



# Eating for Health Guidelines

Increase intake of local, seasonal and organic foods.

Drink plenty of purified water each day, about one-half cup (4 ounces) every hour. To determine the total amount you need, divide your weight in half and drink that amount in water.

Read labels and avoid food with artificial ingredients.

Decrease intake of refined and artificial sugars, white flour products, unnatural fats, added hormones, preservatives, colors and antibiotics.

Diversify sources of protein, fats and carbohydrates.

Ingest 1 gram of protein per kilogram (2.2 lbs.) of normal body weight.

Eat protein by ten in the morning and 1-3 more times per day.

Eat protein to curb your sugar cravings.

Minimize your caffeine intake to 50mg or less (1 c. of black tea, 3 c. of green tea, or ½ c. of coffee or espresso)

Eat more monounsaturated fats (olives, avocados, almonds) than saturated fats (animal, dairy, coconuts) or polyunsaturated oils (soy, corn sunflower).

Decrease consumption of glutinous grains (wheat, rye, oats, barley) to prevent digestive disturbance and inflammation.

Increase consumption of gluten-free grains (rice, corn, millet, quinoa, buckwheat, amaranth), which are mineral rich and easy to digest.

Increase consumption of leafy (e.g. kale), crunchy (e.g. broccoli) and starchy (e.g. yams) vegetables to provide abundant minerals.

Eat three portions of vegetables in a meal to 1 serving of protein and 1 serving of fat for pH balance.

If body temperature is cold, eat more proteins, essential fatty acids, seaweeds and warming spices such as ginger and cayenne.

If body temperature is warm, eat more cooling foods such as fruits, vegetables and green herbal teas and spices like mint, rosemary, lemongrass and rooibos.

Determine the diet direction according to your metabolic tendency: Building if metabolism is fast, Cleansing if metabolism is slow, or Balanced if metabolism is neither fast or slow.