

Case Study: Vegetarian/"Carbotarian"- Lisa

Lisa was a young lady, 23 years old, who decided to become a vegetarian shortly after high school. She grew up eating a mix of fast food and homemade food depending on her mom's work hours. Homemade food was usually spaghetti, hamburgers and tater tots, pasta and sauce dishes with some vegetables. Fruit was always available but often went uneaten because there were many sweet treats and chips to choose from for a snack. Breakfast was usually cereal or a granola bar. They did have salads sometimes - ice berg lettuce with cheese, tomatoes, cucumbers, and bacon bits. Everyone had to drink milk with supper but they could have juice in the morning. They could have pop when they ordered fast food (Taco Johns, McDonalds, Burger King, or Subway).

Lisa had ear infections often until she was around 4 years old and strep throat a couple of times. She remembers getting the flu a few times which caused a lot of throwing up

In high school she had acne most of the time and described herself as chubby but not fat. She did a lot of bicycle riding in the summer and skiing in the winter. After high school she started working as a clerk in a small health food store and that is when she decided to begin a vegetarian diet.

In addition to giving up red meat (she did eat eggs, dairy products, and sometimes chicken), she did buy organic foods as much as possible. When we talked about food choices is when I realized that she was a "carbotarian" and not really a vegetarian.

Lisa was eating many pastas, breads, cottage cheese, cheese/creamy soups, rice dishes, a few nuts each week, a couple of eggs, but the vegetables were like a side dish (a little broccoli on a large serving of Alfredo pasta). She would eat acorn squash and baked sweet potatoes in the winter and liked raw carrots. She did eat a small salad with lunch sometimes with her nut butter sandwich or pizza. She did buy organic canned soups like no-meat chili or lentil soup sometimes.

Breakfast was usually cereal or oatmeal. Snacks were organic cookies, granola bars, or leftover cheese pizza. She did eat one fruit (banana or strawberries) most days. She drank water mostly but would have a latte/coffee a few times a week.

About half of her evening meals were boxed or fast food. Boxed: pizza, Mac n cheese (but organic), rice mixes Fast Food: Subway, pancakes or crepes with fruit, vegetable soup, pizza.

She was not eating red meat and was a vegetarian so...she thought she needed to detox again- she would use a blend of herbs that made you poop a lot.

Her current health challenges: sinus infections 2-3 times a year (doctor said to take Claritin because it was from allergies), bloating, dark under the eyes, very tired, feels jittery on the inside and sometimes has bad anxiety. Lately she had been getting acne again and has a lot of cramping during her menstrual cycle.

Current supplements: Spirulina tabs, vitamin C, and using a liquid silver in the netting pot

What would you do?