



Nutritional Common Sense: An Introduction to Fasting, Keto, Paleo and Metabolic Health

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So many of you seem confused by the plethora of dietary approaches available these days, I thought I might do a series of articles about nutritional knowledge and the all too important missing approach of nutritional wisdom. Many of you have heard me quote the Tao Te Ching by Lao Tzu: “To gain knowledge add something every day, to gain wisdom let go of something every day.” This article hopes to cultivate your knowledge while you honor your inner wisdom.

Another nutritional truism, “Nutrition treats people not diseases”, comes to mind. Each individual person must find the way to eat for themselves, not for the disease they have carried the diagnosis of. When I hear someone ask me, “How do I eat to treat my heart disease? (Or cholesterol, or cancer, etc.)” I do cringe a little inside. The locus of control for your health care should always remain with you! Don’t let “authorities” tell you how to eat. Gain some knowledge, but understand that today more than ever, an agenda that supports the wealthy drives articles of misinformation to create the chronic illness that fuels those wealthy few.

I meditate every day so I can see the “is-ness” of the world, please begin your journey to nutritional wisdom with a meditative practice ([MPM’s Stress Management Series can be found here](#)) that allows you to clearly see this world. At least say grace or take a moment of silence before eating, tuning in eating awareness. By shifting into the relaxed, parasympathetic, digestive state, you will be able to make more conscious decisions about the “whats” and “how much” of eating. My next piece of advice involves starting with an exercise practice. In developing and maintaining healthy eating behaviors, research indicates that exercise adherence, as a keystone behavior, will do more to help someone stick to a nutritional regimen than anything else!

The key articles we will focus on for the sake of the upcoming intermittent fasting article include the following:

1. Fasting: Molecular Mechanisms and Clinical Applications, Valter D Longo and Mark P Mattson, *Cell Metab.* 2014 Feb 4; 19(2): 181–192. PMID: [24440038](#).
2. Intermittent metabolic switching, neuroplasticity and brain health, Mark P Mattson et al, *Nat Rev Neurosci.* 2018 Feb; 19(2): 63–80. PMID: [29321682](#).

3. Flipping the Metabolic Switch: Understanding and Applying Health Benefits of Fasting, Stephen D Anton et al, Obesity (Silver Spring). 2018 Feb; 26(2): 254–268. PMID: [29086496](https://pubmed.ncbi.nlm.nih.gov/29086496/)

As you can see, I am focusing on the importance of evolutionary biology, specifically the benefits of IF (intermittent fasting) and exercise to induce IMS (intermittent Metabolic Switching) as possibly our most advantageous practice for overcoming metabolic syndrome with its central obesity, hypertension, dyslipidemia and dysglycemia/dysinsulinemia. Furthermore the principle of Paleo nutrition and keto nutrition will be discussed.

As most of you know I recommend a Paleo/Primal diet to all of my patients, really everyone. All Paleo means is “eat like a human”; eat real, organic foods, thusly cutting out processed foods like sugars or other white foods or processed meats, and cut out pro-inflammatory foods such as grains and some legumes. It truly can’t be wrong. As one begins with these simple principles and still finds lingering health issues we must look further into the IMS and keto worlds.

In the end our articles will focus on your wellness in the present moment based on your symptoms and on the laboratory markers that will tell you if your nutrition predicts long term health. Each and every person must become the conscious choice maker who takes this knowledge and applies it in a way that matches their physiology leading to perfect health!

Your Journey to Health and Healing,
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