

# LIVING SYSTEMS: AN ENDO BIOGENY PERIODICAL

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**CLINICAL ENDO BIOGENY**

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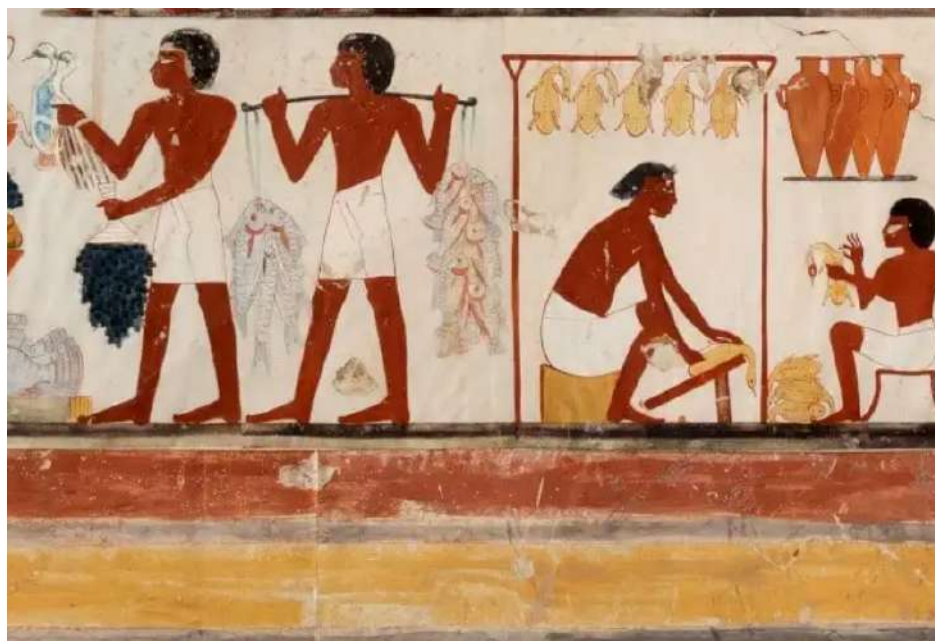
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## NUTRITION AND LIFESTYLE

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Source: [Plucking Poultry in the tomb of Nakht](#) in Metropolitan Museum of Art, New York

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### A BRIEF OVERVIEW OF ALIMENTATION ACCORDING TO ENDOBIOGENY

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Adapted from *The Theory of Endobiogeny Volume 4: Bedside Handbook*<sup>1</sup> (pages 299-304)

#### Introduction

Metabolism is the essence of biologic life and the heart of the endobiogenic analysis. Alimentation impacts the body in many ways. Directly, it affects the competency of the digestive organs. For example, a diet rich in fatty and fried foods taxes the exocrine pancreas in its production of digestive enzymes and bicarbonate. Indirectly, there are neuroendocrine compensations to which try to adapt the pancreas. For example, elevated parasympathetic tone will attempt to increase the rate of production of digestive enzymes. While this helps temporarily, it also increases the activity of insulin, which can lead to inflammation and disorders of over-production, such as in arthritis.

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#### TWO APPROACHES TO DIET MODIFICATION:

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There are two ways to think about dietary interventions. The first is modification of the

general eating style. A Cretan (e.g. Mediterranean diet) diet is a well-known example.<sup>2-6</sup> It's been shown to have a positive impact on a host of diseases in which inflammation is a key underlying disrupter of the terrain, as noted by the [genito-thyroid index](#) of Endobiogeny (e.g. Neutrophil/Lymphocyte ratio).<sup>7</sup> Thus, this approach is beneficial for modifying the long-term rate of disease activity or preventing disease.

A second approach is the use "mono diets." In Endobiogeny, a mono diet refers to the use a single or limited number of foods for a limited number of days. The objective is to ensure the intake a high quantity of specific key nutrients that can acutely alter the course of active disease. One such diet—the first one that I learned, is the Apple-Sardine diet.

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## MONO-DIET: APPLE-SARDINE

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The Apple-Sardine diet is a special form of a pancreas-sparing diet. These foods offer highly assimilable nutrients that allow the pancreas to play a minimal role in digestion, thus “sparing” it from over-stimulation.

Sardines are rich in calcium, highly bioavailable omega-threes and protein. The calcium improves the efficiency of adaptation and addresses the problem of spasmophilia—the neurologic dysfunction in which the autonomic nervous system spasms between para- and alpha-sympathetic activity. In addition, numerous enzymes and processes are calcium dependent, thus the calcium improves cell efficiency. The omega-three fatty acids acutely reduce inflammation.<sup>8</sup> Fish protein allows for the reconstruction of injured tissues as well as the production of DNA, RNA and enzymes.

Apples are rich in bioflavonoids, which also help reduce inflammation.<sup>9</sup> They are also rich in fibre, pectin and water for efficient elimination of toxins and inflammatory partial proteins. A full explanation of the role of each food is discussed in [The Theory of Endobiogeny, Volume 1](#), Chapter: 17: Therapeutics according to an endobiogenic reflection.

The diet is indicated for all conditions rooted in spasmophilia (c.f. *The theory of Endobiogeny, volume 2*, chapter 11: Spasmophilia, and, [volume 4](#), part 2: Spasmophilia), inflammation, and/or accumulation of toxins due to emunctory congestion. The list is too long to be comprehensive but includes:

- acute parotitis
- bronchitis
- weight gain
- autoimmune flare ups
- cardiovascular disease
- vasoconstriction
- arthrosis
- arthritis
- edema

In addition, it’s helpful for seasonal cleansing in the day days before the solstice and equinoxes: March 11-20, June 11-20, September 11-20 and December 11-20. It’s also beneficial after periods of indulgence, such as winter holidays, weddings and cruises.

The specific methodology of the diet is presented in table 1. In acute or symptomatic/flare up states, one can start immediately with day 4 and then proceed to day 10. In chronic states or stable symptoms, the patient should be advised to follow the full 10-day procedure. We have accommodated the diet to include brown rice in cases of hypoglycemia or intolerable hunger. For those we cannot tolerate sardines, canned herring or fresh anchovies may be used.

*Table 1: Apple-sardine diet day by day instructions*

Food	Day of diet									
	1	2	3	4	5	6	7	8	9	10
Poultry, Fish	•	•							•	•
Veg	•	•	•					•	•	•
Fruits	•	•	•					•	•	•
Apples	•	•	•	•	•	•	•	•	•	•
Sardine	•	•	•	•	•	•	•	•	•	•
Brown Rice	•	•	•	•	•	•	•	•	•	•

### Notes:

**Days 1-10:** 1) Brown rice is the only grain *allowed*, not required, 2) Olive oil is the only oil permissible, 3) Drink ask much water with lemon juice as desired, 4) Avoid: egg yolks, fried foods, sugars, nuts, beans, dates.

**Days 4-7:** 1) Eat as many sardines and apples as desired, 2) Organic Apples only. Eat when oxidized and browned. Non-organic apples either do not oxidize or oxidize very slowly. You can grate them, cut into slice, bruise with a fork or a meat tenderizer (in a 1-gallon freezer bag to prevent splatter), 3) Apples can be eaten 30 minutes before sardines *or* 3 hours after sardines but in no other order, 4) Judicious consumption of brown rice is

permitted on these days (1-2 cups total throughout the day).

will upset your stomach and ruin the effects of the diet. \*

**Days 8-10:** Adding foods from later days too early

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