

Bioenergetic Fundamentals

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***Difficulty digesting ANY food CAN be solved with proper nuance & context**

Carbohydrates

Ideal Range 300+ Grams A Day

Pulp-Free Organic Orange Juice

(Not from concentrate, preferably organic or from ripe sweet oranges that you juice yourself and strain ALL fibers out, but can be store-bought. Potassium modulates insulin.)

Honey

(Local, Raw, Organic, Unheated.)

Sugar

(No brown sugar. So long as calcium is high [eggshell/dairy with K2 5-10mg a day])

Ripe Fruits

(Typically with skins taken off, avoid banana's in general due to their proclivity in raising serotonin.)

White Russet Potato

(May spike insulin too much initially. Only eat fresh out of the oven or heat source, do not put in the refrigerator and reheat later as they turn into a resistant starch once cooled, which feeds bacteria in the gut indiscriminately which leads to dysbiosis and more endotoxin-load. Best eaten without the skins, can add butter, it goes best with a little protein with it such as cheese.)

Fats

Ideal Range ~ Less Than Carbs

Butter/Ghee/Milk

(Once you reverse any sensitivity to these, this is the ideal saturated fats.)

Animal Fat

(From meats to the right preferably from species-appropriately fed diets.)

Coconut

(Refined or virgin coconut.)

Superfoods

Pasture-Raised Bovine Liver

(The retinol [Vitamin A] is superior to any form known to research, as is the bioavailable copper which helps proper iron metabolism. I no longer recommend dried capsules of liver. Pan-searing it then adding some honey and sea salt with mushrooms is very tasty. Get 6-9oz in A WEEK. Your skin and immune system will thank you.)

Oysters

(The selenium, zinc is critical to balancing the copper found in the liver. These two superfoods are also critical as you increase carbohydrate metabolism so you don't experience downsides to sugar metabolism increasing. Use Oyster Extract by Bulk Supplements, and add a tsp to one of my meals each day. I'd recommend cooking if you eat them straight.)

Organic Coffee

(When mixed with milk/creamer, and a sugar source ONLY. Best taken post-meal to down-regulate iron. Magnesium is high as well.)

Proteins

Ideal Range 100-125 Grams A Day

Milk Without Added Vitamin A/D

(A2 for those more sensitive or Camel's milk and make sure there is no added [fortified] vitamin D or A. Raw preferred but pasteurized works. Liposomal colostrum to reverse dairy allergy.)

Duck/Chicken Eggs

(If sulfur issues consider molybdenum with eggs and address dysbiosis in the gut.)

Gelatin/Collagen Peptides

(Make some gelatin, add some pulp-free juice and let sit overnight, and have gelatin snacks throughout the day. This is the best amino-acid profile really of all the protein sources due to high glycine/proline and no tryptophan. Go for Collagen Peptides if Gelatin is irritating.)

Goat/Bovine/Sheep Cheese

(If digestion is slow keep low or with functional fibers listed below. The more aged cheeses have more histamine content in general.)

Meats from beef, bison, cod, sole, oysters, crab, shrimp, lobster, and lamb.

[avoid chicken/turkey/pork/salmon especially] (You generally want cysteine, methionine, and especially tryptophan to be lower as these amino acids oppose proper thyroid function and increase serotonin. Muscle meat is rich in these amino acids and you can counteract it with collagen peptides [Vital Proteins] taken 1-2 scoops with the meat or just prior, or gelatin, and take with dairy or eggshell calcium to keep calcium to phosphorus ratio in balance cause muscle meat is rich in phosphorus but not in calcium. And you want calcium to typically be 2:1 or 1:1 ratio of calcium to phosphorus.)

Functional Fibers

Organic White Button Mushroom

(Boil Medium-High for 3 full hours with open-air ventilation to remove most of the toxic hydrazine and agaritine.)

Raw Carrots Grated Length-Wise

(Add 1-2 tsp organic white vinegar, 1-2tsp refined coconut oil, sea salt for a salad.)

Boiled Bamboo Shoots

(Add to a soup. Use canned bamboo shoots.)

AVOID

PUFA's [polyunsaturated fats]

(PUFA is linked to damage of the beta cells in the pancreas, damage to the thyroid. Leads to rapid aging. Avoid ALL vegetable/plant/nut/seed oils [minus coconut]).

Nuts, Seeds [minus coffee], **Soy** [minus Natto], **Dried Fruit, Unripe Fruit, Uncooked Vegetables** [minus carrot], **Legumes, Beans, Grains** [minus white rice], **Carrageenan, Guar Gum, Acacia Gum, Most Fermented Foods, Breads/Baked Goods, Corn, HF Corn Syrup, Citric Acid.**