

Diet Effects on Chronic Disease including Weight Gain

(Elizabeth Storjohann BSc ND scripted from concepts that Dr. Konrad Werthmann MD teaches and writes books on from years of experience on chronic disease)

Small intestines that are unhealthy are the reason for chronic disease and weight gain. You might not have a problem with digestion but if you have any problems with weight, joints, allergies or other organ systems then you have a primary problem with your small intestine. If the intestines are ill and you do not show any problems in the intestines, then you will have consequential problems in the next weaker organ or part of the body. The Weight gain is from the accumulation of inappropriate digestion and deposition into the tissues and thus fluid retention and weight gain.

Over and over we emphasize the importance of “clean” eating habits and by eating foods that are high in nutrition, unprocessed and fresh. Fresh meaning foods that you need to peel, steam or bake to consume, not foods that you microwave from a pre packaged meal in a box from the freezer section in the store. During the cold winter months north of the 43rd parallel we need to be eating foods that support us during the cold, low exposure to sunshine months. These foods include root vegetables, foods that store well in cellars (apples, pears, squash, leeks, carrots, potatoes, coleslaw/cabbage, beets, turnips etc) and a little red meat. Foods and drinks must support warmth in our bodies and so using warming herbs such as ginger, garlic, mild curry, etc and warming all food before putting it into your mouth including hot water as opposed to cold water is a must during the winter months.

During the winter we must eat according to our climate and not according to our southern neighbours. This is Root vegetable soups and meals that include a little red meat and warming spices and warming drinks, not salads and bottled water. If you eat cooling foods (salads, oranges, melons etc), processed foods, or foods that don't agree with you then the small intestine will suffer and sooner than later you will have a chronic condition or weight gain.

Cheers and Good Luck to the folks who take the time to make their own food.