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like. Sometimes the process can get stuck, and that's where complementary therapies come into their own, by encouraging uncomfortable feelings to come to the surface. But when they do come, isn't it important to know how to hold them, and how to offer clients support for the next part of their journey?

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The Importance of a Healthy Diet as a Base to Good Health and to Support Energy Medicine

by **Thierry Clerc**

I originally trained in homeopathy, a form of energy medicine extremely popular in France. About six or seven years ago, I was seeing a fair amount of patients in France and in a small village in Spain, while building up in parallel my practice in the UK.

On several occasions, when treating acute conditions like diarrhoea or a very strong cold, I could notice that my British patients were not responding as rapidly as my patients from the continent. I also realised that many more of my British patients were over-weight or had poor diet habits.

I ended up concluding that they did not have enough vitality to respond effectively to the energetic stimulus of the homeopathic treatment, and that this was directly due to the fact that their body was not built on a good "foundation".

To make an analogy with another living organism, a caring gardener gives the right nutrients to a rose-bush. He would not use a compost designed for cabbage. If he were to give the wrong compost, then the rose would have less resources against pests, and would not thrive as well as it possibly could. This would still be true if the poorly nourished rose gets a lot of attention and care, or sits in a perfect sunny spot.

This is the same with the human being, except that a human being is usually more resilient than a delicate plant. Human beings can indeed survive for very long with sub-optimal food.

When I studied nutrition, I usually found that there was a strong emphasis on using food and micro-nutrients as a therapeutic to conditions. That would be for example by suggesting Chromium supplements or herbal compounds like cinnamon or liquorice to assist someone with high levels of sugar in their blood. While these nutrients may assist the body in some way, they will again not be as effective if the underlying nutritional base of your patient is not strong. The body's inner wisdom is based on repair and survival, but this will only happen if the right nutrients are available.

How do you find the right food for your patients? And the right approach? This is very key for energy-practitioners, like homeopaths, as an optimally nourished body will have more vitality to respond to the remedies' impulses.
The best answers in my view have been about metabolism-based nutritional plans. Metabolism is a term used to define all the life-sustaining chemical reactions that a living organism, such as a human being, requires to process, absorb and eliminate anything that is being ingested by this organism.

In broad terms, you would expect a healthy person to absorb air, water and food. Food would include the right mix of carbohydrate, proteins, fat (the 3 macro-nutrients, which are usually required in bigger quantities), vitamins, minerals, electrolytes (often termed as micro-nutrients as the body requires very little on a day-to-day basis).

Metabolic science has exploded since the 1980s, especially when sports nutritional science realised that most athletes' performances were impacted by their nutrition, and also that most standard plans would not fit every athlete. The 1980s was when the first individualised plans, usually based on blood analysis, were developed.

But first, let us go back to basics, and explain what food is made of:
Proteins are a group, which include all the amino-acids, the building blocks of the body. They are important when our body grows or needs to repair. However, with old age, they should be reduced as our body tends to shrink, a natural process, which needs to be well supported for a healthy old age. Proteins are used to repair body tissues, and also to build muscles. Their intake should be kept in a close range ideally, as too little will prevent the body to repair, and too much will create a build-up, which will usually cause toxic by-

products and over-load the digestive system. Eggs, and then animal products tend to be the best sources of proteins for a human being. Lentils, pulses and some plants like oats or soy are also good sources.

Carbohydrate are used for quickly released or slowly-released energy, especially good to fuel muscles and the brain. Children can do with a high portion of them compared to their body mass. This is because they need to burn a lot of energy to keep their body temperature high and also because they tend to be very active. However, when we age, carbohydrates are not a very efficient fuel, as it creates a lot of toxic by-products. However, a little in the morning would usually help people kick-start their day. Good sources are whole-grains if you seek "slow-releasing energy" and fruits as a quickly absorbed source of energy.

Fat is also used to repair tissues, and it is especially important for the brain, the nervous system and the skin. We do not need much for that purpose though as it is in theory recycled by the body. Fat is however also used to produce energy. It is actually an extremely efficient fuel, but the body finds it difficult to use carbohydrates and fat as energy sources at the same time. Fatty fish, coconut and olive oil, nuts, seeds are the one's, I would recommend.

The other key macro-nutrient is water, and by that, I mean pure quality water, without anything added. About 70% of our body is made of water, and 99% of the molecules in our body would turn out to be H20, the water molecule. Water is used to carry nutrients, eliminate waste, regulate blood pressure and so on. And most people in the UK drink far too little water.

Vitamins, minerals and other micro-nutrients are usually sufficient if the diet is varied, with normal portions and good cooking habits. Vegetables, especially raw or lightly cooked are great sources of vitamins. They are also important as they provide roughage, which will help the intestinal transit. Minerals are not adulterated by heat but will go with the cooking juice, so it is usually good to eat the stock and cooking juice.

By balancing out all these nutrients, and also by taking into account the person's lifestyles, I have found that my patients tend to feel more energy, more vitality and also respond better to the treatment. It usually means actually eating less, and not mixing types of food at the same meal. This reduces the load on the digestive system, and helps absorption. Many of my patients tend to take supplements. While I have no concerns about this, I have found that good nutritional habits will be more important than taking supplements, and that after a while, most patients will reduce or stop some of their supplements.

The next question is how you find the right optimal diet? Well, it is a complex answer, and as a health therapist, it is important to give a good understanding and some key ground rules to your patient, in terms of how and what they should eat.

If the person is generally healthy, with no severe health conditions and within their weight range, then I usually find that they do well on general guidelines.

As a rule of thumb, the current metabolic research(1) suggests that a healthy male of 70 kilograms and of 40 year-of age who does moderate physical activity would require the following from his daily diet: about 350/400 grams of protein, less that 50 grams pure carbohydrate, 2.4 litres water and 5 to 10 grams of fat. About 500 grams of vegetables and two to three fruits a day will provide sufficient micro-nutrients.

In terms of eating habits, for this gentleman, eating three meals a day and reducing snacks between meal will be a key lifestyle habit. A competitive athlete may needs more meals though. I usually advise my patients to not mix proteins and carbohydrates on the same meal, especially if they feel usually tired after their lunch or dinner.

This may seem difficult, and contrary to what most people do. However, these nutritional habits have been followed by most of humanity, and it is only over the last 4 or 5 generations that our eating habits have changed so radically. Our genes have not adapted to that change yet.

It can take time to adapt one's dietary habits, and usually one has to suffer a severe health conditions to get the motivation to make the necessary changes. When the condition is not life-critical, I tend to suggest my patients to just follow a few key elements, and I would expect them to take between 2 and 5 years to have the right food habits sinking in.

Usually, people follow them very quickly, and would break them a few days a week, or while on holidays. However, on the long run, a real awareness about how the body feels about food and appetite develops, and I usually notice then that food dependency is replaced by proper nutrition.

When a patient has a severe health condition, or is severely overweight or underweight, I would advise them to follow a detailed customised nutritional plan. I usually use the Metabolic Balance Plan, which was created in Germany in the 1990s. Through a blood test of about 30 key metabolic readings, the German doctors behind Metabolic Balance (c)(2) can draw a very detailed four-phase plan. The plan includes strict phases, which fit the metabolic profile of the patient, and more relaxed phases, which are more flexible. For each phase, the right food and the exact weight are listed. With support, a patient can learn how to find a suitable approach for him or her, and also can navigate from stricter to flexible phases depending on their life situations.

To show how health can greatly improve with the right food, here is an example of a 73 year-old male patient, who has diabetes and high-blood pressure, both treated with conventional medications. This patient came originally because of sleep problems, cramps and chronic respiratory infections. After about 9 months of treatment, he was more or less free of these symptoms, and was open to the idea of taking his weight, and also see if nutrition would help his blood sugar balance.

His General Practitioner was very sympathetic with him losing some weight, and I asked the patient to monitor in a very detailed way his insulin intake and his blood sugar readings over a 2-week period before the metabolic balance(c) plan, and a 2-week period after starting the plan.

You can see the progress on this table:

In this case, the patient did not lose a significant amount of weight. however, he felt much better overall, less hungry, and was so surprised by his readings that he had to call his doctor to check if it was safe to reduce the intake of insulin. The doctor was actually very supportive and asked him to carry on as long as he did not feel any other health issues.

It is worth noting that in many cases, I would need about 8 months to a year for my patients to really take their nutrition on-board. However, when they are ready with this leap of faith, my job is usually much easier and their overall health much more improved.

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Cambridge (UK)
www.thierry-health.com
1) Jeff Volek, "The Art and Science of Low Carbohydrate Living"
(2) Dr. Wolf Funfack, "Metabolic balance, your personalized nutrition roadmap"

	2-week period before Metabolic Balance	2-week period after start of Metabolic Balance	Improvement
Average Daily intake of fast-acting synthetic insulin (units)	252	157	38% lower
Average Daily intake of long-acting synthetic insulin (units)	34	28	18% lower
Average Blood Sugar Reading (gram/litre)	127	73	43% lower
Number of hyper-glycaemia episodes (>1.40 gram/litre)	15	0	100%

Alzheimer's and Dementia - How Nutrition Can Help by **Marilyn Glenville**

As we age we all become more vulnerable to certain health conditions but there are plenty of natural ways to prevent them so people can live their life to the full.

Brain function does change as we get older. The symptoms that are associated with a gradual decline in brain function e.g. loss of memory, difficulty in concentrating, are described as dementia. The two main forms of dementia are Alzheimer's (the most common) and vascular dementia. Alzheimer's is caused by plaque and tangles developing in the brain. Plaque are clumpy spheres that float between the neurons and prevent the transmission of messages to each other and the tangles actually choke the neurons from inside. Vascular dementia is a problem with the supply of blood to the brain.

The risks of dementia increase with age and affects about 5% of people over the age of 65 but unfortunately is much more common in women. Dementia is now the biggest killer for women causing three times more deaths than breast cancer.

Age does tend to affect our ability to store and retrieve information and people may find that words and putting faces to names sometimes eludes them. Doctors have confirmed that forgetfulness is a perfectly normal stage of ageing just like greying hair. So instead of worrying about remembering – which just makes it harder to remember – it is important that people take simple steps to help them remember things that are easily forgotten. For example, putting keys in the same place every time and using visual association to help remember names. For instance, if a woman is introduced as Elizabeth, picture her standing beside Queen Elizabeth. This type of association also helps to keep the mind active.

What a person eats can have an enormous impact on their memory as they age. The largest study looking at the association between the Mediterranean diet and memory was published in 2013 in the medical journal Neurology. The research showed that eating a Mediterranean diet is linked to a reduced incidence of cognitive decline. The study suggests that what people eat not only affects cardiovascular health but also their brain health.

The advice is to increase the consumption of fresh fruit and vegetables, olive oil and eat more oily fish.

Supplements of Omega 3 fish oils can also be helpful as DHA one of the major Omega 3 fatty acid in the brain seems to have the most protective effect against Alzheimer's. As well as the well-known anti-inflammatory effects of Omega 3 oils, the DHA in Omega 3 fatty acids helps to prevent the plaque forming in