



LEGUMES

- The following legumes are acceptable: lentils, kidney beans, adzuki beans, split peas, garbanzo beans, and mung beans.
- Rotate your intake.



SWEETENERS

- Use sweeteners sparingly. Acceptable sweeteners include real maple syrup, brown rice syrup, raw honey, and stevia. Avoid Splenda, other artificial sweeteners, and sugar (also called cane syrup, evaporated cane syrup).



BUTTER AND OILS

- You may use olive oil, coconut oil, sunflower seed oil, pumpkin seed oil and other nut oils (except peanut).
- If using butter, please ensure that it is organic and from pasture-raised cows.
- Avoid trans fats, hydrogenated fats, and partially hydrogenated fats.
- Avoid fried foods.



DRINKS

- Drink plenty of water: 8-10 glasses a day, or ½ your body weight in ounces per day. Filtered water is ideal. Also try herbal teas, seltzer water, and small amounts of rice milk, coconut milk, or hemp milk.
- Avoid coffee, soda, commercially processed juice, alcohol.

NUTRACEUTICALS

	A.M.	Noon	P.M.	With or without food

HEALTH CARE PROFESSIONAL NOTES:

HEALTHY AGING • SKIN • VISION



SUPPORT GUIDE

Created by



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THE SUPPLEMENTS

HEALTHY AGING AND SKIN

ESTROCLEANSE

1 capsule 1-3 times per day with food

OMEGA 3D

2 softgels once daily

OMEGA 3 LIQUID 2800

1 teaspoonful (5 ml) daily

PRO PURPLES

Mix one scoop (10.95 g) daily in 8 oz. of cold water

VISION

20/20 CAPSULES

3 capsules per day, with meals

PRO REDS

Mix one (10.83 g) scoop in 8 oz. of cold water, 1-2 times daily

HA PLUS (POWDER OR CAPSULES)

Powder: Mix one (4 g) scoop in 8 oz. of water, 1-3 times daily

Capsule: 2 capsules, once daily

THE FOOD



FISH

- Fish may be eaten once a day as long as it is wild caught and free from PCB's, mercury, and other heavy metals and environmental contaminants. Below is a list of preferred fish to eat, based not only on risk of contamination but also on sustainability. Please refer to www.nrdc.org for the most updated information on safe fish consumption.
- Prepare fish by steaming, baking, broiling, or poaching. Not fried!



MEAT

- Avoid meat and poultry for the most part. These foods are high in arachidonic acid, which increases inflammation.
- If you do eat meat, make sure it is organic, free range, and red meat, **MUST BE "grass-fed and grass-finished."**
- Prepare by broiling or baking, not frying!
- With chicken, avoid eating the skin.
- No pork.
- Wild game meats, lamb and bison are also acceptable choices.



VEGETABLES

- Vegetables, along with permissible grains, will make up the bulk of your diet for the time being.
- Prepare by steaming, mostly. You may also eat your veggies raw, baked, or roasted.
- Variety is great. Some especially healthy veggies are dark greens like kale, collards, chard, dandelion leaves, spinach, beet greens, and rapini. Also don't forget about broccoli, cauliflower, squashes, turnips, radish, beets, cabbage, artichokes, parsnip, cucumber, napa, etc.
- Some people feel healthier avoiding vegetables from the nightshade family: tomato, eggplant, mushrooms, potato, bell peppers.



GRAINS

- Cooked grains may include: amaranth, quinoa, millet, steel-cut oats, barley, brown rice, rye, teff, and buckwheat.
- You may eat up to 2 cups per day.
- For variety (and crunch!), you can add in the occasional rice cracker, rice cake, Finn Crisp, or Wasa cracker (any cracker made from rice or rye).
- Avoid wheat. Minimize or avoid corn as it is a common allergen.



NUTS AND SEEDS

- Walnuts, soy nuts, pumpkin seeds, sunflower seeds, almonds, Brazil nuts, sesame seeds are permissible in moderation.
- About ½ a cup of nuts or a few tablespoons of nut butter is ok.
- Rotate the nuts daily.
- It is preferable to buy raw and organic nuts. Store in your fridge and either eat raw, or toast them yourself prior to eating. However, peanuts should only be eaten roasted, not raw.



FRUIT

- Avoid oranges.
- Other fruits: You can eat 1 or 2 pieces per day, or ¾ cup. However, if you have diabetes, pre-diabetes, or insulin resistance, discuss fruit intake with your healthcare practitioner, as you may be required to minimize fruit intake. People with blood sugar dysregulation would do well to eat berries rather than other fruits, as berries contain more bioflavonoids which are beneficial to microcirculation.