

## What is a good diet?

There are two ways to find a diet which is good for humans:

1. Morphological
2. Biochemical

Ad 1. When we look at our digestive tract and compare it to that of other mammals, we can easily conclude we are neither pure carnivores nor herbivores, but omnivores. Looking at other primates, our digestive tract closely resembles that of Capuchin monkeys (*Cebus*). The diet of these monkeys consists mostly of ripe fruit, nuts, insects, eggs, and small mammals.

Ad 2. An ideal diet should supply us with all the nutrients we need, and avoid substances which are harmful to us. To begin with the latter: heating originates many harmful substances. Part of the fats are transformed into trans-fatty acids, part of the cholesterol into oxysterol, and Hetero Cyclic Amines (HCAs) may originate from proteins. After taking out other foods either containing harmful substances or being less efficient, we arrive at the Wai diet, which supplies us with all necessary nutrients.

## What does it contain?

The Wai Diet contains:

- Fruit (raw, can be juiced or sundried)
- Oil/fat (mainly olive oil and coconut oil, both extra virgin, cold pressed)
- Raw fish, meat, egg yolks

Optional:

- Nuts
- Sugar

Fruit includes the culinary fruits such as avocado, tomato, cucumber.

An alternative oil is avocado oil (cold pressed).

Basically every fish is edible, but the 'fatty' fish (i.e. salmon, tuna, mackerel) is more nutritious and tasty.

The yolk of the egg contains the most nutrients, so neither the egg white nor the sack holding the yolk need to be eaten.

Because of the current situation in the organic food industry we have to be a bit careful with eating meat and farmed fish. Animals are often fed food (not their natural food) which contains lots of harmful substances, and are given hormones and growth enhancing substances. Meat may also be irradiated.

The most nutritious nuts are the 'fatty' nuts, like Brazil nuts and macadamia nuts. Most of the time these nuts are shelled with heat, therefore it's better to shell them yourself.

Table sugar is an excellent source of extra energy, as long as it isn't taken at the expense of necessary vitamins and minerals. As a guideline: maximally 50% of the total energy intake.

## How do I adopt it?

Switching to the Wai Diet can be done gradually or cold turkey. Both have their advantages and disadvantages. Gradually is easier in the beginning, but gets harder later on as the last step is the hardest. Going cold turkey has the most problems in the beginning (withdrawal symptoms and body imbalance), after that it only gets easier.

The most important change lies in the frequency of eating. Coming from a regime of 3 meals a day and preferably no snacks in between, it's hard to get used to almost continually eating small meals or snacks, or sipping fruit juice.

It is recommended to combine sugars with fat, and to consume protein separately or combined with something that doesn't contain a lot of fiber. A snack can for instance consist of a (mashed) banana with an apple and some olive or coconut oil, an avocado with a tomato (and some olive oil if necessary), some nuts with some raisins, etc. All fruits are peeled, because the nutrients in the peel are few compared to the rest of the fruit, the peel holds most of the pesticides, and we don't need the fiber (see *Fiber*). Such a snack last about 1 – 1.5 hours, so after that one has to eat again.

Fruit juices are very nutritious too, and an excellent source of energy. A big sip of orange juice (OJ) (sieved if necessary) with olive oil and sugar is ideal to replenish your blood sugar. A 500ml bottle will last about 3 hours. We recommend, especially in the beginning, using a straw to prevent the teeth from getting damaged by the acid in the juice.

Fish, meat and/or egg yolks are best eaten separately, or in combination with not-too-fibrous fruit. Fish separately, with an egg yolk dip, egg yolks with mashed banana and coconut/olive oil, egg yolks in OJ, all belong to the possibilities. Wait around 1.5 hrs before and after eating the protein to consume fibrous fruits. Sieved OJ usually isn't a problem. Try not to be too active after eating protein, to give the body the opportunity to digest and process. Your body needs to get used to the bacteria, so gradually increase the consumption of fish and especially egg yolks from 50gr of fish and/or 0.5 – 1 egg yolk to 100 – 150gr fish and/or 3 – 8 egg yolks.

Learning to listen to the body is very important, but the body too has to adapt to the new eating habits. In any case it's important not to ignore signs of hunger. If you're hungry, eat something.

On the site (see **More info**) you can find a *nutrient calculator* to calculate how much energy and nutrients we consume. The amount of calories we need depends on build, age, and level of activity, but the total amount per day should be at least around 2000kcal. If it's much less than that, you probably don't eat (frequently) enough. The daily recommended amounts of nutrients (RDA) are just a guideline, and don't have to be met exactly. Some, especially calcium, are even extremely high.

Eating as much organic food as possible is of course the best, but it is also pricey. If possible, at least try to buy organic fruits without peel (strawberries) and with thin peel (tomatoes, grapes, etc).

## What's behind the diet?

The Wai diet is supported by scientific theories and articles. Below in short, is some information on several subjects. You can find more information and sources on the site (see **More info**).

### *Raw vs heated*

Under the influence of heat, food and nutrients can change state, structure and composition. We all know the phenomenon of the translucent liquid egg white, which changes into a solid white crust when an egg is fried.

Unfortunately this has harmful consequences for us. When protein is heated, it breaks down into smaller pieces (peptides and amino acids). These smaller pieces can connect with carbohydrates/sugars and/or creatine (in red meat) and/or nitrates (from vegetables) and form new substances. These new substances are called Hetero Cyclic Amines (HCAs).

These HCAs have harmful (for example cancerous) qualities, and many of them are, directly or indirectly, physically addictive. Other possible effects are (amongst others): appetite enhancement, sleeplessness, stimulation of aggression, increase of blood pressure, etc.

The amount of HCAs which is formed depends on temperature, duration of heating, and quantity of protein.

Fats and cholesterol also undergo harmful changes when heated, resulting in trans fats and oxysterols.

As far as we know freezing doesn't have any negative effects.

### *Isn't raw dangerous?*

Bacteria are all around us. Our bodies contain millions, which for instance help us with our digestion. Of course (raw) food also contains bacteria. We can deal with these bacteria thanks to our immune system. Like an athlete our immune system has to train regularly to keep in shape, so we regularly have to come in contact with bacteria. If we are too hygienic and only eat food which doesn't contain many bacteria, our immune system isn't in shape, which means it can be overburdened more quickly so we become sick.

### *Vegetables and grains*

Why aren't vegetables and grains part of the Wai diet? First off, we can't digest them as well as we can digest fruits. Furthermore our digestive tract isn't built for them, plus many vegetables and grains contain substances which slow down digestion and decrease the absorption of nutrients. Grains and beans, especially, contain lots of fiber, something we don't need (see *Fiber*). There isn't anything in vegetables or grains that we can't get from fruit, and for us fruit is far more efficient.

### *Herbs and spices*

Many herbs and spices have medicinal properties, and aren't meant for daily consumption. If you still feel like using some, then using fresh chives is a good option.

## *Fiber*

We don't need any fiber. Fiber is seen as very healthy, but nobody really knows why. The only thing everybody knows is that it seems to stimulate digestion. In reality fiber makes small wounds in the walls of the intestines and irritate so much that the body wants to get rid of it as soon as possible. This could be helpful when the intestines are more passive due to substances in cooked food, but in a healthy body this isn't necessary.

## *Protein: milk products*

We need protein for maintenance and building new structures in our body. As explained before, heating is not an option, but what about (raw) milk (products)?

When a mammal is born, the mother takes care of food and important nutrients by supplying milk. This milk is full of essential substances for the growth and development of the infant. For every mammal the composition of the milk is different, and exactly attuned to what the baby needs.

Adults don't need the growth factors which are present in breast milk, let alone those from the milks of other mammals. Because of this, consuming milk products can have a harmful influence on several processes in the body, and even stimulate or cause cancer.

Because infants need to grow, they need more calcium than adults. Nevertheless breast milk contains 3 – 6 times less calcium than milk from cows, goats or sheep. This suggests we need far less calcium than we think, and if we consume lots of milk products, we increase our chances of osteoporosis (brittle bones) when we get older.

## *Carbohydrates/Sugars*

Sugars (glucose, fructose and sucrose) and fats provide the energy for our muscles and organs. Even thinking requires energy: our brain uses 125 – 150gr of glucose per day. Muscles use up 50 – 90% of our total energy need, depending on our level of activity. When resting, our basic energy comes from fats, when moderately active blood sugar is added to that, and when we're highly active glycogen is converted into energy as well.

Sugars are used or stored in this order: First the blood sugar level will be replenished, then the glycogen deposits (reserves in muscles and liver) will be filled, and all that's left will be converted into body fat.

Converting sugars uses insulin. Big meals with lots of carbohydrates/sugars therefore cost lots of insulin and greatly burden the insulin system. Eventually it could get overburdened, which results in diabetes. This can be prevented by eating smaller meals (snacks) and always consuming some fat with, or directly after, the sugars.

The structure of sugars doesn't change that quickly when heated, that's why it's fine to eat table sugar (pure sucrose = glucose + fructose).

## *Fats*

Our body uses fats for energy and storage. When we heat fats, they become trans-fats. Unsaturated fats are more sensitive to this than saturated fats, and more trans-fats originate with hydrogenated fats than with non-hydrogenated fats. Hydrogenation is a process used to prolong shelf-life.

Both unsaturated as saturated fats can be used by our body, and it doesn't matter which type we eat. The exception to this is the so-called omega-3 fatty acids, which our body cannot convert from other fatty acids. This means we have to get those from food. Of the 4 types of fats, 1 can be gotten from fruits and nuts, but the other 3 can only be gotten from fish or egg yolks.

## *Cholesterol*

Cholesterol is an important nutrient, which for instance is used for fat digestion and the making of vitamin D and several hormones. Part of the cholesterol we need is produced by our body, the rest we need to get from food. Cholesterol is therefore not bad for us.

When cholesterol is heated, unnatural oxysterols originate. These oxysterols are harmful to us in relation to cardiovascular disease.

## *Addictive substances*

One of the reasons it's so difficult to quit a standard diet, is because a lot of addictive substances are present in the food most people nowadays eat. The biggest culprits are wheat, milk, and HCAs. Wheat and milk contain opioid peptides, which are very addictive and appetite enhancing. HCAs originate by heating protein, and are also addictive and appetite enhancing, amongst other things. The more protein a food contains and the longer it's heated, the more HCAs develop. Prepared meat, fish, soy, and egg, therefore, contain the most.

Heated wheat and milk are winners in that sense, too. It's not strange, then, that pizzas are so popular. The food industry uses this knowledge, and puts heated wheat (protein) and milk (protein) in lots of products, for instance in the form of taste enhancers.

## *Water*

Because fruit already contains lots of water, we hardly need to drink any extra water. In energy emergencies (warm) water with sugar can help you out. Tea and coffee, on the contrary, are not that healthy.

## **More info**

More information can be found on the site: <http://www.waiworld.com>

The site consists of three parts:

1. Everything about the diet: WaiDiet
2. Everything about acne, cellulite, overweight: WaiCure
3. Other articles: WaiSays

Linked to this is a forum: WaiTalk