

ADVANCED PLAN

The FIVE FACTORS to Determine if the Advanced Diet Plan is Right for *You*:

- High Triglycerides
- High cholesterol
- High blood pressure
- High blood sugar
- Low blood sugar
- High insulin
- High Leptin
- Toxicity
- Inflammatory Disease
- Allergies
- Arthritis
- Autism Spectrum Disorders
- Cancer
- Chronic Fatigue
- Fibromyalgia
- Heart disease
- Digestive dysfunction
- Obesity
- Genetically intolerant to grains
- ADD/ADHD
- Mental/Emotional disorders
- Medications

THE FIVE RULES of the HEALING DIET:

The Basic Idea: We must eliminate *all* sugars and *everything* that turns to sugar.

1. NO GRAINS – not even whole, healthy grains!
2. NO SUGARS – this includes hidden sugars (read the ingredients)!
3. NO FRUITS – berries in moderation.
4. Monitor PROTEIN intake – on average 15g per/meal. Larger males and those performing resistive exercise can consume between 20g and 25g per/meal.
 - An egg typically contains 7 grams of protein.
 - A piece of meat the size of a deck of cards typically contains 15 grams of protein.
5. Increase Healthy FATS – 2 to 3 weeks after beginning program. This is the typical time needed to become a fat burner.

- Healing Diet Food Choices –

GOOD PROTEINS CHOICES

- ✓ Choose raw (not roasted for nuts and not pasteurized or homogenized for cheese) grass fed, free-range, cage-free and no hormone added sources whenever possible. Avoid farm raised and Atlantic fish.

- Cold Water Fish, Salmon, Sardines, Mahi-Mahi, Mackerel etc.
- Cottage Cheese – Eggs
- Raw Cheeses – Chicken and Turkey – Vital Egg Protein – Ricotta Cheese
- Beef – Lamb
- Game birds – Pheasant, Duck, Goose, Grouse
- Whey Protein – Raw Grass Fed (PaleoMeal or Whey Cool) – Venison

GOOD FAT CHOICES

- ✓ Choose raw (not roasted for nuts and not pasteurized or homogenized for cheese), cold-pressed, grass fed, free-range, cage-free and no hormone added sources whenever possible. (If Peanut Butter – Valencia Brand).

- Raw nuts & seeds: Almonds, Cashews, Flax, Hemp, Pecans, Pine Nuts, Macadamia, Sesame, Sunflower, Walnuts etc.
- Grass Fed Meat – Coconut or Flakes – Cod Liver Oil
- Hemp Oil(3 to 1 ratio)
- Olive Oil, Olives – Flaxseed Oil – Grape Seed Oil
- Almond Butter – Cashew Butter
- Avocado – Grape Seed Oil Vegenaize – Butter – Raw Cheeses
- Coconut Milk, Oil & Spread – Full fat Raw Milk – Full fat Plain Yogurt – Eggs
- Lydia’s Organics Crackers – Canned Sardines in Oil or water

NOTE: AVOID Hydrogenated and Partially Hydrogenated Oils such as cottonseed oil, soybean oil and vegetable oils. Trans Fats such as margarine and synthetic butters; Rancid Vegetable Oils such as corn oil, Canola oil or those labeled simply vegetable oil, located in practically every bread, cracker, cookie and boxed food.

HIGH FIBER CARBOHYDRATE (VEGETABLE) CHOICES

✓ Choose organic when possible. Remember the best carbohydrate choices are vegetables due to high fiber content and low glycemic action.

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|-------------------|-----------------|-------------------|---------------|
| - Arugula | -Asparagus | -Bamboo Shoots | -Bean Sprouts |
| -Bell Peppers | -Beet Greens | -Broad beans | -Broccoli |
| -Brussel Sprouts | -Cabbage | -Cassava | -Cauliflower |
| -Celery | -Chayote Fruit | -Chicory | -Chives |
| -Collard Greens | -Coriander | -Cucumber | |
| -Dandelion Greens | | | |
| -Eggplant | -Endive | -Fennel | -Garlic |
| -Ginger Root | -Green Beans | -Hearts of Palm | -Jicama (raw) |
| -Jalapeno Peppers | -Kale | -Kohlrabi | -Lettuce |
| -Mushrooms | -Mustard Greens | -Onions | -Parsley |
| -Radishes | -Radicchio | -Snap Beans | -Snow Peas |
| -Shallots | -Spinach | -Spaghetti Squash | |
| -Summer Squash | | | |
| -Swiss Chard | -Turnip Greens | -Watercress | |

CARBOHYDRATE CHOICES IN MODERATION

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|-----------------------|---------------|-------------------------------------|----------------|
| -Artichokes | -Leeks | - Squash (acorn, butternut, winter) | |
| -Okra | -Pumpkin | - Tomatoes | - Sweet Potato |
| -Yam | -Turnip | | |
| -Legumes | -Black Beans | -Adzuki Beans | -Black Beans |
| -Chick Peas(garbanzo) | -French Beans | -Great Northern Beans | |
| -Kidney Beans | -Lentils | -Mung Beans | -Navy Beans |
| -Pinto Beans | -Split Peas | -White Beans | -Yellow Beans |
| -Lima Beans | | | |

CARBOHYDRATE CHOICES TO ELIMINATE

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|----------------------------|---------------|----------------------------|
| -Barley | - Brown Rice | - Buckwheat Groats (kasha) |
| -Bulgar (tabouli) | - Millet | - Rye |
| -Semolina(whole grain dry) | -Whole Grains | -AkMak Crackers |
| -Ezekiel Bread | -Wasa Cracker | -Whole Grain Tortillas |
| -Sweet Potato or Yam | | |

LOW GLYCEMIC INDEX (GI) FRUIT CHOICES IN MODERATION

✓ Choose organic when possible. If weight loss is a concern eat fruit in extreme moderation.

Low GI – Best fruit choice especially if weight loss is a concern.

- Berries (Blackberries, Blueberries, Boysenberries, Elderberries, Gooseberries, Loganberries, Raspberries, Strawberries)
- Grapefruit
- Granny Smith Apple