

Health In Hand

General Dietary Tips

- * Drink 1 quart of clean water for every 50 pounds of body weight, plus 1 quart for every drink that needs flushing such as iced tea, soda, coffee, a sweet drink, etc.
- * How to drink - Water hydrates best if sipped often instead of drinking large amounts at once. Drink up to 30 minutes before a meal but not with a meal, as this will dilute digestive enzymes. Wait at least an hour after a meal to start drinking again.
- * Take short showers. A 10-minute shower penetrates the body equal to drinking 4 eight oz—glasses of tap water. Use an NSF-401 drinking water filter (multipure.com for an Aqua Versa or Aqua Perform filter. Use ID # 430608 for a 5% discount). A good NSF-401 shower filter may be hard to find.
- * Alternative - Try to find a location where the water is clean and highly mineralized, such as well water, maybe a family member or friend.
- * Combining- Fruit is best digested if eaten at least 30 minutes before food, not with or after eating. If you eat fruit with protein your digestion will take 12-24 hours causing fermentation, bloating, and gas. For best digestion combine vegetables & meat **OR** carbs & vegetables.
- * Sugar cane before processing has 1 molecule of sugar along with 58 molecules of magnesium and other nutrients that help it assimilate well. All 58 supporting molecules are stripped away during processing. The processed sugar is left looking for its supporting nutrient to digest properly. When they are nowhere to be found, the bones are called upon to contribute nutrients for digestion. Inflammation occurs when the body is moving nutrients. The loss of nutrients then leads to bone loss and arthritis.
- * Avoid all hydrogenated oils. They are any oils other than cold-pressed. The process used to make H-oils involves high heat, Hexane, and Bleach! When the three are mixed with high heat, the result is a long-chain chemical bond that the body has a hard time removing. It is the main reason I see gallstones, high blood pressure, LDL cholesterol, lymphatic congestion & fatigue. Where are H-oils found? Processed foods: Crackers, chips, cereals, bread, pastries, granola bars, salad dressings, many protein powders, protein bars, fast foods, and restaurant foods in general. Even mixed nuts are often coated with H-oils.
- * Eat gluten-free for best digestion. Genetically modified wheat contributes to biofilm buildup in the gut and is believed to be a contributing factor to the growing thyroid epidemic. Good alternatives are Brown Rice, brown rice noodles, or Casava tortillas. Also, ancient grain flour is lower in gluten and can often be tolerated in small quantities.
- * Eating a small amount of carbohydrates such as potatoes, Casava tortillas or brown rice daily seems to curb sugar cravings. It is customary in Asian cultures to rinse rice seven times before cooking to cleanse it.
- * Eat raw vegetables to alkalinize and to get appropriate digestive enzymes. Raw vegetables are very cleansing and energizing. Try to get 30-50% of your dietary intake in raw veggies. Eating as little as four mouthfuls with each meal will help the whole meal digest better.
- * Eat organic whenever possible. If the fruit or vegetable has a rind, don't bother eating it organic. It is less likely to have a high pesticide content. Root crops are especially prone to

pesticide poisoning, especially potatoes. They should always be purchased organic. The healthiest potatoes are sweet potatoes. Golden potatoes are the next best.

- * The importance of beef liver as a superior iron source - Organ meats used to be the most coveted part of an animal. The liver is where many vitamins and minerals are stored. Think of it as nature's multivitamin. Most people eat the muscle meats of animals and avoid organ meats. But this is a relatively new way of eating compared to the rest of modern human history. Iron is necessary to build red blood cells which carry oxygen throughout the body. It is critical for immune function and protein production affecting production of hemoglobin levels.
- * Iron deficiency symptoms: Low energy, difficulty focusing &/or irritability, poor circulation, pale skin, blood not able to carry enough oxygen to the tissues can cause shortness of breath, headaches due to low levels of iron causing a mild increase in blood pressure of your temples and some arteries in your brain, which cause the blood vessels to dilate the capillaries. The extra blood flow is a response to low iron. Blood then can clump and cause headaches. The increased blood flow is the body's response to a reduction in oxygen. The heart tries to compensate, and it can trigger palpitations &/or a racing heart, and possibly a reduction in blood volume, dry skin and hair, restless leg syndrome, tingling and metabolic problems, brittle nails, and sometimes spoon-shaped nails. I suggest eating liver once per week.
- * It is believed that regular consumption of beef liver rejuvenates skin, supercharges energy, increases the detox process, accelerates muscle growth, improves skin tone, improves metabolism, and other health benefits.

LIVER RECIPE

My liver recipe makes liver taste great by eliminating or minimizing its flavor. My recipe is formulated with a focus on disguising that distinct liver flavor. You can adjust this dish to your taste with other ingredients as desired. FYI: I get my liver package of 4 pieces in the frozen section at Publix.

1 liver steak whipped to a liquid
1-2 organic Italian kielbasa beef sausage, grind the sausage & mix with liver
1 lb. ground beef mixed in with the above meats
1 generous squirt of mustard/horseradish sauce mixed. Great-Value Walmart brand is clean.
Boston Butt seasoning as desired
Montreal Steak Seasoning as desired
Garlic Powder as desired and Seasoning Salt as desired
1 egg whipped (necessary for meatballs and hamburgers to hold together)
Add a handful of crushed dried crackers (if free from H-oils). This helps hold all together

Mix all the items and if making meatballs, scoop by spoonful into a hot pan. Turn once when ready. After it's cooked add Marinara sauce and serve with a clean grain. Adjust the recipe as desired if making spaghetti. Use Ramen organic rice spaghetti noodles.

DID YOU KNOW: Cell phones are up-charged 56 times per second. On airplane mode, they are up-charged 7 times per second. A cell phone puts out a field that is 9 meters long. The closer you are to it, the greater the toxic effect. A cell phone should never be left in your bedroom all night and should not be on your person any more than necessary.

Daily Record of Food Intake | Your diet may be the key to better health.

Health In Hand
2363 Lawrence Cove Rd Eva, AL 35621
(256) 482-2801

Day 4 – Date:

BREAKFAST Time:

LUNCH Time:

DINNER Time:

Meat & Dairy:

Vegetables & Fruits:

Breads Cereals & Grains:

Fats (butter, margarine, oils etc.):

Candy, Sweets, & Junk Food:

Water Intake (fl. Oz.)

Other Drinks:

MID-MORNING SNACK Time:

MID-DAY SNACK Time:

NIGHTTIME SNACK Time:

Snack:

Bowel Movements (How many and consistency)

Exercise (minutes per day):

Quality of Sleep: (good) 1 2 3 4 5 (Poor)

Daily water intake in Qt's:

Hours of Sleep:

Day 5 – Date:

BREAKFAST Time:

LUNCH Time:

DINNER Time:

Meat & Dairy:

Vegetables & Fruits:

Breads Cereals & Grains:

Fats (butter, margarine, oils etc.):

Candy, Sweets, & Junk Food:

Water Intake (fl. Oz.)

Other Drinks:

MID-MORNING SNACK Time:

MID-DAY SNACK Time:

NIGHTTIME SNACK Time:

Snack:

Bowel Movements (How many and consistency)

Exercise (minutes per day):

Quality of Sleep: (good) 1 2 3 4 5 (Poor)

Daily water intake in Qt's:

Hours of Sleep:

Day 6 – Date:

BREAKFAST Time:

LUNCH Time:

DINNER Time:

Meat & Dairy:

Vegetables & Fruits:

Breads Cereals & Grains:

Fats (butter, margarine, oils etc.):

Candy, Sweets, & Junk Food:

Water Intake (fl. Oz.)

Other Drinks:

MID-MORNING SNACK Time:

MID-DAY SNACK Time:

NIGHTTIME SNACK Time:

Snack:

Bowel Movements (How many and consistency)

Exercise (minutes per day):

Quality of Sleep: (good) 1 2 3 4 5 (Poor)

Daily water intake in Qt's:

Hours of Sleep:

Notes:

Daily Record of Food Intake

| Your diet may be the key to better health.

Health In Hand

2363 Lawrence Cove Rd Eva, AL 35621

(256) 482-2801

Each day, record all the items you eat and drink. Be sure to include the approximate amount of each item. When you have completed this form, return it to your health care professional for evaluation.

Name:

Day 1 – Date:

BREAKFAST Time:

Meat & Dairy:

Vegetables & Fruits:

Breads Cereals & Grains:

Fats (butter, margarine, oils etc.):

Candy, Sweets, & Junk Food:

Water Intake (fl. Oz.)

Other Drinks:

LUNCH Time:

DINNER Time:

MID-DAY SNACK Time:

NIGHTTIME SNACK Time:

MID-MORNING SNACK Time:

Snack:

Exercise (minutes per day):

Quality of Sleep: (good) 1 2 3 4 5 (Poor)

Daily water intake in Qt's:

Hours of Sleep:

Day 2 – Date:

BREAKFAST Time:

LUNCH Time:

DINNER Time:

Meat & Dairy:

Vegetables & Fruits:

Breads Cereals & Grains:

Fats (butter, margarine, oils etc.):

Candy, Sweets, & Junk Food:

Water Intake (fl. Oz.)

Other Drinks:

MID-DAY SNACK Time:

NIGHTTIME SNACK Time:

MID-MORNING SNACK Time:

Snack:

Exercise (minutes per day):

Quality of Sleep: (good) 1 2 3 4 5 (Poor)

Daily water intake in Qt's:

Hours of Sleep:

Day 3 – Date:

BREAKFAST Time:

LUNCH Time:

DINNER Time:

Meat & Dairy:

Vegetables & Fruits:

Breads Cereals & Grains:

Fats (butter, margarine, oils etc.):

Candy, Sweets, & Junk Food:

Water Intake (fl. Oz.)

Other Drinks:

MID-DAY SNACK Time:

NIGHTTIME SNACK Time:

MID-MORNING SNACK Time:

Snack:

Exercise (minutes per day):

Quality of Sleep: (good) 1 2 3 4 5 (Poor)

Daily water intake in Qt's:

Hours of Sleep:

2 cups baking soda in hot bath - raw food