

<http://www.youtube.com/watch?v=otOmV6fuRZc&feature=related> (enjoy)

I stopped writing Blogs because I thought they were disappearing into thin air – information overload for the people on my database.



The Science of Nutrition

Lately I've been reading Noble Prize winning chemist, Dr Kary Mullis '*Dancing Naked in the Mind Field*' and Michael Pollan '*Food Rules. An Eaters Manual*'. Both authors researched food, eating and the commercial influence over our understanding of both. To summarise what Mullis says

Some people eat too much; some people eat too little. Nothing else about diet really matters. Check out the reality of things and it will make you feel better. Logically established facts allow you to sleep better at night, which is essential, even in the presence of creatures howling in the dark and nutritionists who write diet books.

And Pollan says

Eat food - not too much, mostly plants.



I've been studying nutrition for 39 years, since at the age of 21 when I became a vegetarian and had to learn something about how to do so and remain healthy. My family history/trade has been as butchers. For the last 200 years the butchering skills have been passed down from father to son. I visited the Timbs Butcher Shop in Oxford England that eventually closed after 138 years owned by the Timbs family. So eating no meat, fish or eggs was a radical change to ones eating habits. Then later qualifying in Naturopathy (4 years), Acupuncture (1 year), Ayurveda (4 years), Polarity Therapy (series of short courses) and Iridology (1 year) taught me something about nutrition from many different philosophies. When I consider the history, invested interests and supplement industry relating to modern nutritional science – I think Mullis and Pollan are correct. The science can be explained SIMPLY in a few works:

Eat Real Food – Not to Much and Not to Little – Mostly Plants



and this is the maximum amount that you should eat per meal
(the amount that fits into your 2 cupped hands)

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