

Dear Gentle Readers,

June 11, 2018

I originally wrote this book in the early 2000's and fortunately the Mediterranean Hunter Gatherer diet and much of the other information is still consistent with current understanding. Some of the supplements have changed and I will outline these below. The information in Volume 2 on healing continues to be relevant (see Chapter 2 of Volume 2 looking at Tables 2-1 and 2-2 to help us all move forward toward healing).

Please see the current **Staying Healthy Handout** on the website for the updates: www.georgesteelmd.net.

There are numerous other handouts on the website as well:

1. **The Elimination Diet** (eliminating foods associated with illnesses/autoimmunity)
2. **Reversing Neurodegenerative Disorders**
3. **Mitochondrial Dysfunction and Malignancy**
4. **More Suggestions for Eating**
5. **Vegetarian Options**
6. **The Warrior Diet (Intermittent fasting)**
7. And others (upcoming: 1.5 grams of protein per Kg of body weight per day for those over 40 years)

I do want to clarify that I have adopted intermittent fasting (on many days of the week and I fast for 16-20 hours by skipping breakfast and often lunch. In addition to exercise (or as a substitution for those unable to exercise), fasting turns on the machinery to create new mitochondria (the powerhouse and possibly the CPU of the cell), which makes us younger. Excess vitamin C (over 150 mg per day) appears to block this effect, so I avoid vitamin E and C supplements (some oxidative stress helps to heal us). The difference between young people and old people is the health of our mitochondria. In addition, I have eliminated the Nightshade vegetables as they appear to promote arthritis in some people (see page 2 of the **Staying Healthy handout**).

As stated, I do the intermittent fasting. I have the Carlson's fish oil and some MCT oil (medium chain triglycerides from coconut oil) in the morning with my supplements (the oils improve absorption of the fat-soluble vitamins). This is about 1 TBS each, which provides about 300+ calories. Then I have coffee with some organic heavy cream. For lunch, I catch up on my work in the office with a cup of decaf coffee, again with heavy cream. The fat does not break your fast, only carbohydrates and protein. Even a salad with olive oil but no protein or carbs allows you to continue your fast. See **Warrior Diet handout** for further suggestions.

Then for supper have a lot of green leafy vegetables like broccoli, cauliflower, kale, collards, mustard greens and turnip greens, as well as cucumbers and artichoke hearts, all with a topping of avocado oil mayonnaise with finely ground turmeric, ginger and black pepper, as well as some protein and nuts and seeds. You may leave out the ginger, but the pepper is key to absorbing the curcumin in the turmeric. Then I get out of the kitchen or I will eat some peanut butter, almond butter or frozen berries with heavy cream. Although I admit I do not always escape, but I forgive myself! Sometimes I do eat just for the pleasure of it. But note, okra is also a super food as it blocks the harmful lectins in our diet (like the nightshades and others). Please see the **Elimination Diet handout** for the updates on removing lectins and other foods that increase the risk of autoimmune disorders.

To summarize The Updates for the supplements (see Staying Healthy handout for details):

1. **Carlson's fish oil** instead of Cod liver oil (makes you a nicer person; men need this)
2. No multivitamin as Vitamin E appears to increase heart disease (eat your almonds)
3. Take your **vitamin D 2,000 units** per day (was previously in the Cod liver oil)
4. Take **magnesium** at bedtime (see the handout for the dose). This is key! I take the mag twice daily
5. **Chromium** makes you inappropriately happy, but filter what you say! NOT for people with bipolar disorder as it may trigger mania

In addition, here are some specific updates to the published version of the book, all in Volume 2:

1. On page 119 of volume 2, I no longer recommend LifeLineScreening as their testing does not appear to be accurate (I tried them out and the results for 2 of the 4 tests were positive; subsequent testing showed no abnormalities). I do now suggest a coronary calcium score for individuals with a strong family history of heart disease, particularly if their cholesterol is elevated above ideal or their Lipoprotein (a), high sensitivity CRP or Hemoglobin A1c are elevated.
2. At the top of page 142 (vol 2), it mentions some supplements for Alzheimer's disease and dementia. I no longer recommend supplementing with vitamin E as it has not shown to be beneficial (and may actually be harmful to those with heart disease).
3. Page 146 (vol 2) discusses the common cold. A new saline nasal spray called Xlear is very effective at opening the nose and sinuses and is not habit-forming. I recommend using Xlear as you can likely avoid having to take antibiotics for a sinus infection since you can now drain the sinuses and clear the infection naturally.
4. Page 149 about Lyme disease, if you develop rotator cuff disease please have your Lyme disease test checked as secondary Lyme disease (Lyme arthritis/tendonitis) can present with no previous clinical findings of primary Lyme disease (ie. No discernable tick bite, rash or significant flu like illness).
5. Page 153 (vol 2), if you have irritable bowel syndrome (IBS) please refer back to Volume 2, chapter 2 about the underlying emotional issues that can worsen IBS.
6. Page 169 (Appendix 1), please see the current Staying Healthy handout on the website. This has been updated with the information on the reversal of cognitive decline as well as meditations. In addition, on page 175 I no longer recommend supplement with calcium (but yes to magnesium) and I take the Carlson's fish oil (rather than the cod liver oil) and a separate vitamin D at either 2,000 units or 5,000 units per day, depending on if the vitamin D level is above 50 (2,000 units) or below 50 (5,000 units).

Please visit the website for the updated materials. www.georgesteelmd.net

Best wishes, George Steele MD