

What is the Jane Diet?

The Jane Diet is a holistic approach to female health. The program has its roots from my Doctoral Dissertation *Nutrition and Erectile Dysfunction*. My research investigated and established strong links between a man's nutrition and lifestyle and his erectile functioning. Subsequent research established similar links for a woman and her sexual functioning.

While it was developed and designed to support women suffering from sexual dysfunction, it is most effectively utilized to help prevent sexual dysfunction and other diseases such as cancer, cardiovascular disease and diabetes from occurring. The Jane Diet emphasizes healthy food and lifestyle choices including diet, nutritional supplementation, exercise, and relaxation. It is intended for women who desire to be accountable and responsible for their own health.

Perhaps the word "Diet" is a misnomer. In our society diets are viewed as a short term fix. Something we do for a brief period of time and then go back to what we did before. And sure enough, before we know it, we are again how we were previously. So what is different? The Jane Diet is in fact a way of life. If you want to be healthy and stay healthy that requires staying on course.

The Jane Diet is offered in a variety of venues. While best delivered in a private client one-on-one scenario, the program is also designed to be shared via weekly group classes or during weekend intensives with post workshop weekly interactions. A critical component of the program is the weekly communication to ensure compliance and provide continued education and support.

At the same time it is important to recognize that we are all different. Since we are all individuals, one plan does not fit everyone. Therefore, The Jane Diet is ultimately customized for each woman's specific needs. Food, supplement, exercise, and relaxation regiments are individualized – they have to be to achieve optimum health for each person.

Jane Diet Foundations

What we eat, what we do, and what we think have a direct impact on our current and future state of health. The Jane Diet is designed to optimize your health. You will learn the healthiest foods to eat, how to create meals, where to shop for your food, and most importantly learn what happens in your body from the foods you eat. However, it is not just about food. The Jane Diet introduces you to my Five Rites of Nutrition:

1. We are what we eat.
2. We are what we eat eats.
3. We are what we digest.
4. We eat what we are.
5. Balance and moderation.

Learn them and apply them to your life. It's not a diet. It's a way of life.

Following is an illustration of the private client version of the program. Other formats will include the same information but will be adapted to the delivery methodology. All formats include weekly communications.

The Jane Diet program consists of twelve meetings over a three month period. The first two set the foundation. They include a health history review, goal setting, basic nutrition education, and your individualized program. The subsequent ten meetings include weekly food diary reviews and assignments, along with more in depth discussion and education on a variety of nutrition topics that the client selects.

1. Meeting One (1.5 hours)
 - a. Review Intake Form; discuss goals and measures of success.
 - b. Client introduction PPT (Introduction.ppt).
 - c. Review The Jane Diet program (this document).
 - d. Books distributed – Nourishing Traditions, 150 Healthiest Foods
 - e. We Are What We Eat
 - i. Protein
 - ii. Carbohydrate
 - iii. Fat
 - f. Weekly agreement
2. Meeting Two (1 hour) – We Are What We Eat
 - a. Review food diary
 - b. Healthy Food Choices
 - c. Nutrient Dense Foods
 - d. Ideas for Healthy Meals
 - e. Calories
 - f. Shopping List
 - g. Understanding Food Labels
 - h. Your Journey
 - i. Weekly agreement
3. Meetings Three through Twelve
 - a. Review food diary
 - b. Weekly agreement

Half hour meetings (client selects topics of interest, **bolded** are recommended)

1. **We Are What We Eat – vitamins, minerals, and antioxidants; choosing supplements – synthetic vs. whole foods, Symptom Survey**
2. **We Are What We Eat – artificial sweeteners**
3. We Are What We Eat – there's a reason its called "junk"
4. We Are What We Eat – origins of vascular diseases – heart disease, diabetes, sexual dysfunction
5. We Are What We Eat – origins of inflammatory and degenerative diseases – arthritis, osteoporosis, chronic fatigue, fibromyalgia, IBS, Crohn's, colitis
6. **We Are What We Eat Eats – detoxification and the Standard Process Purification Program**
7. **We Are What We Digest – water, digestion, and enzymes**
8. **We Eat What We Are – stress management, stress reduction, relaxation techniques**
9. **We Eat What We Are – female hormones**

- 10. We Eat What We Are – emotional aspects of eating**
- 11. Balance and Moderation – proper exercise**
- 12. Balance and Moderation – weight loss resistance**
- 13. Balance and Moderation – cholesterol**
- 14. Balance and Moderation – healthy lifestyle suggestions and the immune system**
- 15. Balance and Moderation – finding support on the path**
16. Balance and Moderation – yoga class (counts as two half hour sessions)
17. Balance and Moderation – meditation techniques

Features of The Jane Diet:

Food: The Jane Diet emphasizes organic and whole foods that are consumed closest to their natural state. It emphasizes a healthy mixture of carbohydrates, protein, fats, vitamins, minerals, and water.

Carbohydrate sources: Vegetables, fruits, whole grains, complex carbohydrates. Sugars and processed foods are not allowed.

Protein sources: Grass fed beef or bison, free range and antibiotic/hormone free chicken and turkey, free range and antibiotic/hormone free eggs, wild salmon and other cold water fish, and legumes.

Fat sources: Coconut oil, olive oil, butter, nuts and seeds, fish, grass fed beef, organic whole fat yogurt, organic raw cheeses, and organic whole fat cottage cheese.

Vitamin and mineral sources: Fruits and vegetables.

Water sources: Pure water, fruits and vegetables.

Supplements: The diets emphasize whole food based and herbal supplements. These have been utilized for many years across many different populations with success in improving sexual dysfunctions in men and women.

Exercise: While there are many healthy forms of exercise, this approach focuses on walking and burst training for aerobic activity and cardiovascular health, and yoga for strength and flexibility.

Relaxation: Stress management and relaxation are the keys to success on these programs. This is the time we allow our body to repair and regenerate itself. These are best achieved through specific breathing and meditative techniques to generate deep relaxation and stress reduction.

If you are interested in participating or learning more about this program, please send an e-mail to me at bernie@brwellness.com or call me at 262-389-9907.