

Dr. George's – My Eyes for a Loaf of Bread

My interest in nutrition was first cultivated by my mother when I was a child. It was increased through the nutritional courses I had as a chiropractic student. However, nutrition was cemented in my mind because of a personal health problem I experienced a long time ago.

I had my first migraine at the age of 9. It happened at a family get together, and I said to an uncle "If this is what grown up people get, then I never want to grow up." It was terrible. Those headaches increased in frequency and severity during my teen years and well into my 20's. I did consult medical authorities during that period. Their only recommendation was medication, which resolved nothing. Although I was having no visual problems, I went to an ophthalmologist for an examination and opinion. He diagnosed me as having sclerosing (hardening) of the retina of both eyes. He said the treatment for this condition was no treatment. The cause was unknown. He then said I would be totally blind within two years. His exact quote was "You have two years before you have to get your cup and your stick to beg."

I did not appreciate his morbid sense of humor. And just because he didn't know the cause didn't mean there was no cause. From my professional training, I was aware that nothing happens in the human body without a reason. I determined that this condition had to be caused by some toxic buildup in my body. I proceeded to eliminate all toxic foods and fluids I normally ate and drank, including simple sugars, caffeine products, dairy products, fried foods, gluten foods and all forms of bread, and almost all processed foods. Since doing all of that, I have not had another headache to this day. I had another eye exam at New York Hospital one year later, and the ophthalmologist said he found no sclerosing in the retinas. His quote was, "I don't doubt that there was sclerosing, but it is not there now." That was over thirty years ago. There have been many biochemical research studies since then. I now know the cause of my retina problems and my migraine headaches. Both were caused by hypersensitivities to food. Blood tests were later taken to determine my specific food sensitivities. I was not surprised to learn that I had already eliminated most of those foods when I stopped all of the toxic foods listed above. This experience proved to me that if proper nutrition in both diet and supplementation were added to any form of health care, it would slow down the progression of many conditions as well as speed up the healing process.

I'm sharing this story because it's not a miracle. That's right; it's *not* a miracle. It is the logical consequence of removing from my diet the foods and beverages that were toxic for me and adding to my diet the nutrients in which I was deficient. This approach to therapy proved successful to my patients during the many decades I practiced chiropractic and later as a nutritional diplomate and board certified clinical nutritionist. My role in the Suppers program has been to help develop literature for the program and present at various meetings on points of nutrition that require supplements. I've often said it would be wonderful if we could heal ourselves without taking supplemental nutrients. It is my firm belief that we are designed to heal on food as our medicine. I suppose if we all lived on a toxin-free planet, with nothing but whole food to eat, if we all slept as many hours as it's dark and loved our neighbors, we wouldn't need vitamins. But we don't. We live in an environment that assaults us regularly in ways that are beyond the reach of perfect food for many of us.

Nevertheless, there is no question that personal solutions start with whole food: luxurious servings of fresh vegetables and fruit, a few ounces of lean protein at each meal including nuts and seeds, unrefined fats and oils like extra virgin olive oil, and whole grains, perhaps excluding the gluten grains as so many of us pay heavily with health problems for eating them. It's really quite simple.