

## Nutritional Recommendations

For: \_\_\_\_\_ Date: \_\_\_\_\_

Take the following supplements until your re-evaluation on: \_\_\_\_\_

Supplement/Food	Purpose	per day	upon arising	with breakfast	mid morning	with lunch	mid afternoon	with dinner	prior to bed
Additional Recommendations:									

### Dietary Reminders:

- Chew foods well (20 to 30 times per bite) - "Drink your solids and chew your liquids."
- Eat foods in whole forms as much as possible - whole foods, as provided by nature, (either cooked or raw), especially eat raw foods with every meal. The best raw foods are salads.
- Eat only when you are hungry and calm. If you have a poor appetite, reduce sugars and starches and your appetite and digestion will improve.
- Do not over eat, it overloads digestion. Smaller and more frequent meals are best.
- Never combine sugars with proteins. Desserts, fruits, etc. should not be eaten within 60 minutes of a complex meal. The best between meal snacks are raw fruits, vegetables, nuts and seeds.
- Water: Drink half your body weight in ounces each day.
- Avoid hydrogenated or partially hydrogenated fats, preservatives or artificial colors, and foods that cause reactions, like wheat and dairy.

**Post on your refrigerator!**