



Supporting the birth that is right for you!

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The Brewer Diet - A Synopsis

By Rebecca Pugh

1. One quart (4 cups) of milk. Any kind will do: whole milk, low fat, skim, powdered, or buttermilk. If you do not like milk, you can substitute one cup of yogurt for each cup of milk.
2. Two eggs.
3. One or two servings of fish, shellfish, chicken or turkey, lean beef, veal, lamb, pork, liver or kidney.

Alternative combinations include:

- Rice with beans, cheese, sesame, milk
- Cornmeal with beans, cheese, tofu, milk.
- Beans with rice, bulgur, cornmeal, wheat noodles sesame seeds, milk.
- Peanuts with: sunflower seeds, milk.
- Whole wheat bread or noodles with: beans, cheese, peanut butter, milk, tofu.

For each serving of meat, you can substitute these quantities of cheese:

Brick	4 oz.	Longhorn	3 oz.
Camembert	6 oz.	Muenster	4 oz.
Cheddar	3 oz.	Monterey Jack	4 oz.
Cottage	6 oz.	Swiss	3 oz.

1. One or two servings of fresh, green, leafy vegetables: mustard, beet, collard, dandelion or turnip greens, spinach, lettuce, cabbage, broccoli, kale, Swiss chard.
2. Five servings of whole grain breads, rolls, cereals or pancakes: wheatena, 100% bran flakes, granola, shredded wheat, wheat germ, oatmeal, buckwheat or whole wheat pancakes, corn bread, corn tortillas, corn or bran or whole wheat muffins, waffles, brown rice.
3. Two choices from: a whole potato (any style), large green pepper, grapefruit, lemon, lime, papaya, tomato (one piece of fruit, or one large glass of juice).
4. Three pats of butter.

Also include in your diet, in addition to the above (i.e., don't count one food in two categories):

1. A yellow- or orange-colored vegetable or fruit five times a week.
2. Liver once a week, if you like it.
3. Table salt: SALT YOUR FOOD TO TASTE
4. Water: Drink to thirst.



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The Brewer Diet - A Synopsis (continued)

Dr. Tom Brewer developed the Brewer Diet in response to his assertions that preeclampsia is actually Metabolic Toxemia of Late Pregnancy. He poses that the cause of toxemia is poor nutrition, specifically salt and protein deprivation, which in turn results in liver dysfunction. Dr. Brewer says that doctors have become obsessed with treating gestational hypertension with diuretics and salt deprivation and have therefore caused an increase in the problem, a rise in the incidence of toxemia. Diet is the number one weapon in the fight against toxemia. Brewer believes this disease may be completely eliminated through proper nutrition.

Above I have specifically transcribed the Brewer Diet so that the reader may better understand exactly what the doctor is recommending. It is neither a radical or demanding diet. His main emphasis is partaking of whole foods rather than processed ones. Foods should be nutrient rich, not “empty” and filled only with calories and no nutrition. To be healthy, a pregnant mother must eliminate the “whites”, white flour, sugar, and rice. Just this step alone brings about great change for many women who instantly begin to feel better and have more energy. Junk foods like potato chips, soft drinks, and fried foods should also be eliminated. Such diet changes are also helpful in preventing gestational diabetes, another serious disease of pregnancy that can be avoided with the proper diet. Many pregnancy diets reduce salt intake, but Brewer supports salting to taste to support healthy blood volume expansion. Others restrict weight gain and set limits. Brewer makes a distinction between weight gain and healthy weight gain. He states that a woman could safely gain 50-60 pounds if it is gained through healthy food. It is not the weight gained, but how it was gained. Was it the result of refined sugar and no exercise? Or was it from salads with a chicken breast and fruit? The later is the best means.

Dr. Brewer holds great faith in the power of good nutrition that is backed by scientific research. Since the publication of his groundbreaking study on the subject in 1966 he has been publishing more and more regarding how to prevent and eliminate metabolic toxemia. Unfortunately, very few members of the modern conventional medical community have embraced his views. However, well-published authors such as midwife Anne Frye support his work and advocate similar approaches to preventing and treating this disease.

He clearly states that poor nutrition is responsible for such problems as stillborns, low birth weight, and premature babies, brain damage and lowered intelligence in the newborn, hyperactive and irritable babies and increased illness and infection in the newborn. Furthermore, he asserts the importance of a healthy diet in preventing many health problems in the mother. Of course, poor nutrition is linked with Metabolic Toxemia of Late Pregnancy (MTLP), but also with anemia, abruption of the placenta, lung, kidney, and liver infection, and miscarriage. These claims are easily backed up by scientific research.