

## **Recommended Food Changes for Health Gain and Weight Loss**

### **Eliminate:**

1. Genetically modified foods (GMO's)
2. Farm raised fish - mercury issues (be careful with all fish – rivers and ocean due to mercury)
3. Aspartame (NutraSweet or Equal)
4. Sucralose - (Splenda)
5. Trans fatty acids (most fried foods, hydrogenated oils, margarine, and vegetable shortening)
6. MSG (may not be listed in ingredients) is a brain neurotoxin
7. All artificial preservatives and chemicals, if possible
8. Sugar - Limiting sugar is CRITICAL (includes brown sugar and corn syrup)
9. Fruit juice (too much sugar without the fiber – raises insulin levels)
10. Advertised "Fat-free" foods
11. Imitation eggs
12. Boxed cereals
13. All vegetable oils (soybean, cottonseed, canola, safflower, sunflower, corn)
14. Deep fried foods and lard
15. City tap water
16. Protein powders (cold-processed whey protein powder is okay)
17. Strict vegetarianism
18. The whites (bread, rice, pasta, noodles, and processed milk)
19. Pork, oysters, shrimp, crabs, lobster, and catfish (scavenger meats are hard to digest and/or high in toxins)
20. Pasteurized and homogenized milk

### **Avoid or Reduce:**

1. Iceberg lettuce (low nutritional value)
2. Canned vegetables
3. Potatoes, beets, bananas - if you have weight problem - they easily convert to glucose
4. Lower your grain intake if you have weight problem
5. Softened or distilled water
6. Caffeine ( in moderation)
7. Coffee, colas, diet drinks, store bought fruit juices
8. Processed milk, especially skim
9. Peanuts (high allergen and hard to digest)
10. All soy unless fermented or sprouted (includes tofu, soy protein, soy milk, soy cheese, textured vegetable protein - Only Miso, tempeh and soy sprouts are acceptable)
11. Processed, packaged foods
12. As much as possible - pasteurized honey, corn syrup, or foods or drinks containing them
13. Commercial salt (use sea salt instead)
14. Skim or low-fat dairy products – (use full-fat dairy products)
15. Artificial colorings and flavorings
16. Roasted nuts and seeds (the heat turns the oils rancid)
17. Farm raised fish (they are grain fed and have mercury problems)
18. TV dinners and canned soups

### **What is Good for Me to Eat**

1. Fresh vegetables (such as Kale, Swiss chard, collards, spinach, dandelion greens, green and red cabbage, broccoli, red and green leaf lettuce, romaine lettuce, endive, Chinese cabbage, bok choy, fennel, celery, cucumbers, cauliflower, zucchini, brussel sprouts)
2. Fruits as a snack in-between meals (separate from meals for digestion purposes) or for dinner to rest the digestion throughout the night
3. Spring water, filtered water, and generally well water is okay (not city tap water) Drink water in-between meals and not too much with meals, as it will dilute the gastric juices (Ice water or very cold water hinders the cells in the stomach from producing needed acid for digestion)

4. Freshly processed vegetable juice (juicing)
5. Spelt is a more nutritious grain than wheat and not allergenic
6. Green tea and herbal teas
7. Raw milk (not pasteurized and homogenized) in limited quantities (goat milk is much better than cow)
8. Beef in moderation - a high stress protein that is hard to digest (grass fed if you can afford it)
9. Poultry (free range if you can afford it) chicken, turkey, ostrich
10. Game meats such as venison, buffalo, lamb
11. Fish and sea vegetables from clean waters
12. Eggs (organic or from free range chickens if you can find it)
13. Seeds (raw) sunflower, pumpkin, sesame, flax
14. Nuts (raw) cashews, Brazil nuts, almonds, pecans
15. Freshly made beans and lentils in moderation (beans become mostly carbohydrates when cooked)
16. Butter and/or ghee (organic and from grass-fed cows if you can afford it)
17. Whole grains in moderation (such as millet, oatmeal, brown rice)
18. Sprouted grain breads
19. Raw nut butters
20. Raw honey, blackstrap molasses, maple syrup, and sucanat (granulated sugar cane juice) in moderation
21. Fermented foods like tamari, tempeh, natto, sauerkraut, kim chee, kombucha tea, raw vinegar, fermented vegetables, full-fat plain yogurt
22. Home made salad dressings (raw egg yolks, cream, raw vinegar, and olive, flax, or walnut oils)
23. Coconut oil, extra virgin olive oil, high-oleic safflower and sunflower oils, and expeller-pressed nut oils, cold pressed sesame oil, palm kernel oil, grape seed oil
24. Cod liver oil, Brewer's yeast, spirulina, bee pollen, raw wheat germ, and kelp
25. Cheese (unpasteurized is better)
26. Herb and spice seasonings
27. Eat desserts in moderation prepared using natural ingredients such as butter and raw honey, and on special occasions only
28. Stevia as a sweetener substitute as it is an herb without carbohydrates

### **How Best to Prepare and Consume Foods**

1. Use cast iron, stainless steel, glass, or ceramic. Do not cook with aluminum or copper cookware
2. It is better to steam or sauté your vegetables than boiling them
3. Vegetable and fruit washing: Place one teaspoon of Clorox bleach in 1 gallon of water and soak the produce for 20 minutes. Remove and rinse well. (especially use this for commercially-bought produce)
4. Eat some raw foods everyday
5. Do not skip meals
6. Drink plenty of water in-between meals rather than with meals so it will not dilute the digestive juices
7. For digestive purposes it is better to eat vegetables with proteins, vegetables with carbohydrates, but not starches with proteins (Eat fruit in-between meals as a snack and not with other foods)
8. Make breakfast a protein (such as cheese, cottage cheese, eggs, fish, beef, chicken, duck, lamb, turkey, deer, raw milk, nuts, seeds, wild rice, chlorella, beet leaf conch, tofu, miso, and gelatin) meal with vegetables (The stomach acid is higher and the protein helps to stabilize blood sugar throughout the day)
9. Best to not eat fruit for breakfast. The insulin rush in the morning will signal the body to store food as fat throughout the day
10. Have a big glass of water when you first get up in the morning to help the body flush out the toxins it has been preparing throughout the night

**The above outline will generally cause you to lose weight. If you do not want or need to lose weight you can increase the following foods: beans, squash, fruits, nuts, brown (not white) rice, millet and yams.**