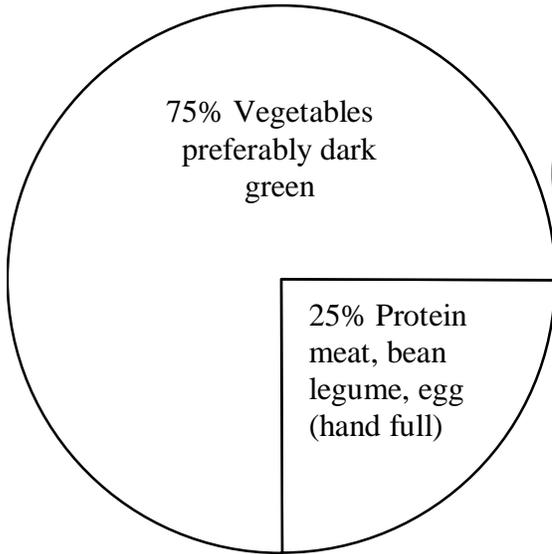


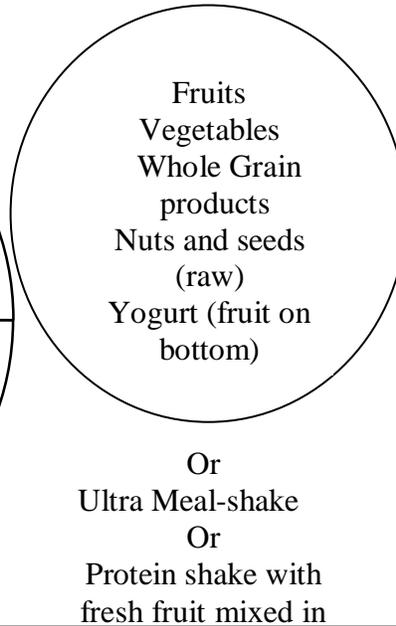
## NUTRITION AND DIET, WHERE DO WE START

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.