

The 'Perfect' Macronutrient Ratio

WHICH ONE IS IT?		
* High protein * High fat * Low carbohydrate	* High protein * Low fat * High carbohydrate	* High protein * Low fat * Low carbohydrate
* Low protein * High fat * High carbohydrate	* Low protein * Low fat * High carbohydrate	* Low protein * High fat * Low carbohydrate

None of the Above

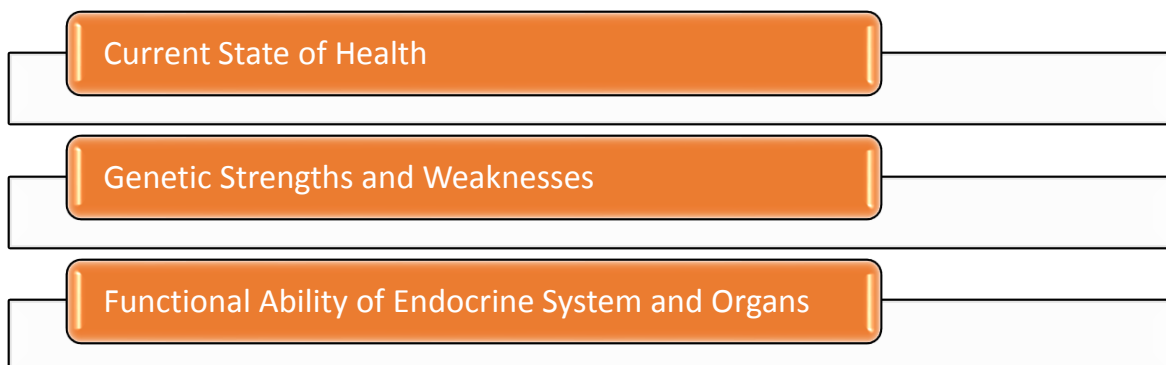
"Where can you determine at what level you need fatty acids, and who's going to tell you that? Who's going to tell **you** what **you** need in **your** body for **your** level of consciousness; [and] **your** level of genetics?" ~ Robert Morse, N.D.

No one.

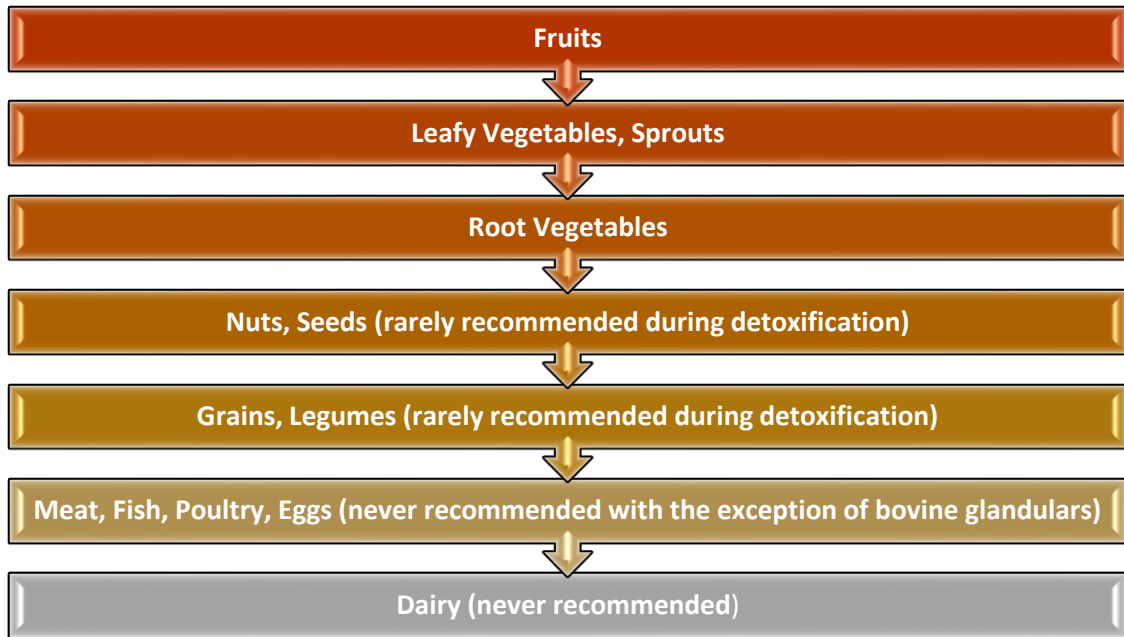
As the practitioner, I can provide dietary pointers and guidance specific to your situation and needs. But no matter who I am, I cannot tell you what percentage of macronutrients you should consume - nor is it at all a focus of the detoxification programs.

Despite how meticulously many diet authors may try, it is not possible to formulate a one-size-fits-all dietary macronutrient ratio just as it is not possible to stitch together a protocol that will work perfectly for every client.

Rather, we should aim to understand how each category of foods affect the body, especially in relationship to digestive energy demands, energy output from the food, astringent value, nutritive value, and leftover residue from metabolism. This consideration must then be coupled with the health assessment of the client to determine what they most require. You must carefully consider the client's:



When I say “category of foods”, I’m speaking of:



It may very well be that the diet we often suggest for detoxification is considered ‘low fat’, but that doesn’t mean we promote a low fat diet. Especially in light of the fact that grains, legumes and starches fall under the low-fat category and these foods are rarely recommended. Rather, it is a recognition and understanding of the power and positive attributes that most fruits possess over every other category of food - hence harnessing and taking advantage of those properties in the restoration of health and vitality.

We work with the client and assess their needs. If they can benefit greatly from an increased intake of fatty acids for, say, neurological regeneration and physical development, or perhaps as a means of enhancing athletic performance, then that avenue should be approached. With other clients, and in other instances, the fatty acids from fruits (and vegetables) alone will easily suffice.

Slowing down detoxification, grounding oneself and balancing out, can also serve as temporary phases of higher intake of raw fatty acid-rich foods (sometimes in place of cooked food).

CARBOHYDRATES/PROTEINS/FATS		
10/45/45	45/45/10	20/60/20
60/10/30	80/10/10	10/20/70

As a culmination of the aforementioned points, we generally do not adhere to or endorse any particular set of macronutrient ratios including all the above. I, personally, just don’t go there. If you feel most comfortable and well following a specific ratio, don’t let this piece deter you from doing so.