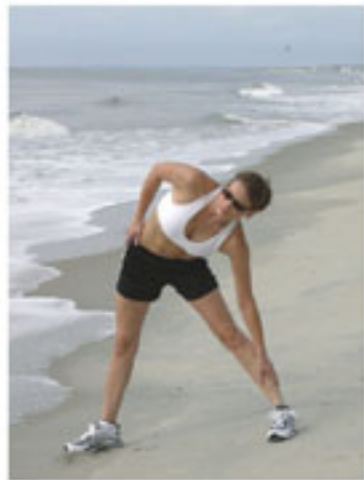


# feast & famine

Natural & sustainable weight control



Dr Rick Donald

Dietary & lifestyle advice from the wisdom of the ancients & the best of modern science

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# **preface**

## **Why I wrote this book**

The degrees and diplomas hanging on the wall of my clinic may show that I am a healthcare practitioner, but what they don't show is that first and foremost I am really an educator. I feel strongly that there is little point in having a wealth of medical knowledge if that knowledge cannot be imparted in a meaningful and understanding way, so I see my role in my patients' healthcare journeys more as a teacher and mentor than as a diagnostic physician.

What I do and what I encourage all my practitioners who work alongside me in my clinic to do is to present what our patients need to know about in their quest for better health in a significant and insightful manner. With any luck, our patients will then act on this advice, hopefully this then leading to positive changes in their overall health status.

In the 21st century we no longer need to be the mushroom society, kept in the dark and fed on half truths. With the advent of the internet in particular, a knowledge revolution has occurred, nowhere more apparent than in the field of medicine. Information that was once closely guarded by the medical profession is now freely available by keying in an inquiry into a search engine. In fact, in my quest to impart as much knowledge as I can, as well as educating my patients during their consultations with talks and handouts, I also actively encourage them to use the internet so that they become familiar and knowledgeable about their particular medical condition, be it because they are obese or because they have a chronic disorder, a metabolic dysfunction or simply a desire to shed just a few kilos.

Health and knowledge are symbiotic. One cannot exist without the other. For the health levels in our society to continue to advance, education is the key. It is the way

of the future and the source of all change, it is power, it is humbling and it brings us closer together. At our clinic we seek to educate and inform and this is the reason for writing this book: to impart to you, the reader, the knowledge that I have gleaned over the years about how to live well by eating well. I have tried to show you how to use the fuel that we put into our bodies on a daily basis – our food and drink – to achieve lifelong and optimum health, vitality and total wellness.

There is an old saying in medicine that to cure an affliction a practitioner needs to treat the cause, not just address the symptoms. Unfortunately the latter is all too common today, with a pill available for this and another pill available for that. Too many of us in our quest for the ‘body beautiful’ opt for this quick symptomatic fix instead of investigating *why* we ended up in a particular state of health in the first place. In many ways, it is almost as if we are becoming too sophisticated for our own good.

These days, everyone wants an instant fix, even though this may be against the laws of nature. Instead, we need to look for a more permanent and simpler cure to our health disorders and complaints; a cure that addresses the cause. And we have had such a miracle cure in front of our noses all along – our daily diet! How simple can you get?

After reading this book, I hope you will begin to realize that you do have the power to positively influence and control your overall health status by eating according to how Mother Nature intended us to eat in the first place. So for your health’s sake, I encourage you all to read, absorb and then assimilate the knowledge presented within these pages. Indulge in the bounties of nature and gain that inner glow that only good health can provide. And along the way, tread lightly on this earth of ours so that future generations can enjoy the same privilege.

# introduction

## We are what we eat

How many times have you heard this phrase? We all know what the phrase means, but how often do we actually take the time to *really* do something about it? How often do we think about how what we ingest on a daily basis is affecting our vitality and longevity, our weight status, our immunity, our energy levels and even the physical image that we present to the world?

As a healthcare practitioner and healer, I have seen many thousands of patients over the years and I have heard the same comment from my patients over and over again: *“I know what I should be eating to optimize my health, weight and fitness but I feel that I must be missing something. My diet is just not working for me. I try and eat what I think is right for my body, but all that happens is that I seem to put on weight.”*

Or if it is not weight gain that patients are presenting with at my clinic, it's more often than not either a lack of energy or digestive disturbances, especially bloating, wind, indigestion, reflux and bowel irregularities.

So what is the common linking factor? You guessed it, diet. Yes, we are what we eat!

## The roller coaster ride to nowhere

I am sure that most of my patients have all had the best of intentions about leading a healthy lifestyle, about eating well and exercising regularly and generally doing the right things by their bodies. They proudly tell me of their efforts in this regard and I am positive that in most cases they honestly mean it. After all, who in their right mind would knowingly try and become unhealthy!

However, I believe that what many of my patients have really been telling me over the years is that despite the best of intentions, they have found themselves too involved with their busy lifestyles to take the time to think about their current health status and to make an action plan for the future. They get led astray. The wheels fall off and their weight starts gradually increasing. Life was good and needed to be enjoyed or, alternatively, life was treating them badly and they needed to find solace in food.

Whatever the reason, they find excuses not to do the right thing by their bodies, so they seek the quick dietary or medication fix out of convenience and, in the end, their health suffers. They then come to see me to help make things right again. Their first physical sign of an imbalance is often fluctuating weight gain and loss. They have either yo-yoed up and down as they tried to correct the trend, or their weight has refused to budge and a spare tyre has suddenly appeared around their midriff. Their energy levels suffer and the dreaded afternoon slump becomes the order of the day. Another quick fix – a chocolate bar or sweet biscuit and a cup of coffee and *whammo*, they are off on the energy roller coaster again. Sound familiar?

Without realizing it, by riding this dietary roller coaster my patients embark on that unintentional path of self destruction that leads to an expected but unnecessarily quick ageing of their body. By pursuing this path, they set themselves up for life in the less than optimal health and vitality zone. Not the best place to be.

I am sure you all know the story from here. As my patients continue to procrastinate about why they couldn't make the correct dietary choices right now, they actually move further and further away from what they know they should be doing to optimize their health and fitness.

When we give in to temptation and eat the wrong foods, bad dietary habits are formed. Eventually, this path of convenience, which we all walk from time to time, becomes a way of life and then it all seems just too difficult. So we begin to make excuses. *"It's only a small piece of chocolate cake. I'll go on a diet next week!"*

Bingo! We wake up one morning to the realization that we are unfit, overweight and in less than optimum health. Our energy levels are not what they used to be, mental clarity and alertness are things of the past and now we always seem to be the one who is likely to get sick when something is going around. Does this also sound familiar?

## Unfit, overweight, unwell?

As I always try and emphasize to my patients at every available opportunity, the bad news is that this tendency to eat poorly and live carelessly and to eschew regular exercise is becoming endemic in the West. In recorded history, Western society has never been more overweight, with diet-related diseases now being the number one killer. The U.S. Department of Health and Human Services declared in March 2004 that “poor diet and inactivity are poised to become the leading preventable cause of death among Americans, (these) causing an estimated 400,000 deaths in 2000”. It further claimed that 64 per cent of all Americans were overweight “including more than 30 percent who are considered obese”. Similar statistics are now emerging for both Europe and Australia. This is not a record to be proud of.

Cardio vascular diseases, hypertension, Type II diabetes, the incidence of which has risen dramatically in the last 20 years, and even some cancers are affected by diet. The disturbing rise in childhood obesity in the West is concerning to say the least. The American Food and Drug Administration also reported in March 2004 that “about 15 percent of children and adolescents (in America), aged between 6 to 19 are overweight – almost double the rate two decades ago”. In May 2004, the World Health Organization released a study at the 57<sup>th</sup> World Health Assembly stating that “the growing burden of noncommunicable diseases ... now accounts for some 60 percent of global deaths and almost half (47 percent) the global burden of disease”. Unhealthy diet and a lack of exercise are the most prevalent factors that influence these non-communicable diseases.

*Remember, we are what we eat!*

We know our lifestyle is killing us, but despite the best of intentions and the most drastic of diet regimes, we just don't seem to be able to jump off the treadmill. Most of us have at one time or another stepped on to this pathway to destruction. But this disturbing dietary trend can easily and simply be reversed. I have proved this with many of my patients. Once they are shown the right path – that which leads to good health, fitness and vitality - they begin to naturally shed those excess kilos, improve their total wellness and set themselves up for a long, productive life.

## Mother Nature knows best

So how have I been able to help my patients consistently achieve this turnaround? Simply by following the laws of nature and de-cluttering their diets; by looking to the past and seeing what we naturally ate before the days of modern dietary temptation; by giving due consideration to the fact that our digestive system is really set up for a variable food intake and not a consistent barrage of the same 'good' foods, day in, day out.

Over recorded history, there have been four distinct and identifiable influences on the dietary evolution of the human species. And each time one of the following influences has become of significance, there has then been a dramatic shortening of the time frame to the next stage:

- **the hunter-gatherer existence**

This was the formative time for the development of our digestive tract as we know it today. This stage of our early ancestor's evolutionary evolution relates to the time frame from *Homo erectus* back, where our forebear's diet was based on a feast and famine existence. The hunter-gatherer existence lasted for millions of years and an estimated 80,000 generations.

- **the introduction of farmed grains and animals**

Recent anthropological research has shown that our immediate ancestors only became grain eaters some 400 generations ago (approximately 10,000 years ago), which, in evolutionary terms, is a mere drop in the bucket and certainly not long enough ago to have a significantly influence on the development of our digestive tract.

- **the industrial revolution**

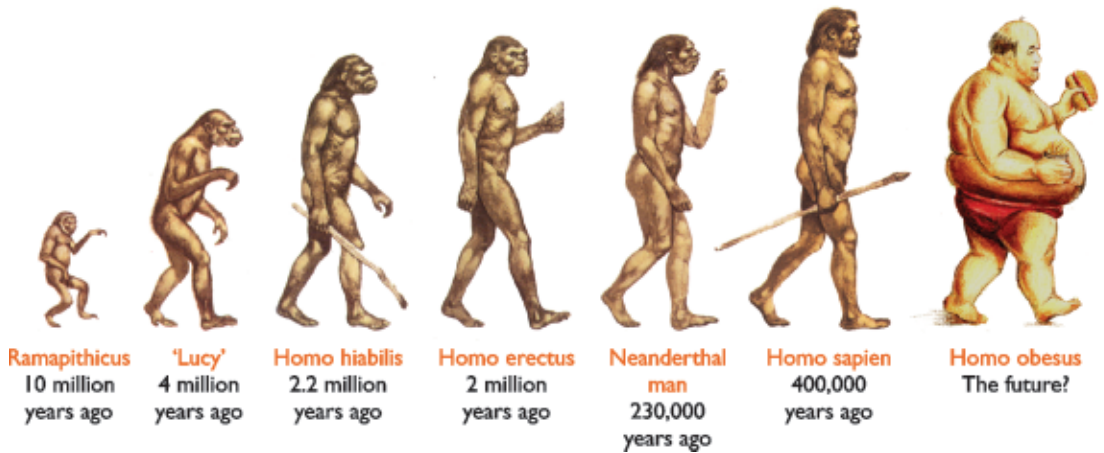
This major event in world history occurred between 1750 to 1850, initially in England and then later in Europe. It led to the bulk milling of refined grains and marked the beginning of modern, machine-based farming practices. Even though the industrial revolution was only 200 years ago, it played a major shaping role in what we have available to eat now.

- **the fast food revolution**

In many ways the most influential factor determining what we eat today, yet

the introduction of fast food has really only been an issue over the past 50 years. Our 'modern' diet of highly refined foods now bears little resemblance to that of our ancestral forebears.

## The Shape of Things to Come



Not surprisingly, one hundred or more years ago the world was not a place where obesity was common, except, perhaps, in the case of a few well-heeled individuals. Neither was the high incidence of diet-induced diseases such as cardio-vascular disease, Type II diabetes and other chronic states common. Though life expectancy may have dramatically increased over the past one hundred to one hundred and fifty years, this has more to do with advances in modern medical science than advances in dietary medicine.

So what most of us in the West eat today is a far cry from what our forebears ate one hundred, two hundred or even five hundred or more years ago. In the past, humans did not eat the same sugar-laden, nutrient-dense foods that we are exposed to on a daily basis. Generally, they did not eat past sufficiency, they exercised more and they had to vary their food intake according to the cycle of surplus and shortage, of seasonal foods and of feast and famine.

## All change for the train to good living

It must now be fairly obvious that the functionality of our digestive system is optimized when it is exposed to a varied diet, just as it was when our ancestors lived. We need variety in the type and quantity of the foods that we regularly ingest in order to maximize the bio-availability of potential nutrients from our food, and to ensure that our gastro-intestinal tract constantly experiences different foods and textures. Eating in this manner also allows our gut to be given a chance to naturally cleanse (or detoxify) itself. Remember, just as we need a certain amount of change in our lives to stop us getting bored, our digestive tract needs variety as well. In fact, according to Traditional Chinese Medicine (TCM), we *must* constantly move through a changing life cycle or we will become ill.

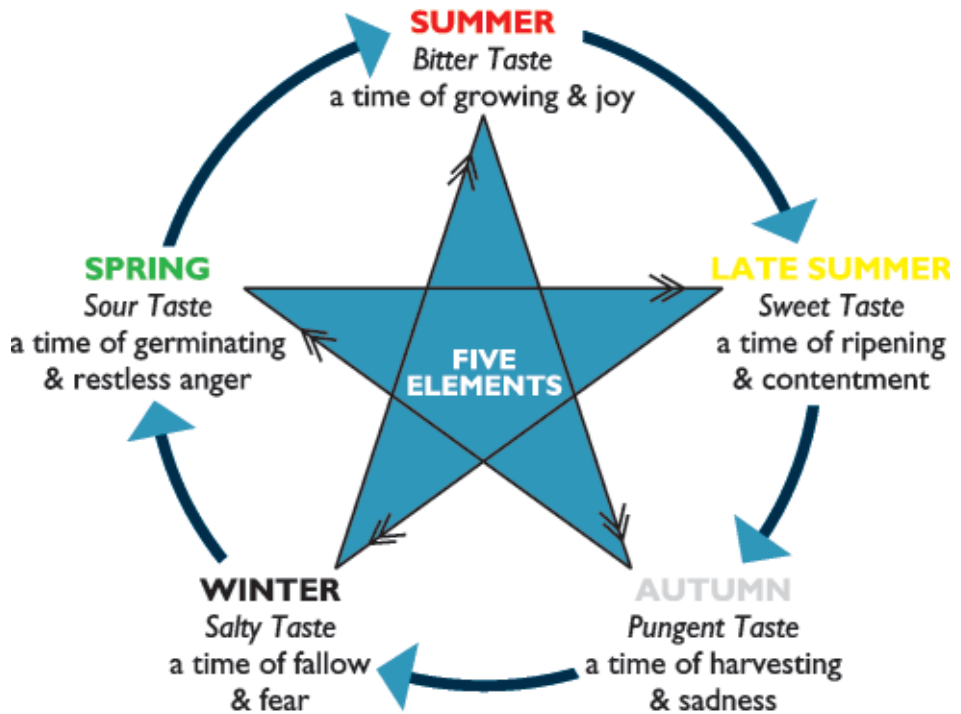
From some perspectives, anyone who continues to perform the same action over and over again, each time expecting that the result will be different from the last, could be classified as having entered the realm of insanity. TCM theorists categorize such behaviour as ‘stuckness’, and this concept has parallels in our eating habits. It can be argued that if we eat the same foods every day, we cannot expect our digestive system to be at its functional best. Variety is the key to digestive health.

This concept of ‘stuckness’ has been around since Buddha sat upon this earth. According to the Buddhist philosophy, we exist in a constant state of Samsara. This is the cycle of existence, or sameness, into which all beings are repeatedly born until they find enlightenment and reach Nirvana, when this constant cycle of rebirth finally comes to an end. Sogyal Rinpoche in the *The Tibetan Book of Living and Dying* (Rider Books, London, 1992, page 14) explained that “ignorance [of how to break the cycle of sameness] will rob of us of the basis of the journey to enlightenment and trap us endlessly in the realm of illusion, the uncontrolled cycle of birth and death, that ocean of suffering that we Buddhists call Samsara.”

In other words, we become stuck in our existence on earth, and spiritual growth and achievement does not fully occur until we break this cycle.

By observing nature and the seasons, TCM practitioners were able to identify five states of existence, which they called the ‘Five Elements’. Failure to regularly move through each of these life cycles leads to the manifestation of ‘stuckness’.

## The T.C.M 5 Element Star



### The five seasons according to Traditional Chinese Medicine

- **summer:** bitter, heart, small intestine, growing, joy, red, hot
- **late summer:** sweet, spleen, stomach, ripening, contentment, yellow, damp
- **autumn:** pungent, lungs, large intestine, harvesting, sadness, white, dry
- **winter:** salty, kidneys, bladder, fear, fallow, black, cold
- **spring:** sour, liver, gall bladder, germinating, anger, green, windy

As this Five Element Theory was developed thousands of years ago and without the benefit of modern scientific investigation, it was based on what was familiar to the ancients at the time - the life cycle of nature. TCM not only recognized the need for seasonal variety in our food intake but also that our digestive system is designed to deal with a cycle of surplus and shortage and a feast and famine existence, not with constancy. TCM practitioners recognized that our very existence and health depended on regularly moving through these seasons. In fact, they determined that each season corresponded with particular organs whose influence on our health, emotional state, tastes, and even our energy levels, was dominant in that particular season.

The Five Element Theory is as valid today as it was one thousand years ago. To optimize our weight status and health potential, we still need to vary our food intake. But most importantly, we also need to give our body an occasional wake up call by subjecting it to an occasional feast and famine experience. This does not mean that we have to gorge ourselves like the ancient Romans and then purge our bodies of the excess, or even starve ourselves. What it does mean, however, is that we need to *trick our body* into thinking that it is in famine mode so that it starts to burn up excess fat for its energy requirements.

And how do you do this without actually depriving yourself of food? Simple really. Just eat as much as you like of the correct high-nutritional-value but low-energy foods which we talk about in Chapter 5, so that there is not enough fuel in your dietary intake to totally run your body. Your body's survival instinct will then make sure that it starts metabolizing fat stores to supplement this energy deficit, so that you will not only lose weight but, most importantly, you will avoid experiencing the TCM concept of 'stuckness'.

## **Unlock the door to good health – the key is in your hands**

By looking at the past, we can see that the key to the door that leads to optimum health, fitness and weight control and a long life has been in our hands all along. If, however, we enter the wrong doors we may find ourselves in a realm of accelerated ageing, chronic illness, weight gain and less than optimum health.

But what is this magical key? Surely it's obvious by now – the key is *dietary balance*. It is becoming increasingly apparent that with all our modern sophistication and seemingly never ending desire to try and improve on nature, we have lost sight of

the door that leads to good health. But as my patients have proven to me many times, if we look to the past and eat more traditional-style foods similar to those that our forbears used to eat, we can learn to live again!

For optimum health and well being we need to reduce our dietary clutter and eat according to the principles of a feast and famine existence, ingesting wholesome foods that have not been overly interfered with by man. For example, given the choice between a light and fluffy loaf of bread made from highly processed white flour and a whole grain loaf that resembles a house brick, you should go for the latter every time. It won't only help exercise your biceps, but your digestive system too, as it contains a lot more fibre and nutrients than the refined white fluff.

So, if you get in touch with nature's life cycle again – the cycle of our seasons, of Samsara, of life and death - you will soon notice that your waistline will diminish and your health will improve.

### **This book will show you:**

- How to eat according to the laws of nature and find a balance between good food, neutral food and foods best avoided.
- How to naturally level out at a weight that is appropriate for your body type and how to maintain this weight for life.
- How to comfortably survive the dietary ups and downs of life without blowing up like a balloon when you overindulge or without having to resort to crash dieting.
- How to optimize digestive efficiency to extract the maximum nutritional benefit out of everything that you eat.
- How to optimize and then maintain lifelong liver health – the key to efficient fat burning in your body.
- How to naturally control your blood sugars so as to avoid the highs and lows which occur when they get out of balance.

- How to strike the correct balance between input and output so that your body always has just the right amount of fuel available to it to be able to function at peak performance at all times.
- How to use the foods that you eat on a daily basis to enhance your body's innate detoxification and self-healing pathways.
- How to ensure that your immune system is functioning at its peak, simply by eating the proper foods.
- How to establish the correct balance between stress (a necessary evil) and relaxation, so that you live comfortably in a state of balance.
- How to use mind-body medicine to maximize your health and long-term vitality.
- How to add years to your anticipated lifespan simply by regularly eating the right foods.
- How to prepare easy and delicious recipes to help you eat yourself to health and wellness.



# eat well, live well

The big problem for most of us in the West today is that we live in a time of permanent plenty. Simply put, the lean times never come. Our bodies are rarely put in the situation where the body fat that was put aside for a rainy day is drawn down upon. The rainy day never arrives as there always seems to be food available to us in relative abundance. There is usually a well stocked supermarket close by and fast food outlets are practically around every corner in most cities and towns, and there is always seems to be a plethora of restaurants and eating houses wherever we go.

**FACT:** we need food and fluid to survive. It's the raw fuel which our body uses to produce energy and to hydrate itself.

**FACT:** the body is an extremely efficient organism and it will always try to store surplus energy.

**FACT:** this surplus energy is stored by the body in the form of body fat so that it has something available to draw down upon during the 'lean times'.

We are constantly bombarded by all media with advertisements for foods that we don't need and, for our health's sake, which we shouldn't be eating. The food and drink choices are seemingly endless and new or revised products to tempt us are being released almost on a daily basis. The problem is that with so many choices and with such convincing marketing techniques we cannot resist the temptation to buy, so we buy and then usually overeat.

As a society we are brainwashed to believe that we *need* these products to be able to live a healthy and enjoyable life. We are fed misconceptions, half truths and even occasionally, lies by manufacturers, food industry lobby groups and government departments about what we should and should not be eating. Then we follow this

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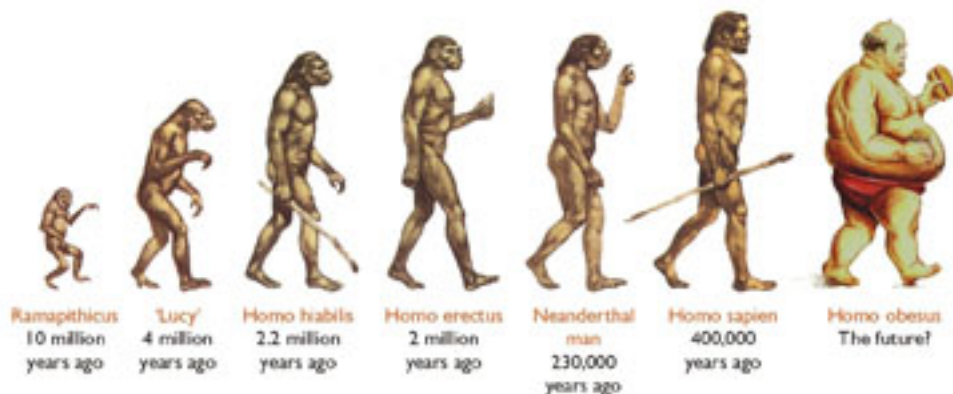
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## The shape of things to come?



## A Manual for Eating and Living Well in the 21st Century

The *Feast and Famine* dietary and lifestyle program shows how to easily experience natural and sustainable weight control, slow the ageing process and permanently break free of the less-than-desirable dietary yo-yo. No calorie counting or weighing and measuring of foods is necessary and there are no restrictions on food quantity. This simple-to-follow program is for life, it is enjoyable, it is clinically proven and it works!

*Feast and Famine's* topical and innovative approach seamlessly blends the knowledge of the ancients with the best of modern scientific medicine. This unique lifestyle program breaks new ground by introducing four new dietary concepts:

*"It's so easy. I feel fantastic. My skin is (now) very clear, my clothes all fit me again. I would recommend this diet to anyone."*

- Belinda, 38 years, dropped from size 12 to size 8

*"(Rick's weight control program) was the commencement of a new me. I'm delighted, many thanks."*

- Janet, 21 years, dropped from size 14 to size 10

- The Food Funnel as a replacement for the traditional Food Pyramid
- The Potential Fat Index as a simple-to-understand food classification system
- The Set Point as an explanation to the dietary yo-yo
- The Four Rs solution to long-term weight maintenance

*Feast and Famine's* practical, holistically based dietary and lifestyle principles are hands-on and instructional, with innovative and enjoyable menu plans, easy-to-prepare recipes, shopping lists and a dietary diary plus sections on coping with stress, the importance of meditation and balance, and exercise.



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