

## **Deacon Jim and Christy's special (Wiktor) diet 2014**

In September of last year, Christy and I began to practice this specialized diet in earnest. I had just had my third heart attack, and found that my halfhearted attempts at eating healthy were not working. A friend of ours, Wiktor Szostalo, (pronounced VICTOR) who is a sculptor from Poland came to visit and stayed with us for two days. Wiktor, a virtual vegetarian, has been working and improving this diet for nearly 25 years. He told us some amazing stories about the health benefits of his diet. And since things weren't going that well for me at the time, I decided to get serious about following a strict, healthy diet.

### **A Brief History...**

This was my situation: two days after Christmas, in 2012 I had a heart attack and received two stents to open the artery on the right side of my heart. Tests showed that I also needed a triple bypass because of blockages on the left side. In January of 2013 the surgery became a quadruple bypass, due to complications with the right side artery that also had to be replaced.

As my recovery progressed, I began a halfhearted attempt at eating healthy, cheating once in a while, eating a cheeseburger, french fries or pizza, etc. No surprise, I had another two heart attacks in September. A cardiac cath. revealed a 90% blockage in the right side artery. This was the point at which I began getting real serious about sticking to a healthy diet! (This was also the point at which Wiktor gave Christy and me a two day dietary crash course.) Just five weeks later, another cardiac cath. revealed that three of the four bypasses were pretty much clogged up. However, lateral capillaries had grown from the left to the right side of my heart supplying sufficient blood flow to keep me from having another heart attack. Dr. José Diez, my cardiologist seemed a bit skeptical when I told him my plan was to “reverse” the plaque buildup in my arteries through exercise and Wiktor’s new diet. But he encouraged me to give it my best shot.

### **Wiktor’s Dietary Special Ingredients...**

Let me get you started by describing the main (essential) ingredient in my diet:

The first thing you need to do is go shopping.

The following 4 items should become daily food staples that you should always have available.

- 1.) Flax seed (whole)
- 2.) yogurt (plain, no additives, no sweeteners)
- 3.) extra virgin coconut oil (cold pressed, unrefined) a 26oz. jar is only \$8.67 at Sam’s, and that’s the best price I’ve found. Most places are nearly twice that much for a lesser quantity.
- 4.) almond milk and/or hemp milk (unsweetened, no additives)

Mix the flax seed with the yogurt, (add bottled water to make it soupy) and let it ferment, loosely covered, at room temp for 24-48 hours and then refrigerate.

You will have to add some more water later, as the flax seed will absorb a lot of moisture as it germinates. This mixture, together with the coconut oil will be the main essential ingredients in your (daily) fruit smoothies, and the main essential ingredient (without the coconut oil) in your (daily) vegetable smoothies.

Christy and I have large fruit smoothies every morning, (breakfast) that contain at least 4 or 5 different fruits, (smaller amounts of several different fruits is better than larger amounts of 1 or 2 different fruits) along with the above 4 ingredients, (4-6 tablespoons yogurt/flax seed mixture & 1-2 tablespoons coconut oil) plus more seeds.

They are delicious, and you can feel the energy and health benefits almost instantly.

### **The Rest of the Diet...**

**Avoid the following:** salt, sugar, red meat, preservatives, milk & milk bi-products, pasta, white rice, potatoes (except sweet potatoes), bread (except whole grain in moderation), beer, ale, liquors (red wine is good for the heart in moderation, but more than 2 glasses will raise your triglycerides), cakes-pies-candies, processed meats or foods, carbonated beverages.

**Good for you:** seeds (flax, sunflower, chia, pumpkin, etc.), raw-unsalted nuts (almond, walnut, pecan, cashew, pistachio, etc.)

fish, seafood, fruits & vegetables, (raw and undercooked as much as possible) including avocado, onions, garlic, cocoa (unsweetened).

**Very unhealthy:** anything cooked in hydrogenated and partially hydrogenated oils, homogenized milk and milk by-products, fried foods (unless cooked in cold pressed coconut or olive oil), most all snack foods (chips, crackers, etc.).

**Also...** whenever I eat something questionable, (like at a restaurant, etc.) I take an \*enzyme capsule to aid digestion. I also take them on an empty stomach or at bed time (goes directly into the blood stream & cleans up free-radicals, plaque, etc.)

In the 9 months since Christy and I began Wiktor's diet in earnest, my daily regimen of 13 different medications has been reduced to only 3, and those are at a reduced dosage with Lipitor about to be eliminated completely.

My weight, down from 225, is holding steady at 162-165.

My cholesterol, down from 240, is 86 (total) with LDL at 36... that's 3 points above normal birth level!

My thyroid hormones have been nearly cut in half.

My blood pressure averages 117/72.

I feel better than ever, and I am praising God for leading me to discover this amazing WIKTOR diet.

\*enzyme capsules: should contain DPP-IV which helps break down gluten and casein.