

# HOW TO DEVELOP A DEUTERIUM DEPLETED DIET



In order to minimize the risk of accumulating too much deuterium in your body, the Center for Deuterium Depletion has put together some simple guidelines to minimize the amount of deuterium in the foods you eat. Follow these dietary “do’s and don’ts,” and you will be on your way to better health in no time!

## DO

- Increase your intake of fresh green vegetables; they are low in deuterium. Green plants deplete deuterium by shifting it to their sugar storage, therefore fruits, grains, as well as sweet and starchy root vegetables are high in deuterium.
- Replace snacks that are grain and sugar based with nuts and nut derived products. Macadamia nuts, pecans, almonds, walnuts, and Brazil nuts all make satisfying snacks, are full of healthy fats and protein and won’t raise your deuterium levels.
- Consume beef from grass-fed animals, wild caught fish and free-range poultry. These animals are naturally deuterium depleted because their primary food sources contain lower amounts of deuterium.
- Increase your fat intake. Fat from plants and grass-fed animals is the most important deuterium depleted food source you can find. Adopting a diet high in fat like a natural paleo-ketogenic diet can help your body produce your own deuterium depleted water inside your cells, hydrating your body from the inside out.
- Replace cane sugar and synthetic artificial sweeteners with stevia. Stevia comes from the green leaf of the stevia plant and is not only sweet, but it is also deuterium depleted! Supercharge this choice by using stevia brands that do not mix stevia with an alcohol or synthetic artificial sugar.

### FUN FACT #1:



*The body makes 1.1 kg of deuterium depleted, metabolic water for every 1 kg of fat consumed – our early ancestors likely derived most of their water from fat. Many, if not most, animals still do that today.*

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## DON'T

### FUN FACT #2:



*Camels don't need to drink and can travel great distances without water, because they make their own metabolic water from the big hump of fat stored on their backs.*

- Consume grain-fed animals, as they contain high levels of deuterium. It is also impossible to know if the grains they were fed contained genetically modified material, potentially increasing the deuterium content.
- Consume older animals, fish and fowl, because like us, they lose their ability to deplete deuterium as they age, and are likely to have higher deuterium levels.
- Eat meals that are carb heavy without consuming equal or greater quantities of fat at the same time.
- Consume farm-raised fish, since it is difficult to know what diet the fish was raised on and if that diet was high in deuterium.
- Drink excessive amounts of water, since most sources of the water you drink today from rivers, reservoirs, and streams is likely to be high in deuterium – this includes the great majority of commercially bottled drinking waters. Besides, if you are eating adequate fat, your body will produce all the water your cells need to stay hydrated and healthy.

# DEUTERIUM DEPLETED RECIPES



## SLICED CAULIFLOWER STEAKS

Slice 1 full cauliflower (include hard stems) very thin

Sauté in pan in bacon fat or butter with a little avocado oil

Add chopped garlic (as much as desired)

Add red chili flakes to taste

Sauté until cauliflower is still crispy

Add chopped parsley and stir to cover evenly

Squeeze lemon juice prior to serving

Add salt and pepper to taste



## BACON BRUSSEL SPROUTS

Slice ¾ pounds of Brussel sprouts very thin (use a Cuisinart or similar device)

Sauté in skillet with 2-3 tablespoons of the oil of your choice; butter, coconut, avocado or olive oil are all good choices (if using olive oil sauté on low heat, do not let the oil smoke)

Sauté until wilted but slightly crisp

Add cooked, chopped bacon at the last minute and stir to mix flavors

Top with shredded cheese to taste



## ZUCCHINI, CHILI CREAM SOUP

Slice 8-10 large zucchini and cook in chicken stock (just covered) until soft. Blend with hand held mixing device until smooth

Stir in chili flakes to taste

Add sour cream a dollop at a time and continue to mix until the soup reaches the desired consistency

Add salt and pepper to taste

Add chopped, cooked chicken (optional)

Garnish with a sprig of fresh young herbs like cilantro, parsley or thyme

