General Dietary and Lifestyle Recommendations for Healthy Living

Food Category	Include	Remove
 Vegetables	Almost all vegetables, especially: Asparagus, bean sprouts, beet greens, broccoli, cabbage, cauliflower, celery, Swiss chard, cucumber, endive, lettuce, mustard greens, radish, spinach, watercress; string beans, beets, Brussels sprouts, chives, collards, eggplant, kale, kohlrabi, leeks, onion, parsley, red pepper, pumpkin, rutabagas, turnip, zucchini; artichoke, parsnip, green peas, squash, carrot, yam	Creamed vegetables Potatoes Tomatoes
 Fruits	Unsweetened fresh or frozen fruits and berries, including: cantaloupe, rhubarb, strawberries, melons; apricot, blackberries, cranberries, papaya, peach, plum, raspberries, kiwi; apple, blueberries, cherries, grapes, mango, pear, pineapple, pomegranate, banana	Avoid juiced, dried and canned fruits
 Starch	Brown rice, oats, tapioca, quinoa, amaranth, teff, millet, buckwheat, barley	Corn, spelt, rye, potato, white flour (simple carbs)

 Legumes	Beans, peas, lentils	Soy
 Nuts and Seeds	Almonds, walnuts, cashews, sesame, sunflower, pumpkin, chia, hemp, flax (can grind and add to food for fiber)	Peanuts
 Meat, Fish, Eggs	Fresh fish, chicken, turkey, lamb. Limit eggs to one per day	Beef, pork, canned meats, shellfish

 Dairy	Use milk substitutes: rice, almond, oat, coconut, flax, low fat yogurt is ok in small amounts	Creams, butter, margarine, nondairy creamer, animal milks, animal cheese
 Fats	Flax, safflower, sunflower, sesame, walnut, pumpkin, extra virgin olive oils (olive oil for low heat only)	Shortening, margarine, hydrogenated oils, mayonnaise, canola oil, trans fats
 Beverages	Filtered water, herbal tea, green tea, seltzer, mineral water, limit coffee and alcohol	Soft drinks and juices
 Spices	All spices, especially turmeric	Ketchup, mustard, pickle relish, chutney, soy sauce, barbecue sauce

 Sweeteners	Honey, stevia, blackstrap molasses, if you crave candy eat dark chocolate, don't eat sweets by themselves	White, brown, refined sugars, maple syrup, corn syrup, high fructose corn syrup, all artificial sweeteners, all candy

- **Water:**
  - Drink a minimum of 6 to 8 glasses of spring, bottled, filtered or reverse-osmosis filtered water every day
  - Sip the water; try to drink one glass per hour
  - A few drops of fresh lemon/lime juice will add a pleasant taste

- **Food hygiene:**
  - Eat slowly, chew 30 times for each bite
  - Stimulate digestion and appetite regulation by drinking one tablespoon of apple cider vinegar in a little water 30 minutes before meals
  - Avoid fried and processed foods; if possible try to eat whole foods or foods that contain less than five ingredients
  - Eat protein and fiber with every meal
  - Eat mostly vegetables, fish and lean meats, legumes, nuts and seeds, spices and healthy fats
  - Limit starches and dairy

- **Hydrotherapy:**
  - End your shower with a cool water spray, starting with the extremities and finishing with the low back, for 15 – 30 seconds to return blood flow to your internal organs

- **Exercise:**
  - Walking or jogging and stretching are important to do every day for 30 minutes in a row
  - Generally, if you are exercising 30 minutes per day, eat approximately 1,800 – 2,000 calories
  - Eat protein after working out rather than carbohydrates or sugar

- **Circulation:**

- Stimulate circulation; thoroughly brush all of your skin, using short, very light, frequent strokes toward the heart for 45 -60 seconds
- It is best to do this on dry skin before bed
- Use a vegetable fiber brush, natural sponge, or a loofah sponge
- Daily castor oil packs: See handout

- **Relaxation:**
  - While in a relaxed environment, breathe in healing energy and picture your body in its optimal state of health

- **Deep breathing:**
  - Inhale deeply through the nose fill your abdomen and chest, then purse your lips and exhale slowly
  - Try to exhale as long as you can before inhaling again
  - This type of breathing may be done many times throughout the day
  - Try to do at least 20 breaths each day

- **Sleep:**
  - Try to go to bed and to wake up at the same time every day
  - Sleep in the dark without electronics
  - 8-8.5 hours of sleep is recommended every night for optimal wellness

- **Organic foods:**
  - Try to buy organically grown foods as much as possible
  - Below is a list of foods that should always be bought from organically grown sources because of their increased tendency to absorb toxic chemicals:
  - Celery, peaches, strawberries, apples, blueberries, nectarines, sweet bell peppers, spinach, kale, collard greens, cherries, potatoes, grapes, and lettuce

- **Basic nutritional support:**
  - Active B-Complex
  - Essential Fatty Acids
  - Probiotics
  - Vitamin D
  - Antioxidants