

Go Primal Fitness and Training Institute

Approach to Nutrition in a Nutshell

First and foremost, we do not prescribe to any one diet. We believe in the notion of biochemical individuality and variations in metabolic characteristics, based primarily on one's rate of oxidation (breakdown of food into energy), hormonal influences, ethnic background, and geographic location. These factors, when taken into consideration, create a profile of nutritional needs that, much like our physical appearance, can be vastly different from one individual to the next.

The most important component of any nutrition plan is food quality. The right mixture of macronutrients (fats, proteins, and carbohydrates), caloric intake, glycemic effect, etc. is a waste of time on low quality, processed foods. This document will help you make the best choices possible when it comes to food quality.

Principle #1 Avoid Processed Foods Whenever Possible

Processed foods can easily be identified using the following rules:

- 1.) If you can't pronounce a word on the label – DO NOT EAT IT!
- 2.) If it wasn't here 10,000 years ago – DO NOT EAT IT!
- 3.) If it's *enriched* or *fortified* – DO NOT EAT IT!
- 4.) Generally speaking, the longer the shelf life the worse it is for you.
- 5.) Avoid high fructose corn syrup, partially hydrogenated oils, food colorings, preservatives, and artificial flavors.
- 6.) Avoid irradiated foods – foods currently approved for irradiation include commercial beef, pork, lamb, poultry, fruits, vegetables, wheat/flour, eggs, herbs, spices, and seasonings.
- 7.) Avoid Genetically Modified Foods (GMO)
- 8.) Currently organic foods cannot be irradiated or genetically modified.

Principle #2 Avoid the White Devils Whenever Possible

The White Devils include:

- 1.) White sugar
- 2.) White Flour
- 3.) White Table Salt (a.k.a. Sodium Chloride)
- 4.) Pasteurized, Homogenized Dairy Products

Principle #3 Eat Organic Fruits and Vegetables Whenever Possible

- 1.) Local, Organic – BEST
- 2.) Local, Non-Organic or Organic – Domestic (product of USA)
- 3.) Commercial (large corporate farms) – AVOID
 - a. If you must buy commercially grown produce consider lower pesticide products.
 - i. Lowest Pesticide – asparagus, avocados, bananas, broccoli, kiwi, onion and pineapple.
 - ii. Highest Pesticide – apple, bell pepper, celery, cherries, potatoes, spinach and strawberries.

Principle #4 Drink ½ your bodyweight in ounces of clean, spring water DAILY!

For example, if you weigh 200 lbs your daily minimum of water should be 100 oz.

- 1.) Evian, Fiji, Trinity, Volvic, Crystal Geysler, Mountain Valley – BEST
- 2.) Filtered via Reverse Osmosis – add a pinch of high quality sea salt to increase mineral composition and improve absorption – one pinch per liter.
- 3.) Glass bottles are preferable.
- 4.) Tap water – AVOID

Principle #5 Get to Bed on Time

No later than 11pm 80% of the time

Principle #6 Use unprocessed Sea Salt

We recommend Celtic Sea Salt – over 80 trace minerals per grain.

www.grainandsaltsociety.com

Principle #7 Animal Meats

- 1.) Local, 100% pasture-raised, no antibiotics or hormones added – BEST
- 2.) Grass-fed, organic, no antibiotics or hormones added
- 3.) Commercial – no antibiotics or hormones added
 - a. Trim off all fat of commercially raised meat products, as this is where toxins are stored
- 4.) Supermarket – Publix, Sam's Club, Winn Dixie – AVOID WHEN POSSIBLE.

Principle #8 Dairy

- 1.) Local, 100% pasture-raised, unprocessed (raw) – BEST
- 2.) Local, pasture-raised, pasteurized and/or homogenized
- 3.) Organic, pasteurized and/or homogenized
- 4.) Commercial – AVOID

Principle #9 Grains

- 1.) Organic, stone-ground – BEST
- 2.) White flour, bleached, enriched or fortified – AVOID
- 3.) Check for gluten intolerance by not consuming grains containing gluten for two weeks. If your experience is positive (i.e. improved energy, less bloated, etc.) you are like intolerant to gluten
 - a. FACT – upwards of 80% of white skinned people are gluten intolerant, many of which don't even know it.
- 4.) Grains that do not contain gluten – corn, buckwheat, rice, and millet.

Principle #10 Fats

- 1.) Do not avoid fats – they play many important roles in the body. Instead, strive to consume the highest quality fats possible.
- 2.) Unrefined, cold-pressed – BEST
 - a. No Heat (as supplement only) – flax seed oil, borage oil, hemp seed oil, cod liver oil (refrigerate all after opening)
 - b. Low Heat – safflower oil
 - c. Medium Heat – sesame oil, olive oil
 - d. High Heat – coconut oil, ghee, raw butter, palm oil, lard/tallow

Principle #11 Live the 80/20 Rule

If you can do well 80% of the time, your body will have the capacity to absorb the other 20% of *not-so-good* stuff.

Live Well!
Chris White