



## Top 10 Nutritional Recommendations

**1. Consume a lot of High-Quality Water.** Most Americans are chronically dehydrated, and water is critical for nearly every metabolic function in the body. Consuming more water will give you more energy and mental clarity and improve your overall health. Aim for about 1 liter (33 oz) per 50 lbs of body weight. So for a 150 lb. person, it would be about 8 12-oz glasses of water per day. Begin with a full glass of water the very first thing when you wake up. Use glass containers to drink from.

Please take care to drink only very high-quality water:

- a. Very high-quality bottled spring water
- b. Very high-quality home-filtered water
- c. Please do not drink tap water unless dehydrated and no other options are available

**2. Substitute Complex Carbohydrates for Simple and Refined Carbohydrates.** Avoid white bread (bagels, rolls, muffins, pancakes), white rice, white potatoes and white pasta. Substitute more complex carbohydrates, such as sprouted or coarse 100% whole grain bread, brown or wild rice, whole-grain pasta and sweet potatoes. Also, low-glycemic carbohydrates such as lentils and beans, like kidney beans, split peas, black beans, navy beans, chick peas, and black-eyed peas, are good substitutes for white rice and potatoes. Avoid excessive amounts of high-sugar foods, including high sugar-to-fiber-ratio fruits like citrus, bananas, watermelon etc, especially eaten alone.

**3. Substitute Healthy Fats for Trans Fats.** Avoid trans fats, as they are extremely damaging to cardiovascular health and exacerbate diabetes by interfering with proper blood sugar regulation. They are listed on nutrition labels of packaged foods. In the ingredients area, they are often listed as hydrogenated or partially hydrogenated oils. They are found in many fried and commercially baked foods. Substitute Omega-3 fatty acids and mono-unsaturated fats for poor saturated fat, trans fats and Omega-6 fatty acids. Take essential fatty acids in the form of fish oil (below) to protect against nerve and arterial damage. Olive oil is a great source of mono-unsaturated fats. Replace margarine with butter or olive oil. Cook with coconut oil wherever possible.

**4. Eat a Big, High-energy Breakfast Every Day.** It is critically important to replenish your blood sugar in the morning, so preferably a full meal, but at least a healthy snack, is needed to support your adrenals and regulate your blood sugar. It will give you energy to start off your day and carry you through. Have a late morning snack if need be. Eat lunch before noon, have a health snack at around 3:00 p.m., and eat dinner between about 6:00 p.m. if possible. If needed, have a small, healthy snack just before bedtime to maintain blood sugar through the night.



**5. Combine a Good Ratio of Protein, Fats, and Carbohydrates at each Meal and Snack.** At each meal, consume sufficient high-quality protein and fat to go along with carbohydrate. This will stabilize blood sugar and maintain energy until the next meal. Having an intake of sufficient protein (and fats, see below) helps to balance out energy levels and reduce the stress on the adrenals. When you have something that's moderate in sugar level, like an apple, eat something that will slow its absorption at the same time, e.g. good fats (high-fat yogurt, cream), or protein, such as nuts.

**6. Have Healthy Snacks in Between Meals.** Always have a high-protein or high-fat snack on hand to help keep energy up and blood sugar regulated. When snacking, avoid high-sugar and refined carbohydrate snacks, which spike blood sugar and trigger an insulin response, which ultimately cause the blood sugar to plummet below normal levels (and hence, hypoglycemia). Have high quality snacks – proteins or fats mixed with a carbohydrate – with you that will get you through the between-meal times. Snack Ideas:

- a. Nuts, such as walnuts and almonds, or seeds, such as pumpkin and sunflower, with an apple or pear
- b. Carrot or celery sticks with hummus dip or almond butter
- c. Trail mix
- d. Protein or multi-nutrient shakes

**7. Substitute healthy drinks for high-sugar and –corn syrup drinks, like soda.** It is important to avoid soda and diet sodas. It is also a good idea to limit consumption of fruit juices – they are way too concentrated in their sugar and have little fiber to slow absorption. Instead of orange juice, have an orange. Instead of apple juice, have an apple. Replace soft drinks with water, herbal teas, and fresh vegetable juices. If you crave carbonation, have a mineral water, with some lemon or lime squeezed in it. Or use a splash of highly concentrated fruit juice, in water to liven it up.

**8. Substitute High-Energy Foods for Caffeine.** Having a high-energy breakfast, and high-energy snacks, and consuming lots of water (see above) will go a long way toward giving you the energy you are currently getting from caffeine, without the downside. Adequate water (see #1) will also help reduce need for caffeine.

**9. Avoid Fast Foods.** They contain bad fats, lots of calories, and very few nutrients. They will sap you of energy instead of giving you energy. Take the time to pack a lunch and snacks that you can take with you, so you can avoid needing to resort to fast food when on the go.



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**10. Take Basic, Key Supplements for Optimal Health.** While most nutrients we need can be obtained from a healthy diet, there are some important nutrients that are hard to get in safe food sources in this day and age. Almost everyone should take the following supplements as a basic regimen:

- a. Multi-vitamin and mineral supplement.
- b. Fish oil
- c. Probiotics
- c. Enzymes with meals