

Diet secrets: the doctor who tells

In New York, Dr Frank Lipman is the fashion pack's favourite health guru. He tells Barbara McMahon his nutrition rules

In his office in Manhattan, Dr Frank Lipman is describing the general feeling of being "spent" that many of us suffer from but put up with as part of the price of modern life. Digestive problems, irritability, insomnia, unexplained aches and pains, brain fog and fatigue are some of the symptoms. "What I'm seeing every day in my practice is that people are completely exhausted — or, as you would say in the UK, knackered," he says. Dr Lipman is a practitioner of functional medicine, a combination of Chinese medicine, Western medicine and the latest scientific research about how our genetics, environment and lifestyle all interact with each other. "People get used to feeling run down," he adds. "But these things aren't normal. The right lifestyle and diet can radically change how you feel."

We are meeting in his suite of consulting rooms called the Eleven Eleven Wellness Centre in Manhattan. There are six treatment rooms where chiropractic care, deep-tissue massage and acupuncture are carried out. But it is Dr Lipman's nutritional advice that everyone comes for. Appointments are not cheap. An initial consultation is \$650 (£390) with follow-ups at \$250. The waiting list is said to be three-months long. His roster of high-profile celebrity clients is led by the actress Gwyneth Paltrow and the designer Donna Karan. "He's my dream of where the medical system should be," Karan told *The New York Times*. "I've recommended him to everyone."

On her website goop.com, Paltrow says she went to see the South African-born

doctor when she was feeling run down. "He helped me a lot," she says. The mother of two describes his book *Revive: Stop Feeling Spent and Start Living Again* as "essential reading for anyone exhausted by modern life". Dr Lipman is now a regular contributor to goop.

"She has a hard time, poor old Gwyneth," the doctor says, "but she gets it. She knows that nutrition is vitally important and that supplements can help you. People have loved to hate her, I'm not sure why, but they're taking her more seriously now, and so they should. She's been into this for a long time. It's not a fad for her. She's the first one to say that she's not perfect, that she likes a drink and that kind of thing, but this is how she lives her life because she knows she feels better doing it."

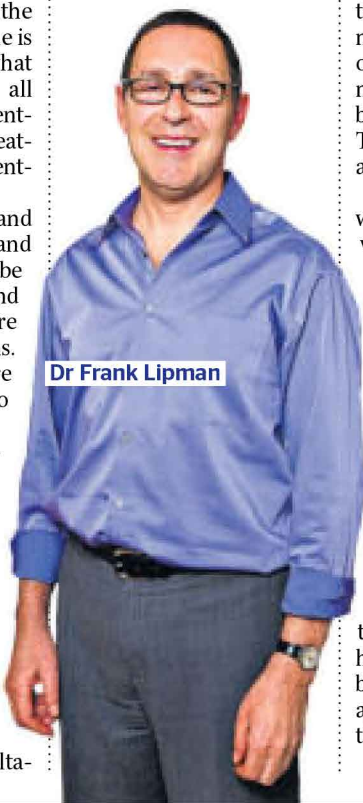
In person Dr Lipman, who calls himself an integrative doctor and a health evangelist, is affable but noticeably clinical in his approach. Peering over his spectacles, he talks to me passionately about the limitations of Western medicine. "We don't teach people how to take care of themselves, we just wait for them to get sick and then we give them drugs to suppress the symptoms," he says. "Western medicine is early detection medicine — that's what smear tests and mammograms and all those other tests are — but it's not preventive. A lot of what we're doing here is treating the chronic problem and then preventing more problems from happening."

His clientele is 80 per cent women and no, he says, they are not all celebrities and fashionistas. The median age used to be about 40 but now he is seeing more and more women in their twenties who are suffering from auto-immune problems. Many of his male clients, he adds, are brought in by wives and girlfriends who are already following his programme.

Lipman uses the word "spent" to describe people whose resistance has been lowered by the cumulative effects of physical, psychological and environmental stress on their bodies. He says that we all need to move back to our body's innate natural rhythm because, in our genes and biology, we are still our ancient ancestors. "We're living lives completely foreign to those genes and biology," he says, "but we can reset our genetic clocks."

He talks me through a typical consulta-

“We're living lives completely foreign to our genes but we can reset our genetic clocks”



Dr Frank Lipman

tion, which lasts about 90 minutes. He and one of his seven health coaches take a detailed history of each patient. "The first thing is to look at your diet, because often there's a correlation between what you're eating and how you're feeling and what's going on in your body," he explains. "The two big things that have to go are sugar and gluten and sometimes dairy too, though I don't really mind grass-fed butter. Then all processed foods and all of the genetically modified foods — which you have less of a problem with in the UK — such as corn and soy." The emphasis is on food quality, not calorie counting and avoiding the common irritants and harmful foods that drain the body of energy.

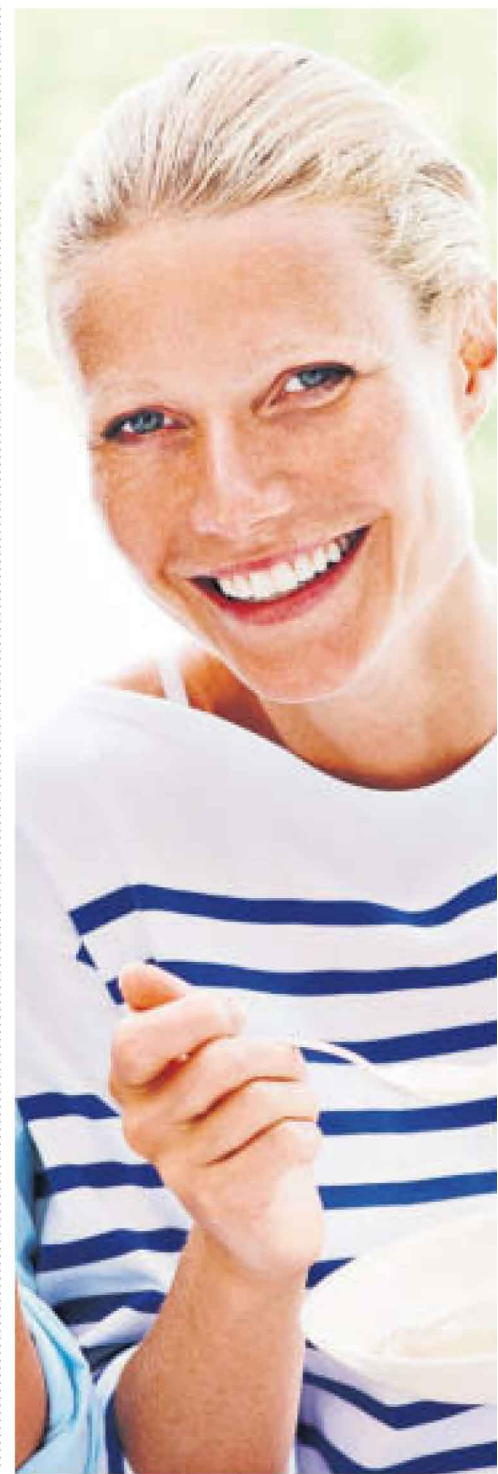
There is no one-size-fits-all diet and each eating plan is tailored individually. "For some people a vegan diet works and for some people a Paleo diet works, a lot of the time it's determined by how carbohydrate-sensitive people are and what their digestive function is," he says. He is also a big believer in supplements that can help to fill in nutritional gaps.

With some patients he orders blood tests to check thyroid function and vitamin levels, and everyone has a lifestyle overhaul. Patients are encouraged to do more exercise, try meditation and stop being tied to their phones and computers. The appointment ends with one of his acupuncture sessions.

Born in Johannesburg, Lipman and his wife Janice went to the US in 1984 and he was soon appointed chief medical resident at a hospital in the Bronx, which at that time was overrun with heroin and crack addicts. He became fascinated by the hospital's alternative addiction clinic, where patients were treated with acupuncture. "You would see these drug addicts sitting calmly with needles in their ears while in our wards they were pulling out their IVs and being extremely aggressive," he recalls.

He joined an alternative medical practice and spent years broadening his knowledge of nutrition, meditation, homeopathy and other "healing systems". When he opened his own practice, he initially started out as an acupuncturist but now takes an integrative and holistic approach — with people's eating habits at the centre of his philosophy.

"Finding the right diet, that's the key,"



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Gwyneth what not to eat

DITTE ISAGER

Gwyneth Paltrow



he says. "If you can get someone's diet right, I'd say it's three-quarters of the problem solved."

Intrigued by Dr Lipman's belief that we all need to give our digestive systems a rest, my husband and I decided to try his 14-day cleanse. We went cold turkey on caffeine, sugar, gluten and alcohol and were given shakes and supplements that supply nutrients to boost the body's natural detox process. We were told to have two light meals a day from a list of allowed foods. By day two we were suffering mild withdrawal symptoms, and had headaches and some minor aches and pains. It felt strange to be scoffing supplements such as glutamine, an amino acid that helps to diminish sugar cravings and supports gastrointestinal health. By day five, we felt lighter, more energetic and were sleeping better. At the end of two weeks both of us felt we had hit the restart button. I lost a few pounds and my bloated stomach. My husband was impressed, too, and says he has "seen the light". Both of us now realise that we do have food sensitivities and we have changed our diet.

One of Dr Lipman's health coaches, Kerry Bajaj, says that most people move on to Lipman's Daily Living eating plan (right). It is gluten and sugar-free and allows for some dairy, nightshade vegetables, some soy such as tempeh and miso and dark chocolate.

Others, Bajaj says, do a 90/10 plan where they stick to gluten and sugar-free most of the time and "cheat a little". This is what my husband and I are doing and, although we celebrated the end of the detox with a bottle of wine, we are drinking less than we used to.

"None of this is difficult or even radical," Dr Lipman says. "It's about finding out what works for your body because why shouldn't we all feel vital and why should we all get Alzheimer's or diabetes or heart disease? These are epidemics no country can afford. We have solutions that can help to prevent these conditions and help us to stay healthy. It's just a matter of trying them. I think this way of eating will probably be the norm in ten or 20 years."

Revive: Stop Feeling Spent and Start Living Again (Simon & Schuster); bewellbydrfranklipman.com
It's All Good by Gwyneth Paltrow (Sphere) is out now

Dr Lipman's tips **How to eat to increase your energy and shrink your waist**

Every day many of us eat foods that our bodies can't easily tolerate, Dr Lipman says. "These food intolerances or sensitivities, while not severe enough to send most people into anaphylactic shock, are nonetheless severe enough to send the immune system into attack mode. This creates inflammation and raises insulin levels, which in turn sets the table for weight gain. All that fighting can make you feel sick and tired — all that defensive action is exhausting," he says.



Eating your greens every day will keep you slim

Make sure you have plenty of them. The chlorophyll in fresh, preferably organic, greens will help to heal your gut, while the nutrients and fibre will help digestion. They will relieve constipation, and clear out the cobwebs, all of which is essential to a clean, healthy gut. Another fabulous side-effect of good greens — less weight around the middle and smaller numbers on the scale.

Whenever possible, eat something bitter before your meal

This will stimulate your body's digestive juices. A small salad with rocket or dandelion root is a great idea, or try one to two teaspoons of apple cider vinegar in a glass of water before eating.

Take probiotics

This will rebalance your belly's delicate eco system. Look for one that has at least 10-40 billion live organisms per capsule or tsp of powder. It should also contain a combination of strains of lactobacillus and bifidobacteria.

Which fruit should you eat?

Allowed All fresh fruits, freshly

squeezed juices, small amounts of unsulphured dried fruit
Not allowed Commercial fruit juices, sulphured dried fruit

Which are the best vegetables to eat?

Allowed All fresh vegetables, frozen vegetables, organic non-GMO corn
Not allowed Canned or GM vegetables

Animal protein

Allowed Organic or free-range eggs, chicken, lamb, grass-fed beef, turkey, duck, wild game
Not allowed Factory-farmed meats including chicken, turkey, pork, beef, veal, cold cuts, canned meats, sausages

Fish

Allowed Wild salmon, black cod, trout, shellfish, anchovies, herring, sardines, wild fish (low mercury)
Not allowed Factory-farmed fish, high-mercury fish, including tuna, swordfish

Grains

Allowed Non-gluten grains including quinoa, brown and wild rice, buckwheat, teff, millet, amaranth, brown rice pasta, pure buckwheat noodles, gluten-free oats
Not allowed Gluten grains including wheat, barley, rye, spelt, bran, oats, couscous

Beans & pulses

Allowed Beans and legumes, fermented soy, including natto, tempeh, miso
Not allowed Unfermented soybean products, tofu (highly processed)



Nuts & seeds

Allowed Raw, unsalted nuts
Not allowed Peanuts (disruptive to the digestive system)

Dairy & dairy substitutes

Allowed Almond, rice, hemp and coconut milk, raw milk cheese, sheep and goat's milk products, small amounts of plain yoghurt and butter (from grass-fed cows if possible)
Not allowed Cow's milk, soy milk, non-dairy creamers, powdered milk, regular cheese, cream cheese, cottage cheese

Sweeteners

Allowed Stevia, xylitol, small amounts of raw honey (unheated), 100 per cent maple syrup, black strap molasses
Not allowed Artificial sweeteners such as Splenda, cane sugar, beet sugar, white and brown sugars, fruit juice concentrate, high-fructose corn syrup

Drinks

Allowed Green, black, herbal teas (non-caffeinated), spring and sparkling water, fresh vegetable juices
Not allowed Alcohol, coffee, soft drinks, soda, commercial fruit juices, caffeinated beverages, commercial energy drinks

Oils

Allowed Extra-virgin olive oil, coconut, sesame, walnut, flaxseed
Not allowed Sunflower oil, margarine, shortening

Herbs, spices and condiments

Allowed All herbs and spices, mustard, wheat-free soy sauce
Not allowed Ketchup, relish, chutney, mayonnaise

Can I eat chocolate?

Allowed Small amounts of dark chocolate, unsweetened cocoa powder
Not allowed Milk chocolate, energy and protein bars

Arianna Huffington exclusive Times+ event

Seven years ago, suffering from exhaustion, Arianna Huffington collapsed, breaking her cheekbone. It was a wake-up call that prompted her to reappraise her life.

Her new book, *Thrive: The Third Metric to Redefining Success and Creating a Happier Life*, offers daily techniques, practices and tools we can use to help us

to reconnect with ourselves, our loved ones and our community.

Times+ members can enjoy an exclusive evening Q&A with Arianna Huffington, hosted by Camilla Cavendish, on May 29 at The Sunday Times HQ.

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