



## **The Dissociated Diet and LAF**

**By Antonio Contardo**

I was born in October 1935 and have always been physically very active, practicing mostly long distance running, cross-country skiing, and bicycling. In my early 70s I stopped running and skiing which was replaced with vigorous walking and cycling. My body mass index today is 19.9. In 1998 I began to experience LAF and went through the usual routine (first aid in hospital, tests, etc). For the next 3 years I tried various medications without success. A copious dinner or wine on an airplane was a precipitating cause that I soon learned to avoid.

In 2001 I was put on a combined medication of the antiarrhythmic Lentoquine (hydroquinidine HCL) and digoxin. Things improved substantially and I started again to accept invitations to dine and drinking wine in moderation. This lasted until December 2007 when it appeared that the medication was no longer effective and I went back to see my cardiologist. When I asked, "What next?", he replied with what I considered worse than a four-letter word, "Well, we could implant a pacemaker".

Back home I searched on the Internet and found your book *Lone Atrial Fibrillation: Towards A Cure* which I bought and studied. So from January 2008 I stopped taking any medication, avoided wine at dinner, and tried some of the supplements suggested in your book. For a full year I went on keeping a careful diary. My episodes were rather recurrent every 15 days and the best medication I could find was the use of tranquillizers to be taken when I felt that an episode might be eminent (late dinner, animated discussion, etc). My afib condition was the same as when I was taking medication, so I considered it an improvement.

However, since December 2008 my wife adopted a dissociated diet in order to overcome a gastroesophageal reflux problem. This worked well and allowed her to stop taking medications. In order to make her life easier, I committed myself to eating exactly as she did.

It may sound incredible, but my LAF situation has since then disappeared!! I just experienced a single episode in March (triggered by a hurried dinner with a friend) and none since. I can again enjoy a glass of wine at dinner. I have never suffered from digestion problems – in fact friends suggested I had the stomach of an ostrich. However, it seems that during nighttime the digestion process of a mixed protein and carbohydrate meal was the cause of my LAF. I am skeptical and even more so when judging cures; however, I cannot find any other reason to explain the dramatic change I have experienced and the total remission of episodes.

I am writing this story in order to suggest that other sufferers of LAF try a dissociated diet and let others know of an improvement.

**Editor's comment:** The Dissociated diet is based on the Hay food combining system developed by Dr. William Howard Hay around 1930. Its guiding principle is to avoid mixing proteins and acid fruits with starches and sugars. Its five important rules are:

1. Starches and sugars should not be eaten with proteins and acid fruits at the same meal.
2. Vegetables, salads, and fruits should form the major part of the diet.
3. Proteins, starches, and fats should be eaten in small quantities.
4. Only whole grain and unprocessed starches should be used, and all refined processed foods should be taboo – in particular, white flour and sugar and all foods made with them, and highly processed fats such as margarine.
5. An interval of at least four to four-and-a-half hours should elapse between meals of different character.

For further reading, the Hay diet is described in detail in the book *Food Combining for Health* by Doris Grant and Jean Joice (Healing Arts Press, 1989)

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