

# Pilates

## Dietary Suggestions

for the

## Combinations of Body Types

### **NUTRITIONAL PRACTICES**

*If you partake of food and drink well, your body and life will be sustained well, whereby you will live long. If you do not know how to eat and drink properly - if these are insufficient, excessive or perverse - disease will be produced and your body and life will be over-powered. Hence, those who want happiness should value skill in eating and drinking.*

-Dr. Yeshe Donden

According to naturopathic and homeopathic traditions, every twenty-one days your body goes through a natural healing crisis, whereby it is adjusting to the nutritional input of this time period.

Correct nutritional practices are a part of the first level of medicine and is a result of lifestyle choices. Although it receives more attention in our culture now than previously, the importance of proper nutrition for maintaining good health is still not fully recognized in mainstream society. For the most part, modern clinical nutrition uses the “four basic food groups,” assessing food for its biochemical composition. That focus is on active ingredients such as vitamins and minerals and the specific effects these substances have on the body. Still, much of what is recommended in conventional [and alternative] health communities is an oversimplified approach to nutrition. What is lacking in this approach is a sensitivity to constitutional variation and how this influences health and illness.

Losing touch with our natural environment and the importance of daily diet, afflictions such as colds and flu are considered inconveniences. Nature becomes the enemy and medications the hero. Ironically, in the end nature still triumphs as our symptoms become more complex and deep-seated. Chronic degenerative disease is the hallmark of modern society. Inevitably this leads to runaway medical costs since interventions need to be more invasive and convalescence more prolonged. Although we assume that life span has increased in modern times due to improved medical care, this is a myth. Improved sanitation has played the largest role. Concurrently, contemporary senior citizens are more debilitated than in the past.

The cornerstone of health today is individual responsibility. Such accountability is not a burden, however. Instead, it implies being “able” to “respond,” to pay attention and reflect on what works and what doesn’t in one’s life. Correct nutritional practices are an obvious place to start.

#### **Several factors come into play when considering proper nutritional factors:**

1. Your constitutional type (ectomorphic, mesomorphic, endomorphic or a blend there of)
2. Your present condition
3. Your level of activity
4. Environmental factors

With these basic considerations in mind, we need to look at types of foods, qualities of food and food combinations, as well as when and how we eat. Eat fresh foods rather than processed items. Do not eat on the run. Chew well. Be relaxed and breathe calmly while eating. Eat in a well-ventilated space whenever possible.

The following are guidelines to address basic considerations and eating practices, including nutritional recommendations for each of the six constitutional types.

## TASTES

The following classifications show which tastes are associated with each body/constitutional type. In general, there are five tastes: Sweet, sour, pungent (hot), bitter and salty. When a food does not fall within the properties of these five categories, it is considered astringent.

### Recommended Tastes (in order of preference)

<b>ectomorphic</b> (slender/light)	-	sweet, salty, sour, pungent
<b>mesomorphic</b> (husky/muscular)	-	bitter, sweet, astringent
<b>endomorph</b> (heavy/round)	-	pungent, sour, salty

### Quantities of Food

“Quantity” refers to the actual volume of food per serving. Generally, the amount of solid food you consume should fill no more than half your stomach. If you were to place your hands together to form a bowl, the amount of food that would fit into that bowl would be the amount of food you should consume per serving.

One part of your stomach should be for liquid, one part for space. Space allows for food to easily mix and thus metabolize more efficiently.

The quantities of specific foods you should consume depends on where you live and what types of food exist in your region:

- 1) Foods from wet or humid regions (coastal and tropical) such as seafood and watery fruits and vegetables tend to be heavy and stagnate in the digestive process if overeaten.
- 2) Vegetables, fruits and meats from high and dry regions are light and warming and thus can be eaten in more generous portions.

### Seasonal Considerations

During the summer, the above should be followed strictly. However, in winter our bodies burn more fuel, meaning the guidelines can be relaxed. A rule of thumb might be this: sour, salty and sweet foods are best eaten in winter. In spring, try bitter, hot and astringent tastes. In autumn, sweet, bitter and astringent is best. Another guideline would be to simply eat what is in season and grows in your climatic region.

### Chewing

Chewing affects our metabolism and the proper utilization of foods. For example, salivary amylase helps break down the starches in grains, vegetables and fruits, creating simple sugars. This allows for more efficient use of the energy in carbohydrates. It also allows the stomach and small intestine to focus on protein metabolism without the burden of dealing with starch. Chewing also makes the bones in the skull move more. The temporal lobes of the skull pump as the jaw moves rhythmically up and down. This has a positive effect on the hypothalamus. Thus, endocrine balance and nervous system strength are also enhanced.

It has been recommended that people chew each mouthful 75 to 150 times, however 35 times is acceptable for healthy people. Energy expended in the process of chewing prevents the body from losing heat and energy in the digestive tract and thus aids in the preservation and utilization of metabolic heat in an efficient manner. In addition, chewing slows down the eating process itself, which allows us to focus on mealtimes as a nitrifying event rather than as something that needs to be done while we’re on the run.

### Food Selection and Preparation

When selecting food, it is best to shop at natural food markets and use local sources for the best quality produce. Many of the spices and herbs mentioned below can be found in regular supermarkets. Any additional ingredients that are uncommon or unfamiliar can likely be found in an Asian grocery store.

### **Food Cleansing**

Below are formulas for cleaning foods that have been irradiated. To find out if your foods have been irradiated, you will have to speak to the produce, meat and dairy supervisors of your local market.

Add one tablespoon of baking soda to every gallon of water used. Soak the irradiated products in this formula for the times listed in the following chart. Then soak them in fresh, cold water for an additional ten minutes to eliminate the soda taste.

For foods that you know are not organically grown, follow the chart below as well. As most markets like to advertise their products as organic, it is reasonable to assume that anything not labeled in this way is not organic.

Add one-half teaspoon of plain, old-fashioned chlorine bleach (e.g., Clorox) to every gallon of cold water used. This will not affect the taste of your food, nor will it cause damage in any way. After the prescribed amount of soaking time, place the foods in cold water and soak them again for an additional ten minutes. The soaking time for this formula and for irradiated foods is as follows:

Leafy vegetables.....	10-15 minutes
Root vegetables.....	15-30 minutes
Thin-skinned berries.....	10-15 minutes
Heavy-skinned fruits.....	15-30 minutes
Eggs.....	20-30 minutes
Thawed meat per pound.....	5-10 minutes

Such methods will make vegetables and fruits crisper and they will also taste better. Additionally, this method eliminates the toxic residues in animal foods.

### **Food Combinations**

1. Grains plus legumes, seeds or nuts create whole proteins. However, people usually use equal parts of legumes, seeds or nuts to grain. At any meal, when grain is offered, protein-rich foods should be about one-half or less of the size of the grain portion.
2. Avoid eating animal and vegetable protein-rich foods together. Combinations such as meat and beans, nuts or seeds, such as a hamburger and baked beans, are difficult to digest. Your body has enzymes designed to break down animal or vegetable proteins at any one time. If eaten together, your body does not know which enzymes to add to the stomach, so will send none.
3. When eating meat, reduce your quantity of grain and eat more vegetables.
4. Eat melon-type fruits by themselves. Melon is the fastest-digesting food. If eaten with a meal, your body will choose to digest it and leave everything else to a less efficient processing. Melons can be eaten as a snack or an appetizer about twenty minutes before a meal.
5. Fruit as dessert is best in cooked or stewed form. Especially if having a meal with legumes as the main protein, wait approximately twenty minutes for dessert. Avoid desserts consisting of raw fruit. Instead, eat raw fruit as a snack by itself.

## NUTRITION RECOMMENDATIONS FOR COMBINATION BODY TYPES

What follows are the nutritional recommendations for those whose body types fall into two categories. Most individuals fall into this range.

If in one of the diets below, you find unexpected symptoms arising for a time, go to the diet for a “pure” body type (endomorph, mesomorph, ectomorph). For example, if you are endomorph/mesomorph and start to experience gas, bloating, mental worry or other endomorph symptoms, for a period, eat from the endomorph nutritional chart. If, however, you are instead experiencing nausea or your eyes are more sensitive to light, each from the mesomorph chart.

In brief, when symptoms arise, for whatever period of time is needed:

1. Ectomorph/mesomorph or mesomorph/ectomorph people with endomorph symptoms should eat from the endomorph list.
2. Ectomorph/mesomorph or mesomorph/ectomorph people with mesomorph symptoms should eat from the mesomorph list.
3. Endomorph/ectomorph or ectomorph/endomorph people with endomorph symptoms should eat from the endomorph list.
4. Endomorph/ectomorph or ectomorph/endomorph people with ectomorph symptoms should eat from the ectomorph list.
5. Mesomorph/endomorph or endomorph/mesomorph people with mesomorph symptoms should eat from the ectomorph list.
6. Mesomorph/endomorph or endomorph/mesomorph people with ectomorph symptoms should eat from the mesomorph list.

**In general, however, combination types should concentrate on the following foods:**

	<b>Ectomorph/ Mesomorph</b>	<b>Mesomorph/ Endomorph</b>	<b>Ectomorph/ Endomorph</b>
<b>GRAINS</b>	amaranth barley brown rice cooked oats millet quinoa wheat white basmati	barley corn millet quinoa tapioca wheat white basmati white noodles	barley oats toasted millet white basmati
<b>PROTEIN</b>	<b>Legumes:</b> adzuki beans Anasazi beans black beans brown lentils chana dahl garbonzo beans kidney beans lima beans mung beans pinto beans tampeh tofu	adzuki beans Anasazi beans black beans brown lentils chana dahl garbonzo beans kidney beans mung beans pinto beans	dahl split peas

**Ectomorphic/  
Mesomorphic**

**Mesomorphic/  
Endomorphic**

**Endomorphic/  
Ectomorphic**

**ANIMAL FOODS**

butter  
cow's milk  
eggs  
fish (all)  
poultry (all)  
rabbit

buffalo  
cow's milk  
ghee  
goat meat  
goat's milk  
rabbit

beef (boiled with  
asfoetida, ginger and black salt)  
buffalo  
cheese  
fish (all, cooked with brown  
brown sesame seeds)  
fresh dried meat  
poultry (all, cooked with brown  
sesame seeds)  
yogurt

**NUTS AND SEEDS**

cashew  
flaxseed  
linseed  
pumpkin  
sesame  
sunflower  
walnut

pumpkin  
sunflower

none

**VEGETABLES**

(steamed/raw)  
angelica  
arrowroot  
beet  
broccoli  
carrot  
cilantro  
globe artichoke  
green pepper  
onion  
peas  
potato  
red cabbage  
sea vegetables  
spinach  
sweet corn  
sweet potato  
tomato  
winter squashes

asparagus  
bok choy  
broccoli  
brussel sprouts  
burdock  
cabbage  
carrot  
cauliflower  
celery  
cilantro  
collard greens  
cucumber  
dandelion greens  
green beans  
kale  
lettuce  
parsley  
peas  
potato  
red cabbage  
spinach  
turnip greens  
winter squashes  
yam  
zucchini

(cooked only)  
bamboo shoots  
celery  
daikon  
eggplant  
garlic  
ginger  
globe artichoke  
green pepper  
lettuce  
mushrooms  
mustard greens  
onion  
parsnip  
radish  
rutabaga  
tomato  
turnip

	<b>Ectomorphic/ Mesomorphic</b>	<b>Mesomorphic/ Endomorphic</b>	<b>Endomorphic/ Ectomorphic</b>
<b>FRUITS</b>	apple banana blueberry cherry grapefruit orange pineapple plum strawberry	barberry cantaloupe grape melons peach pear strawberry	grape peach pear pomegranate raisins strawberry tamarind
<b>OILS, SALTS AND CONDIMENTS</b>	corn oil garlic butter ginger butter ghee miso olive oil peanut oil salts (all) safflower oil sesame oil sunflower oil tamari	fresh butter ghee sunflower oil (no salt)	salt (black) safflower oil sunflower oil
<b>BEVERAGES</b>	cow's milk warm water	water	warm water spicy teas
<b>HERBS AND SPICES</b>	anise aquilaria cinnamon clove coriander cumin fennel fenugreek ginger jaguri nutmeg onion sesame Solomon's seal terminalia chebula	embilica officinalis gota kola gugud hibiscus licorice raisins red rose red sandalwood safflower shilajit shitavari terminalia bellerica terminalia chebula turmeric yellow rose	angelica asfoetida ashwaghandha black pepper caramom cinnamon clove cumin fennel fenugreek garlic ginger ginger