

Pilates Dietary Suggestions for Endomorphic Body Types (husky/round body type)

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)

ectomorphic (slender/light) -	sweet, salty, sour, pungent
mesomorphic (husky/muscular) -	bitter, sweet, astringent
endomorph (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 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.

NUTRITIONAL PRACTICES FOR THE ENDOMORPHIC (heavy/round) CONSTITUTION

Type of Nutrition

Endomorphic types need a warming but light diet that emphasizes light-quality proteins. very little raw or cold food should be consumed. Eating foods as fresh as possible is also important since overly processed, frozen or leftover foods can produce symptoms such as excessive mucus and a clogged lymph system.

Times to Eat

Breakfast should be eaten between 7 a.m. and 9 a.m., no later. Endomorphic types do not need a midday meal, although a very light repast is acceptable. Dinner or the last meal of the day should be eaten between 8 p.m. and 11 p.m.; again the emphasis should be on a light, protein-rich meal. Endomorphics are encouraged to do routine fasting.

Grains (approximately 20 to 25 percent of the diet)

recommended	occasional	not recommended
barley	brown rice (with ginger	corn
oats	and jaguri)	buckwheat (fresh)
white basmati rice	buckwheat (one year old)	
quinoa	regular white rice	
	toasted millet	
	wheat	

Protein (approximately 20 to 25 percent of the diet)

Legumes:

dahl	chana	adzuki beans
split peas	brown lentils	Anasazi beans
	mung beans	Chinese red beans
		garbanzo beans
		kidney beans
		lima beans
		pinto beans
		red lentils
		soybeans
		tofu

Animal Foods

buffalo	fresh cheese (e.g.,	beef
cheese	paneer, farmer)	frozen, roasted or uncooked meat
fish (all)	mutton (boiled with	goat
aged dry meat	asfoetida, ginger or	pork
aged butter	whey)	
poultry (all)		
rabbit		

Nuts and Seeds

none	pumpkin	almond
	sesame (black)	cashew
	sunflower	chestnut
		coconut
		flaxseed
		hazelnut
		linseed
		peanut
		walnut

Vegetables (approximately 35 percent of the diet - cooked only)

recommended	occasional	not recommended
angelica	arrowroot	(any raw)
bamboo shoots	bok choy	broccoli
celery	burdock	brussels sprouts
chili	cabbage	collard greens
daikon	cauliflower	cucumber
garlic	cilantro	green beans
ginger	dandelion greens	kale
green pepper	eggplant	peas
hot pepper	lettuce	potato
mushrooms	globe artichoke	squashes
onion	mustard greens	sweet potato
rutabaga	parsnip	
sorrel leaves	water chestnut	
tomato		
turnip		
young radish		

Fruits

pomegranate	grapes	apricot
raisins	lemon	banana
tamarind	lime	blueberry
	orange	cantaloupe
	peach	cherry
	pear	melons
	pear	pineapple
	strawberry	plum

Oils, Salts and Condiments

salt (black)	ghee	fats, generally
safflower oil	old butter	corn oil
	peanut oil	miso
	sesame oil	mustard oil
	sunflower oil	olive oil
	tamari	sea salt

Beverages

beer	black tea	cold water
warm water	boiled water	hard liquor
	spicy teas	
	coffee	
	cow's milk (warm with spices)	
	wine	

Herbs and Spices

recommended: asfoetida, ashwagandha, black pepper, cardamon, cinnamon, clove, cumin, fennel, fenugreek, garlic, ginger, licorice, pippali, raisins, sesame

occasional: turmeric

not recommended: none