chicken, salmon, tuna, or with garbanzos and boiled egg, olive oil and lemon, herb dressing
- Wendy's Mandarin Chicken salad, but dressing's too salty

SNACK OPTIONS:

- Fresh vegetable juice using parsley, kale, broccoli, celery, spinach, carrot, beet, cucumber, zucchini, etc. May dilute with water.
- Herbal teas
- Raw nuts and seeds
- Mineral water
- Fresh fruit

DINNER OPTIONS: Same choices as lunch along with new items below:

- Stir fry or steamed vegetables with poultry, shrimp.
- Kroger has easy and good frozen stir fry mixes, or use organic frozen pea pods, broccoli, green beans, sliced onions and peppers with brown rice and a sauce made of arrowroot, Tamari soy, blackstrap molasses, and a little rice wine vinegar. Use plenty of garlic if you like it and can tolerate it.
- Clear soup with vegetables and large salad. Thai or Chinese restaurants serve such soups and salads.
- Grilled or baked chicken, 2 cups green vegetable, salad
- Grilled or baked fish, 2 cups green vegetable, salad. Try Cascadian Farms frozen vegetables steamed.
- Borscht with a dollop of yogurt and a salad
- Lean Cuisine New Spa Classics with whole brown rice include:
Chicken Pecan, Lemon Chicken, Lemongrass Chicken, Rosemary Chicken

We Can help with The nurture Part

THE DOWNING CLINIC has specialized in nutritional and environmental medicine since 1991. We believe that diet and lifestyle ARE the cornerstone of good health, good energy, longevity. Time and again, we have seen smart choices turn around a patient's illness. Over and over patients say to us that they are feeling better, or did not get sick when others around them did. Good nurture, your choices of food and activities has a goal of avoiding chronic illness, being energetic and joyful, and living well until the end of life. When supplements are added to a good diet, who can say which illnesses were avoided? We offer individual workups to assess nutrient needs, special testing including several genetic inheritance tests, and follow-up care.