



OPTIMAL HEALTH GUIDELINES

Avoid Dieting... Just Eat HEALTHY

- Weight Loss
- More Energy
- Anti-Aging
- Athletic Maximization
- Healthy Skin
- Enhanced Immune System
- Disease Prevention
- Lower Cancer Risk



OPTIMAL HEALTH GUIDELINES

USING FOOD AS YOUR PHARMACY TO ENHANCE HEALTH

The following list is a re-education of food selection for enhancement of your overall health and well being. This program is NOT meant to be a permanent food selection program. It is only the first part in integrating whole foods back into your life. This should take six weeks to several months, depending on recommendations from your healthcare provider.

Food can be a tremendous pharmacy, if we only use it to our advantage. It takes some work, but it will be the most rewarding thing you can do for yourself. Learn. Listen to others. Investigate new foods, but most of all, realize that ***you truly are what you eat.*** If you don't take the time or effort for food preparation or proper food selection for yourself, the results will show in your body in the long run. Remember, this is only a guideline. You will develop your own style of cooking. Everyone has different tastes.

There are some basic rules that you can follow which will never fail you.

- ◆ **EAT A BALANCED DIET:** The bulk of your food selection should be as follows: vegetables-30-40%; proteins-20-25%; beans/grains-15-20%; fats/oils-10-15%; fruits/nuts/seeds/snacks-5-10%. Remember that these percentages are not written in stone. The goal is to limit foods that aggravate our natural immunity. Excess intake of fruits and grains can cause fermentation in the bowel. Also, recognize if certain foods cause aggravation of symptoms or fatigue, sinus congestion, skin rash, or bloating, they may need to be avoided. So, be aware of your body's response to the food you eat.
- ◆ **DRINK WATER:** Water is your most valuable drink; you should drink ½ your body weight in ounces of good, clean, filtered water. Our bodies are made up mostly of water. It is needed for cleansing all tissues. Reverse osmosis water is best, but some kind of filtered water is a must. If you are interested in water systems for your home and don't know where to start, ask your pharmacist; he/she can give you some guidance.
- ◆ **ROTATE THE FOODS YOU EAT:** Too many people eat the same foods over and over. The result is they get anxious, bored, and end up looking at this approach like a diet, instead of a way of life. Variety also provides more sources of nutrients. Expand your taste for new foods. Be open to change. This includes the oils you use. There are several great cooking oils available that are listed in the following pages.
- ◆ **AVOID PRE-PACKAGED FOODS:** Try to eat fresh foods, whenever possible. Many times, pre-packaged foods contain additives, preservatives, hidden sugar, and low quality fats. Most pre-packaged foods are cooked until sterile. Because of this, most of the enzymes that were present in the food are destroyed.
- ◆ **CHEW YOUR FOOD:** Chew food thoroughly before swallowing. This is the most important part of digestion. If you do not chew your food well, your body cannot extract the nutrients it needs from the food.

- ◆ **WASH FRUITS AND VEGETABLES:** Wash all fruits and vegetables before use. You can wash a week's worth of produce at one time in a sink of water with 1-2 ounces of apple cider vinegar added. **Soak for 20 minutes, then rinse.**
- ◆ **EAT FRUITS ALONE:** Fruits are best digested in this way. It is preferable to eat fruits before midday. Fruit juices should be **diluted 25% juice, 75% filtered water.**
- ◆ **DRINK MOST FLUIDS ALONE:** Drink the majority of your fluids alone. Have no more than 4 ounces of fluid with your meal. Fluids at meals may **dilute the acids** and enzymes needed for proper food digestion.
- ◆ **EAT ORGANIC:** Try to eat organic produce and buy organic products, when possible. This assures maximum nutrient benefit.
- ◆ **SNACKS:** Snacks may be used as needed, but don't overindulge in high carbohydrate foods.
- ◆ **CONSIDER INDIVIDUAL NEEDS:** Remember that activity level, individual metabolism, and specific problems, such as diabetes, may alter your need for food consumption.
- ◆ **ENJOY:** Take 15 minutes each day to do something that gives you joy and helps reduce stress in your life.
- ◆ **EXERCISE:** It is wise to do some form of exercise at least **3 times per week.** Consult your pharmacist or doctor before beginning an exercise program.

SAMPLE 4-DAY ROTATION DIET

DAY 1

Breakfast: poached egg and yeast-free bread
 Lunch: salad greens and garbanzo beans
 Dinner: chicken, baked potato, and broccoli

DAY 2

Breakfast: oat bran or other whole grain cereal or muffin & a glass of vegetable juice
 Lunch: stir-fried vegetables and turkey
 Dinner: fish and sweet potato

DAY 3

Breakfast: mixed fruit bowl
 Lunch: vegetables and adzuki beans
 Dinner: couscous, buffalo, radish, and salad greens

DAY 4

Breakfast: millet flake cereal with soy milk
 Lunch: bowl of soup and salad
 Dinner: vegetables, spelt pasta and beef

PROTEINS:

Proteins should make up **20-25% of your daily diet** (30-60 grams of protein daily). They are an important source of nutrients for rebuilding tissues, and help regulate blood sugar also. Organic products are best, if possible.

PROTEINS	
Beef, Lean	Orange Roughy
Buffalo	Scallops
Catfish	Tilapia
Chicken	Turkey
Cod	Whitefish
Farm Raised Fish	
Halibut	
Lamb	

GRAINS:

Grains, combined with beans/legumes, should make up 15-20% of your daily diet. Included in this category are flours, breads, cereals, pasta, crackers, snacks, and cookies. Most grains are available as whole grains or as flours. Tip: Whole grain rye or rice crackers are a good substitute for bread. Cook grains until slightly crunchy, not chewy or soggy. Most people overindulge in this food category, so be careful.

GRAINS	
Amaranth	Job's Tears
Barley*	Kamut
Bran*, (Oat)	Millet
Buckwheat*	Quinoa
Corn Meal (high lysine), (limit to 2 times a week)	Rice, Basmati
Couscous	Rice, brown and wild
Grits	Rye*
	Spelt
	Teff
Other available flours include:	
Bean Flour	
Hazelnut Flour	
Potato Flour	
*Do not use grains if on a gluten restricted diet.	

BEANS/LEGUMES:

Beans/legumes, combined with grains, should make up **15-20% of your daily diet**. They serve as an excellent source of water-soluble fiber, which helps control blood sugar. Also they are a rich protein source, especially when combined with grains such as rice.

Beans/Legumes	
Adzuki	Lentil
Anasaki	Lima
Black	Mung
Fava	Navy
Garbanzo	Split Pea
Kidney	

FATS/OILS:

Fats/oils should make up **10-15% of your daily diet**. This percentage does not include fats from lean meat or other food sources. Cold-pressed oils are the most favorable, because they leave nutrients intact. **Fats are an essential nutrient** for the production of hormones, skin health, joints, and many other important functions. Fried foods are NOT a quality source of fats. In addition to the fats/oils listed below, sesame, avocado, rice bran, and walnut oils can be used in limited amounts for flavoring. Note: Combining olive oil with lemon juice makes an excellent salad dressing alternative.

FATS/OILS
Butter
Canola*
Flax Seed
Olive*
*Highly recommended for cooking.

Recipe Hint: Better Butter. Soften 1 pound of butter. Mix with 16 oz. of cold-pressed canola oil. Let stand in refrigerator. This has the spreadability of margarine, but provides a quality source of fats. Use as an alternative to butter or margarine.

FRUITS:

Fruits, combined with nuts/seeds, should make up **5-10% of your daily diet**. Some people do not tolerate fruit well. It may **create gas**. So, in the first 4 weeks of, you may need to avoid fruit. Otherwise, choose no more than 1-2 pieces per day, including fruit juice intake. **Fruit should be eaten before midday**. Berries are susceptible to mold, so wash well.

FRUIT GROUPS BY CARBOHYDRATE CONTENT			
Group 1	Group 2	Group 3	Group 4
Rhubarb Strawberries	Apricots Blackberries Cranberries Currants Gooseberries Grapefruit Guava Lemons Limes Papayas Peaches Plums Raspberries	Apples Blueberries Cherries Kumquats Loganberries Mangoes Mulberries Pears Pomegranates	Bananas Figs Prunes
Lowest Content	➡ ➡ ➡ ➡ ➡ ➡ ➡ ➡ ➡ ➡ ➡ ➡		Highest Content
Choose 2 from Groups, 1, 2, and 3 OR choose 1 from either Group 1, 2, or 3 and 1 from Group 4.			

NUTS/SEEDS:

Nuts/seeds, combined with fruits, should make up 5-10% of your daily diet. Nuts/seeds should be raw or dry roasted. They are also available as nut/seed butter. Remember that nut/seed butters are high in calories, so use sparingly. Nuts/seeds are a rich source of minerals and fatty acids.

NUTS/SEEDS
Almonds Filberts Pumpkin Seeds Sesame Seeds Sunflower Seeds

DAIRY PRODUCTS:

After following the guidelines for Phase I for 4 weeks, you can then **add plain yogurt**, cottage cheese, goat cheese, sheep's milk cheese, soy cheese, and almond cheese in limited quantities, as long as **bloating, GI upset, sinus congestion**, or increased mucus production do not occur.

BEVERAGES:

Soy milk, rice milk, almond milk, vegetable juices, carbonated water (in a limited quantity), herbal teas. One cup of coffee per day is acceptable, if desired. **For each caffeinated beverage, add 12 oz. Of clean water to your daily intake.**

SWEETENERS:

Brown rice syrup can be used sparingly as a sweetener. It can be used in baking. You can also use the fruits listed above to help sweeten baked goods. Stevia is a natural flavoring agent that adds a sweet taste.

MISCELLANEOUS:

- **SOUPS:** Soups (non-cream based) can make a quick and convenient meal. They are an excellent way to combine a variety of vegetables, grains, and meat for a nutritious main course.
- **SAUCES:** Choose a sauce (non-cream based) that does not contain sugar, corn syrup, or partially hydrogenated oils.

We hope this list begins a rewarding and fun learning experience, which can be expanded for the rest of your life. Food is such an important part of your life. You may start to compost your fresh scraps and maybe even attempt growing some of your own food.

Good Luck!

FOODS TO AVOID

FOOD	AVOID
<p><u>ALCOHOLIC BEVERAGES:</u> A small amount of vodka may be consumed, if you wish, but no more than two drinks per week. <u>Alcohol is difficult for the body</u> to metabolize. It particularly stresses the liver, kidneys, pancreas, and intestines. Since you are on a detoxification and rejuvenation program, it only makes sense to avoid such beverages.</p>	<p>Beer, whiskey, brandy, wines, rum, gin, or any other fermented or aged liquors and liqueurs.</p>
<p><u>BAKED GOODS:</u> Avoid all raised baked goods that contain yeast, wheat, and enriched flour.</p>	<p>Rolls, coffee cakes, and pastries.</p>
<p><u>CONDIMENTS, SAUCES, AND VINEGAR:</u> Avoid condiments, sauces, and vinegar containing foods. Substitute fresh lemon juice for vinegar on salads.</p>	<p>Mustard, ketchup, Worcestershire® sauce, Accent®, MSG, steak sauce, barbecue sauce, chili sauce, shrimp sauce, soy sauce, vinegar and pickled products, green olives, sauerkraut, horseradish, mincemeat, mayonnaise, and salad dressings</p>
<p><u>DAIRY PRODUCTS:</u> Avoid all dairy products. After 4 weeks, gradually add plain yogurt, cottage cheese, goat cheese, sheep's milk cheese, soy cheese, and almond cheese can be eaten, as long as bloating, GI upset, sinus congestion, or increased mucus production do not occur.</p>	<p>Milk, yogurt, cheese and cottage cheese.</p>
<p><u>FRUITS:</u> Some fruits may contain high amounts of sugar, molds, or yeast.</p>	<p>Oranges, tangerines, pineapples, grapes and all melons (including watermelon, cantaloupe, and honeydew melons).</p>
<p><u>DRIED AND CANNED FRUIT:</u> These are generally too high in simple sugars and may contain sulfites.</p>	<p>All dried and canned fruit.</p>
<p><u>FUNGI:</u> This includes all types of edible mushrooms and truffles.</p>	<p>Mushrooms and truffles.</p>
<p><u>HYDROGENATED OILS:</u> These are undesirable oils that have been associated with elevated cholesterol. They are nutrient-poor sources of fats for your body.</p>	<p>Palm oil, coconut oil, lard, animal fat, and any other oil which is hydrogenated or partially hydrogenated.</p>
<p><u>MALT PRODUCTS:</u> Malt is a kiln-dried, sprouted grain. It is used in many beverages and processed foods.</p>	<p>Cereals and candies.</p>
<p><u>MEATS AND FISH:</u> Some meats and fish are cured with nitrites and nitrates, which are converted in the body to nitrosamines, known carcinogens. Other foods in this group may be difficult for the body to assimilate when detoxifying.</p>	<p>Pork (including ham) and all pickled and smoked meats and fish, such as sausages, hot dogs, luncheon meats, corned beef, pastrami, pickled tongue, and pickled herring.</p>
<p><u>NUTS:</u> Avoid all nuts/seeds which are roasted in oil or which have a high mold content.</p>	<p>Peanuts, cashews, walnuts, pine nuts, pecans, and most other nuts.</p>
<p><u>REFINED SUGAR AND SUGAR-CONTAINING PRODUCTS:</u> Simple sugars are generally dealt with poorly by our system. Our goal is to eat foods that will digest slowly and release sugars into the bloodstream over time. More and more people are becoming hypoglycemic simply because of over-indulgence of these foods.</p>	<p>Sucrose, dextrose, fructose, maltose, lactose, glucose, mannitol, sorbitol, honey, molasses, maple syrup, date sugar, brown sugar, and turbinado sugar.</p>
<p><u>WHEAT:</u> Avoid all wheat (refined and whole grain).</p>	<p>All wheat products.</p>
<p><u>YEAST:</u> Avoid all foods whose preparation depends on yeast.</p>	<p>Baker's yeast and brewer's yeast.</p>

SPECIAL NOTES

LEFTOVERS: Keep leftovers in the refrigerator for only two days. After that, most foods begin to mold. A better alternative is to freeze the unused portion.

SNACKS: There are healthier alternatives to cookies, potato chips, tortilla chips, and other snacks. Look in your health food section at your grocery or your health food store for reasonable alternatives. Snacks are calorie-dense and high in carbohydrates. Snacks should be limited. For example, a healthy cookie every few days or a small handful of potato chips or tortilla chips is acceptable.

COOKBOOK & READING SUGGESTIONS: Many of the whole food cookbooks can be used. Simply substitute acceptable ingredients where needed. Look for books that advertise no refined sugars, dairy free, gluten free and low fat. The following cookbook and reference texts are recommended:

- **A Celebration of Wellness** by Natalie Cederquist and James Levin, M.D.
- **Guilt-Free Indulgence** by Cheri Bauer and mark Percival, D.C., N.D.
- **Sweet and Natural** by Janet Warrington
- **The Yeast Connection Cookbook** by William G. Crook, M.D.
- **The Yeast Connection Cookbook II** by William G. Crook, M.D.
- **Eat Right 4 Your Type** by Peter J. Adamo, Jr.
- **Cook Right 4 Your Type** by Peter J. Adamo, Jr.
- **The Circadian Prescription** by Sidney MacDonald Baker, M.D.
- **Live Right 4 Your Type** by Peter J. Adamo, Jr., Catherine Whitney

