

# Contents

|   |           |
|---|-----------|
| <b>Acknowledgements</b>   | <b>9</b>  |
| <b>Preface</b>  | <b>11</b> |
| <b>INTRODUCTION</b>   | <b>15</b> |
| Wake up! Old diets are dead. It's time to implement sound nutritional principles.                     | 16        |
| Shatter your illusions  | 17        |
| Genotype and Phenotype-It's what you do with what you have that counts!                               | 18        |
| Lessons from the old and wise The Hunza, Eskimos and other cultures                                   | 20        |
| Unlock the secrets that your eyes reveal  | 22        |
| Genetic Eye Constitutions-An Introduction   | 24        |
| About the Eat Wise by Reading Your Eyes Program   | 25        |
| The Eat Wise by Reading Your Eyes Program-10 (Not so Easy) Steps                                      | 25        |
| Sad Excuses and Job Descriptions  | 27        |
| <b>PART 1: The 10 Essential "Eat Wise by Reading Your Eyes" Principles to live and (never) die by</b> | <b>29</b> |
| The First Principle: You are not normal   | 30        |
| The Second Principle: Your health depends on 7 essential processes of life                            | 32        |
| The Third Principle: Treat the cause not just the symptoms  | 37        |
| The Fourth Principle: Holistic health is for the "hole" person  | 39        |
| The Fifth Principle: Your eyes are your connection to your nutritional needs                          | 45        |

|  |    |
|--|----|
| The Sixth Principle: Get addicted to healthy foods, the greatest drugs around        | 47 |
| The Seventh Principle: Make Lifestyle changes; don't shock the body with Crash Diets | 49 |
| The Eighth Principle: Go natural and you can't go wrong                              | 50 |
| The Ninth Principle: Change with the demands of your body                            | 52 |
| The Tenth Principle: Get your foot off the brakes!                                   | 54 |

## **PART 2: "Eat Wise by Reading Your Eyes" Nutrition:**

### **From the Ground Up**

|  |     |
|--|-----|
| CHAPTER 1: The Origin of Living Food   | 57  |
| CHAPTER 2: Get into your cell  | 59  |
| CHAPTER 3: The Macronutrients: Carbohydrates, Proteins and Fats                        | 62  |
| CHAPTER 4: Vitamins: Micronutrients for maintenance of growth and health               | 65  |
| CHAPTER 5: Minerals: Micronutrients for fine-tuning and building a healthy strong body | 75  |
| CHAPTER 6: Water: The fountain of youth  | 85  |
| CHAPTER 7: Fiber: The essential garbage-disposal nutrient                              | 92  |
| CHAPTER 8: Food Group Choices: Is the traditional food pyramid valid?                  | 100 |
| CHAPTER 9: Factors that affect the nutritional value of foods                          | 104 |
| CHAPTER 10: Food Contaminants  | 110 |
| CHAPTER 11: What has been added to your food lately?                                   | 117 |
| CHAPTER 12: Foods that Steal   | 122 |
| CHAPTER 13: Foods that Heal  | 129 |
| CHAPTER 14: Food Addictions  | 136 |
| CHAPTER 15: Foods that Heal  | 145 |
| CHAPTER 16: Contemporary Issues in Human Nutrition                                     | 153 |
| CHAPTER 17: Nutritional Supplements  | 171 |
| CHAPTER 18: Restricted Diets   | 177 |
| CHAPTER 19: Exercise: The essential nutrient your body cannot live without             | 183 |
| CHAPTER 20: Eat Wise by Reading Your Eyes Nutritional Advice Summary                   | 183 |

|  |            |
|--|------------|
| <b>PART 3: The “Eat Wise by Reading Your Eyes” Genetic Action Plan: 10 Individual Genetic Eye Constitutions</b>    |            |
| <b>10 Nutritional Programs</b>   | <b>189</b> |
| CHAPTER 1: What are Genetic Eye Constitutions?   | 191        |
| CHAPTER 2: Brown and Blue Eyes   | 194        |
| CHAPTER 3: How to identify your Genetic Eye Constitution   | 196        |
| CHAPTER 4: The Ten “Eat Wise by Reading Your Eyes” Eye Constitutions   | 200        |
| CHAPTER 5: Specific Nutrition for Genetic Eye Constitutions  | 210        |
| CHAPTER 6: The Eat Wise by Reading Your Eyes Program and Suggested Health Eating Plans by Genetic Eye Constitution | 231        |
| <b>PART 4: The “Eat Wise by Reading Your Eyes” Program For Specific Health Problems</b>                            | <b>237</b> |
| CHAPTER 1: The Eat Wise by Reading Your Eyes Program for Weight loss or Gain                                       | 239        |
| CHAPTER 2: The Eat Wise by Reading Your Eyes Program for Diseases of Modern Civilization                           | 247        |
| CHAPTER 3: The Eat Wise by Reading Your Eyes Program as we Age and Change  | 286        |
| <b>MY CONCLUSION AND YOUR NEW BEGINNING</b>  | <b>299</b> |
| <b>Eat Wise by Reading Your Eyes – Quick Reference Genetic Nutrition Tables</b>                                    | <b>303</b> |
| <b>Other books by Frank Navratil BSc. N.D.</b>   | <b>313</b> |
| <b>Index</b>   | <b>314</b> |