



Five Reasons to Be On A Healing Diet

- High Cholesterol and Triglycerides Levels- if you are not a fat burner but a sugar burner you will have higher cholesterol levels.
- High Glucose/Insulin/Leptin Levels – inflammation causes these receptors on your cells to burn out. Remove all sugar from your diet to heal them.
- High Blood Pressure- inflammation causes high blood pressure in your arteries.
- Neurotoxicity- determined by a NeuroToxic Questionnaire and/or a Visual Contrast Study. Available in our office or on line at www.vcs.com
- Do you feel better on a Higher Protein or High Fat Diet?

If you answered yes to any of these questions, chances are that you have a high amount of inflammation and would benefit from a Healing Diet.

Healing Diet Basic Guidelines

If the food had been altered by man, don't eat it.

If you can't read it, don't eat it.

Avoid:

Man-made fats such as hydrogenated oils.

REPLACE & GRADUALLY INCREASE GOOD FATS- Use Quality Oils They Are Worth the Price. Check heat recommendations for cooking.

Most preservatives and chemical ExcitoToxins in foods.

Genetically Modified Foods: GMO's

Refined Grains (white bread, white rice, white pasta)

Pasteurized and Homogenized Dairy

Grain Fed Meats (beef, chicken and lamb)

Addictive Foods:

Alcohol

Coffee

White Breads and Sugars

Junk Foods- ExcitoToxins

Fat Guidelines:

Very High Heat Oils: 400 degrees and up

Almond -naturally refined only

Avocado

Coconut

Grape seed oil- expeller pressed- naturally refined

Macadamia

Peanut – high oleic- naturally refined

Safflower – high oleic-expeller pressed – naturally refined

Sesame – naturally refined

Sunflower – high oleic- expeller pressed-naturally refined

Rice or Rice Bran

MEDIUM HEAT OILS- 350-400 degrees

Butter or ghee

Olive -extra virgin- naturally refined

Peanut- naturally refined

Walnut- naturally refined

RAW TO LOW HEAT: Most Unrefined Oils

Hemp

Fish Oil – trusted sources only

Flaxseed

Olive Oil

Safflower and Sesame

POPULAR FATS AND OILS TO AVOID:

Canola

Vegetable Oils

Margarine

MYTH BUSTERS

Fat Doesn't make you fat. It is the inability to burn fat that makes you fat. Leptin is a hormone that regulates fat burning. Damaged Leptin receptors from inflammation causes weight gain.

Butter is a Good Fat. Butter contains arachidonic acid which is important for cell and brain function. CLA in butter helps burn fat.

It takes 102 days to completely remove Trans-Fats from your body. Some negative effects of trans fats are:

Decreased nerve transmission

Decreased Focus and increases hyperactivity

Decreased immune system

Increased risk of cancer, diabetes and heart disease.

EAT BETTER MEATS

GRASS FED

GRASS FINISHED

FREE RANGE

IT'S not the meat but the type of meat; what's been done to it, that makes you sick. Eat the best quality in a lower priced cut to get good meat at an affordable price.

Remove all processed grains and refined sugars from your diet.

**Eat fruits and vegetables that have a low glycemic rating.
(sugar count)**

Hidden Sources of Sugar:

Lunch meats

Pizza

Sauces
Breads
Soups
Crackers
Fruit drinks
Canned foods
Yogurt
Ketchup
Mayonnaise

**Sugar is addictive and may need to be decreased;
especially if on a sugar lowering drug.
Refined Sugar lowers your immune system.**

**The average American consumer averages 120 pounds of
sugar per year Compared to only 5 pounds in the early
1900's. Sugar is in virtually every boxed food, cereal,
cracker. 100% Juice contains more sugar than soda.**

**Cravings go away in about 5 days aiding in insulin and
leptin receptor regeneration- This is Fixing Your Cells!**

Healthy Protein:

Cold water fish- salmon, Mahi-Mahi, Mackerel, Sardines
Eggs- eat the yoke
Raw Cheeses
Cottage Cheese

Ricotta Cheese

Vitol Egg Protein

Beef

Game – pheasant, duck, goose, grouse

Whey Protein- Raw Grass Fed

Venison

Chicken

Turkey

Lamb

Additional Fats:

Cod Liver Oil

Olives

Avocado

Grapeseed Vegenaize

Full Fat Coconut Milk, spread

Full Fat Raw Milk

Full Fat Plain Yogurt

Coconut/flakes

Hemp Seed Oil

Almond Butter

Valencia Peanut Butter

Cashew Butter

Eat High Fiber Vegetables

**Starchy Grains in Moderation after inflammation is gone
and weight is no longer an issue.**

Quinoa

Ancient Grains

Brown Rice

Ezekiel Bread (sprouted grain)

Are a few starchy choices. Low or Moderate amounts depending upon need to lose weight.

Prepare weekly menus/meals with lots of variety to get the best amount of nutrients in your diet.

Make Meals Ahead of Time.

Make Leftovers

Find 10 different recipes you like and rotate them for variety.

Initially you may need to eat more meals per day while your body adjusts to feel better. The less sugar in the diet the more cellular healing will occur.

If you suffer from ADD, Autism, Cancer, Chronic Fatigue, Fibromyalgia, Diabetes, or Heart Disease you need to be on a NO Sugar Diet, Increasing Fat Diet, Following the guidelines. This will help lower inflammation, aid in Detoxification and Hormone Regulation.

