

Fundamental Eating System

The essential purposes of your Fundamental Diet are quite simple but are vitally important:

1. To insure that each patient obtains adequate nutrient intake. This is purpose of blood testing and nutritional testing.
2. To help your patients achieve **glycemic control** – since aberrations in sugar metabolism are a causative factor in many disease entities including heart disease, diabetes, cancer, etc.
3. To avoid the highly toxic components of the common diet -- most particularly vegetable oils and aspartame.

Keystone of your Fundamental Diet

The keystone of your fundamental diet (and the aspect that assures that you achieve glycemic control) involves eating three meals daily, each of which contains several ounces of meat, fish, poultry, eggs, or dairy – with a prescribed quantity of allowable carbohydrates in proper proportion to the animal protein consumed.

Contrary to popular belief the following are irrefutably the proven facts supported by science and clinical research.

- All polyunsaturated oils (soybean, canola, corn, safflower, and cottonseed oils) are damaging. They accelerate the aging process; they particularly accelerate aging of the brain and skin (with the production of lipofuscin); They destroy liver function; They destroy thyroid function; They intensify the damaging effects of excess estrogen and of excess cortisol and of insulin resistance.
- Saturated fats (including cholesterol) are some of our most important nutrients. They are essential for the development of infants (particularly the infant's brain), and for hormone production, and for the preservation of vitality throughout life, and for slowing down the aging process.
- Low cholesterol levels are associated with more problems than high cholesterol levels.
- Insulin resistance and elevated insulin levels are strongly correlated with both elevated blood fats and CVD (and, by the way, a predisposition to cancer and many other degenerative diseases).
- It is insufficient saturated fat in the diet and excess carbohydrates (particularly sugar) in the diet that predispose to CVD and other pathologies..

Proteins and Optimal Health

(An ounce of meat or fish has approximately 7 grams of protein)

Your ideal amount protein should be ?? ounces of protein or ?? grams of grams every day.

You should divide your protein over three meals. This means you should eat between **3.5 to 4.0 ounces of protein** with each of your meals. Your protein should be made up of the following high quality proteins:

- Hormone-free, antibiotic-free meats (beef, lamb, veal, etc)
- Free range eggs (hormone free) -2 eggs = 3 ounces of protein
- Poultry (hormone and anti-biotic free)
- Fish (wild is preferred)
- Cheese

Best cooking instructions:

1. Broil at high temperatures for a very short period of time
2. Cook at very low temperatures for a very long period of time (such as a crock pot or in an oven at very low temperatures.

WARNING: Overcooking meats destroys much of its nutritional value. Many common and most severe degenerative diseases are directly associated with a lifetime of eating over-cooked protein and over-cooked fat.

Cook your meats, fish and poultry as little as possible. Now this does not mean that you want to eat these proteins un-cooked but rather not eat them over-cooked. For instance, if you are used to eating your meat medium try eating it medium rare.

Carbohydrates and Optimal Health

Carb intake level is the key factor in your weight loss success or failure, and **excessive** carb consumption is the most destructive behavior one can do to destroy their health and reduce their length of life.

The follow will serve as a guide in understand carbohydrate consumption and its impact on your health:

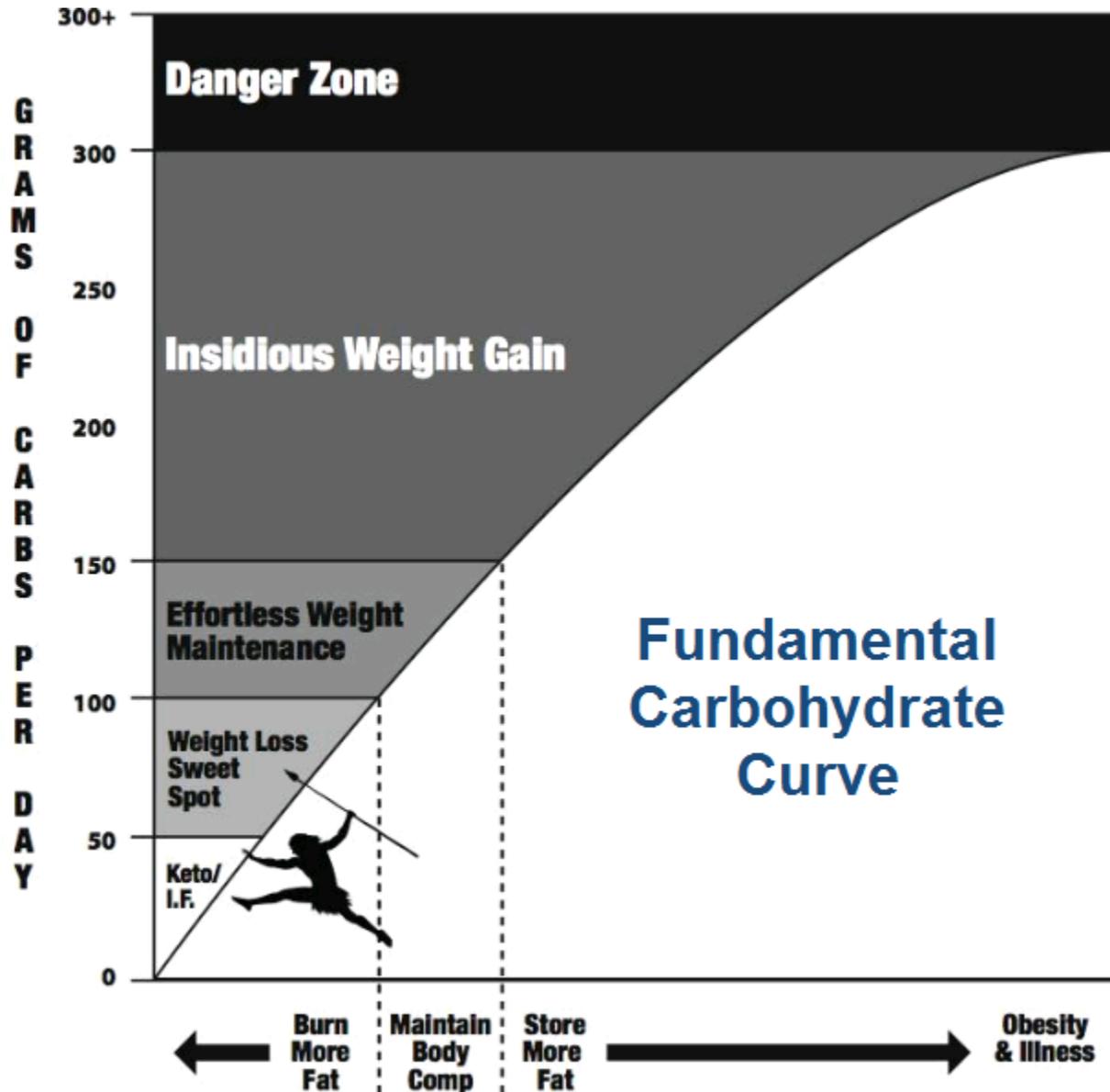
0 to 50 grams per day - Not recommended as a long term practice for most people, however, it is acceptable for occasional acceleration of aggressive weight loss. This level of carbohydrate consumption should be **under the guidance of your physician.**

50-100 grams per day- This is commonly called the “**sweet spot**” for effortless weight loss and optimal health. The level of carb consumption minimizes insulin production and accelerates fat metabolism

100 to 150 grams per day- This level of carb consumption may still provide a degree of weight loss but is most commonly used for maintaining your present weight.

150 to 300 grams per day- This level of carb consumption prevents efficient fat metabolism and has been found to contribute to widespread of health problems. Contrary to what the media and well meaning diet books teach, the continuous insulin-stimulating effects of this level of carbs has been shown to be disastrous to one’s health and well-being.

300 or more grams per day- This level of carb consumption is considering the **“Danger Zone”** and is the primary catalyst for obesity, type II diabetes, heart disease and a host of other debilitating diseases.



The total amount of carbohydrates you should eat each day is **100 grams**. This should be divided into three meals. Meaning each meal eat 30 to 35 grams of carbohydrates. The following are approved carbohydrates:

Food	Carbohydrate grams
**Grain bread, gluten free bread	16 grams per slice
**Rice	18 grams per ½ cup
Pasta- gluten free, wheat	37 grams per cup

Carrots (cooked)	10 grams per cup
Corn	41 grams per cup
Potato	22 grams per medium size
Peas	13 grams per cup
Lima beans/lentil beans and other beans	21 grams per ½ cup
Squash	23 grams per cup
Beets	12 grams per cup
**Apple (medium)	18 grams
Apple sauce (no sugar)	28 ½ grams per ½ cup
Banana (medium)	23 grams
Cantaloupe (one slice)	9 grams
Watermelon (one slice)	29 grams
**Raspberries	19 grams per cup
**Blueberries	17 grams per cup
**Cherries	26 grams per cup
Grapes	30 grams per cup
Orange (medium)	18 grams
**Strawberries	12 grams per cup
Raisins	62 grams per ½ cup
Asparagus	0 grams per cup
Green Beans	0 grams per cup
Broccoli	0 grams per cup
Cabbage	0 grams per cup
Cauliflower	0 grams per cup
Spinach	0 grams per cup
Zucchini	0 grams per cup
Peppers	0 grams per cup
Lettuces	0 grams per cup
Celery	0 grams per cup
Raw carrots	0 grams per cup
Tomato	0 grams per cup

**** Outstanding choices**

Importance of Fats

Contrary to popular belief and due to media propaganda, fats are “essential” for health. In fact, quality fats should be the staple of healthy eating for losing fat and improving fitness. The issue of fats is one of differentiation and not simply fats alone. Understanding the difference between what are good (healthy) fats and what are bad fats is of major importance

The following are approved (healthy) fats:

- Butter
- Olive oil
- Coconut oil
- Macadamia oil
- Nuts (almonds, walnuts, macadamias)
- Nut butters (almond, cashew, sunflower) Avoid peanut butter

- Avocado
- Olives
- Dark chocolate (70 percent or greater cocoa content)

Toxic fats include the following:

- Margarine
- All fried foods
- Soy oil
- Corn oil
- Canola Oil
- Sunflower oil
- Safflower oil
- Cottonseed oil
- Partially Hydrogenated fats
- Trans Fats

WARNING: Under no circumstances should you eat dessert or other starchy food on top of a meal that was otherwise properly proportioned.

Guiltless Dessert Option: If on occasion you want to indulge in a high sugar dessert, you simply need to limit your other carbohydrates at that particular meal. For example, if you are going to have a piece of birthday cake, then you would not eat potatoes, pasta, corn or bread at that meal

Snacking: If you must snack then the following are some healthy options:

- Almonds
- Avocado
- Olives
- Raw or cooked vegetables with olive oil and/or butter
- Cheese, plain yogurt, cottage cheese with fresh fruit (just be certain to maintain the proper of protein to carbohydrates)
- Celery with nut butter
- Fresh berries (blueberries, raspberries, strawberries) with one tablespoon of heavy cream
- Trail mix (raw nuts, seeds with chocolate chips (70 percent cocoa)
- Hard boiled egg
- Canned fish (sardines)

Approved beverages: Spring water

Toxic Foods (MUST be strictly avoided):

- Processed commercial salad dressing
- Mayonnaise
- Margarine
- Process vegetable oils: Soy oil, corn oil, safflower oil and cottonseed oil
- Nutra-Sweet
- Fructose

The following should be kept to an absolute minimum in your diet:

- Fruit Juices
- Fried Foods
- Sugar

The Fundamental Eating Program Expanded

1. Must Eat 3 good meals daily (That's 21 meals per week)
2. Each of your meals **MUST** include at least one the following foods: Hormone-free beef, Lamb, Veal, fish, poultry, cheese, eggs (organic/hormone-free, cottage cheese, and yogurt (no sugar))
3. Each of your 21 meals **MUST** include the recommended amount of protein listed above based on your lean muscle weight and amount of bodyfat.
4. Each of the your 21 meals **MUST** include 2-3 servings of green/red/yellow vegetables (Artichoke, asparagus, beets, broccoli, Brussels sprouts, cabbage, carrots, cauliflower, celery, cucumber, celery root, eggplant, garlic, beets, greens, bok choy, collard dandelion, kale, mustard greens, parsley, spinach, turnips, watercress, kohlrabi, okra, parsnips, pea pods, radishes, rutabaga, string beans, summer squash zucchini. and a 1 serving of brown rice, sweet potatoes, whole grain bread

It is important to strictly adhere to the amount of carbohydrates your body needs to stay healthy and lose unwanted fat.

5. In the unlikely event you find yourself consistently hungry, then add a snack mid- way through the day of the following: avocado, raw vegetables, almonds, sunflower seeds, cheese, and yogurt with some fruit.
6. Must drink 8 glasses of Spring Water/Filtered Water (NO TAP WATER) every day
7. Do not overcook your meats. Either broil your meats at a high temperature for a short time or use a crock-pot at a low temperature for a long period of time
8. DO NOT heat foods in PLASTIC.. Use glass to store your foods
9. Avoid fats and oils that have been processed at high temperature
10. DO NOT USE margarine.. use instead butter (organic preferred)
11. DO NOT USE Nutra-Sweet
12. Keep the following the foods to the absolute minimum: **SUGAR, FRIED FOODS AND JUICES**
13. No coffee, tea, chocolate and cola
14. Do not eat meals consisting ONLY of starches such as pasta and large rice dishes. Each meal must be glycemicly balanced.. meaning you must eat some protein (see above) with every meal. Three meals a day is mandatory with two small snacks.
15. The following fruits may be eaten: lemon, limes, apple unsweetened applesauce, blueberries, blackberries, strawberries (fresh or frozen), plum, peach, orange, kiwi, grapefruit, cherries, tangerines

It is important to strictly adhere to the amount of carbohydrates your body needs to stay healthy and lose unwanted fat.

16. You may eat almonds, cashews, pumpkin seeds and sunflower seeds with a piece of fruit for dessert
17. Keep the following foods to a minimum eat tomatoes, onions and peppers (green, red and yellow)
18. Ask for help as often as you need..

The Grocery List for Healthy Eating

Eating or the thought of eating takes up a fair amount of time in most people's day. Not only are we thinking about what will I eat for dinner, lunch etc., but many daydream about a favorite food, dessert or drink.

Eating has become a favorite past-time for the average man or woman. It has only been a little under fifty years since going out to eat was more a major event for most families. With avalanche of restaurants and grocery stores, food is everywhere and convenient to say the least.

We have become a slave to the mass amount of advertisements portraying food as more than what it really is and that is fuel to support our body's optimal function. Don't get me wrong, the occasional indulgence of some of your favorite foods is fine unless you are suffering with a health condition that mandates you refrain until you are well.

The following is directed to the many people who want to get well and not have to make eating a full time job. Working with many patients who must change their eating habits and find it difficult to say the least, the following information should be a real blessing.

If you follow the suggestions I recommend, you will be well on your way to achieving optimal health and of course experience less frustration and stress.

The first item on the agenda is making a **grocery list of quality - health-promoting foods**. I would also recommend you box up any foods that are unhealthy and tempting for the weak at heart and give them away to a homeless shelter. If you are worried that you will be passing your unhealthy foods to the poor unfortunates, realize it is better than eating out of a garbage can.

Having food around that keeps looking at you begging to be eaten is dangerous and likely to sabotage your best efforts at improving your nutritional habits.

The Grocery List

Proteins: Organic Eggs, Antibiotic-Free Chicken, Salmon, Orange Roughy, Hormone Free/Steroid Free Beef, Lamb Chops, ground turkey, Tuna In Water, Sword Fish, Rice Protein Powder, Vegetable Protein Dairy Products: Sweet Butter, Feta, Yogurt (with active cultures) with no sugar. May add ALL fruit jelly (NO sugar)

Oils: Olive Oil, Udo's Choice- Perfected Oil Blend

Healthy Fats: Avocados, coconut

Nuts and seeds: Almonds, cashews, pumpkin seeds, sunflower seeds, sesame seeds, nut butters (almond, cashew).

Vegetables: Cabbage, celery, cucumbers, romaine lettuce (DO NOT EAT ICEBURG), kale, collards, broccoli, spinach, zucchini, asparagus, cauliflower, brussel sprouts, artichoke, black eyed peas, green beans, escarole, mustard greens, onions, turnip greens, water chestnuts, okra, radishes, snow peas, scallions, summer yellow squash only.

Beans: garbanzo, lima, black beans, kidney (dried not canned), lentils, pinto, navy
Fruit: lemon, limes, apple unsweetened applesauce, blueberries, blackberries, strawberries (fresh or frozen), plum, peach, orange, kiwi, grapefruit, cherries, tangerines

Breads: Gluten -Free breads, Ezekiel 4.9 whole grain sprouted bread, Rice bread, millet bread, corn tortillas. May eat corn tortillas and maybe rice bread if not reactive, however, it is my recommendation that you rotate the rice and corn every five to seven days.

Grains: Basmiti Rice, Pearl Barley, Bulgar

Starches: Sweet Potatoes

Liquids: Filtered, Spring Water, Unsweetened apple

Condiments: Canola mayonnaise, Dijon mustard, fresh garlic, fresh ginger, unsweetened apple butter, all-fruit jams.

Miscellaneous: Pacific almond milk, rice milk

The above foods make up a healthy pantry and should be followed as close as possible for improved health and wellness.

Balance Meals

The Zone principle of using 40% carbohydrate, 30% protein and 30% fat is generally valid. This means one should avoid eating any one food group, especially carbohydrates, by itself. If you are eating vegetables or fruits one should have a protein and fat with it so the meal will not distress your biochemistry. Eating sugar or grains alone or drinking soda or juice is about one of the worst things you can do to disrupt your insulin levels. Please always try to avoid this.

MAKE A MENU!

Most people have great difficulty implementing these suggestions unless they sit down once a week (at a time when you are well rested, fresh and relaxed) and plan every meal for the week ahead.

A good rule for working people is to make your lunch for the next day BEFORE you go to bed at night and to know what you will be eating for dinner before you leave the house in the morning, so you can go to the store or take the appropriate items out of the freezer.

This is STRONGLY advised.

Those who don't do this will more easily slip back into their old more comfortable and less healthy eating habits.

Ten Recipes.

All you need to do is find at least **ten recipes** that you like. That is all that most families use. It will not take long at all to find them. Just be creative and experiment! It is vitally important to

have a variety. Do **NOT** rotate between two or three meals or you will burn out and stop the program. Variety is the key.

Recommended Breakfast, Lunch, Dinner and Snacks

Breakfast

A: 2 eggs with wholegrain toast/teaspoon sweet butter

B: Cup of yogurt with fresh fruit and tablespoon of flax oil and some almonds

C: Leftovers from dinner: chicken and vegetables

D: Rice Protein with 1/2 cup of almond milk/rice milk and 1/2 glass of filtered water and half banana/strawberry etc. and one tablespoon of flax

E: Piece of fruit and nuts

Snack

Half piece of fruit and 4-5 almonds

Half cup of yogurt favorite approved fruit and 2-3 nuts

Lunch

Large raw salad with approved foods listed above, tuna with canola oil, chicken, turkey, hard boiled eggs. Use olive oil, apple cider vinegar, lemon, 4-5 almonds, or 2-3 small pieces of avocado. May eat with 1 piece of approved grain/bread

Whole grain bread with tuna, egg salad with approved mayo/mustard. Top sandwich with cucumbers, and other approved vegetables.

Snack

Same as above

Dinner

Choice of approved meat (portion should be approximately size of your hand), 2-3 cups of favorite vegetables and small portion of grain/starch

Snack

A balanced snack (which includes a portion of approved protein and approved vegetable/fruit) should be eaten 30 minutes before bedtime. Do not skip this important meal