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Schwarzbein Diet

The Schwarzbein Principle was developed by Dr. Diana Schwarzbein in the 1990's. It focuses on the connection between insulin levels and carbohydrate intake. The claim is that too many carbohydrates may lead to insulin resistance, which may lead to weight gain. The goal of this diet is to stay or become insulin sensitive, not insulin resistant, and to maintain healthy adrenal glands. According to the Schwarzbein Principle, there are ten important rules to follow in order to achieve optimal health:

1. Never skip a meal
2. Eat real, unprocessed foods
3. Eat balanced meals
4. Choose a protein as the main nutrient in your meal
5. Add some healthy fats
6. Add "real" carbohydrates
7. Add non-starchy vegetables
8. Eat snacks
9. Eat solid food
10. Drink enough water

Another component of this approach is stress management. Schwarzbein encourages individuals to pay attention to stress signals, get enough sleep, make downtime a daily practice and not stress out over small things. She also emphasizes the importance of tapering off common toxic chemicals.

Toxic chemicals to avoid:

- Nicotine
- Artificial sweeteners
- Illicit drugs and narcotics
- Certain prescription drugs

Exercise is emphasized as a vital aspect of maintaining overall health and calming the body. Cross-training is viewed as the best approach – mixing resistance training with cardiovascular exercises and stretching.

Schwarzbein also advocates Hormone Replacement Therapy as an option for women who are experiencing hormone imbalances. This component of the diet makes it attractive to peri- and post-menopausal women.

Foods to include:

- Vegetables
- Fruits
- Whole grains
- Meat
- Poultry
- Fish
- Eggs
- Beans
- Dairy
- Nuts and seeds
- Healthy oils

Foods to avoid:

- Alcohol
- Refined sugar
- Preservatives
- Trans fat
- Caffeine

Pros:

- May reduce the risk of chemical-related diseases
- May improve immunity
- May lead to weight loss
- May stabilize blood sugar and therefore energy levels

Cons:

- May be difficult for some to avoid caffeine
- May be difficult for some to avoid alcohol
- Not suitable for those with dairy allergies

Source:

The Schwarzbein Principle www.schwarzbeinprinciple.com [_\(http://www.schwarzbeinprinciple.com\)](http://www.schwarzbeinprinciple.com)