

ask Patrick

Q *What can I expect when I change my diet to healthier eating? Are there any side effects?*

A There are always two sides to every story. When positive lifestyle changes are made the body and mind are going to seek a new and hopefully more comfortable equilibrium. But, as you might expect, there are several stages along the way which often serve as points of information to learn more clearly about yourself. In other words, you may have to learn to appreciate some discomfort.

The first transitional stage lasts about 3-10 days while in some cases it can last as long as 4 months. (Four months is the life span of a red blood cell.) If our native constitution is strong and the internal organs work well, these reactions are usually negligible. On the other hand, if earlier in life you ate moderate to large amounts of sugar, refined foods, and meat; have taken many drugs or medications; or had abortions, this transition period may take even longer & may have pronounced discharges associated with it.

No matter what the case you shouldn't worry too much about it as this is part of the natural healing process and signify that our systems are regenerating themselves, dislodging and throwing off the excess that has accumulated over many years.

Generally, the more common reactions or discharges are: Fatigue; aches and pains; fever chills, and coughing; abnormal sweating and frequent urination; skin discharge and unusual body odors; diarrhea or constipation; decrease of sexual desire; and temporary cessation of menstruation.

Of course not all these symptoms affect every person but these are the most common. The most important thing to remember is that the natural response of the body is at work here and that to be healthier we have to clean house. To make this transition time go more smoothly, enjoy your new dietary and lifestyle choices, get enough sleep, do some exercise, and chew well.

**Patrick McCarty has written 5 books on shiatsu and macrobiotics and has consulted with tens of thousands of clients. His books are translated into seven languages (including Hungarian and Croatian) and he has consulted with United States and Cuban government officials on diet and preventive health issues. Over the years he has organized 28 major educational conferences in the U.S. and the Bahamas. He is a senior instructor in the AOBTA (American Organization for Bodywork Therapies of Asia) and is a Diplomate in Oriental Bodywork Therapy (NCCAOM). He brings 29 years of experience to these classes.*

Macrobiotic Study Group

All interest people are invited to attend the monthly macrobiotic study group meeting led by macrobiotic counselor **Patrick McCarty***. Topics discussed related to: macrobiotics, health, illness, treatment, energy, and much more. This meeting is open to everyone. The next Study group is scheduled for Wednesday, December 3, 2002.
MEETINGS 7:30 pm - 9 pm
LOCATION 2807 Wright Avenue, Winter Park
Suggested donation; \$5.

Cooking Classes

Cooking classes now forming for "The Art of Quick Vegetable Sushi", "Cooking With Tofu" and others. Call Irene Gomulka for details: 407.898.6551

Macrobiotic Hotline

Call the Macrobiotic Hotline for membership or additional information or to register for events: **407-672-2356**

College Park Market

An authentic *Farmer's Market* featuring organic fruits and vegetables, tropical and native plants, herbs and flowers all locally grown by Florida family farmers. Every Thursday evening from 6:00 to 9:00 pm in Albert's Park (2 blocks north of Princeton) on Edgewater Drive. Also featuring live music and local artisans.