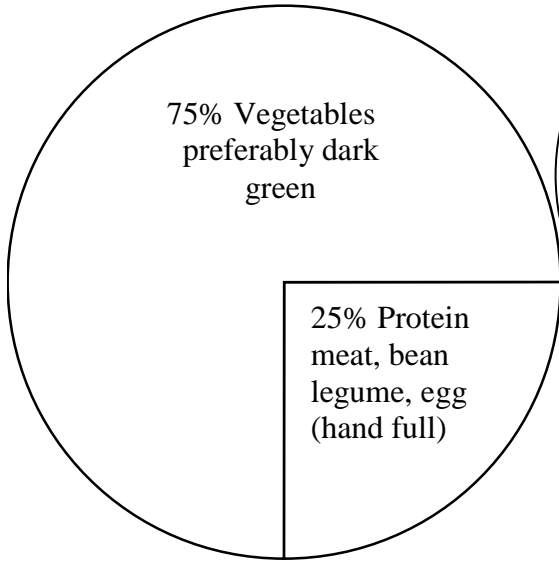


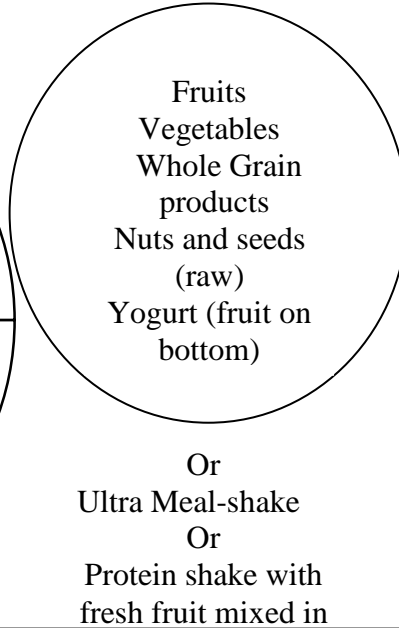
NUTRITION AND DIET, WHERE DO WE START

Trade EE for AI (gr_n
 more “green” less “grain”)

MEAL PLATE



SNACK PLATE



BREAKFAST

Eggs o.k. , preferably free range organic
 Juice (water down 50%)
 Fresh fruits and berries, Ultra Meal-shake

AVOID Bread, wheat, rye, oat, barley
 Refined grain (white)
 White potato
 Rice
 Pasta
 Refined sugar

Many adults have gliadin antibody
 “wheat sensitive” without being
 “gluten allergic” symptoms include
 unexplained chronic fatigue, attacks of
 diarrhea, headaches and anemia signs
 (decreased red blood cell volume and
 hemoglobin)

**Try avoiding these items 1 month
 and see how you feel.**

**Classic American inflammatory
 producing diet**

Saturated fats = solid at room
 temperature

Butter, margarine, shortening,
 just about all pre-packaged foods, chips,
 cookies, etc. and “fast food”/ fried food

Too many grain products, omega 6 and
 bad oils become inflammatory, pain
 provoking, artery clogging substances

Not a good balance of good quality
 protein, carbohydrates and fat - potatoes
 and refined grains cause a spike in blood
 sugar levels which cause storage of food
 in the form of body fat and a rebound
 sugar craving for more sweets.

Carbonated drinks and sodas deplete
 calcium and weaken bones.

Vegetables – more green = more nutritious
 Protein – prefer organic, free range, no hormones,
 No pesticides/herbicides, beef –grass fed not grain fed =
 Decreased gliadin for gluten sensitive people
 Fish – from nature, not pond raised, not grain fed
 Eat protein sources that ate healthy from food chain
 Avoid shellfish – too much arachidonic acid is inflammatory

Natural anti-inflammatory diet includes:

Good quality plant fats and oils and fish oils EPA/DHA
 (salmon, tuna, mackerel)
 Flax, Borage oils, (omega 3), green vegetables

Sunflower, safflower oil omega 6, olive oil omega 9
 Best ratio is 1:1-2 omega 6 to omega 3. American diet is 10-25 to 1

Ginger is anti- inflammatory as well as bromelain in fresh pineapple

Results: better energy levels, less after meal fatigue, better
 concentration, less body aches, loss of body fat and increased
 muscle mass with moderate exercise.

Drink plenty of water (8-10 glasses per day)
 Green, Black and Decaf Tea – for a warm beverage with health benefits,
 antioxidants, contains some caffeine

Strive for progress in the right direction, not perfection and you
 will feel positive results not guilt.