

## **FAQ's about "UNI" - UNPLUGGED**

### **Q1: What is the UNI-Unplugged?**

A: The UNI-Unplugged is a way of eating. The UNI food plan involves eating as much of one food as you can per meal and do not have that same food again for five days. This is called a "five day rotation". The program with detailed step-by-step instructions is outlined below (p. 3-7). The UNI-Unplugged is an adaptation of this where one is a little more relaxed about following the basic UNI program. When it is convenient, you eat one food (UNI) and when it's not, you can have up to three different foods at one meal.

### **Q2: Who could benefit from this way of eating?**

A: I believe that almost anyone could benefit from simplifying their way of eating, as long as it is balanced among the food groups of protein, starch, fruit and vegetable. However, this method shows special promise for people who are overweight, have food addictions, food/ environmental sensitivities, hay fever, asthma, PMS, low blood sugar-like symptoms, arthritis, candida, fibromyalgia, chronic-fatigue syndrome or other autoimmune-related concerns. I also believe that eating in a simpler way lowers stress on the immune system. The result may be that your symptoms lessen or clear up entirely. Based on the preliminary results from those who have tried it, you will know within 7-10 days of eating this way whether or not it will help your symptoms. If used as a weight-loss programme, you can expect to lose 1 pound every day and a half until you reach your ideal weight. The more strictly you adhere to the program, the greater the results you will obtain.

### **Q3: Who invented this way of eating?**

A: The UNI diet describes a way of eating that has been adapted by Teeya Scholten from the diet suggested in the book It's Not Your Fault You're Fat Diet by Dr. Marshall Mandell. His basic program suggested eating as much of one food as you can per meal and then not having that same food again for five days (i.e., this is called a "five day rotation"). The following adaptations were added to Mandell's guidelines:

- Food intake needs to be monitored (see Chart below) in to ensure all four food groups (i.e., protein, starch, fruit and vegetable) are consumed on a regular basis
- Ensure that you drink 8 glasses of water per day
- If you plan to stay on the UNI for a while, consider taking a Calcium/Magnesium/Vitamin D supplement and Efalex Focus or another source of Essential Fatty Acids for the Omega 3 and 6's.

This is basically the UNI program. For more detailed instructions see the outline after the FAQs. It sounds like a strange way to eat and yet it appears to have lots of benefits for one's immune system. However, in its purest form, it is also very hard to sustain.

Therefore, I recommend a two-phase approach:

- Phase I: Do the basic UNI for a week or month to see what symptoms clear up and how you feel. See the instructions below.
- Phase II, add the UNPLUGGED component. This involves taking a more relaxed approach to the program. Eat one food per meal when it is convenient. Make it taste good by adding spices or condiments. The rest of the time; try to limit the

number of different foods per meal to three at the most. If you can build in a five-day rotation, you'll be doing very well and will likely benefit greatly from the results.

**Q4: Has the effectiveness of this method been proven?**

A: This question is hard to answer. One answer is "No" - this method has not been proven by large scale scientific research. Another answer is "Yes". I have been eating this way since 1987 and with very good results (see Q7). Therefore, it has been proven through my own experience as well as on a case study basis with several others who have tried it.

**Q5: Why has it not been studied on a larger scale?**

A: I have not found anyone who wanted to seek research funding. I would be surprised if any drug company would sponsor research that resulted in people needing fewer medications (i.e., anti-depressants, anti-inflammatories and anti-histamines). If you know of anyone who would like to participate in or sponsor this kind of research, I would be very interested.

**Q6: Is it safe?**

A: I believe that it is safe enough to be sharing with others. However, because it has not undergone rigorous experimentation, I urge you to exercise caution. I am sharing this with you on a person-to-person basis – not as a professional. If you try the UNI or UNI-Unplugged, check with your family physician about how you can monitor your health during the process. Consider having a dietitian analyze the nutritional content of a month of your intake. Most professionals who are trained in traditional health care methods will be skeptical, but the results of this food program will speak for themselves.

**Q7: What has the UNI diet done for you?**

A: This way of eating has taken away my symptoms of hay fever between April and July. It also enabled me to take off and keep off weight while feeling full. I used to have to eat every two hours or else I felt faint and now that has disappeared too. It helps me to feel energetic and I believe that this way of eating resulted in the reduction of some of my aging symptoms (e.g., aging spots on my hands disappeared for several years and my grey hair started coming in less frequently).

We are very interested in your findings. If you have any comments or suggestions, please forward them to me at the website: [www.empowermentplus.org](http://www.empowermentplus.org). Thankyou.

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## THE “UNI” – UNPLUGGED PROGRAM

**STEP 1 - Choose your foods.** Choose four of your **favorite** foods in each food group (i.e., fruit, protein, starch and vegetable – as outlined in the Menu plan below). Protein may include foods such as milk products, eggs, meats, legumes, nuts, seafood, but you should specify which food it is. See the **List of Food Groups** (p. 4) if you need help knowing which foods go in a particular category. For instance, meats could be beef or pork or chicken. Milk products could be yogurt or cheese. You don't have to specify HOW you will prepare a particular food, just which food it is. If you are a vegetarian, you may choose to eat legumes for protein (i.e., chickpeas, lentils, soya nuts, bean sprouts, nuts and seeds) but write a different one in the protein column every day. Starches may include rice, potatoes, wheat, rye, barley, corn, oats, quinoa, millet and so on. The foods must be “pure” foods; they may be fresh or cooked. Spices and other condiments can be used to “make it taste good”, but you should record what you use in the Comments section of the Menu plan and try not to use the same “condiment” again for five days.

**STEP 2 - Make up your monthly menu.** See the **Monthly Menu Plans** below. The first one shows an example of a friend's favorite foods. The second chart is a blank form for you to use. Once you have selected your foods, enter the actual food in the appropriate column on the Monthly Menu Plan. In order to ensure coverage of all four food groups while eating only three meals per day, one food group has been taken out in a systematic manner (e.g., Day 1 - Fruit, Day 2 - Veggie, Day 3 – Starch, Day 4 - Protein – see Menu chart below). If you were making up your menu, you would skip Day 1 in the Fruit column and write in four types of Fruit for the next four days. This might be blackberries, peaches, grapes, raspberries and tangerines. Then you simply repeat this list until you have entered foods for the whole month. Do the same for each other food category. Now you have your menu for the month. You will eat three foods per day. It's up to you, which ones you wish to have for breakfast, lunch and dinner, depending on your own preferences. (For a list of foods in each group, see the Food Groups Chart).

Often people ask me for examples of various foods and food groups. This is a brief list<sup>1</sup> to give you the general idea. A healthy diet should be balanced across all four food groups. Respect your individual needs and preferences by adding your favorite items to the list. Then have someone who knows about nutrition (e.g., dietitian, nutritionist, naturopath, physician) check to make sure that you are getting the nutrients you need.

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<sup>1</sup> For detailed assistance in relation to healthy eating, see menu ideas in Dr. Christine Northrup's book, *Women's Bodies, Women's Wisdom*. For menus that address concerns with allergies, see Dr. Marshall Mandel's *Five-Day Allergy Relief System*.

## List of Food Groups

Fruit	Protein	Starch	Vegetable
Banana Pear Peach Apple Grapefruit Orange Grapes Cherries Kiwi Melons Strawberries Blueberries Blackberries Rhubarb	Beef Pork Chicken Eggs Sunflower Seeds Nuts (such as Walnuts, Cashews, Pistachios, Almonds) Brown Beans Soya & Tofu Chick Peas Lentils Split Peas Bean Sprouts Milk, Cheese	Wheat Oats Rye Corn Barley Rice Potato Millet Quinoa	Tomatoes Lettuce Cucumber Celery Broccoli Cauliflower Carrots Green Peas Squash Red cabbage Green cabbage Chinese cabbage Sweet Potato Turnip

Once you have the basic format, you can plan your meals for the month. For instance, in the Menu Plan below, only the three foods are listed.

Day 1	-		pork	rice	cauliflower
Day 2	blackberries		-	corn	broccoli
Day 3	peaches		beans	-	carrots
Day 4	grapes		chicken	barley	-
Day 5	-		ham	oatmeal	yams

It is up to you to decide which food you want to have for breakfast, lunch and supper. For instance, for Day 1, you might have Rice Crackers with honey for breakfast, cauliflower (seasoned with nutmeg, salt and butter) for lunch and pork chops (with apple sauce) for supper. For Day 2, you might have 2 cups of blackberries for breakfast, broccoli (with olive oil or butter and salt) and a few cobs of corn for supper. Be sure to eat enough so that you are satisfied. If you are hungry after two hours eat another full meal (i.e., until you are full) of one of the foods that you have listed or another food that you haven't included on the rotation. Be sure to make a note of it on your Monthly Menu Plan and ensure that you don't have it again for five days.

When you eat this way, it is so much simpler that you will find that your sugar intake will be reduced. If you happen to have a problem with yeast in your system, taking out sugar

often causes a reaction that is known as “toxic die off”. Because you are no longer “feeding the yeast”, they starve and die off. This causes a toxic reaction that can cause you to feel unwell or worse than you already feel. To avoid the “toxic die off” reaction, Dr. Peter Bennett, a naturopathic doctor from Victoria, suggests drinking lots of water each day with a 1-3 teaspoons of lemon juice in each cup. He also recommends taking Vitamin C up to “bowel tolerance” during the week you take the food out. This means taking as much Vitamin C as you can without getting diarrhea. In the experience with my clients, I have found that 2000-3000 milligrams of Vitamin C per day is usually enough to prevent a negative reaction. If you do not usually take Vitamin C, Dr. Bennett suggests beginning with a small dose (i.e., with 500 milligrams) and increasing the amount gradually (i.e., by 500 each day) as long as you do not experience any negative side-effects.

**STEP 3 - Be flexible.** You may wish to follow your menu as it is written with just four different types of food in each category or you may wish to include a greater variety of foods. Putting just four foods in is the simplest way to ensure the 5-day rotation recommended by Dr. Mandel. This becomes your basic plan. If you are eating out or you want to substitute another food, that’s fine, if you haven’t had it for five days. Just record what you actually eat so you will know not to have it again for 5 days. If you are losing weight too rapidly or you feel hungry, you may include a fourth or fifth meal, as long as there is a minimum of 2 hours between each meal. If you need to eat, don’t snack – have a full “meal” (i.e., as much as you can comfortably eat). Just record what you have eaten and don’t have that food again for 5 days.

Although coffee, tea and alcoholic beverages are not recommended, you may find that you can “cheat” a little without having your symptoms reappear. Each body is different and only you will know how much “cheating” you can tolerate and still stay well.

**STEP 4 - Be responsible.** Record your weight every day. If you are underweight, you may gain some weight. If you are overweight, you will probably lose weight very rapidly. Ensure that you eat enough that you don’t lose more than 3-4 pounds/week. Record the quantity of food you eat so that eventually you can have your diet analyzed to ensure that you are meeting your nutritional requirements. It is likely that you will regain the weight you have lost if you return to the same eating habits when you stop this program.

The UNI-food plan as described here, is the strictest form of the plan. If you follow it as it is written, you will get the maximum benefit. If you are trying to lose weight, you should lose 1 pound every day and a half until you reach your ideal weight.

As with any program, there are many degrees of compliance, with results that reflect this. Being more flexible with the UNI is what I called UNI-Unplugged. Your personal choices will depend on your interests, lifestyle and urgency of your personal situation. If you just want to eat in a healthier way, try cutting down on the number of different foods you eat at a meal. Consider eating no more than three different foods per meal and see how you feel. Even following the UNI plan for 1-2 meals of the day and using a 5 day rotation for the foods you eat, can help a lot of people to feel better with minimal effort and expense.

If you are trying to determine if your health concerns are related to food sensitivities or auto-immune problems, it might be a good idea to follow the UNI plan for 7 – 10 days and then go back to how you ate before. If your symptoms disappear after three days on the UNI plan, you know that you can feel better by eating in this way. Then you can make informed choices that suit your lifestyle. You may wish to use the sheet on the following page to plan your menu for the month, or simply to keep track of what foods you are eating to ensure a 5-day rotation.

## SAMPLE MONTHLY MENU PLAN

DAY OF MONTH	DAY OF WEEK	FRUIT	PROTEIN	STARCH	VEGGIE	COMMENTS
1		-	pork	rice	cauliflower	
2		blackberries	-	corn	broccoli	
3		peaches	beans	-	carrots	
4		grapes	chicken	barley	-	
5		-	ham	oatmeal	yams	
6		raspberries	-	spelt	snow peas	
7		tangerines	cashews	-	cauliflower	
8		blackberries	pork	rice	-	
9		-	beans	corn	broccoli	
10		peaches	-	barley	carrots	
11		grapes	chicken	-	yams	
12		raspberries	ham	oatmeal	-	
13		-	cashews	spelt	snow peas	
14		tangerines	-	rice	cauliflower	
15		blackberries	pork	-	broccoli	
16		peaches	beans	corn	-	
17		-	chicken	barley	carrots	
18		grapes	-	oatmeal	yams	
19		raspberries	ham	-	snow peas	
20		tangerines	cashews	spelt	-	
21		-	pork	rice	cauliflower	
22		blackberries	-	corn	broccoli	
23		peaches	beans	-	carrots	
24		grapes	chicken	barley	-	
25		-	ham	oatmeal	yams	
26		raspberries	-	spelt	snow peas	
27		tangerines	cashews	-	cauliflower	
28		blackberries	Pork	rice	-	
29		-	Beans	corn	broccoli	
30		peaches	-	barley	carrots	
31		grapes	Chicken	-	yams	

## MONTHLY MENU PLAN

DAY OF MONTH	DAY OF WEEK	FRUIT	PROTEIN	STARCH	VEGGIE	COMMENTS
1		-				
2			-			
3				-		
4					-	
5		-				
6			-			
7				-		
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30			-			
31				-		