

Living Foodergies! Free Strategy Guide

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Because of the constant changes resulting from ongoing research and clinical experience, some of the literature presented may not be current. The author and publisher are not responsible for errors and/or omissions.

The purpose is to provide you with the information that will educate you to make more educated health and dietary decisions as applicable.

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When I told my friends and colleagues that I was writing a book based on my health journey, there was no surprise. They always wanted me to write down my recipes for the crazy food combinations I would come up with and I said that would be in another book. First I wanted to tell the story and explain my plan around identifying food intolerances through food families. I didn't want this book to be just like any other food information or diet or nutritional guidance. I have been wrestling with my own nutritional deficiencies and health for the last five years. This book is the culmination of my personal research and experience with my clients as a Naturopath.

The concept of food sensitivities and intolerances were new to me back then and to reduce and eliminate them became my mantra. From May 2009 forward it became more and more evident that the foods I ate led to toxins in my body that I could not get rid of. One of my mentor's, Dr. Elson Haas called it "False Fat" and for me it really was. It was truly fat but trapped toxins in my system due to a compromised immune system and unhealthy colon. When I stopped eating those foods that had those toxins my body could not process or deal with, my body started to heal itself slowly and steadily. I decided to take it slow and analyze everything I ate. In fact, I have consistently kept a daily food journal since January 2010. That's a long time to be tracking your food. What I discovered through tracking my food was how I felt by eating specific foods but also how it impacted the amount of physical pain stiffness and joints or digestive upset I had. I tracked it all and I saw patterns in the data collected.

There are those who said I was going to waste away and make myself deficient on what little I was eating – not so because there was still plenty things I could eat. Others said it was a lot of woo-hoo, witch doctor stuff I would be learning as a Naturopath. That statement amuses me because the earliest Naturopaths were scientists, osteopaths and homeopaths who did what I did – heal themselves. There is an old adage which says "Those who do not know the history are condemned to repeat it" –

it is no different in the advent of medicine in the last century. The more "science" that is applied to what the early medicine men, herbal healers and shamans knew the more modern science is finding the "why" behind it. The only issue is that we have lost a lot of this traditional knowledge, experience, and documentation. Yes, those things help science be more accurate and astute and one of those things that integrative health practitioners (MDs) and naturopaths agree on is that "Food can be medicine or toxin". However, which one is *your* medicine or toxin remains to be determined.

I questioned everything that I knew about nutrition, tried new foods and eliminated others to make me better. I embraced the fact that I was an impatient person, exposed and raised in a microwave society. I had to learn that everything has its time. I knew that I would not be feeding and adding to my arthritis in this new way of life/eating. Over 3 years ago, I went through a dietary elimination challenge-response diet. This specific elimination/challenge was planned using all the knowledge and research done during my studies. From that analysis I had determined that gluten, soy, nightshade plants and dairy were the most likely culprits of *MY* toxins and eliminated them. Does this sound hokey to you anymore?

I went to back to school to learn, to heal and to help others with their health through education and coaching. I wrote the book **Foodergies! Eat Right with Food Families** to share the research I did for my betterment, so that others can save time in their investigation of their health issues. I have been looking for this kind of information that I am documenting for you for over 3 years. It has been a labor of love and has become the guidelines for my educating others on how to find what works for them. This is the same detail I used in my research for myself - how to break it down so I could be more discreet with my food family choices. It did not exist in a form like this, scattered through out the internet and in pieces and clips as simplified level in books. I am pleased to present this to you for your education and reference.

The essence of the message for my book is thus

– food family identification is **crucial** in the investigation of our health. Finding foods that are your friends and not your foes is not a walk in a labyrinth – it is like a maze. I hope you find this strategic summary helpful, to guide you through your own food family maze. Find those food-allergies/sensitivities, “Foodergies™” as I call them, and have it be a simple course of what stays in and what comes out of your daily consumption. Once on that path, it becomes the journey to improve your health.

Detoxification and Cleanses

The most important observation about doing a cleanse properly was the time *after* the cleanse which actually made the biggest impact on my health. All benefits of the cleanse are reversed if you go back to the way you used to eat afterwards. I kept a diary of the foods I ate and how they made me feel before I even did the cleanse. I reviewed the food families of the items in the diary, looking for patterns and trends in relation to how I felt. *Food families is a term used to group and categorize the foods we eat – fauna (the animals: bovine versus poultry versus fish, etc), flora (the plants: cruciferous versus citrus versus composite leaf (aka lettuces)), and fungi (mushrooms and yeasts).*

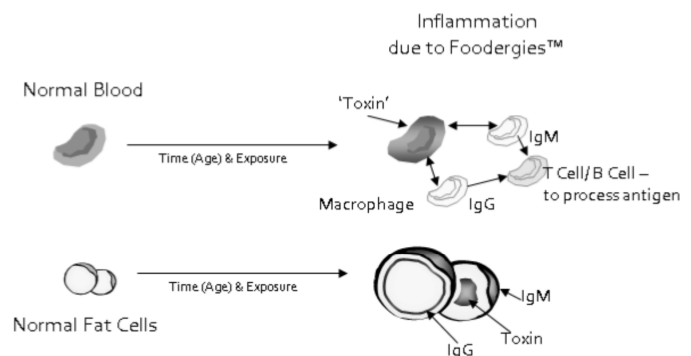
I determined which plants were in the same families and those that were in different families. I also made note of how often I found reactions related to recommended food combining rules; it made me see where I could improve. I was able to map out a series of foods that were potential aggravations to my current health. Removing those offending families, I theorized which foods should make me feel better. This was my proving ground, the concept of food families and the elimination or addition of those family members to maintain my health. There is a good list of foods in Dr. Haas’ book. However, it did not explain what it was in each food or its family that may be the trigger, the chemical composition which could be the irritant.

In the beginning, the lists that I used for my analysis were not entirely comprehensive enough so I went back to my scientific roots – and that meant

research. Over the last three years have, I covered quite extensively details of the foods that I eat and what serves me best. I frequently scour the Internet for new studies and analyses on various foods that we eat. Along with this was a detailed analysis of their related food families.

I have consistently performed detoxification cleanses every quarter for the last three years. I try to make it follow the seasons though I have been known to shift a month in either direction. Since my first cleanse in May 2009, I have tracked what I ate and been very strict to stay on a gluten, nightshade and soy free lifestyle. Those were the foods I identified to be my biggest culprits in causing my ill-health. After each cleanse I evaluated the exposure and consumption of the foods that I ate and tracked subsequent reactions. A few times a year, I found that I could consume dairy, just not on a consistent or rotational basis.

If you follow the concept that your body regenerates itself entirely every seven years; and your blood system every 90-120 days, and your skin every 21-30 days; then on a quarterly basis you should end up with a whole new ‘clean’ set of blood.. There are many things we consume repeatedly which will over time alter the way the cells regenerate. If you keep attacking the cells and triggering immune responses, the cells build up a wall of protection around them. The attack can be from infection, disease, immune deficiency, or actual toxin. The cells get bigger and because those triggers exist on a consistent basis. The new cells that get recreated have been ‘programmed’ (for lack of better terms) to be insulated.



This programming can be reversed. The cells can learn to produce less and less insulation. Some of the ‘toxins’ or triggers come from Foodergies™ – our food foes. We don’t always recognize the enemy until it makes its biggest impact to our health. I like to think of those ‘toxins’ that exist in our bodies’ residing in our cells on a last-in, first-out philosophy. The most recent ‘toxins’ you consume or acquire should be the first ones that leave your body when performing a detoxification/cleanse. Years of buildup will take repeated cleanses to strip down and then come up to the surface for removal. Some ‘toxins’ come out easily since they are present in your bloodstream while others require breaking down of fat deposits for them to be released.

So by undergoing a cleanse, changing my diet and monitoring quarterly is quite a tall order for changing my lifestyle. I am not one to do things with less than full commitment; in fact it's usually all or nothing - so this was going to be a dedicated mastery of wills. I was tired of being in pain, ill health and stressed out from my IT project management job. Undertaking this level of project as a professional project manager is not foreign to me. In fact, that was the way I was able to succeed with this new exercise of will. There's an old rule for quality management "**say it, do it, prove it**"- and to me, that meant plan your cleanse and diet, execute the plan, and document the effort. Quality management for my health meant:

- ⌘ Finding the foods that supported my health and those that did not using the food families analysis – finding my Foodergies™.
- ⌘ Pick the cleanse that will remove the most toxins each quarter (there are a few different types that work depending on your current state of health).
- ⌘ Stick to your list of food friends after the cleanse and consistently keep a food log.

Seems pretty simple and straightforward - well for me it was. I would fall off the wagon during the experiment and would determine the kind of reaction of eating a "food foe" to determine if it was a food allergy or sensitivity. Once I actually expose myself to those non-serving foods, the trick was how to counteract what I just did to myself. Sometime it is an herbal tea, green drink, homeopathic remedy, enzyme therapy and/or probiotic that will undo the effect of what I ate – it really depends on what the reactions are. Over the last three years I've gotten pretty good at catching any potential reactions before they get too bad. I have removed over 90% of my allergies. As of recently I have found out I have eliminated the anaphylactic allergies I used to have. I still have dust/dust mites and a handful of trees to deal with. I am thankful to have my health back and have no intention of reverting back.

All this was done in the name of being able to support others as well as myself - going back to “Dr. heal thyself”. Here I am a naturopath and health coach - who wants to be a good role model from the start – so I have to be able to “say it, do it, prove it” and educate others how to as well. So to summarize the suggested process:

- ⌘ Keep a food log for at least 2 weeks (30 days is optimal) tracking how you feel after meals along with any skin or respiratory reactions, pain or neuralgia, number of bowel movements and quality. The purpose of the bowel tracking is to determine the amount of Fiber and hydration in your current diet. ***I cannot stress how important tracking bowel movements is – it seems odd however the quality of your health depends on it.*** Dehydration causes self-toxification of our bodies – we do it to ourselves even if we supposedly eat really well. If you can’t move it out of the colon efficiently, it festers and toxifies in you and that impedes your immunity. You can keep track of this information in a notebook or word processing file or an app on your

- iPhone/Android device; the operative phrase is “**keep a log**” – document, document, document.
- ⌘ Review your food log for specific reactions and patterns with foods consumed and compare against the food families in this book.
 - ⌘ Organize your food consumed in a food map (see attached outline and sample).
 - ⌘ Based on the reactions flag those foods as supportive or derailing to your health goals. Supporting foods are kept and derailing ones are evaluated post cleanse.
 - ⌘ Perform a detoxification cleanse using vegan protein shakes, juice fasts, Dr. Cousens’ Rainbow Diet, Dr. Haas Detox Diet or the Burrough’s Master cleanse. There are other programs which use the foods we eat to detoxify and cleanse without supplementation or powders. Find one that works for you. For some of us, based on our current state of health at the time of the detox, a combination of styles may be the best way to go.
 - ⌘ Upon the completion of the cleanse, perform a dietary challenge/ elimination diet style exercise based on the ‘Sensitive Seven’ (*Sugar, Wheat, Dairy, Eggs, Corn, Soy, and Peanuts*) as per Dr. Haas. Your list may be the same as mentioned or modified based on your potential food foes (Foodergies™) documented in your food log. It is not wise to immediately go back to the way you had been eating after a cleanse as the body needs to readjust to consuming foods that require more digestive processing. Easing back using broths, semi-soft foods and then migrating to more solid foods is suggested. Also, it is important to continue to avoid those foods you identified as not serving your best health for at least one week so that the body will not re-trigger an immune reaction. After that you may consume one serving of one of the potentially offending foods from your list and track for three days before attempting/trying another potentially offending food – for me it was a serving of bread, wait three days, then try dairy. Your body is the most receptive to potential sensitivities after a cleanse. As stated before, sensitivities can take up to three days to surface. This can continue for up to two weeks to fully analyze all the potential foods that may upset your health. This is a crucial point to focus on because you don’t want to consume more than one as it could be the combination of the two or you may not be able to clearly discern which of the foods is causing the reaction. In the end, a consistent 4 day minimum rotation of the fringe Foodergies™ foods helps keep toxins and allergens consumed to a minimum. There are many sources for performing an elimination/challenge diet. Please refer to the Supporting Documents and Links for those documents which detail how to perform an elimination/challenge diet.
 - ⌘ Continue to document your food - the absence of the Foodergies™ (food foes) and increase of the food “friends” in your diet.
- It is imperative to keep a positive mindset with respect to this whole exercise. When people function with limitations, it can be perceived as negative and restrictive, and the last thing you want to be feeling is that. I rather see it as an opportunity for growth and change. Small beneficial changes consistently beget longer lasting improvement.
- My friends ask “Well, what *do* you eat?” I reply “I eat plenty of foods and there are those that just don’t work for me anymore and plenty of others that do; let me share with you what does work versus what does not.” There are specific foods that I do

have to call out as verboten – like gluten since I have the celiac gene. There are some cheeses I can tolerate in small quantities though I choose not to consume voluntarily. The same can go for soy or nightshades. The more I choose other foods versus these troublesome few the better off I am in the long run. But that's just me and this anecdotal description is used more for example so that you the reader may be able to craft your own analysis and determine what works best for you.

ABOUT LAURA KEILES

“I facilitate your individual ability to clear the clogs in your digestive health drain.”

Laura Keiles, PMP, ND, HC, CNHP, CTN, CNW is a Natural Holistic Plumber in Hillsborough, NJ. She is a Board Certified Traditional Naturopath and Certified in Nutritional Wellness. Laura graduated in 2011 with a Doctor of Naturopathy degree from Clayton College of Natural Health. As part of her post doctorate research, she obtained her certification as a Gluten Free Practitioner. In 2008, she was identified with osteoarthritis of unknown origin, and shortly thereafter, with gluten and dairy sensitivity. This became a personal mission to help others learn to live pain free in a pain filled world, as she had.

Through a structured project plan of homeopathy, detoxification, cleanses, and dietary modification she found a way to support and maintain her health. She is committed to being the researcher and student, gathering data/information and turning it into knowledge and wisdom to share, and support others on their journey of health improvement.

Inspired by others who are educational role models, Laura got certified as a Health Coach from the Institute of Integrative Nutrition and a Certified Natural Health Professional. Her focus on the digestive function as the core of health issues has earned her the status of Natural Holistic Plumber. This, added to her certification as Project Management Professional since 1995, makes her the most uniquely qualified person to help you in

your journey to health. She has also attended the Integrative Medicine Symposium for Mental Health so that she can find alternative ways to resolve pain using neuro-psychological supportive remedies. She is also Board Certified by American Association of Drugless Practitioners.

She lives with her husband and two sons, and helps them stay healthy and pain-free consuming what ever foods and food families work best for them. In her spare time she enjoys the company of family and friends, walks labyrinths, tends her organic garden, loves a good mystery book and listens to a lot of a-capella music.

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