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General Diet Guidelines

Apart from food sensitivities, the basis for a wholesome diet remains simple. Foods are most beneficial when they are grown organically, prepared fresh, eaten in moderation according to need, and enjoyed. The major source of calories to supply steady energy should be complex carbohydrates obtained from whole grains and their products. These also provide necessary fiber in the diet.

There are many different diets and eating plans. When a person has a disease process it is especially important to consult with a nutritional expert to address specific dietary needs and goals. The following diet suggestions can also be used as an outline for a detoxification, only being strictly adhered to for three to six weeks. When using this diet as a cleanse, specific botanicals, supplements and therapies should be added to make it more effective.

When beginning any new way of eating it is best to change your eating habits slowly, allowing a week or so to discontinue undesirable foods and add in healthier replacements.

At Least One Third of Your Food Should Be Uncooked.

There are valuable and sensitive micronutrients that are damaged when you heat foods. Cooking and processing food can destroy these micronutrients by altering their shape and chemical composition. Regular vegetable juicing will easily help you reach this goal of 1/3 raw food in your diet.

Eat Plenty of Vegetables.

All vegetables promote health. Eat them raw if possible, otherwise lightly steamed. Salads are a good start but avoid iceberg lettuce as it has minimal nutritional value compared to red leaf, green leaf, romaine and spinach, which are better options.

Other good vegetable include: Endive, escarole, fennel, celery, cucumbers, green and red cabbage, broccoli, Chinese cabbage, Bok Choy, cauliflower, asparagus, zucchini, brussel sprouts, kale, kohlrabi, onions, tomatoes, red peppers, and parsley are all good choices.

Choose what is in season, what is most appealing to your senses; richly colored foods are full of antioxidants.

Eat Organic.

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Not only does organic produce taste better it also has been shown to have **3-5 times greater nutritional value** than conventionally grown food. While healing it is important to not ingest toxic chemicals like pesticides.

Hydration

Drink at least ½ your body weight in ounces of water a day. Beginning each day with a glass of water with half a lemon squeezed into it and a pinch of cayenne powder. This will stimulate your body to wake up and release accumulated toxins from the night.

Drinking herbal teas throughout the day like, peppermint, licorice, chamomile and lemongrass are an excellent source for hydration.

Juicing

Juicing is an important source of raw food, which contains chlorophyll and phytonutrients. This is one of the most powerful tools for detoxification and providing the necessary nutrients for rebuilding healthy tissue. All of us need raw foods every day, and this is a technique to assure you receive large quantities of them.

A good place to start when juicing is buying juices from a place that will make them up fresh so that you can try different combinations.

Variety

Eating many different foods provides the body with an abundance of phytonutrients, vitamins and minerals. It also prevents sensitization to a single food, which can lead to allergies.

Fats:

Vegetable fats are an excellent source of nutrition. Coconut, avocado, Flax oil and Olive oil are excellent sources of fat. **No Margarine, hydrogenated or Fried Oils**

The best fat to cook in is coconut oil because it is completely saturated oil and when it is heated trans-fats are not formed. Coconut oil also contains lauric acid, which is an essential fat that stimulates the immune system.

Avoid using most oils to cook with. Most of them have unsaturated fats which can be damaged at high temperature and converted to a trans-fat, this includes Olive Oil.

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Dairy

Eliminate of all dairy products except organic butter and organic yogurt, because butter is a fat rather than a protein or milk sugar. Dairy is a very common allergen in the U.S. The intake of an allergen may cause immune system suppression and may also cause the immune system to fight the allergen. Raw unpasteurized dairy is an exception and can be a healthy part of the diet.

Salads

Salads are very important and are considered to be one of the healthiest meals. It is suggested to eat a large organic salad at least once a day and preferably with every meal. The best types of vegetable to use are: mixed spring lettuces, watercress (less important are; endive, chicory, escarole, romaine, radishes), mixed with finely grated raw vegetables, such as carrots, cauliflower, red beets, kohlrabi, etc You may add a serving of fish to the salad. Make sure the salad dressings are made from cold pressed oils such as flax seed oil.

Sugar

Elimination of all forms of sugar including, sugar can suppress the immune system, and more importantly. Try to minimize sources of simple sugars. **Avoid most natural sweeteners** (including corn syrup, fructose, sucrose, maltodextrin, dextrose, molasses, white grape juice, fruit juice sweetened, brown rice syrup, maple syrup, date sugar, cane sugar, corn sugar, beet sugar, succanat and lactose).

Fermented and cultured foods

Including fermented and cultured foods introduces live probiotics for a healthy gastrointestinal tract. This should be a daily part of the diet. Yogurt, Kefir, Kim Chi, Saurkraut etc.

Fruits

Fruit is best eaten whole, avoid fruit juices. Eat fruit by itself and limit high glycemic fruits to one serving daily.

Health Choices:

- **Whole-grains like brown and wild rice, rolled oats, barley, spelt, quinoa or rye**
- **Butter**, organic preferred

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- **Beans, legumes, nuts & seeds (except peanuts)**, almond butter
- **Soy:** fermented forms are best ex/tempeh and miso.
- **Fish** (especially Salmon and other cold water fish)
- **All vegetables** eat in abundance except rhizomes and tubers, such as sweet potatoes or yams, limit to one serving per day.
- **Milk substitutes:** Rice Dream, almond milk, oat milk, multigrain milk, etc
- **Spices and condiments:** curcumin, ginger, mint, cinnamon, sage, paprika,
- **Herbal teas, purified water**
- **Salt:** Celtic sea salt contains other vital minerals besides sodium. Avoid high sodium foods such as soy sauce and prepackaged foods.
- **Stevia is a sweet botanical that does not raise blood sugar levels. Stevia can be used as a sweetening agent cooked on uncooked foods and can be found at health food stores.**

Foods to avoid completely (unless otherwise specified)

- **Any food that is not organic**
- **Sugar** in any form and foods with contained sugar: including cane sugar, brown sugar and sweetened desserts
- **Aluminum-based baking powder:** waffle, pancake and cake mixes, and baked goods with aluminum compounds as one of the ingredients
- **Fried foods, rancid and hydrated oils**
- **Wine, beer** and any alcoholic beverages
- **Smoking** or any use of tobacco products.
- **Artificial Sweeteners**
- **All highly processed foods**

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