

Nutritional Therapy Program

For: _____ Date: _____

Take the following supplements until your re-evaluation on (date): _____

Purpose	Supplement	Per Day	Upon Arising	With Breakfast	Mid Morning	With Lunch	Mid Afternoon	With Dinner	Before Bed
Additional Recommendations:									

Goals:

- 1.
- 2.
- 3.
- 4.
- 5.

Dietary Reminders:

- Eat foods that will rot or spoil, but eat them before they do. Foods that will rot or spoil do so because they support the life of the bacteria, yeast etc. If foods won't support their life, those foods won't support yours either.
- Eat foods with as much color as possible. They contain more antioxidants.
- Chew food well (20-30 times per bite).
- Do not over eat. It overloads digestion. Smaller and more frequent meals are best.
- Try to eat 10 servings of fruits and vegetables each day.
- 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.
- Eat animal source foods in moderation.
- Drink at least 6-10 tall glasses of pure water daily. Most overeating occurs as the result of dehydration.
- Avoid hydrogenated fats, preservatives of artificial colors, and foods that cause reactions, like wheat and dairy.