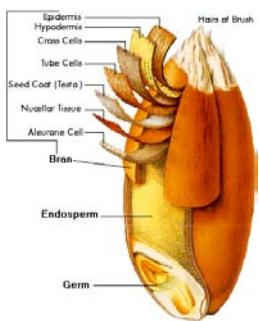


1. **Begin your shopping sprees in the produce aisle:** Try to limit, if not completely eliminate your consumption of packaged foods. Packaged foods are high in saturated fat, sugars and preservatives.
2. **Greatly reduce your soda consumption:** Opt for natural juices that are not made from concentrate. An ideal fruit juice: 1. contains "100% fruit juice", 2. contains no additives, 3. includes puree or pulp, 4. is "USDA organic". Try out herbal tea substitutes: purchase and steep tea bags that contain the tea only. Green, white, chamomile are good teas to start with. You can consume these hot or iced. Be careful of bottled teas, these are often high in sugars, preservatives and contain little actual tea.
3. **Refrain from putting ice in drinks, especially when drinking during meals:** Your digestive system maintains a high temperature to breakdown and process food. Think of your stomach as a 100-degree soup. Any consumption of cold drinks or food decreases that temperature and your digestive system has to work that much harder to bring it back to 100 degrees.
4. **Eat 4-6 small meals throughout the day:** Eating smaller, more frequent meals helps to strengthen digestion and balance out appetite and cravings.
5. **Eat "clean" eggs, meats and fish:** Deep-sea, wild-caught fish, and grass-fed, non-antibiotic cattle, cage-free-organic eggs.
6. **Treat meat as a side item, instead of the main item of a meal:** A good portion size of protein is the *size and thickness* of your palm.
7. **Eating the whole grain:** This ***does not mean*** consuming whole-grain cereals or whole-grain breads. This means eating grains that are intact in their whole form. There are vital nutrients lost in the processing and bleaching of grains, which greatly reduces our food's nutritional value, even "healthy breads" can contain little nutritional value. ***As much as possible eat grains in their whole form. Quinoa, Millet, Steelcut oats, etc.***



8. **Eat good fats at breakfast:** Bile that is produced by the Liver and stored in the Gallbladder has a "shelf life" of about 8hrs, by which time it begins to "turn". **"Break the fast"** and encourage the expulsion of bile from the Gallbladder by eating some fat in the morning.
 - a. Try steelcut oats with *Flaxseed oil and walnuts*. Use agave nectar to sweeten.
 - b. Low-temperature fried eggs with *olive oil*, unrefined sea salt and pepper.

9. **Increase your good fat consumption in general:** Good fats-HDLs (mono- and poly-unsaturated – liquid at fridge temp., these are vegetable and fish oils). These are important for health! Every cell membrane is comprised of fat; your brain is composed of fatty acids. Did you know that your body utilizes the fat you ingest for energy before sugars or proteins? Furthermore, fat in your diet give you the sense of being satiated; and good fats will ensure healthy cholesterol levels. Good fats include: fish oil, flaxseed oil, olive oil, safflower oil, sunflower seed oil, canola (rapeseed) oil, corn oil, cottonseed oil, soybean oil, sesame oil, wheat germ oil, linseed oil, peanut oil.

Reduce and monitor your consumption of LDLs: These are all margarine, butter, shortening, lard, cocoa butter, palm oil. *Many packaged products contain deceptively high levels of hydrogenated LDLs!*

10. **Avoid Eating after the sun goes down:** Digestion efficacy naturally tapers off as the sun sets. To avoid bloating, acid reflux, having dreams/nightmares and waking during the night, eat all your largest meals before sunset and try to stick to snacking on fruit if you must eat. Weight loss patients must follow this rule as closely as possible for success.

11. **Throw out all your white salt!** Salt that appears white has been processed. Even if it is called all-natural sea salt, companies have process out it's naturally occurring minerals and bleached it from its natural color. ***Unrefined, naturally iodized sea salt that is grayish or pinkish in color*** contains valuable trace minerals to support health and electrolyte balance, especially, health of the thyroid gland. Find these salts at a health food store. Some brands that we recommend are: "Real Salt"; "Celtic Sea salt".

12. **Drink lots of clean water:** The chemicals found in tap water affect our health. Fluoride especially affects the function of the thyroid gland. As often as possible purchase fresh spring water, or use water filters in your home, but be aware that most water filtration systems do not filter out fluoride. In general we should consume about half of our body weight in ounces, for example if you weigh 150 lbs, you should drink approximately 75 oz of water a day (more for more active individuals).

13. **Reduce pasteurized dairy intake:** Non-pasteurized, antibiotic-free dairy contains active enzymes that assists humans in the breakdown of its fatty acid chains. In a perfect world we would consume non-pasteurized, antibiotic-free dairy from the cow who lives in our backyard; however the reality is that the quality of dairy that we purchase at our local grocery store, even the organic kind, lacks those enzymes and thusly, many of us have intolerances to dairy. Furthermore, Dairy is high in saturated fat and has inflammatory properties that can aggravate pain patterns.

The live culture in yogurt helps our bodies process it, but be careful which kinds you buy! "Fage" brand yogurt is a brand that we recommend, which contains few preservatives, sugars and dyes.

14. **But what about calcium?** Dairy by far has the most calcium; the problem is that with our current available dairy sources the health risks outweigh the benefits in most cases. Some other foods containing in calcium include: certain seafoods, such as salmon, sardines (with bones), clams and oysters, turnips, mustard greens, broccoli, cauliflower, kale, legumes, and dried fruit. Most

individuals should also take qualified calcium supplementation. Standard Process carries high-quality calcium supplements available at Orlando Sports Chiropractic.

15. **Eat quality salads:** The nutritional value of iceberg and to some degree romaine lettuce is lacking in comparison to mixed field greens, baby greens, kale, mustard greens and the like. If you dislike darker leafed lettuce, begin by mixing it with iceberg or romaine and you will develop a taste for the darker lettuce. Try several different kinds and brands and learn to make your own dressings to help the taste. Several recipes are available at <http://www.standardprocess.com/display/2688.spi>
16. **Consume predominantly low-glycemic foods:** These foods are low in sugar and help to regulate excessive carbohydrate consumption. The glycemic index is provided for you on our website: www.orlandosportschiropractic.com under the “For Patients” tab, and in the “Nutritional Handouts” section.

Please remember that these Basic Nutritional Guidelines are designed for healthy adults not suffering from more complex health conditions. Your healthcare provider will provide a more detailed list dietary recommendation based on your specific conditions and health needs. The materials and content contained on this form are for general holistic nutrition information only to help support and enhance the body's own healing properties and are not intended to be a substitute for professional medical advice, diagnosis or treatment for any medical condition. You should not rely exclusively on information provided on this or any other nutritional guidelines for your health needs. All specific medical questions should be presented to the appropriate medical health care provider.