

“Diet is crucial to health maintenance...”

General Dietary Program Goals to reduce inflammation

Reduce inflammatory foods and you will feel better faster!

- **NO sugar**; fruit, fruit juice, cakes, candy, soda, sweets, stevia, artificial sweeteners or honey
- **No GLUTEN**. NO flour or wheat products
- No corn or corn products
- Reduce grains; (oats, quinoa, rice, barley, buckwheat, spelt, rye, etc.) to 2-4 x week maximum although less servings per week would be better
- Lemon Juice is fine any time
- No dairy for now, Plain yogurt is okay
- Red meat 3-4, 6 oz. servings per week maximum
- No poultry
- Eggs(2-3 eggs per meal), 2-3 x week
- Low caffeine but not decaffeinated products, 2 cups of coffee or tea per day, no chocolate (sugar)
- Naturally occurring caffeine-free products are fine like Rubois or Red Tea and most herbal teas
- Eat plenty of wild caught medium sized fish (wild caught salmon/trout/flounder/snapper/snakehead are best) and shellfish
- Avoid deep-fried foods as much as possible
- No soy oil, corn oil, vegetable oil, rapeseed oil, peanut oil, or Crisco shortening
- Olive oil, Avocado oil, Grape seed oil, cold-pressed Flax Seed oil, butter and Coconut oil are OKAY to use and eat. But keep it to low amounts like 1-2 table spoons per meal. Avocado, Grape seed (*NOT RAPESEED*) and coconut oils are the best to fry in or cook with as they can handle the heat better than Olive or Flax seed oils.
- Drink water daily. Half gallon, 64 oz. (four, 16 oz. bottles) to 3 quarts, 96 oz. (six, 16 oz. bottles) per day. Try to finish by 7 pm
- **Eat as many different types of green veggies as you can every day**
- *Popcorn for snacks is okay. Avoid pre-bagged, flavored microwave popcorn. Air popping it yourself is the best way to make it.

Your own hand is your personalized measuring cup. Use the palm to figure out what a serving looks like for your body.

- 1 palmful(not fingers) is a serving of protein
 - 1 ½ palmfuls of greens is a serving of veggies
 - ½ palmful of starch is your meal serving for simple carbs
- I. Use a whole-house water filter to purify water for washing clothes, showering and cooking/drinking if possible, if not use one on the shower head and on all drinking taps.
 - II. Read Sources of Heavy Metals in the environment handout we will give you Read the booklet, “BE HEALTHY NOW” from Dr. D