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a29. Controversy over Which Foods Humans Are Intended to Eat.

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Some authors, particularly medical doctors who are famous for making judgements on topics they have no training in, are stating that certain foods are meant for human consumption. To be fair, it is very commendable to see medical doctors teaching about food and some medical doctors are very well trained in nutrition. However, we should all keep in mind when this type of advice about food comes from a medical doctor, then it is a best guess by that person and represents their personal viewpoint. Medical doctors are notoriously poorly trained in nutrition no matter how much they argue that they have a right to the nutrition field.

Scientific research has not yet conclusively determined what the best diet is for humans. The scientific process is an ongoing process that is continually learning new things. It is up to us to apply that scientific knowledge to our lives.

The reporting of science is often mixed in with opinion. There is some science, and reasonable doubt, that the cereal grains, the legumes and the dairy products may not be healthy for humans. This is championed by Dr. Loren Cordain, an exercise physiologist in Colorado. The Caveman diet (Palaeolithic diet) is a return to pre-farming food types and may represent a tool for people in crisis, who have not been helped by standard medical means.

Our advice for a person in health crisis, no matter what type of crisis they are in, is “When in Doubt, Leave it Out.” That means, if some research papers show certain foods may be harmful to humans, then while you are in a crisis, leave those foods out of your diet entirely.

There are lots of alternative foods to choose from. It may just require a new dietary approach on your behalf and a break from the usual diet routine. You can even use the crisis as a way to help yourself grow emotionally by learning to be flexible and adaptable. Change your diet and see how you feel. You may be amazed at how quickly this works for you, especially with pain relief.

This “When in Doubt, Leave it Out” philosophy is one of the elements of the Pain Relief Diet. It is also one of the mainstay tools used in LIA Lifestyle Consultations.

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