

## GENERAL DIETARY RECOMMENDATIONS

*Note: As the individual improves with dietary, nutritional and other alternative interventions, the restrictions will be eased over time. Please notice the important final item dealing with food allergy and gluten sensitivity.*

- 1) No alcohol of any kind
- 2) Do not exceed 2 cups of regular coffee daily (black or green tea preferable)
- 3) No sodas, pastries or sweets
- 4) No fried foods
- 5) Do not add salt to foods
- 6) No milk products (includes non- fat/ skimmed milk, cheese, yogurt, ice cream)
- 7) 8-10 eight ounce glasses of filtered/ purified water daily(avoid tap & well water)
- 8) 5 to 9 daily servings of fresh vegetables and fruits ("bountiful" mixed salad, fresh home-made soup included. "Hard fruits" such as apples, unripened plums & pears as well as berries preferred. 1 serving = 1/2 to 1 cup per item).
- 9) 4 to 6 ounce servings of fresh broiled or baked (not fried or breaded) fish twice weekly (Avoid the mercury-contaminated larger fish such as shark, tuna & swordfish)
- 10) Cold-pressed flaxseed oil & olive oil for cooking and salads
- 11) Basic daily supplementation:
  - Elyte ionic mineral solution \_\_\_\_\_
  - Probiotic \_\_\_\_\_
  - Multivitamin\_\_\_\_\_
  - Minerals \_\_\_\_\_
  - Essential Fatty Acids\_\_\_\_\_
  - Antioxidants
  - Wellness Shake\_\_\_\_\_
- 12) Rule out delayed food allergies and gluten sensitivity (are associated with over 70% of all chronic symptoms & conditions unresponsive to conventional medicine).

