

Diet & Lifestyle Handouts

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ADRENAL RESTORATION MEASURES

Diet

- Whole foods
- Avoid refined sugar
- No caffeine
- Avoid alcohol
- Adequate protein
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- Avoid all food allergens, which can weaken the system and can be an adrenal stressor
- Fasting and detoxification/cleansing diets should be avoided, at least initially

Botanical support

- **Ginseng:** Has steroid-like activities, can increase resistance to a whole load of stressors, can prevent shrinking of the thymus gland and can prevent adrenal hyperplasia. Can prevent adrenal atrophy in cortisone treatment.
Dose: 100mg capsule twice/day.
- **Licorice:** It can increase cortisol half-life and is extremely useful in correcting low cortisol states, giving the adrenal glands a “rest” and chance to restore. Can help prevent shrinking of the thymus and immunosuppression from the administration of cortisone. May lessen the amount of cortisone needed to achieve a therapeutic effect.
Dose: ¼ teaspoon of 5:1 solid extract three times/day or strong licorice tea or capsulated licorice 2 caps 3X/day

Stress management

- **Get adequate sleep.** 8 hours of sleep beginning at 10:00 p.m. is much more restoring to the adrenals than 8 hours beginning at 1:00 a.m. Nap if needed but not enough to interfere with night sleep.
- **Relaxation:** Breathing or skilled relaxation exercises, listen to relaxation tapes, meditate, biofeedback.
- **Accept nurturing and affection**
- **Laugh**

Exercise

- **Light to moderate exercise.** Do not push yourself and begin at a level that you can handle.

Natural light

- **Get outdoors into natural light** as much as possible. Direct sunlight is not necessary. Natural light is essential for healthy adrenal function
- **Use full spectrum lights in the home and work area**
- **Green light:** some research has come out about the benefits of green light. Obtain a Par 38 dichromatic 150-watt spot or flood green light to have as an ambient light somewhere in the home.

DIABETES DIETARY RECOMMENDATIONS

1. MAINTENANCE DIET

- a. A whole food diet that is moderate in protein, moderate in complex carbohydrates, moderate in fat, low in refined and concentrated sugars.
- b. **Macronutrient proportions:**
 - Complex carbohydrates consists of 40% of caloric intake
 - Proteins consist of 30% of caloric intake
 - Fats consist of 30% of caloric intake
 - Total fiber content is ideally 100 grams/dayThe benefits of a diet in these ratios are:
 1. Reduced after-mealtime hyperglycemia and delayed hypoglycemia
 2. Reduced cholesterol and triglyceride levels with ↑ HDL
 3. Progressive weight reduction
 4. Prevention of diabetic complications
- c. **Complex carbohydrates:**
 - Legumes--beans, peas, lentils, kidney beans
 - Whole grains--buckwheat, millet, oats, brown rice
 - Nuts--almonds, cashews, nut butters, seeds
- d. **Vegetables:**

Eat vegetables with a low carbohydrate content, avoid starchy vegetables like potatoes and corn
- e. **Fruits:**
 - Small to moderate amounts of fruit with frequent blood sugar monitoring to see the response
 - Eliminate dried fruits
- f. **Fiber:**
 - Legumes
 - Whole grains
 - Vegetables and fruit
 - Nuts and seeds
- g. **Fat:**
 - Follow a moderate animal protein diet
 - Avoid hydrogenated and partially-hydrogenated oils
 - Eat healthy oils: Olive oil, flax oil, sesame, walnut
- h. **Protein:**
 - Lean red meat, chicken without the skin, fish

DIET TO AID DIGESTION

LIFESTYLE CHANGES

1. Chew food thoroughly. Most people eat too fast and swallow air with their food; this causes digestive stress leading to poor absorption of nutrients, digestive problems like gas and bloating, and possible growth of harmful yeast and bacteria in the digestive tract (toxic bowel).
2. Drink warm liquid before meals. Drinking warm water with lemon, broth, miso soup or soup before a meal will prepare digestive tract for digestion.
3. Avoid smoking, alcohol, coffee, refined sugars and flours and other irritants. These will all cause digestive stress depleting vitamins and minerals vital for enzyme activity, and deplete stomach acid.
4. Increase consumption of fresh vegetables. Increasing intake of fruits and vegetables with high water content, especially raw, will help digestion and increase bowel transit time.

DIETARY AND LIFESTYLE RECOMMENDATIONS FOR HEALTHY BONES

FOODS TO FOCUS ON

Foods High in Calcium

Canned sardines and canned salmon (with bones)	
Non-fat yogurt	Kale
Mustard, collard and turnip greens	Celery
Dates, figs, raisins	Rutabagas
Broccoli	Sesame seeds
Carob flour	Sea vegetables
Blackstrap molasses	

Foods High in Vitamin K

Broccoli	Alfalfa
Green leafy vegetables, like spinach	Oats
Tomatoes	Rye
Wheat	Cauliflower

Foods High in Zinc

Wheat germ	Seafood
Pumpkin seeds	Nutritional yeast
Sunflower seeds	
Foods grown in organically enriched soils	

Foods High in Magnesium

Whole wheat	Nuts
Bran	Seeds
Green leafy vegetables	Asparagus
Celery	Cabbage
Bananas	Prunes
Oranges	Cashews
Legumes	Almonds

Foods High in Manganese

Celery	Bananas
Beets	Egg yolks
Bran	Legumes
Pineapple	Asparagus
Green leafy vegetables	Whole grains

Foods High in Potassium

Fruit (Bananas)	Raisins
Potatoes	Halibut
Salmon	Almonds
Carrots	

FOODS TO AVOID

- **Alcohol** - Decreases intestinal calcium absorption and vitamin D levels. It is also associated with hip fractures due to an increased number of falls.
- **Coffee or Black Tea** - Coffee and tea increase urinary and fecal calcium excretion. Heavy caffeine drinkers (> 2 cups of coffee/tea per day) are twice as likely to suffer hip fractures.
- **Damaged/Bad Fats** – A diet high in highly refined processed vegetable oils and particularly hydrogenated and partially hydrogenated oils (a major source of trans fatty acids) should be strictly avoided because they are so damaging to the body and will decrease calcium absorption. Fried foods of all kinds should be avoided also.
- **High Protein Foods/Meats** - A high protein diet increases calcium excretion.
- **Salt** - Increases calcium excretion.
- **Sugar** - Increases peaks in urinary calcium excretion.
- **Smoking** - The bone mineral content of smokers is 15-30% lower in women. Smokers are twice as likely to have osteoporosis as non-smokers.

EXERCISE

Weight-bearing exercise such as walking protects against bone loss. To be effective, exercise at least three times per week for an hour. Studies show that exercise can actually increase bone mass in postmenopausal women.

DYSBIOSIS DIET: **For control of Candida, Bacteria, Viruses & Parasites**

DIRECTIONS: Eliminate the following foods from your diet, which have been shown to exacerbate dysbiosis, candidiasis and intestinal parasites due to their sugar, yeast and fermented food content. Okay fruits and Nuts/Butters are acceptable foods that will not exacerbate dysbiosis.

SUGARS

Beet sugar
Cane sugar (turbinado)
Corn sugar ("Cerelose,"
dextrose, "Dyno")
Corn syrup ("Cartose," glucose,
"Sweetose")
Fructose
Honey and related products
Honeycomb
Maple syrup, sugar
Molasses

FRUITS

Apricot
Banana
Cantaloupe
Cherry (sour, sweet)
Coconut (oil, meal, milk, meat)
Currant (red, black, white)
Date
Date plum
Fig (all varieties)
Grape (all varieties)
Grapefruit (all varieties)
Kiwi fruit
Loganberry
Mango
Mulberry
Nectarine
Orange (all varieties)
Pear
Persimmon (American,
Japanese)
Plum
Pomelo
Prune
Raisin (all varieties)
Raspberries

OKAY FRUIT

Casaba melon

Watermelon
Apples
Blackberries
Lemons, limes
Blueberries
Papaya
Pineapple
Pomegranate
Strawberries
Peaches

VEGETABLES

Chinese yam (potato)
Morel Mushroom
Plantain
Poi
Tapioca
Taro (root)
Yam (sweet Potato)

NUTS/NUT BUTTERS

Brazil nut
Butternut
Cashew
Cola nut (cola, Kola)
Hickory nut
Macadamia nut
Pecan
Pistachio
Walnut (black, English)

OKAY NUTS/NUT BUTTERS

Almond
Chestnut
Hazelnut
Filberts
Pine nuts

MISCELLANEOUS

Apple cider vinegar
Baker's yeast
Black tea
Brewer's yeast (nutritional
yeast)
Buckthorn (tea)
Chocolate (cacao)
Cocoa
Cocoa butter
Cream of tartar
Hops (alcohol)
Pickles (cucumber, gherkin)
Vinegar (cider, wine)

ANIMAL PRODUCTS

Cheese (bacteria-, mould-. or
yeast ripened)
Asiago
Bel Paese
Bleu/blue
Brick
Brie
Camembert
Emmental
Gorgonzola
Gruyere
Muenster
Port de salut
Roquefort
Stilton
Swiss
Pork

Other suggestions for dealing with dysbiosis:

- **Eat two Large chopped salads each day:** Normal flora feed on vegetable fiber. Eating the chopped salads will help normal, beneficial bacteria to thrive.
- **Chew your food thoroughly:** This improves digestion, breaking down food particles and mixing them with salivary enzymes. The better your digestion, the easier it is to treat dysbiosis.
- **Don't eat a lot of meat:** You don't have to avoid it completely (unless allergies are an issue). Eating too much meat can feed certain species of undesirable bacteria. Your doctor will make specific dietary recommendations.
- **Avoid dairy products.**
- **Eat plenty of raw vegetables:** Raw foods contain enzymes and aid digestion.
- **Find and eliminate any allergens:** Avoiding hidden allergies will reduce the burden on the immune system.

FOOD SOURCES OF CALCIUM

FOOD SOURCES HIGH IN CALCIUM

Dairy products
 Salmon, sardines, oysters, herring
 Seaweed
 Dark green leafy vegetables
 Broccoli
 Dried beans and peas
 Nuts and seeds
 Sprouts
 Brewer's yeast
 Blackstrap molasses
 Whole grains
 Herbs: Borage, lambs quarters, wild
 lettuce, amaranth, nettles, campion,
 burdock, and yellow dock leaves

RDA FOR CALCIUM

800 mg/day
 1200 mg/day Pregnant/Lactating
Optimal levels:
 1000-1500 mg Therapeutic

CALCIUM CONTENT OF FOODS

<u>Dairy</u>	<u>(Milligrams)</u>	<u>Dark Green Leafy</u>	<u>(Milligrams)</u>
(1 cup)		<u>Vegetables</u> (1 cup cooked)	
Goat milk	315	Collard	360
Skim milk	300	Shepard's Purse*	300
Buttermilk	300	Bok choy	250
Whole milk	290	Kale	210
Breast milk (average)	80	Parsley*	200
Yogurt	270	Mustard greens	190
Cottage cheese	230	Broccoli (1 stalk)	160
Ice cream	200	Spinach*	230
Butter (1 Tbsp=3)	45	Dandelion greens	150
Swiss cheese (1 oz)	260	Chard	125
Edam cheese (1 oz)	220	Rutabaga	100
Cheddar cheese (1 oz)	215	Leaf or Romaine lettuce	40
Parmesan (1 Tbsp grated)	70	Head lettuce	10
		*Contain oxalic acid and other phytic acids that binds calcium. Steam these vegetables to keep this from happening.	
<u>Miscellaneous</u>	<u>(Milligrams)</u>		
Blackstrap molasses	280		
<u>Seafood</u>	<u>(Milligrams)</u>	<u>Seaweed</u>	<u>(Milligrams)</u>
(3 oz)		(25 grams)	
Sardines with bones	370	Hijiki	350
Salmon, red (4 oz)	285	Wakame	325
Oysters	90	Arame	290
Smoked Salmon	15	Kombu	200

Beans and Peas

(1 cup cooked)

Navy beans	140
Pinto	100
Garbanzo beans	95
Limas/black beans	60
Lentils and kidneys	50
Peanuts (1/4 cup)	25
Split peas	20

Sprouts

(1 cup raw)

Mung	35
Alfalfa	25

(Milligrams)**Grains**

(1 cup dry)

Masa Harina	140
Tortillas (2)	120
Cornmeal	24
Cornmeal (degermed)	8
Whole wheat flour	50
White enriched flour	20
Oats	40
Rice	25

(Milligrams)**Nuts and Seeds**

(1 Tbsp)

Sesame seeds	70
Tahini-sesame butter	20
Pumpkin seeds	20
Sunflower seeds	10
Peanuts	7

(Milligrams)

FOOD SOURCES OF MAGNESIUM

Food	Amount	Magnesium Content (mg)
Black-Eyed Peas	1/2 cup	200
Millet	1/2 cup	185
White Beans	1/2 cup	175
Lima Beans	1/2 cup	160
Red Beans	1/2 cup	150
Wheat bran/germ	1/2 cup	140
Barley	1/2 cup	140
Beet Greens	1/4 pound	120
Spinach	1/4 pound	100
Lentils	1/2 cup	75
Cashews	14	75
Swiss Chard	1/4 pound	75
Cornmeal	1/2 cup	65
Collard Greens	1/4 pound	65
Brown Rice	1/2 cup	60
Oats	1 cup	50
Potato/Sweet Potato	1 large	50
Peas	1 cup	50
Brussels Sprouts	1/4 pound	45
Almonds	15	40
Beets	2 medium	30
Peanut Butter	1 tbs.	30
Milk	1 cup	30
Sesame Seeds	2 tbs.	30
Broccoli	1 stalk	25
Cauliflower	1 cup	25
Corn	1 ear	25
Peanuts	1 tbs.	20
Carrot or Onion	1 medium	20
Asparagus	5 spears	20
Mushrooms	4 large	15
Tomato or Green Pepper	1 medium	15

FOOD SOURCES OF POTASSIUM

POTASSIUM IS FOUND IN THE FOLLOWING FOODS:

Vegetable skins and peels
Fruit, especially skins
Nuts
Fish
Meat

POTASSIUM CONTENT OF FOOD (mg)

Protein Foods (4 oz)

915 Almonds
525 Halibut
420 Cashews
470 Salmon
420 White Beans
400 Hamburger
335 Beef
300 Lamb

Fruit

800 Raisins- 4 oz
600 1/2 Avocado
370 Banana
250 1/4 Cantaloupe
245 Pineapple- 1 cup
225 Orange Juice- 4 oz
200 Orange
135 1/2 Grapefruit

Vegetables

500 Potato
340 Carrot
250 Spinach- 1 cup
195 Lettuce or Cabbage- 1 cup
160 Cucumber
150 Beets- 1/2 cup
120 Onion- 1/2

FOOD SOURCES OF ZINC

MAJOR ZINC CONTAINING FOODS

- Oysters
- Vegetables
- Legumes
- Meat
- Dairy
- Seeds (esp. pumpkin seeds)
- Eggs
- Fruits
- Seafood
- Grains

RDA FOR ZINC

- Maintenance-15 mg
- Preventive-25 mg
- Pregnancy-30 mg
- Therapeutic-40-50 mg
- Breastfeeding -25 mg

ZINC CONTENT OF VARIOUS FOODS

Grains (1 cup dry)	Milligrams	Legumes (1 cup cooked)	Milligrams
Hard wheat berries	6.9	Black-eyed peas	3.0
Soft wheat berries	5.4	Green peas	2.1
Wheat bran	5.7	Garbanzo beans	2.1
Buckwheat groats	3.9	Lentils	2.1
Millet	3.6	Lima beans	1.7
Rice bran	3.1	Peanut butter (1 tbs.)	0.5
Whole wheat flour	2.9	Peanuts (1 tbs.)	0.3
White flour	0.8		
Brown rice	2.4	Vegetables (1 cup)	
Oatmeal	2.4	Spinach (cooked)	1.3
White rice	1.2	Sweet corn	0.7
Corn meal	2.1	Spinach (chopped/raw)	0.5
		Onion	0.5
Dairy		Eggs/Brewers Yeast	
Milk (1 cup)	0.9	Egg (1 egg, Zn mostly in yolk)	0.5
Ice cream (1 cup)	0.6	Brewer's yeast (1 tbs.)	0.4
Cheddar cheese (1 slice)	0.5		

FOODS CONTAINING MILK OR DAIRY

FOODS CONTAINING MILK

Cheese
Cottage cheese
Yogurt
Ice cream
Butter
Most margarines
Creamed soups and sauces
Chocolate
Pudding
Custard
Baked goods
Mashed potatoes
Some "non-dairy" products
Baked goods
Pancakes & waffles
Doughnuts
Meatloaf
Gravies
Many breads have whey
Calcium supplements may have casein
Protein powders
Check vitamins

MILK FREE

Almond milk
Hazlenut milk
Rice milk
Rice Dream (brown nut milks)
coconut milk
Rice Dream (ice cream substitute)
Try cereals with dilute fruit juice
instead of milk e.g. Apple
Oat milk
Great Harvest Bread

MAY BE LISTED ON LABEL AS THE FOLLOWING INGREDIENTS:

Casein
Caseinate
Whey
Lactalbumin sodium caseinate lactose
Cream
Non-fat milk solids calcium caseinate

FOODS TO BE AVOIDED ON A GLUTEN-FREE DIET

The following foods may contain wheat, and should be avoided on a wheat-free diet.

Beverages:

- Beer
- Cocomalt
- Gin (any drink containing grain neutral spirits)
- Malted milk
- Ovaltine
- Postum
- Whiskeys

Breads:

- Biscuits
- Cornbread
- Crackers
- Gluten bread
- Graham bread
- Muffins
- Popovers
- Pretzels
- Pumpnickel bread
- Rolls
- Rye bread
- Soy bread
- Triscuits
- White bread

Cereals:

- Bran flakes
- Cornflakes
- Crackers
- Cream of wheat
- Farina
- Grapenuts
- Krumbles
- Muffets

Cereals cont.

- Pettijohn's
- Puffed wheat
- Ralston's wheat cereal
- Pep
- Rice Krispies
- Shredded wheat
- Wheatena & other malted cereals

Flours:

- Buckwheat flour*
- Corn flour*
- Gluten flour
- Graham flour
- Flour
- Lima bean flour*
- Paten flour
- Rice flour*
- Rye flour/White flour
- Whole-wheat flour
- One should not overlook mixtures with flour in them

Miscellaneous:

- Bologna
- Bouillon cubes
- Chocolate candy
- Chocolate, except bitter chocolate and bitter cocoa
- Cooked mixed meat dishes
- Fats used for frying foods rolled in flour
- Wieners
- Fish rolled in flour
- Fowl rolled in flour
- Gravies and sauces
- Griddle cakes
- Hamburger, etc.
- Hotcakes
- Ice cream cones
- Liverwurst
- Lunch ham
- Malt products or foods containing malt
- Matzos
- Mayonnaise*

Miscellaneous cont.

- Meat rolled in flour (do not overlook meat fried in frying fats, which has been used to fry meats rolled in flour, particularly in restaurants)
- Pancake mixtures
- Some yeasts
- Synthetic pepper

Pastries and Desserts:

Cakes
Candy bars
Chocolate candy
Frozen pies
Cookies*
Waffles
Doughnuts
Wheat cakes

Wheat Products:

Bread and cracker crumbs	Wheat germ
Dumplings	Wheat starch
Hamburger mix	Durum
Macaroni	Farina
Noodles	Semolina
Rusk	Wheat bran
Spaghetti	Modified food starch
Vermicelli	Couscous
Zweiback	

* Can be homemade without wheat

HEALTHY LIFESTYLE FOR A HEALTHY GALLBLADDER

DIET

1. Increase healthy fats and oils, such as olive oil, flaxseed oil, fish oils, and coconut oil
2. High fiber, high in vegetable protein (dried beans and peas, sprouts, etc),
3. High in vegetables and fruits and whole grains; use olive or coconut oil for cooking
4. Increase fiber rich foods in the diet
5. Drink at least 8 full glasses of bottled water each day (no well water or water containing fluoride or chlorine)
6. Eat at least one serving (two cups) daily of raw/grated beets covered with the juice of one-half of a lemon and two tablespoons of raw, unprocessed flax seed oil.
7. Eat plenty of low glycemic fruits and vegetables.

AVOID THE FOLLOWING FOODS:

1. Dairy products (except butter),
2. Wheat and rye,
3. Fried foods,
4. Hydrogenated fats, partially hydrogenated fats,
5. Cold drinks,
6. Refined carbohydrates, such as white flour, pasta, sugar etc.

AVOID FOOD ALLERGIES:

1. Identify food allergies and avoid the moderate and high reaction foods or do a hypoallergenic diet

HERPES DIET

FOODS TO EMPHASIZE

Especially during active cases of Herpes

- Dairy products if not allergic to them (Cheese, Yogurt, Kefir, Cottage Cheese, Sour Cream, Milk).
- All Fish & Seafood
- Chicken
- Turkey
- Eggs
- Organ Meats
- Potatoes
- Brewers Yeast

FOODS TO BE EATEN WITH DISCRETION

These foods must be balanced with L-Lysine and foods in the first group. During active herpes, these foods must be eliminated.

- Whole grain products (Cereals, Bread, Pasta, Pancakes, Lentils, Barley and other Grains.
- Oats
- Corn
- Rice
- Peas & Beans
- Sprouts
- Chick Peas
- Carob
- Foods containing seeds (Eggplant, Tomato, Squash)
- Fruits and Berries, which contain seeds, may be eaten.
- Citrus Fruits (may irritate canker sores)

FOODS TO AVOID

- Chocolate
- Peanuts and Peanut Butter
- Sugar
- Cakes and Sweets
- Alcohol
- Coffee & Tea
- Nuts (Almonds, Brazil Nuts, Cashews, Filberts, Pecans, Walnuts)
- Seed Meal (Tahini, Sesame Butter)
- Sunflower Seeds
- Coconut
- Bleached White Flour Foods

RECOMMENDATIONS FOR A HEALTHY HEART

1. Eat a good breakfast every day.
2. Eliminate snacks between meals.
3. Remove empty and refined calories from the diet as much as possible.
4. Eliminate or drastically cut down on all visible fats (Crisco, Mazola oil, margarine, salad dressings)
5. Eliminate or reduce use of free sugar found in desserts, jams and jellies, sweetened cereals and other processed foods, or added sugar on dry cereal, in coffee or teas, etc.
6. Eliminate soft drinks (substitute fruit juices)
7. Eat plenty of cold water fish, flaxseed and other sources of omega-3 oils
8. Use unrefined cereal grains. Use brown rice instead of white rice and whole wheat bread instead of "enriched" white bread. Use cooked cereals for breakfast instead of dry cereals.
9. Don't use alcoholic beverages
10. Drink plenty of water
11. Get regular, moderate exercise.
12. Get adequate rest, fresh air, sunshine, and drink pure water.
13. Find ways to manage your stress.

RECOMMENDATIONS FOR A HEALTHY MENSTRUAL CYCLE

DIETARY RECOMMENDATIONS:

Diet plays a major role in both the relief and exacerbation of PMS symptoms. A well-balanced diet of whole foods and grains provides an excellent base. Special modifications designed to decrease the load placed on the liver's detoxification capacity are especially important. This includes decreasing foods containing exogenous estrogen and other challenges to the liver. Other important factors include stabilizing blood sugar levels, and avoiding foods known to be associated with increasing PMS symptoms.

IMPORTANT DIETARY PRINCIPLES FOR PMS INCLUDE:

- Stabilize blood sugar: Eat small, frequent meals, 5 or 6 meals a day by adding a mid-morning and mid-afternoon snack. Limit simple sugars by omitting concentrated sweets, soft drinks. Limit all forms of sugar. Consume sugar foods only with meals.
- Avoid constipation, thereby decreasing estrogen deconjugation by including fiber and water (8 glasses of water per day), whole grain breads and cereals with each meal, fresh, unprocessed vegetables
- Limit dairy intake. Substitute with rice, nut or almond milk. Dairy is constipating and also inhibits magnesium absorption.
- Include small amounts of protein with each meal such as lean meats (preferably organic) and vegetable protein sources from beans.
- Limit intake of red meats (which can contain exogenous estrogens).
- Decrease inflammation by including unsaturated fats such as flaxseed, sunflower & olive oil.
- Other therapeutic foods include garlic, onions legumes kelp, beets, carrots, apples and sesame seeds
- Limit/avoid factors that aggravate symptoms such as caffeine. Eliminate caffeine-containing foods from the diet. Avoid coffee on an empty stomach. Use decaffeinated coffees and teas or other caffeine/sugar-free beverages such as herbal teas, coffee substitutes and WATER.
- Limit chocolate (also aggravates symptoms) intake by using carob in place of chocolate or eat fresh fruits and sorbet for sweets
- Avoid alcohol and tobacco, and decrease water retention by limiting sodium. Use fresh, unprocessed foods and avoid added salt

Stress & PMS: Although emotional stress is not the sole cause of PMS symptoms, it can exacerbate them. If your metabolism is already making you hypersensitive to cyclical changes in your hormones, it is important not to add to the problem by setting up a stressful personal environment. Stress can be managed in three ways. You can choose to go to a qualified professional for counseling, or to restructure your environment to make it less stressful, or to learn relaxation techniques. Many books and tapes are available to help you learn these techniques.

Exercise & PMS: Exercise relieves PMS symptoms by increasing the amount of blood flow and oxygen to the tissues, as well as reducing anxiety and irritability. Increased muscular strength in the back and abdominal muscles can prevent low back pain and cramps. Exercise can also improve posture, which can be one of the causes of PMS. Daily exercise is preferable for general health. To improve PMS symptoms, it is important to increase the activity level of your exercise for a week or two before the onset of your period.

RECOMMENDATIONS FOR CONTROLLING BLOOD SUGAR

Do you feel tired run down or depressed for no apparent reason? In many cases, problems regulating the supply of sugar to your brain and body cells may be the cause.

All cells in the body burn the sugar glucose for energy, similar to the way engines burn gasoline. Reducing the supply of glucose to your brain cells can cause poor alertness, tiredness, difficulty concentrating, and even confusion, loss of memory and emotional depression.

Blood sugar levels can drop for various reasons, producing a variety of symptoms. One of the most common causes is the frequent use of sugar rich foods and beverages in a person's diet.

Sugar in the diet is rapidly absorbed from the gut, causing blood sugar to rise. The body tries to regulate blood sugar by holding it within a normal range, neither too high nor too low. The pancreas gland, for instance, produces insulin to bring the glucose level back down after a sugary meal or snack.

When sugar is consumed on a regular basis, the body often over compensates for the frequent rises in blood sugar -- bringing its levels down lower than it was beforehand. These lowered sugar levels make a person feel hungry, or crave more sweets. Taking that sugar rich snack provides a lift only temporarily, and leaves one feeling drained or tired again shortly afterward.

People caught in this vicious cycle may experience weakness, shakiness or trembling if they go too long without eating. In addition to mental fatigue or depression, they may have periods of light-headedness, coldness of the hands and feet, or a variety of other mental or physical symptoms. These are usually relieved temporarily by eating.

If you have experienced this type of problem, you may find relief by following a few simple dietary guidelines.

1: Eliminate sugars

- Don't eat foods or beverages containing sugar, whether added or natural. Don't eat sweet tasting foods or drink.
- Read labels: Corn syrup, corn sweetener, sugar dextrose, glucose, fructose, brown sugar, cane sugar, beet sugar, turbinado sugar, date sugar, raisin syrup, maple syrup, are all sugar, and should be avoided in even the smallest amounts.
- Avoid the use of artificial sweeteners as a substitution for sugar. Research has shown that artificial sweeteners can cause aggravated hypoglycemia (low blood sugar), loss of diabetes control and precipitation of clinical diabetes in persons who were free from disease. In diabetics, it has caused an aggravation of complications related to diabetes.
- Naturally sweet foods must also be avoided, such as: honey, fruit juice, grapes, raisins, dried fruits, jams and jellies, fruits.
- Avoid all the following: ice cream, cake, candy, carbonated beverages, pies, pastries, canned jellies, preserves, Jell-O, most cold breakfast cereals, fruit juice, punch, and drink, breakfast syrups, and similar processed food items.

Exceptions allowed: permitted a maximum of one 4-ounce selections daily from list below. Make sure the fruits are fresh and organic whenever possible.

Apple	Papaya	Orange
Melon	Blueberries	Fresh pineapple
Banana	Grapefruit	Pear
Home canned fruit with no added sweetener		

2: Eat protein-rich and/or complex carbohydrate rich foods

You will probably feel better if you include some foods rich in protein and/or starch at most meals and snacks. Unlike sugar-rich foods, these provide a "time-released" source of sugar, yielding their glucose slowly and steadily, thereby helping to avoid the "peaks and valleys" of poor blood sugar regulation.

Foods such as eggs, fish and meats are protein rich. So are some types of cheese (like cottage cheese), nuts and seeds, and combinations of various beans and grains. Starch rich foods include whole grains, cereals, and starchy vegetables, such as whole grain breads, crackers, potatoes and squash.

Eating complex carbohydrates and protein-rich foods in small to moderate amounts (e.g.: 1-4 ounces), at most meals or snacks does not mean you should avoid other types of helpful foods which you enjoy, such as vegetables.

3: Eat small frequent meals

Eat small to moderate amounts of food every few hours, particularly if your energy is low. For example, eat 3 moderate meals daily, and one, two, or three between meal smacks as desired, or as needed to keep your energy or concentration up.

SUPPLEMENTS

Many factors besides sweets in the diet influence blood sugar levels. Certain nutrients are also helpful in regulating blood sugar. The mineral chromium is particularly important for the proper utilization of insulin. Brewer's yeast, whole grains, beans and meat are the best food sources of this mineral. Dietary supplements including chromium may be indicated for some people with blood glucose concerns. Each individual is different, and health problems should be considered on an individual basis, whether or not professional treatment is required.

However, the three general guidelines we've discussed have helped many people to reclaim their lost energy and vitality.

In following these guidelines, you may feel worse for a couple of weeks before you begin to feel much better. After a few months or so, you may be able to add moderate amounts of sweets back into your diet without producing the same old symptoms. Patience and consistency bring healthy rewards.

RECOMMENDATIONS FOR DEALING WITH INCREASED THYROID ACTIVITY

1. Get plenty of exercise to use up excess thyroid hormone. Take the exercise in the cool of the day being careful not to overdo it.
2. Apply alternating hot and cold compresses to the thyroid area. Place a hot towel or face cloth over the front of the neck for 3 minutes. Then replace it with a cold towel for 1 minute. Repeat this 3 times. Do this twice daily for seven days, then once in the morning for 30 days.
3. Avoid the use of iodized salt or other high iodine sources. Iodine rich foods include all sea food, kelp, sea salt, clams, oysters, and lobsters.
4. Avoid certain foods, which contain thyroid promoting amines: sauerkraut, wine (histamine), cheese (tyramine), bananas (dopamine, serotonin).
5. Eat at least one RAW serving daily of the following foods as they contain "goitrogens", which suppress the action of the thyroid.

rutabaga	spinach	apples	walnuts
turnip	lettuce	apricots	almonds
green peppers	cauliflower	blackberries	maize
beets	broccoli	raspberries	string beans
carrots	Brussels sprouts	prunes	beans
cassava	collards	cherries	peanut skins
yams	kohlrabi	honeydew	peas
onions	kale	grapefruit	sorghum
radishes	peaches	grapes	bamboo shoots
cabbage	pears	oranges	
celery	strawberries	filberts	

6. Constipation and Diarrhea may be present as the GI tract tends to empty itself periodically and then be unresponsive.
7. Take a neutral bath, the water being neither hot nor cold.
8. Prolonged cold for 15 minutes to the thyroid gland may help suppress the activity of the gland.
9. Drink 8-12 glasses of water daily.

RECOMMENDATIONS FOR DEALING WITH LOW THYROID FUNCTION

DIETARY CHANGES:

- Eating principles: low sugar, low fat, high fiber, low cholesterol
- Calorie percentages: 70% complex carbohydrates, protein 12-15%, fat 15-18%
- Therapeutic foods: oats, kelp, seaweed, artichokes, onions, garlic, dulse, Swiss chard, turnip greens, egg yolks, wheat germ, cod roe, lecithin, sesame seed butter
- Fresh juices: carrot, celery, and/or spinach with powdered kelp or dulse
- Avoid goitrogens (which can reduce thyroid function) unless cooked: broccoli, turnips, cabbage, carrots, kale, rutabaga, soybean, spinach, peanuts, yams, radishes, millet, green peppers, beets, celery, lettuce, cauliflower, Brussels sprouts, collards, kohlrabi, peaches, pears, strawberries, apples, apricots, blackberries, raspberries, prunes, cherries, honeydew, grapefruit, grapes, oranges, peas, sorghum, bamboo shoots
- Avoid known food sensitivities

HYDROTHERAPY:

- Short cold spray to thyroid after warm bath/shower OR
- Cold mitten friction to thyroid after bath/shower
- Alternating hot and cold compresses to thyroid gland daily: Hot compresses molded to neck for 3 minutes hot followed by 30 seconds to 1 minute of cold compresses. Repeat 3-5 times
- Cold shower to middle and lower back to stimulate adrenals
- Constitutional Hydrotherapy treatment to help stimulate digestion

OTHER CONSIDERATIONS:

- Do not use an electric blanket-the body's metabolism will be slightly raised if the body must generate its own heat to keep warm
- Exercise daily to stimulate the thyroid gland and elevate the body's metabolic rate
- Improve overall digestion and assimilation of food

RECOMMENDATIONS FOR DECREASING COLDS, FLU, AND INFECTIONS

When you first feel yourself become sick there are things you can do to avoid becoming ill or to shorten the duration of the illness. These suggestions are especially helpful if you do them early on, as early on as possible. They will help you fend off Flu, colds or minor infections. Call a clinician if your symptoms become severe. These are some steps you can take to boost your immunity:

Eat Very Lightly Or Not At All - With most illnesses the appetite is diminished. This is a natural response of the body. Energy is needed to fight off the "bug" and the body does not have the energy to process food as well. Give the digestive tract a rest!

Get Rest As Soon As Possible - Many people ignore the early warning signs of illness and keep working till they "drop". You will take longer to heal if you allow the illness to get a foothold. If you feel a sore throat, headache, congestion, etc. coming on, **take it easy**. If possible, take the day off from work. This may prevent you from having to take three days off later on.

Drink Plenty Of Fluids - This standard advice works. You can clear the toxins from the "bug" out of your system with large amounts of filtered water and herb teas.

HOME HYDROTHERAPY

Hot Foot Bath

Soak feet in hot water while wrapped in a warm wool blanket. Put a cold cloth on your head and relax while you sit in a comfortable position for 10-15 minutes. Take care to avoid getting chilled after this treatment.

Throat or Chest Compress

Warm the throat or chest with a warm washcloth or hot shower. Dry the skin thoroughly and apply a thin cotton wrap (to Throat) or thin cotton T-shirt (to chest) that has been soaked in cold water and wrung out so that it is not dripping wet. Cover this with a wool scarf (for throat) or wool sweater (for chest). Go to bed this way. By morning the wrap or T-shirt will be dry. This treatment increases circulation and increases the white blood cell activity.

RECOMMENDATIONS FOR DIARRHEA

Fast for 36 hours (a night, a day, and a night). Drink plenty of liquids-dilute fruit and vegetable juices and filtered water to maintain hydration.

Foods to avoid:

- Milk and milk products: butter, cheese, ice cream, etc.
- Sweetened fruit juices
- Sugar, including honey
- High protein foods: meat, eggs, nuts, seeds
- Fats: especially fried or greasy food
- Any gluten containing grains: wheat, rye, barley, oats
- Artificial sweeteners: mannitol, sorbitol, aspartame

Foods to eat:

- High fiber diet
- Ripe mashed bananas
- Rice bran
- Raw foods
- Yogurt (unsweetened)
- Oat bran
- Carrot soup
- Rice or rice cereal
- Toast
- Acidophilus
- Papaya juice
- Applesauce or grated green apples
- Soured products: yogurt, buttermilk, kefir, etc. Barley water: Use 1/2 cup barley in 2 cups water. Simmer for 20-30 minutes. Strain and take the water.
- Carob and amaranth powder (rich in pectin): Mix 1 tablespoon carob or amaranth powder in 1 cup of applesauce or water.
- Carrot and cabbage juice
- Powdered cinnamon: Use 1/4 teaspoon in applesauce or as a tea
- Green drink: Celery or watercress with Cabbage or parsley. Blend together with a little water. Strain. Add a squeeze of fresh lemon juice.
- Sauerkraut and tomato juice: Use equal parts. Take 1 tablespoon of each every hour or 2-4 ounces for each stool passed.

RECOMMENDATIONS FOR KEEPING YOUR LIVER HEALTHY

NUTRITION

Food to Include:

- Dark green leafy vegetables, beets, endive, cucumbers, garlic, onions, artichoke, sprouted seeds, grains, tahini, vegetable products (raw or juiced only).
- Include plenty of fiber rich foods
- Liquid (at least 6-8 cups a day),
- Any type of green juice or drink (can be mixed with some carrot juice).
- Liquid chlorophyll.

Foods to Exclude:

- All processed and refined foods, salt, strong spices, sugar, alcohol, drugs, synthetic vitamins, fats/oils, non-organic meats and dairy (due to hormones), coffee, heavy starches (potatoes, rice, bread, cereal), heavy proteins, chicken, eggs, milk or milk products.
- Condiments except lemon juice and a little salt.
- Avoid hydrogenated oils
- Avoid chemical additives

JUICE/TEA

- Red beet (tops and roots) mixed with carrot (1/2 cup) once a day.
- Dandelion root tea: steep 1 teaspoon in 1 pint boiling water for 20 minutes. Take once a day.
- Lemon juice and hot water
- Grape, radish, papaya and carrot juice

OTHER

- Deep breathing, 30 seconds each time, 10 times a day.
- Brisk walk or other exercises 20-30 minutes a day.
- Drink clean filtered water (at least 2 quarts a day).
- Do not use aluminum cookware.
- Castor oil packs
- Alternating hot and cold spray to the liver area
- Regular sauna

RECOMMENDATIONS FOR THE PROSTATE

DIETARY CONSIDERATIONS

- Eat a diet rich in raw vegetables, fruit
- Bee pollen
- Fasting, and bowel/ colon cleansing are often useful
- Fluid intake should be restricted after dinner to reduce nocturia (especially beverages with diuretic activity, such as alcohol, coffee, tea, and colas)
- Avoid drinking beer, which increases prolactin level which increases BPH
- Increase essential fatty acid consumption. They act as nutritional precursors to protective prostaglandins
- A vegetarian diet helps maintain normal levels of testosterone, estrogen and prolactin
- Avoid saturated animal fat (beef, whole-milk, lard)
- Avoid all sources and forms of hydrogenated fatty acids
- Increase protective carotene-containing foods like green and yellow vegetables, fruits
- Eat foods containing more zinc (nuts - especially walnuts, pumpkin seeds, safflower seeds, and oysters)
- Remove all chemicals and pesticides from diet (eat organic food)

ELIMINATE THE FOLLOWING

Caffeine (Soda pop, coffee, tea and chocolate)

Dairy products

Alcohol

Spicy food

MISCELLANEOUS THERAPIES:

- Cold sitz baths - sit in tub of water 1/2 inch below navel with a temperature of 55-75° F (12-24°C) with feet in a tub of water 105-111°F (40- 43°C) for 3-8 minutes
- Alternating warm and cool enemas
- Frequent sex - daily ejaculations, but avoid prolonged intercourse
- Frequent urinary voiding
- Avoid prolonged sitting or standing
- Do some form of daily exercise, including Kegal exercise
- Reduce stress (stress increases prolactin levels)
- If overweight, you must lose some weight. Increased abdominal weight causes increased pressure into the pelvic cavity, which puts more stress on the bladder and prostate

RECOMMENDATIONS FOR STRENGTHENING YOUR KIDNEYS

1. **Drink** 6-8 glasses of filtered, spring or bottled **water** daily.
2. Use very little **salt** in your cooking.
3. **Walk barefoot** in the early morning on dew-covered grass for 10 minutes. This stimulates the kidney meridian on the sole of the foot.
4. **Take saunas** 3-4 times a week. This helps improve blood circulation. Stay in the sauna until you are sweating which aids elimination through the skin instead of the kidney.
5. **Take warm salt baths.** Add 2 pounds of any water softening salt (containing sodium chloride) to 24 gallons of warm water in a bathtub. Lower your body into the bath so the water reaches to your neck and stay in the water for 20-30 minutes. If you have a weak heart, don't lower yourself deeper than the level of your heart. Try this on a nightly basis before going to bed. It is important to have the correct concentration of salt/water to create the proper osmotic gradient to help the kidneys eliminate wastes.
6. Ensure that your diet contains an abundant quantity of **minerals**. A diet high in fresh foods, especially fresh vegetables and fruits, contains generous proportions of available minerals.