

Checklist for Control

- Discontinued eating all processed foods (anything in a box, bag, can, or bottle)-Read the label-if it contains anything other than the natural food you desire; one exception is ascorbic acid (vitamin C) used as a preservative. Do not eat wheat in any form, dairy, sodas and colas, pork, soy, corn in any form, and limit alcohol and caffeine. Wash all fresh fruits and vegetables thoroughly.
- Take a good quality multivitamin daily. It must be organically based. Supplements should include magnesium 400-600 mg, zinc 20 mg, and vitamin E 200-400 IU daily.
- If you suffer from neuropathy take 100-300 mg of alpha lipoic acid daily.
- Avoid chemical exposure as much as possible-purchase green products. Toothpastes, mouthwashes, body soaps, shampoos, deodorants, laundry detergents, dishwasher detergents, house cleaning products.
- Hydrate your body daily. Drink enough fluid to cause your urine to be light in color, but not clear. Do not drink caffeinated drinks, or consume anything that contains artificial sweeteners (like aspartame, Splenda, or fructose corn syrup). Limit Agave Nectar to small portions.
- Include about 2 1/2 tbsp. of extra virgin olive oil to your diet daily; as a form of healthy fat.
- Include 1000 mg of EPA and 500 mg of DHA (minimum) to your diet daily; omega 3's that will significantly reduce inflammation and risk for developing heart disease.
- Restrict your caloric intake to around 1,000 calories per day, carbohydrate intake to 40-50 net grams per day, seek to get 125 grams of protein, women need a minimum of 30 grams of fiber daily, and men need a minimum of 35 grams of fiber daily.
- Eat low glycemic index foods only. Eat according to your blood type; avoid all foods that are detrimental to your blood type.
- Restrict your portion sizes. Never eat more than the volume of your closed fist during a meal. Drink a cold glass of liquid about 10-20 minutes before a meal, and do not drink fluids with (during) a meal.
- Exercise at least one hour 3 times each week. Get at least 30 minutes of aerobic exercise, and 30 minutes of anaerobic exercise. Weight resistant exercises are particularly important.
- Lose all of the excess body fat. Remember it is what you eat and how much that will dictate how well you control blood sugar and weight.
- Cleanse your body of parasites and Candida overpopulation twice annually.
- Be vigilant of the symptoms of hypothyroidism and treat it appropriately.
- Conduct a bowel cleanse, kidney cleanse, and a liver/gallbladder cleanse at least once each year (in that order). Restore your beneficial bacteria periodically.
- Conduct an artery cleanse (plaque removal); if you have not already. Have a sonogram every few years to ensure that your arteries are remaining clear.