

## Optimal Foot Health New Orleans Podiatry Associates

### Diet Philosophy

Based on new research, the best diets for optimum foot health are those which reduce inflammation, are specific to an individual's caloric needs, are low in simple carbohydrates/sugar/fructose, beer, wine, and alcohol, and rich in nutrient dense whole foods, including red meats, organ meats, seafood, vegetables, complex carbohydrates and fresh fruits.

One of the best diets I've ever encountered which satisfies the above criteria is the *Ketoflex* diet by Dr. Dale Bredesen. By design, this diet was created to stave off and even reverse cognitive decline, something I worry about since losing my mother to Alzheimer's disease. However, *Ketoflex* isn't only utilized for brain health. Moreover, it reduces the root of most illnesses in the body: inflammation. I recommend this diet to my patients because over 70% of foot conditions I treat are related to inflammation.

Below you will find information to get you started on a **basic low carb**, whole foods diet. Once you have the hang of eating a whole-food, low carb diet, you can evolve it into whatever suits your lifestyle. Besides *Ketoflex*, I recommend the Paleo Diet and the Pegan Diet by Dr. Marc Hyman. Whichever you choose, eating a whole-food diet without processed 'food' will serve your body well. So, if a diet is not your style, at the very least don't eat anything processed and you will still obtain and enjoy improved health.

Dr. Edward M. Lang

### Optimal Foot Health Lifestyle

- 1.) Eat for your caloric needs based on your height, body type and activity level. I have attached a link to a calorie calculator here. <https://www.calculator.net/calorie-calculator.html>
- 2.) Eat an ancestral diet which includes eating clean, quality proteins, healthy plant and animal fats, while consuming no more than 100 grams of complex carbohydrates daily. Eliminate all processed foods, sugars and simple carbohydrates from your diet for optimal health. Men should eat 1 gram of protein per lb. of body weight, while women should eat 0.9 grams.

Eat quality proteins, including: free range eggs and fowl, wild caught fish, shellfish, nutrient dense red meats, rabbit, lamb, deer, elk, bison and organ meats like heart, kidney and liver. If you like bacon, choose uncured bacon. Consume “clean” whole foods that are free from chemicals, sugar and processing. Protein repairs tissues. The key to this lifestyle is moderation. Remain within your caloric needs.

3.) Eat healthy plant fats like avocados, avocado and olive oils. Fats feed the brain, and are necessary for many of the body’s processes. Fat becomes detrimental to our health when combined with a high-carbohydrate, processed diet. Animal fats are also healthy, but it is best to consume at least 50% of your fats from plants. **Pro Tip: Try eating ½ avocado with every meal to get your healthy fats.**

4.) Eat complex carbohydrates and eat a rainbow of fruits and vegetables. Remember to keep your daily carbohydrate count at or less than 100 grams per day. Do not eat processed carbs. Eat organic berries- they are rich in antioxidants and they have a low glycemic index. Do not use sugar, natural sugar substitutes (Stevia), or artificial sweeteners. Use honey (Manuka) as a natural sweetener instead, but remember to stay within your carbohydrate range. Consume fresh fruits like pineapple and watermelon and **non-starchy** vegetables like mushrooms and broccoli. Use this app to track your carbohydrate count. [www.myfitnesspal.com](http://www.myfitnesspal.com)

5.) Do not consume flour, sugar, artificial sweeteners, breads, grains or legumes; these foods are high in carbohydrates and lectins, and are associated with inflammation and negative effects on blood glucose. Inflammation and unstable blood glucose are the root of far too many medical conditions and syndromes. Grains and legumes are rich in lectins which are associated with poor gut health, and poor gut health leads to inflammation.

6.) Drink plenty of clean, filtered water. Drink at least 100 ounces per day.

7.) Do not eat processed foods; if it comes in a wrapper or package, avoid it.

8.) **On occasion**, dairy products may be consumed. Sometimes you may crave a nice piece of quality cheese- don't deprive yourself. Raw cheeses are best. This does not include processed cheeses and cheese spreads which should always be avoided. **Pro Tip: American Cheese is processed and is not a healthy option.**

9.) Avoid (or consume on very rare occasions) beer, wine and alcohol. Alcohol is a neurotoxin and it damages several structures of the brain, brain atrophy, memory loss, sleep disturbances, cerebral damage and overall cognition.

10.) **Avoid all seed oils** as they are inflammatory. Use avocado oil, MCT oil, coconut oil, olive oil, butter or tallow. **Pro Tip: Margerine should never be consumed. It is a chemical concoction and is not a healthy oil option.**

11.) Add weight training and twenty minutes of cardio activity five to six times per week. Walking up to an hour per day is an excellent way to achieve your cardiovascular goals. **Pro tip: You do not need a gym to weight train. Calisthenics ( push-ups, dips, pull ups) and resistance bands can be used to build muscle.**

12.) I like the research concerning the benefits of intermittent fasting (IF)- but it is by no means necessary to achieve optimal health. I intermittent fast and I am very pleased with the results I've experienced. Fasting gives the body opportunity to clean house (autophagy) and to run on ketones for a short while. If fasting is something you are interested in, the 16/8 approach has solid research behind its methodology. It is performed by fasting for 16 hours and eating your daily HEALTHY and NUTRIENT DENSE calories within an 8-hour window. The link below will teach you how it's done. If you have diabetes or are on any medications, DO NOT start intermittent fasting before speaking with your primary care physician.

<https://www.healthline.com/nutrition/16-8-intermittent-fasti>

13.) Do not eat past 6pm. Have your last meal and then close the kitchen. Allow your body to fast and improve metabolic function and overall health.

14.) Take your vitamins, especially a good quality multi-vitamin; I like the Vitamin Code brand and anything made by the Further Good brand. Make sure your multi has choline, zinc and vitamin E as well. Consider supplementing daily with 5000 IUs of vitamin D3 with K2, 2000mg of Vitamin C and 2000 mgs of Omega fish oils as these IU quantities are underrepresented in most multi vitamins and we are not getting enough of them.

15.) Spend time outdoors in the fresh air and sunshine ( free vitamin D) and take time to relax and de-stress. Try meditation, there are plenty of free apps to help you learn how. In the link are 12 “study supported” reasons to meditate. <https://www.healthline.com/nutrition/12-benefits-of-meditation>

16.) Socialize! Studies show that longevity and good health are correlated with an active social life. Connections with friends are important. Meetup.com is a great place to locate like-minded people who gather for friendship. [Meetup.com](https://www.meetup.com/)

17.) Sleep is essential to your health, and especially to your brain health. If you are struggling in this area, seek out a functional medicine practitioner and a sleep medicine specialist to help.

Below is a list of functional medical doctors I follow. Each has a different diet and food philosophy. All are of great value.

Dr. Marc Hyman: <https://www.instagram.com/drmarkhyman/?hl=en>,

Dr. Paul Saladino: <https://www.instagram.com/carnivoremd2.0/?hl=en>,

Dr. Anthony Weil: <https://www.instagram.com/drweil/?hl=en>

Dr. Gabriel Lyons: <https://www.instagram.com/drgabriellelyon/>

Dr. Dale Bredesen: <https://www.instagram.com/drdalebredesen/>