

JUST JESS on HEALTH:



Why I eat a plant-based diet

Plant-based and Mediterranean diets are considered to be the healthiest eating plans. This is because plant-based foods help to lower the risk, as well as relieve symptoms of chronic diseases such as; metabolic syndrome, heart disease, obesity and cancer. It has also proven to be beneficial in medical conditions like diverticulitis, hyper/hypothyroidism, kidney stones, arthritis and cataracts (to name a few).

What about milk?

Our bodies stop producing the enzyme lactase between the ages of 2-5. Lactase digests and breaks down lactose, a sugar found in mother's milk and dairy. Therefore, consumption of dairy products after these ages means that the undigested sugars sit in our colon fermenting. This fermentation can result in symptoms of gas, bloating, cramping, diarrhoea or nausea. Dairy is also rich in saturated fats, which contributes to weight gain and heart disease. Studies have also shown that dairy has links to both chronic sinusitis and cancer. During my internship, a clinician on duty said that if she ever heard us recommending milk as a source of calcium she would scream - she was so right, there are far better, easily digestible sources of calcium for the body (see below).

Recommendations

- 1) I often recommend a plant or Mediterranean based diet. If cutting out meat is not an option I suggest reaching for organic chicken, organic eggs, organic grass fed meat or wild caught fish.
- 2) Healthier sources of calcium include; leafy greens, beans, almonds and good clean supplementation. I strongly recommend patients avoid dairy products for one week and see what differences are noted.
- 3) Fruit and vegetables are often covered in chemicals and pesticides. These chemicals can contribute to an imbalance in our internal environment. If buying organic fruit and veg is not possible, you can make your own cleaning solution to wash your fruit and veg at home:
 - 1 tbs fresh lemon
 - ¼ cup vinegar
 - 1 cup of water
 - Add 1 tbs salt and 1tbs baking soda.

Dr Jess

Look out for issues to come as we explore how homeopathy and alternative medicine/ healing can help us in our day to day lives – from first aid, medical conditions all the way through to healthy lifestyle tips.

