

NATURE'S DIET

HEAL YOUR BODY AND STAY HEALTHY
BY FOLLOWING NATURE'S SIMPLE
21 DAY PLAN

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First Edition

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START TODAY:

- To start the practice of awareness and to be effective in doing it; please write down everything that goes in your mouth and the amount that was consumed. This will need to be done diligently for the entire 21 days.
- Secondly, take the time to write down in detail what could happen in the future if you don't make extreme changes now. Write down every single detail from your physical health to your mental well being. Create the ugliest, scariest picture of how you could end up if you don't change now. (Think of it as Scrooge seeing his future in 'A Christmas Carol' and dramatically changing his life afterwards!)
- Finally, write letters to your loved ones declaring what health changes you are making and the commitment you are making to yourself and to them. Be accountable! Share your letter and your diary with a health-minded practitioner so he or she can be your support coach along the way.

Summary: This is what I'm doing up to this point, each day adds onto the next

Day 1: AWARENESS AWAKENS: keep a diary of my foods, detailed description of what could happen if I don't change, write a letter of my commitment and accountability.

START TODAY:

- Figure the amount of water you are to consume by taking your total body weight and divide by two. This will give you the number of ounces of water you should consume. If you weigh 100 pounds then $100/2 = 50$ ounces.
- Choose water which is purified through filtration. (see Sources) You will start off the day by rolling out of bed and drinking one full glass of water on rising. This is the only glass you gulp down at once. The rest of the day just take sips of water all day long. Monitor your water intake by carrying around a “safe” water bottle so you can be sure you are getting the appropriate amounts.
- Drink no water within half an hour of your meals and make sure you are not drinking within a couple hours of bedtime.
- Choose to drink only room-temperature water unless you are overheated or cold. In these cases you can drink cooled or heated water.
- Non-caffeinated herbal teas, extra-diluted fruit juice, and squeezing fresh lemon or lime into purified water or carbonated water are other options to add variety and are especially helpful for those who don't like the taste of water plain.

Summary: This is what I'm doing up to this point, each day adds onto the next

Day 1: Food awareness: Keep a diary of my foods. I am accountable.

Day 2: Water: Sip half my body weight in ounces throughout the day.

START TODAY:

- Put at least 30 minutes aside each day for movement activity. Make sure you do not exercise within a couple hours after eating. Don't exercise in the evenings before bed.
- To keep yourself accountable, along with your food journal, keep detailed notes about your movement. Record at least one of multiple factors so you can see your progress. You may record the distance you went, the minutes it took, the quantity of repetitions or the amount you may have lifted. This will be the foundation to track your improvement over time. It will also be helpful for your coach to see if you are making progress in your personal program.

Get the body moving, get it circulating, and start to witness the results which are about to unfold!

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Day 2: Water: Sip half my body weight in ounces throughout the day.

Day 3: Movement: Some exercise performed every day. Note it in my diary.

more often, take these three meals and cut them in half and eat a total of 6 times a day about every 2-3 hours. Again, it does not matter what you are eating right now, just practice getting the fires stoked and the body heated up ready to burn!

There are a couple dos and don'ts here as far as timing is concerned. Try to eat the meals about the same time day after day. This scheduling gets the body into a rhythm which is going to be very important when we talk about sleep. Speaking of sleep, allow your body at least three hours before going to sleep after eating. We want the body to have the food liquefied and ready to absorb its goodness before you rest your head. While you sleep, you want the body to go into cleaning mode, not digesting food mode. This is to ensure that the body rhythm is maintained.

START TODAY:

- Eat 3 moderately-sized meals for breakfast, lunch and dinner, or eat 6 smaller meals about every 2 hours.
- Eat about the same time each day and stick to this schedule for the rest of the program.
- Do not eat before going to bed or before heavy activity.

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Day 1: Food awareness: Keep a diary of my foods. I am accountable.

Day 2: Water: Sip half my body weight in ounces throughout the day.

Day 3: Movement: Some exercise performed every day. Note it in my diary.

Day 4: Regular meals: Eat about the same time each day.

START TODAY:

- Eat like a cow! Eat vegetables all day long if you need to. Remember vegetables have fewer calories so you will probably need to eat plenty of them and eat them often throughout the day to keep you satisfied. Make sure at least 50% of the weight of your meal is in vegetables, and preferably at least 80% of those vegetables are raw. The other 20% can be eaten lightly steamed or stir fried or in soups. We'll talk about food preparation in a later chapter.
- If you are someone who has digestive difficulty with raw foods, eat only cooked vegetables for right now. If you are someone who runs cold or if you are in the middle of winter or living in a cold climate, you may also choose to eat mostly cooked vegetables.

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Day 2: Water: Sip half my body weight in ounces throughout the day.

Day 3: Movement: Some exercise performed every day. Note it in my diary.

Day 4: Regular meals: Eat about the same time each day.

Day 5: Vegetables and Raw Living Foods: 50% of total weight of your food.

- VEGETABLES & LIVING FOODS -

So here is the list of foods you can eat in abundance!

<i>Eat all you want but at least 50% of total weight of the meal</i>		<i>none of these are considered vegetables unless raw</i>
artichoke	jicama	beet
arugula	kale	carrot (<i>cooked</i>)
asparagus	kelp	corn
bamboo shoots	leek	daikon (<i>cooked</i>)
beet greens	lettuce (<i>all varieties</i>)	parsnip
bok choy	mushroom (<i>all varieties</i>)	peas (<i>cooked</i>)
broccoli	mustard greens	potato
Brussels sprouts	okra	pumpkin
cucumber	onion	rutabaga
cabbage	parsley	squash winter
cactus nopales	peas & pea pods (<i>raw</i>)	sweet potato
carrot (<i>raw</i>)	peppers (<i>all varieties</i>)	turnip
cauliflower	radicchio	yam
celery	radish	yucca
cilantro	spinach	
collard greens	sprouts (<i>all varieties</i>)	
daikon(<i>raw</i>)	squash summer	
eggplant	Swiss chard	
endive	tomato	
fennel	turnip greens	
garlic	water chestnut	
ginger	watercress	
green beans	zucchini	

START TODAY:

- From here on, choose fruit that is in the most natural state possible. Choose fruit that is grown in your area and in season. Some fruits like apples which are able to be picked ripe and kept in cold storage throughout the winter are still be considered to be in season.
- Limit your consumption to no more than one serving of fruit, which is about a cup. Eating fruit is optional; you may choose to omit it altogether. It can be eaten a couple times per day and is great way to start the day, as a snack between meals, or before workouts. Make sure that it is not eaten with your meal.
- Eliminate all fruit juices or anything made with processed fruit, including fruit desserts, jams, jellies, fruit sauces or canned fruits with added sweetener. If they are made without additives then they are allowed.

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Day 3: Movement: Some exercise performed every day. Note it in my diary.

Day 4: Regular meals: Eat about the same time each day.

Day 5: Vegetables and Raw Living Foods: 50% of total weight of your food.

Day 6: Fruit: Up to 2 servings of locally grown fruit daily (no fruit juice).

List of healthy fruit choices as an optional snack between meals:

Consider a serving to be approximately 1 cup of fresh fruit or ¼ cup for dried fruit

Apples	Grapes	Peaches
Apricots	Grapefruit	Persimmons
Bananas	Guava	Pineapple
Blackberries	Honeydew	Plums
Blueberries	Kiwis	Pomegranates
Boysenberries	Lemons	Prunes
Cantaloupe	Limes	Raisins
Cherries	Mangoes	Raspberries
Cranberries	Nectarines	Rhubarb
Dates	Oranges	Strawberries
Figs	Papaya	Tangerines
Gooseberries	Pears	Watermelon

On the other hand if you answered no to these questions; if you find yourself constantly hungry, if you have a strong digestion, or if you don't feel satisfied with simple light vegetarian meals then you are likely to be someone who doesn't need as much starch per meal. You will actually be someone that does better with meat or the protein type which we'll discuss next. In your case, eat less than the recommended $\frac{1}{4}$ plate of carbohydrates. Your range would be somewhere between 10-20 grams of carbohydrates per meal. For example, instead of one cup of cooked potato as an average serving, you would eat $\frac{1}{2}$ cup cooked potato per meal.

If you don't answer with strong responses in either category above then you can assume your carbohydrate amount is in the average range and $\frac{1}{4}$ plate of carbohydrates would be appropriate for you.

If you want to mix and match more than one carbohydrate at a meal simply do not exceed one serving of the combined starches. For example, if you wish to have rice and beans both of which are listed as one cup per serving, simply enjoy $\frac{1}{2}$ cup of cooked rice and $\frac{1}{2}$ cup of cooked beans to equal one total serving at that meal. If, like Forrest Gump, you wish to have peas and carrots, combine $\frac{1}{2}$ cup of cooked peas and $\frac{1}{2}$ cup of cooked carrots to equal one complete serving.

START TODAY:

- Add carbohydrates to your meals as long as they are balanced with your generous servings of vegetables at the same meal. The vegetables will be about $\frac{1}{2}$ the weight of your total meal and the carbohydrate portion will be about $\frac{1}{4}$ of the weight of your total meal
- If you are more of a vegetarian type (determined above), eat 1 $\frac{1}{2}$ servings below
- If you are more of a protein type (determined above), reduce the starch from the average portion to about $\frac{1}{2}$ the average serving below.
- Sensitive folks should avoid wheat and other grains and instead choose carbohydrates from roots, squashes, peas and legumes.

¹It is estimated that humans began cultivating food for agricultural purposes between 3,000 and 10,000 years ago at different times for different parts of the world.

Carbohydrate Options: *The amounts listed are based on a COOKED serving size and are considered to be average serving sizes. Choose one serving per meal which is about 25-35 grams carbohydrates*

GRAINS <i>1 cup cooked</i>	ROOTS <i>Amounts listed</i>	SQUASH <i>1 ½ cups</i>	BEANS, PEAS <i>1 cup cooked</i>	PROCESSED GRAINS= <i>25-35 g/serving</i>
amaranth	beet 3c	all winter squash	adzuki beans	corn tortilla (3 small)
barley	carrots 2c	acorn squash	black beans	whole grain sprouted breads (2 slices)
brown rice	daikon radish 2c	banana squash	black-eyed peas	tortilla chips 1 oz (20 chips)
buckwheat	Jerusalem artichoke 1c	butternut squash	fava beans	brown rice cakes (4 small)
corn kernels	parsnip 2c	delicata squash	garbanzo beans	shredded wheat cereal (3/4 cup)
corn grits	potato 1c (any type)	hubbard squash	green peas	whole grain pasta (3/4 cup)
kamut	rutabaga 2c	pumpkin	great northern beans	whole grain corn bread (1 piece)
millet	sweet potato 1c	spaghetti squash	kidney beans	rice pasta (3/4 cup)
oat meal	turnip 3c	sweet meat squash	lentils	corn pasta (3/4 cup)
quinoa	yam 1c		lima beans	rye crisp crackers (8)
red rice	yucca 1c		mung beans	rice crackers (1½ oz)
rye	EXTRAS: apple sauce 1c rice milk/soy milk 8oz often contain 25-35 grams carbohydrate coconut yogurt 6oz. soy yogurt 6oz		navy beans	sprouted grain bagel (½)
spelt			pinto beans	sprouted grain pita (1 large)
triticale			red beans	flax seed crackers (1½ oz)
wheat			soy beans	
wild rice			split peas	
		tofu		
		white beans		

– CARBOHYDRATES, STARCHES, & SUGARS –

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Day 3: Movement: Some exercise performed every day. Note it in my diary.

Day 4: Regular meals: Eat about the same time each day.

Day 5: Vegetables and Raw Living Foods: 50% of total weight of your food.

Day 6: Fruit: Up to 2 servings of locally grown fruit daily (no fruit juice).

Day 7: Carbohydrates: One serving per meal combined with vegetables.

- PROTEIN -

START TODAY:

- Include some protein from an animal source at each main meal. The amount would be approximately 3 ounces of raw or cooked animal protein per meal for a person with average digestion.
- If you tend to the vegetarian type body then focus on meats which are lighter, such as fish, chicken, turkey and other fowl, and eggs. The amount would be approximately 2 ounces of animal protein per meal. If you are not ready for animal protein yet, just start with a few ounces of broth to get the body accustomed to it.
- If you are more the carnivorous type, you would be better off with richer darker, fattier meats such as those found in oily fish, the dark cuts of poultry, duck, goose, red meat of all types including wild game and free-range organic grass-fed beef. The amount would be approximately 4 ounces per meal.

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Day 6: Fruit: Up to 2 servings of locally grown fruit daily (no fruit juice)

Day 7: Carbohydrates: One serving per meal combined with vegetables.

Day 8: Protein: One serving of healthy animal protein at every meal.

Choose only free-range organic or wild animal proteins.

The average person should consume about 3 ounces per meal.

Some may need more or less depending on the criteria mentioned.

MAMMALS	POULTRY	FISH	CAUTION: <i>only occasionally</i>	DO NOT <i>even</i> THINK of it...
beef <i>free range or grass fed organic</i>	chicken	anchovy	catfish	bat
buffalo	cornish hen	bass	clams	bear
elk	duck	caviar	crab	cat
goat	goose	cod	lobster	cougar
lamb	pheasant	grouper	mussels	dog
moose	quail	halibut	octopus	dolphin
organ meat <i>(liver, heart, etc)</i>	turkey	herring	oyster	eagle
rabbit	EGGS	mackerel	pork	lizard
venison		perch	scallops	mice
		rockfish	shrimp	mole
		roughy	squid	owl
		salmon	tuna	raccoon
		sardines	ahi	rat
		snapper	mahi	shark
		trout		skunk
			snake	
			squirrel	
			swordfish	
			turtle	
			whale	

- FATS, OILS, & DAIRY PRODUCTS -

START TODAY:

- Today start by reading labels and become aware of the types of fats in your foods that are not natural. See the following table to see the good, the bad, and the uglies.
- Clean out your cupboards by throwing away all foods with bad fats (and artificial ingredients). Be careful not to purchase foods that have the ingredients on the bad or ugly list. Stay away from fast foods and junk foods which will most likely contain high amounts of these unhealthy fats.
- If you are an average-sized person who engages in moderate activity you can start today by either adding a 15 gram serving of oil listed as “best” or “good” in the table below to each meal. This will be about 1 tablespoon (15 g) of oil or fat or about 2 tablespoons (32 g) of nut or seed butter or about 3 ounces (84 g) of fresh avocado added to each meal. You may also eat a couple handfuls of raw nuts and seeds a couple times daily as a snack.
- If you consider yourself overweight or you want to lose weight, then add 1-2 teaspoons (5-10g) of healthy oil or nut or seed butter per meal. You may choose instead to have one ounce of fresh avocado per meal. You may eat only a single handful of raw nuts and seeds a couple times daily as a snack. Better snacks for those trying to lose weight will be those which are high in vegetable fibers like carrots, celery or other vegetables dipped in hummus or bean dip.
- If you are an athlete or if you are underweight then fat will need to be your friend. Fat is Nature’s storehouse for energy and you will need to increase your intake if you are expending a lot of energy or not putting it on. Increase your fat up to 2-3 tablespoons (30-45 g) per meal of healthy oil or 3-5 tablespoons (48-80g) of nut or seed butter per meal or 6-9 ounces (168-252g) of avocado per meal and even more if you are working out extremely hard or are severely underweight and need to maintain body weight. In addition choose to snack on high fat raw nuts and several handfuls of seeds between meals.

The average person will consume about 15 grams of fat per meal which is about one tablespoon of oil or about 2 tablespoons of nut or seed butter.

BEST	GOOD <i>(keep from air, heat, and light)</i>	BAD <i>(too high in omega 6: omega 3 ratio)</i>	UGLY
extra virgin coconut	black currant seed	canola	butter flavored oils
extra virgin olive	borage oil	corn	hydrogenated oils
raw nuts seeds/ butters	evening primrose	cottonseed	margarine
almonds	fish oil	safflower	mineral oil
cashews	flax oil	soybean	Olestra™
chestnuts	hemp oil	sunflower	partially hydrogenated oils
coconuts	krill oil	Smart Balance™	petroleum based oils
filberts	palm oil		spray non-stick oils
flax seeds	peanut oil		trans-fats
macadamia	sesame oil	lard (pork)	Crisco™
pecans	walnut oil		Pam™
peanuts	wheat germ oil		
pine nuts	butter		
pistachios	ghee		
poppy seeds	tallow (beef)		
pumpkin seeds	(raw dairy)		
sesame seeds			
sunflower seeds			
walnuts			
olives			
avocado 3oz.			
coconut milk 2oz.			
fish serving 100g = 2500mg EPA = 8 capsules fish oil			

START TODAY:

- Go shopping! Go into the grocery store like it is the first time you have ever stepped inside one before. Go into the natural foods section, the produce department, and the bulk foods department and just browse and shop till ya drop. Try, try, try: a little of this, a little of that, and experiment with new recipes and you will come up with many foods that will be friends in your new life.
- Start today by locating a slow cooker or crock pot and buying at least a couple pieces of healthy cookware made of stainless steel or glass, not aluminum or non-stick coating. You must have the tools to prepare your food properly and many of these can be purchased very cheaply at second-hand stores like Salvation Army or Goodwill.
- Try soaking nuts and seeds and beans the night before you eat or cook them and even consider investing in a sprouter to bring them to life.
- Vegetables are best eaten raw, stir-fried, or lightly steamed. Starches are best cooked completely. Meat is best prepared “slow and low” or flash seared on both sides. Marinate any meat that is going to be cooked at higher temperatures or grilled. Eggs should be lightly fried or soft-boiled or even consumed raw in eggnog.
- Enjoy flavor with homemade bone broths made from beef and poultry bones. Make your own dressings, dips and sauces as instructed in Nature’s Diet Cookbook.
- Do not store your food in plastic bags without a wax paper liner and absolutely no cooking in plastic containers.
- Avoid cooking with microwaves and avoid buying food which has been sterilized with radiation. Be aware of the electromagnetic frequencies all around us, especially that from cell phones.
- The only good canned foods are tomatoes, beans (such as kidney and pinto) and meat. Frozen vegetables can be used in soups and stir fries but fresh is always better. Drying foods is one of the best methods to preserve the nutrition in foods, but don’t eat dried foods without reconstituting them in liquid first.

- Eat regular meals. Take care not to get too hungry between your meals or you may overeat. Eat slowly and deliberately; give your food time to enter your bloodstream. Eat a small amount as an appetizer and see if you are still hungry before eating the rest of the meal. Eat your food from two plates, a dinner plate and a saucer. Pile veggies on the dinner plate and keep the other foods on the saucer.

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Day 2: Water: Sip half my body weight in ounces throughout the day.

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Day 4: Regular meals: Eat about the same time each day.

Day 5: Vegetables and Raw Living Foods: 50% of total weight of your food.

Day 6: Fruit: Up to 2 servings of locally grown fruit daily (no fruit juice).

Day 7: Carbohydrates: One serving per meal combined with vegetables.

Day 8: Protein: One serving of healthy animal protein at every meal.

Day 9: FAT: Eliminate bad fats and add one serving of good fat per meal.

Day 10: Grocery shopping, food preparation, condiments, and serving sizes.

¹Journal of Food Science, Volume 48 Issue 4, Pages 1366 – 1367 Published Online: 25 Aug 2006

²Effect of beer/red wine marinades on the formation of heterocyclic aromatic amines in pan-fried beef. J Agric Food Chem. 2008 Nov 26;56(22):10625-32. Melo A, Viegas O, Petisca C, Pinho O, Ferreira IM.

³1: J Food Prot. 2003 May;66(5):840-6. Combined effect of cooking (grilling and roasting) and chilling storage (with and without air) on lipid and cholesterol oxidation in chicken breast. Conchillo A, Ansorena D, Astiasarán I.

⁴Formation of cholesterol oxidation products (COPs) in animal products. Food Control, Volume 18, Issue 8, August 2007, Pages 939-947. S.J. Hur, G.B. Park and S.T. Joo.

⁵J Agric Food Chem. 2003 Sep 24;51(20):5941-5. Consequences of microwave heating and frying on the lipid fraction of chicken and beef patties. Echarte M, Ansorena D, Astiasarán I.

- FOOD COMBINING -

START TODAY:

- So for today use food-combining principles and keep your food choices as simple as possible. Choose one type of protein, one type of starch and a huge serving of vegetables preferably raw at each meal.
- Eat no fruit with the meal. Eat fruit only 30 minutes before or an hour after. Fruits are to be eaten alone and in their own seasonal and climate group and mixed only with nuts or fat.
- Rotate the foods from here on out by following the 3 day rule. See the back of the book for menu plans and see Nature's Diet Cookbook for recipe ideas.

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Day 7: Carbohydrates: One serving per meal combined with vegetables.

Day 8: Protein: One serving of healthy animal protein at every meal.

Day 9: FAT: Eliminate bad fats and add one serving of good fat per meal.

Day 10: Grocery shopping, food preparation, condiments, and serving sizes.

Day 11: Practical food combining: Mix, match, and rotate properly.

START TODAY:

- Choose a non-sweet, non-traditional breakfast. If you are brave go for a full-on dinner or lunch for breakfast. If you need some encouragement, start with eggs and toast or eggs and whole grain cereal.
- No protein bars or protein shake powders allowed. Try the eggnog suggestion under the meal planner options in the back of the book. A list of snack recommendations is listed with the menu options.

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Day 10: Grocery shopping, food preparation, condiments, and serving sizes.

Day 11: Practical food combining: Mix, match, and rotate properly.

Day 12: Dinner or lunch type meals for breakfast (MENU IN THE BACK).

we had been on Nature's Intended Path all along?

This doesn't mean our conveniences are bad, it means only that they are just that - conveniences. Our homes are constructed by means of advanced engineering and contain man-made chemicals. Our cars are designed to move us around faster and more efficiently. Our designer clothes and hygiene products keep us looking our best. Our chemically-enhanced foods with preservatives and microwave cooking make eating fast and simple. Our cell phone infatuation makes communication effortless.

Despite these conveniences, we humans are still not robots and creatures of technology, we are children of Nature. We are made from the very same substances that make up the earth, the plants, the trees and the animals. We are more Earth than we are technology, and for that reason, we will find the answers we are seeking by returning to Nature.

START NOW:

- Today, eliminate what Nature has not made. In particular, get rid of foods containing MSG, aspartame, Splenda™, artificial colors and sweeteners and any food that contains a chemical listed on the table on the following pages. Be careful with all prepared foods found in boxes, cans, packages, or those served at public facilities or restaurants because it is usually most concentrated in chemicals.
- Today, go through your kitchen and bathroom cupboards and find foods that have toxic chemicals listed on the ingredient panels. See what to avoid by consulting the table. Throw them away.
- Talk to your health-minded doctor about helping you wean from and eliminate unnecessary medications. Ask yourself how many medications you could be taking which are simply making symptoms instead of providing a cure.
- Sweeten your foods with natural sweeteners and use them sparingly. Try also using non-caloric natural sweeteners like stevia, erythritol, and xylitol.
- Cut back or eliminate stimulating substances like coffee and black tea.
- Cut back or eliminate addictive substances such as alcohol, drugs, tobacco, sugar, coffee or anything else you find addictive.

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Day 12: Dinner or lunch type meals for breakfast (MENU IN THE BACK).

Day 13: Avoid Toxic Chemicals.

¹Ewg.org, Public Health Reports (Thornton, et al. July-Aug 2002)

²Ibid

³Jason, et al. (Lazarou et al), Incidence of Adverse Drug Reactions in Hospitalized Patients, Journal of the American Medical Association (JAMA), Vol. 279. April 15, 1998, pp. 1200-05. Also Bates, David W., Drugs and Adverse Drug Reactions: How Worried Should We Be? JAMA, Vol. 279. April 15, 1998, pp. 1216-17.

⁴Dirlewanger, Mirjam. *Am J Physiol Endocrinol Metab* 279: E907-E911, 2000; Effects of fructose on hepatic glucose metabolism in humans.

⁵Cell Metabolism March 2009; 9(3):252-64

⁶Maternal consumption of coffee during pregnancy and stillbirth and infant death in first year of life: prospective study. *BMJ* 2003;326:420

⁷"The cholesterol-raising factor from coffee beans, cafestol, as an agonist ligand for the farnesoid and pregnane X receptors". *Molecular Endocrinology* 21 (7): 1603-16

- ARTIFICIAL CHEMICALS, DRUGS, & TOXIC POLLUTION -

CHEMICAL TO AVOID	WHERE FOUND
alcohol	beverages
<u>artificial sweeteners:</u> acesulfame, aspartame, saccharin	processed foods/beverages
artificial color FD &C #	processed foods/beverages
artificial flavors	processed foods/beverages
caffeine	coffee, tea, chocolate, cola
chlorine	water supply
dioxins	burning garbage, PVC, agent orange
drugs illicit	from a drug dealer near you
fluoride	water, fluoride treatments
fructose	processed foods/beverages
heavy metal: aluminum	anti-perspirants, antacids, cookware, cans/foil
heavy metal: arsenic	treated lumber, industry runoff= soil and water
heavy metal: lead	lead paint, plumbing, batteries, industry= soil and water
heavy metal: mercury	amalgam teeth, paints, batteries, vaccines, thermometers, coal burning, = polluted soil and water = polluted fish
heavy metal: nickel	water, jewelry, dental alloys
medications unnecessary prescriptions	from a licensed physician
MSG monosodium glutamate	processed foods/beverages
hydrolyzed /textured vegetable protein (MSG)	processed foods/beverages
autolyzed yeast extract (MSG)	processed foods/beverages
nicotine	tobacco products
Olestra™	processed foods/beverages
perfluorochemicals PFC: Teflon™, Scotchgard™	nonstick pans, Gore-Tex™, furniture, carpets, stain repellent
pesticides/ herbicides	plant and animal foods
polychlorinated biphenyls PCBs	industrial chemicals and pollution/burning
<u>preservatives:</u>	
sodium nitrate/nitrite, BHA, BHT, propyl gallate	processed foods/beverages
sulfur dioxide (sulfite), glutaraldehyde	processed foods/beverages
phthalates / plastics	plastic wrap/bags, bottles/pipes, plastic containers plastic toys, cosmetics, nail polish, hair products
Splenda™ / sucralose	processed foods/beverages
Trans fats: hydrogenated fats	processed foods/beverages
Volatile Organic Chemicals: VOCs	carpet, dry wall, particle board/plywood, glues, paint/varnish
petroleum, xylene, benzene,	permanent markers, cleaning chemicals, aerosols, air fresheners, fragrances
chlorofluorocarbons CFC, formaldehyde	insect repellents, dry cleaning, cosmetics/nail polish, deodorants, propane, methane, gasoline, auto tires, vinyl curtains
white sugar	processed foods/beverages
salt: sodium chloride	processed foods/beverages

MAY BE ASSOCIATED WITH

heart disease, cancer, neurological toxicity, multiple others

neurological disorders, muscle/joint pain, headaches, cancer, allergic disorders

neurological toxicity, mood and behavior changes

eurological toxicity, mood and behavior changes

nervous system stimulant, fibrocystic changes

heart disease, carcinogenic, thyroid dysfunction, hormone dysfunction

cancer, hormone dysfunction, infertility, neurological toxicity, liver damage

too many problems to list...including causing you to go broke

osteoporosis, arthritis, cancer, infertility, neurological toxicity, Alzheimer's, thyroid dysfunc

fatty liver, diabetes, heart disease

ALL HEAVY METALS: heart disease, cancer

ALL HEAVY METALS: neurological disease ex: Alzheimer's, Parkinson's,

ALL HEAVY METALS: Cerebral Palsy, multiple sclerosis, schizophrenia

ALL HEAVY METALS: Lowered IQ, developmental delays, mental retardation, autism, behavioral disorders like ADD and ADHD

multiple cross reactions

neurological disorders, muscle/joint pain, headaches, allergic disorders, asthma

neurological disorders, muscle/joint pain, headaches, allergic disorders, asthma

neurological disorders, muscle/joint pain, headaches, allergic disorders, asthma

heart disease, cancer, neurological toxicity, multiple others

abdominal cramping/ diarrhea, unknown

cancer, hormone dysfunction, infertility

cancer, hormone dysfunction, neurological disorders, autoimmune disease

cancer, hormone dysfunction, neurological disorders, autoimmune disease

hormone dysfunction and infertility

gastrointestinal symptoms, skin irritations, allergic reactions, palpitations, anxiety, mood changes

heart disease, cholesterol, diabetes, obesity, Alzheimers, cancer, liver dysfunction, infertility

ALL VOCS: respiratory disease: asthma, emphysema, lung cancer

cancer

heart disease, neurological disease (MS, ALS, Parkinsons, Alzheimers, migraines)

diabetes, heart disease, multiple

blood pressure, heart disease

body two days per week of rest with no supplementation. This will keep your body from being overwhelmed with chemical vitamins and it will be more likely to utilize them fully when you return to them again after your weekend “holiday.”

START TODAY:

- Today, invest in a whole food supplement in capsule or powdered form. I suggest my formulation Nature’s Nutrition™ (see Sources). Get rid of your cheap chemical synthetic vitamin tablets.
- If you need extra concentrated nutrients, choose a synthetic multi that is mid-range cost and comes in either a liquid, powder, or in capsulated form. Compare the label to the table on the opposite page to make sure it contains a wide spectrum of nutrients.
- If you are really going for it then look for a good quality cod liver oil, probiotics, and a complete plant-based antioxidant combination like Phyto-Ox™. (see Sources)

¹<http://www.ircf.org/2009/06/cuador-expedition-uncovers-et-like-salamander/>
Expedition uncovers ET-like salamander, Alex Morales

²<http://www.guardian.co.uk/environment/2009/sep/07/discovery-species-papua-new-guinea>
Lost world of fanged frogs and giant rats discovered in Papua New Guinea. Robert Booth. The Guardian, Monday 7 September 2009 A team of scientists from Britain, the United States and Papua New Guinea found more than 40 previously unidentified species when they climbed into the kilometre-deep crater of Mount Bosavi and explored a pristine jungle habitat teeming with life that has evolved in isolation since the volcano last erupted 200,000 years ago.

³Am J Hypertens. 2009 Sep;22(9):934-42. Epub 2009 Aug 6.

⁴Hypertens Res. 2009 Apr;32(4):282-8. Epub 2009 Feb 27

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Day 13: Avoid Toxic Chemicals.

Day 14: Supplements: Choose whole food supplements to boost health.

- VITAMINS, MINERALS, & SUPPLEMENTS -

Nutrients found in synthetic multi-vitamin for someone that needs concentrated nutrition	Daily amount I recommend to patients
vitamin A	5,000 <i>iu</i>
mixed carotenoids	25,000 <i>iu</i>
ascorbic acid vitamin C	1000 <i>mg</i>
cholecalciferol vitamin D3	2000 <i>mg</i>
mixed natural tocopherol vitamin E	400 <i>iu</i>
thiamin B1	50 <i>mg</i>
riboflavin B2	50 <i>mg</i>
niacin B3	200 <i>mg</i>
pantothenic acid B5	300 <i>mg</i>
pyridoxine B6	50 <i>mg</i>
folic acid	1000 <i>mcg</i>
methylcobalamin B12	1000 <i>mcg</i>
biotin	400 <i>mcg</i>
vitamin K1	100 <i>mcg</i>
calcium	1000 <i>mg</i>
magnesium	800 <i>mg</i>
iodine	225 <i>mcg</i>
zinc	30 <i>mg</i>
copper	3 <i>mg</i>
selenium	200 <i>mcg</i>
manganese	15 <i>mg</i>
chromium	200 <i>mcg</i>
molybdenum	100 <i>mcg</i>
boron	3 <i>mg</i>
vanadium	200 <i>mcg</i>
potassium	200 <i>mg</i>

neurotransmitters so you may awaken naturally. If you live away from city lights then you should have a naturally dark room at night which gives way to a naturally lit room by dawn. This is the ideal arrangement. If you wear a sleeping mask or blindfold to bed, the natural light coming through the windows in the morning should still be bright enough to pass under your mask to awaken you. If you have no windows in your room, consider an alarm that awakens you with a light bulb which gradually brightens as your waking time comes near. The Soleil Sun Alarm™ is beneficial in this situation and can be especially helpful in the darker winter months when waking up is more difficult. (See Sources)

START TODAY:

- Tonight, go to bed at the same time you plan on retiring each night. Make sure that your sleep lasts between 7-9 hours of uninterrupted quiet time.
- Make sure your tummy is satisfied and your bladder is empty. No coffee or alcohol allowed if you are having trouble sleeping.
- Snuggle your bug in a rug which is warm and cozy. Make sure your eyes are covered and your ears are muffled. Do not be within an arm's length of any electrical items like clocks, radios or lamps.
- Do not go to bed upset or worried. If your mind starts to run circles while you lie there, get present by observing your breath and become at peace with your thoughts. If you don't fall asleep, don't worry; relaxed resting and mental quietness is equally beneficial. If you awaken and can't go back to sleep, don't get up; stay in that quiet state and watch your breath until the morning.
- Keep a dream diary to take notes of the messages from the brain.

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Day 14: Supplements: Choose whole food supplements to boost health.

Day 15: SLEEP! The same time each night and wake the same time daily.

START TODAY:

- A home air filter is highly recommended especially if you live in the city, in a new home with chemical fumes or in an old home with mildew and dust accumulation. Filters are especially valuable for people living with allergies, chronic sinus infections or asthma. (See Sources)
- Practice breathing exercises daily to hyper-oxygenate your blood. This is great for increasing energy levels and calming stress.

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Day 16: BREATHE! Filter your air and breathe deeply.

- SUNSHINE -

START NOW:

- What to do about this epidemic of vitamin D deficiency? First, increase your sun exposure, but go slowly. Little by little, day by day, and above all do not get burned.
- Secondly, do not wear sunscreen unless you have to spend a long time in the sun. Choose healthy natural sunscreens made from zinc or titanium oxides. Protect yourself internally and externally with a complex antioxidant like Phyto-Ox™ (see Sources).
- Do not wash the vitamin D off your skin by bathing with soap for 48 hours after sun exposure.
- Have a sunlamp available to extend your days if you have a tendency to Seasonal Affective Disorder - SAD.
- Get your vitamin D levels checked and supplement with vitamin D3 if necessary. It is just that simple!

D- D- DO IT!

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They are devoid of scents and deodorizers. Do not use fabric softeners; they are simply more toxic chemicals and can increase your total toxic chemical burden. If you are able, the very best method would be to let Nature dry them outside in the fresh breeze- they will smell INCREDIBLE!

And be careful of household cleansers used to clean the kitchen and the bathroom. Be particularly cautious with bleach, harsh disinfectants, and sanitizers. These are some of the most toxic fumes out there. Again, you will have to do some research to find healthy alternatives, but most health food stores and grocery stores carry alternative cleansers that are biodegradable and safe for you and the environment.

Oh, and one more thing...FLOSS your teeth! It is one thing that you can safely do without worrying too much about being exposed to another chemical. The side benefit is better dental health and fresher kissing breath~ sound good?

START TODAY:

- Bathe only in water which has been purified of chlorine and other contaminants. Use a filter as suggested in Sources
- Read all labels and avoid hygiene and cleansing products whose ingredients appear in the list below. Find appropriate alternative products to take their place.

¹Risk from exposure to trihalomethanes during shower: probabilistic assessment and control. Chowdhury S, Champagne P. *Sci Total Environ.* 2009 Feb 15;407(5):1570-8. Epub 2009 Jan 7

²Exposure to chlorination by-products from hot water uses. Weisel CP, Chen WJ. *Risk Anal.* 1994 Feb;14(1):101-6

³Estimates of cancer risk from chloroform exposure during showering in Taiwan. Kuo HW, Chiang TF, Lo II, Lai JS, Chan CC, Wang JD. *Sci Total Environ.* 1998 Jul 11;218(1):1-7.

⁴Ibid.

⁵Chlorination, water hardness and serum cholesterol in forty-six Wisconsin communities. Zeighami EA, Watson AP, Craun GF. *Int J Epidemiol.* 1990 Mar;19(1):49-58.

⁶The pool chlorine hypothesis and asthma among boys. Cotter A, Ryan CA. *Ir Med J.* 2009 Mar;102(3):79-82.

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Day 17: SUN! Get some sunshine and optimize vitamin D levels.

Day 18: Clean Naturally: Remove chemicals hygiene & household products.

AVOID THESE CHEMICALS !

They are commonly found in your health and beauty products and are known to cause harmful side effects- READ YOUR LABELS.

2 bromo-2 nitropropapane-1,3-diol	PABA
acrylamide	p-aminophenol
aluminum chlorohydrate	paraben
aluminum zirconium	parrafin
benzoyl peroxide	PEG-“some number”
benzyl alcohol	phenol carbolic acid
BHT, BHA	phenylenediamine
butylparaben	phthalate
dioxane	polyethylene
DMDM Hydantoin	propylene glycol
formaldehyde	petrolatum
fragrance	resorcinol
lead acetate	sodium fluoride
methyl paraben	sodium laureth sulfate
methylchloroisothiazolinone	toluene
mineral oil	triclosan
oxybenzone	triethanolamine

START TODAY:

- Pull out the calendar and mark the dates of your next detoxification cleansing. I recommend my simple 21 day intestinal cleanse Digestive Detox™ followed by the liver cleanse for two weeks and the urinary system cleanse for two weeks. All together it takes about 2 months to complete and can be repeated 6 months to a year later.
- Read the book, *Nature's Diet Cleanse Companion* and learn how to cleanse with diet and fasting.
- In your cleansing include a wide assortment of methods to further encourage waste elimination: hydrotherapies such as saunas, colonics and other cleansing modalities like skin brushing, massage, and adjustments.

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Day 17: SUN! Get some sunshine and optimize vitamin D levels.

Day 18: Clean Naturally: Remove chemicals hygiene & household products.

Day 19: Cleansing and Detox: Intestines, liver, kidneys, and fasting.

START TODAY:

- For today it is important that you make sure your body is at its optimal health level. Not just for maximum sexual functioning but to ensure that you are working on the side of prevention for good overall health in the future. Make an appointment with your health-minded physician's office and ask to have the following labs listed below performed. And be sure to get your blood pressure and pulses (lying and standing), temperature, and weight while you are there.
- Boost sex-healthy foods high in zinc and other nutrients. Include natural hormone balancers in your diet such as all the vegetables in the broccoli family, flax seeds, soy beans, and alfalfa (found in whole food vitamins and green drinks- see Sources.)
- Eliminate or greatly decrease alcohol and other chemicals which could be affecting the hormonal balance.
- Practice your Kegels, holding tight for 10 seconds 10 or more times daily to strengthen your sex muscles. Don't forget the old-time treatments of sitz baths and prostate massage for prostate symptoms.
- "Use it or lose it." You have to practice from your youth until your later years to keep functioning well. You do not have to reach a climax each time, the intimate connection is powerful by itself.
- Get your head in the right place. Maintain communication to determine what may be causing a disconnect between you and your partner.
- Supplement with botanical herbal enhancers and/or bio-identical hormones if your laboratory values indicate. Supplement only after the foundational nutritional and psychological areas have been addressed first.

¹Trock BJ et al. Meta-analysis of soy intake and breast cancer risk. *J Natl Cancer Inst.* 2006 Apr 5;98(7):459-71.

²Wu AH et al. Epidemiology of soy exposures and breast cancer risk. *British Journal of Cancer* (2008) 98, 9- 14

³Guha N et al. Soy isoflavones and risk of cancer recurrence in a cohort of breast cancer survivors: the Life After Cancer Epidemiology study. *Breast Cancer Res Treat.* 2009 Nov;118(2):395-405. Epub 2009 Feb 17.

Females: Optimal lab levels=

Estradiol: women in their prime about 20- 400 pg/ml varying in the month due to the female cycle

Postmenopausal 3-30,

Estradiol treatment with bio-identical hormones= 50-150 pg/ml

Estradiol Free: 1.0%-2.0% of total estradiol

Progesterone: women in their prime= about 0.5-30 ng/mL= varying in the month due to the female cycle

Postmenopausal 0- 1.0, progesterone treatment with bio-identical hormones= 20-75 ng/mL

Testosterone: 40-60 ng/dL

DHEA-S: women in their prime: 150-350-mcg/dL

TSH: 0.35-2.9 mcIU/mL

Free T3: 290-370 pg/dL

Cortisol: ASI salivary test

Glucose: Fasting AM: 80-95 mg/dL; 2 hours after meal 90-105 (about 10 points higher than fasting)

Fasting AM Insulin: under 6 mcIU/mL ; 2 hours after meal 15 mcIU/mL

Vitamin D (25 hydroxy): 60-80 ng/mL

Males: Optimal lab levels=

Testosterone: men in their prime 700-1200 ng/dL,

Testosterone treatment with bio-identical hormones= 500-900 ng/dL

Testosterone free: 2.0%-3.0% of total testosterone

DHT (di-hydrotestosterone- bad testosterone): 30-50 ng/dL

Estradiol: 15-30 pg/ml

Progesterone: 0-1.2 ng/mL

DHEA-S: men in their prime: 300-450 mcg/dL

TSH: 0.35-2.9 mcIU/mL

Free T3: 290-370 pg/dL

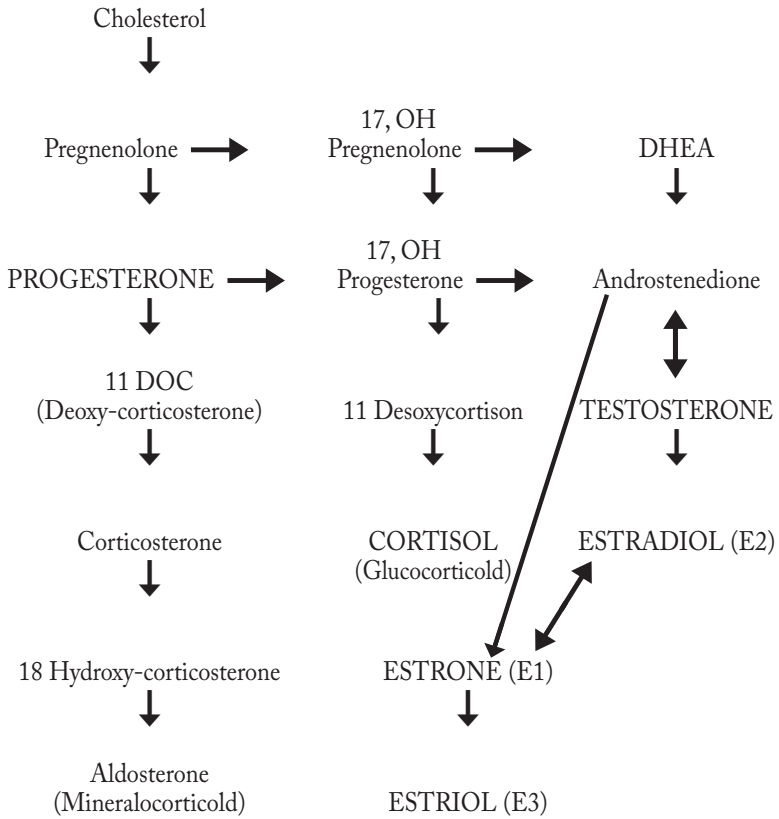
Cortisol: ASI salivary test

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Vitamin D (25 hydroxy): 60-80 ng/mL

How Hormones Are Made in Your Body



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Day 16: BREATHE! Filter your air and breathe deeply.

Day 17: SUN! Get some sunshine and optimize vitamin D levels.

Day 18: Clean Naturally: Remove chemicals hygiene & household products.

Day 19: Cleansing and Detox: Intestines, liver, kidneys, and fasting.

Day 20: SEX! Balance your hormones and communicate your concerns.

So that does it; treats are meant to be enjoyed, so go ahead and do just that - enjoy them once in a while. What you do the majority of the time is what will maintain your body's health. Remember, we are eating to live, not living to eat, although what would life be like without pizza or birthday cake once in a while? If it turns out that once in a while is getting to be more habitual and turning into several times or more a week, then you will want to make a plan or get a coach to make these cravings manageable.

With that, I will conclude these 21 days of Nature's Diet. It's been an honor and privilege to write this book and share with you what I have learned through my teacher Doc Ken, my patients, and by observing Nature directly. Continue onward with these healthy habits and you will continue to lock in your brain the patterns which will promote health for you and your family for the rest of your lives.
- Be Well!

START NOW:

- "90/10 compromise": enjoy a meal of your choice or a treat of your choice a couple times a week.
- Pay attention to subtle hints your body is giving you when you return to the foods you have been avoiding. If you have a reaction, honor the body's wisdom and do not consume these foods any longer.
- Choose treats made from organic, natural ingredients as opposed to those with artificial flavors and colors.
- Snack on foods which are low in sugar.
- If you eat in a restaurant be sure to incorporate half the weight of the meal as vegetables and/or salad. This is particularly important if you are going to replace your starch with a dessert or if you have no choice other than fast food

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Day 19: Cleansing and Detox: Intestines, liver, kidneys, and fasting.

Day 20: SEX! Balance your hormones and communicate your concerns.

Day 21: Enjoy a treat! Two meals per week of whatever you want!

Appendix A

Meal Planner & Menu Ideas

Choose one protein, one starch, one fat and as many vegetables as you wish from the categories below. Use this to make your own meals. Menu ideas with complete meals follow this list on the next pages.

PROTEIN:

Choose one serving of animal protein
(about 3 ounces per meal)

MAMMALS	POULTRY	FISH
beef <i>free range or grass fed organic</i>	chicken	anchovy
buffalo	cornish hen	bass
elk	duck	caviar
goat	goose	cod
lamb	pheasant	grouper
moose	quail	halibut
organ meat <i>(liver, heart, etc)</i>	turkey	herring
rabbit	EGGS	mackerel
venison		perch
		rockfish
		roughy
		salmon
		sardines
		snapper
		trout

- MEAL PLANNER & MENU IDEAS -

STARCHES:

Choose one serving of carbohydrate per meal

GRAINS <i>1 cup cooked</i>	ROOTS <i>Amounts listed</i>	SQUASH <i>1 ½ cups</i>	BEANS, PEAS <i>1 cup cooked</i>	PROCESSED GRAINS= <i>25-35 g/serving</i>
amaranth	beet <i>3c</i>	all winter squash	adzuki beans	corn tortilla (<i>3 small</i>)
barley	carrots <i>2c</i>	acorn squash	black beans	whole grain sprouted breads (<i>2 slices</i>)
brown rice	daikon radish <i>2c</i>	banana squash	black-eyed peas	tortilla chips <i>1 oz (20 chips)</i>
buckwheat	Jerusalem artichoke <i>1c</i>	butternut squash	fava beans	brown rice cakes <i>(4 small)</i>
corn kernels	parsnip <i>2c</i>	delicata squash	garbanzo beans	shredded wheat cereal <i>(3/4 cup)</i>
corn grits	potato <i>1c</i> <i>(any type)</i>	hubbard squash	green peas	whole grain pasta <i>(3/4 cup)</i>
kamut	rutabaga <i>2c</i>	pumpkin	great northern beans	whole grain corn bread (<i>1 piece</i>)
millet	sweet potato <i>1c</i>	spaghetti squash	kidney beans	rice pasta (<i>3/4 cup</i>)
oat meal	turnip <i>3c</i>	sweet meat squash	lentils	corn pasta (<i>3/4 cup</i>)
quinoa	yam <i>1c</i>		lima beans	rye crisp crackers (<i>8</i>)
red rice	yucca <i>1c</i>		mung beans	rice crackers (<i>1½ oz</i>)
rye	EXTRAS:		navy beans	sprouted grain bagel (<i>½</i>)
spelt	apple sauce <i>1c</i>		pinto beans	sprouted grain pita (<i>1 large</i>)
triticale	rice milk/soy milk <i>8oz</i> often contain 25-35 grams carbohydrate		red beans	flax seed crackers (<i>1½ oz</i>)
wheat	coconut yogurt <i>6oz.</i> soy yogurt <i>6oz</i>		soy beans	
wild rice			split peas	
			tofu	
			white beans	

VEGETABLES:

Choose one or more of the veggies below.
*Remember the amount per meal should be equal to
the weight of the protein and the starch.*

artichoke	jicama
arugula	kale
asparagus	kelp
bamboo shoots	leek
beet (<i>raw</i>)	lettuce (<i>all varieties</i>)
beet greens	mushroom (<i>all varieties</i>)
bok choy	mustard greens
broccoli	okra
Brussels sprouts	onion
cucumber	parsley
cabbage	peas & pea pods (<i>raw</i>)
cactus nopales	peppers (<i>all varieties</i>)
carrot (<i>raw</i>)	radicchio
cauliflower	radish
celery	rutabaga (<i>raw</i>)
cilantro	spinach
collard greens	sprouts (<i>all varieties</i>)
corn (<i>raw</i>)	squash summer
daikon(<i>raw</i>)	Swiss chard
eggplant	turnip (<i>raw</i>)
endive	tomato
fennel	turnip greens
garlic	water chestnut
ginger	watercress
green beans	zucchini

- MEAL PLANNER & MENU IDEAS -

FATS:

Choose one serving of a healthy fat source below (*about 15 grams per meal*)

Oils= 15 grams per tablespoon Nut butters= 15 grams per 2 tablespoons

extra virgin coconut
extra virgin olive
raw nuts seeds/butters
almonds
cashews
chestnuts
coconuts
filberts
flax seeds
macadamia
pecans
peanuts
pine nuts
pistachios
poppy seeds
pumpkin seeds
sesame seeds
sunflower seeds
walnuts
olives
avocado 3oz
coconut milk 2oz
fish serving
100g = 2500mg
EPA = 8 capsules fish oil

black currant seed
borage oil
evening primrose
fish oil
flax oil
hemp oil
krill oil
palm oil
peanut oil
sesame oil
walnut oil
wheat germ oil
butter
ghee
tallow (beef)
(raw dairy)

FRUITS:

List of healthy fruit choices as an optional snack between meals:

Consider a serving to be approximately 1 cup of fresh fruit or ¼ cup for dried fruit

Apples	Grapes	Peaches
Apricots	Grapefruit	Persimmons
Bananas	Guava	Pineapple
Blackberries	Honeydew	Plums
Blueberries	Kiwis	Pomegranates
Boysenberries	Lemons	Prunes
Cantaloupe	Limes	Raisins
Cherries	Mangoes	Raspberries
Cranberries	Nectarines	Rhubarb
Dates	Oranges	Strawberries
Figs	Papaya	Tangerines
Gooseberries	Pears	Watermelon

MORE SNACK IDEAS:

Any meal can be cut in half and eaten 2 hours later in place of a snack.

- raw veggies: carrot sticks, celery sticks, raw broccoli, cauliflower, peppers, cucumber slices, turnips, rutabagas, jicama, etc.
(raw veggies alone or dipped in: bean dip, guacamole, hummus dip, or nut/seed butter)
- one piece of fresh fruit (with raw nuts or nut butter)
- coconut milk yogurt, soy yogurt *(kefir for some folks)*
- beef jerky, pepperoni, smoked salmon
(NOT made with MSG, or artificial flavors (ask your local meat shop)
- sardines (canned in water) on rye crisp crackers
- hardboiled egg *(not overcooked)*
- handful of raw nuts and seeds
- rice crackers with some peanut butter or almond butter
- apple sauce and raw yogurt/kefir or soy yogurt
- tortilla chips with bean, guacamole, hummus, or salsa dip
- olives *(tree ripened)*
- soup and flax seed or rye crisp crackers
- homemade fruit gelatin
- dried seaweed
- popcorn plain or with olive oil sprayed on
- half sandwich or burrito

CONDIMENTS:

- natural sea salt or mined minerals salt
- salt substitute (potassium chloride= No-Salt™ or Nu-Salt™)
(for those with high blood pressure)
- tamari soy sauce
- herb seasonings: *(all herbs and spices may be used as condiments)*
Mrs Dash, Spike
powdered kelp
Simply Organic dressing mixes
- unfiltered raw apple cider vinegar
- fresh lemon or lime juice
- all oils and nut butters listed above
- mayonnaise made from olive oil
- salsa, guacamole, hummus, bean dips
- organic mustard, organic ketchup *(read labels!)*

- MEAL PLANNER & MENU IDEAS -

MENU IDEAS:

You may mix or match any of these ideas.

Remember there are no set breakfast, lunch, or dinner foods. Any meal can be eaten at any time of the day. Nature's Diet Cookbook will expand on this and have numerous meal plan ideas along with the recipe for each individual item.

<p>3 oz baked halibut 1 ½ cups winter squash with olive oil 2-3 cups sautéed green beans</p>	<p>2 medium eggs poached 2 slices Ezekiel toast with ghee 6 oz fresh veggie juice (50% greens + 50% carrot)</p>
<p>3 oz roast chicken leg 1 cup millet 1 steamed artichoke dipped in olive oil</p>	<p>3 oz broiled snapper 1 cup sweet potato baked fries 2-3 cups cabbage coleslaw</p>
<p>3 oz organic meat loaf 1 ½ cup cooked peas/carrots with butter 2-3 cups broccoli salad</p>	<p>½ cup whole grain oatmeal cooked with ½ banana, or 3 prunes or 10 raisins with 2 tablespoons almond butter and egg nog drink on side: blend 2 eggs with almond milk</p>
<p>3 oz halibut 1 cup brown rice cooked in coconut milk 2-3 cups grated carrot salad</p>	<p>2-3 cups buffalo red bean chili 2-3 cups cabbage-avocado-cilantro salad</p>
<p>2 soft boiled eggs 1 cup black beans with salsa and avocado 2 cups grilled onions and bell peppers</p>	<p>3 oz venison sausage 1 gluten free pancake with nut butter 6 oz fresh veggie juice (50% greens + 50% carrot)</p>
<p>3 oz Cornish game hen 1 cup medium potato with avocado 2-3 cups Romaine salad</p>	<p>3 oz turkey breast 1 toasted sprouted wheat roll with olive oil 2-3 cups lettuce, tomato, sprouts, cucumber</p>

<p>2-3 cups turkey bone broth soup with barley, veggies, and turkey 2-3 cups spring green salad with olives</p>	<p>3 oz lamb ribs 1 small baked potato with butter 2-3 cups Brussels spouts</p>
<p>3 oz organic beef liver 2 small corn biscuits with broth gravy 2-3 cups sautéed zucchini and onions</p>	<p>Egg salad on 2 slices sprouted toast (2 hard boiled eggs mixed with olive oil) 2-3 cups lettuce, tomato, sprouts, cucumber</p>
<p>3 oz venison steak 1 cup basmati rice 2-3 cups stir fry (any veggies from list above)</p>	<p>3 oz tilapia 1 med baked potato with tofu and olive oil 2-3 cups steamed veggies (from list above)</p>
<p>3 oz salmon lox ½ organic sprouted bagel with olive oil 6 oz tomato juice with greens supplement- (<i>Veggie Greens Powder drink- see Sources</i>)</p>	<p>3 oz Buffalo steak 1 cup yams or sweet potato 2-3 cups green beans</p>
<p>3 oz water canned herring 1 oz rice crackers and 1 oz hummus 2-3 cups raw celery and carrot sticks</p>	<p>3 oz wild cod fish 1 cup quinoa with avocado 2 cups steamed vegetables (from list above)</p>
<p>2-3 cups lamb and lentil soup 2-3 cups spring green salad with avocado</p>	<p>3 oz turkey breast 1 cup millet with olive oil and avocado 2-3 cups tomato and cucumber salad</p>

- MEAL PLANNER & MENU IDEAS -

<p>3 oz roast beef and onions 1 ½ cups roasted potato and carrots 2-3 cups roasted zucchini-summer squash</p>	<p>3 oz lamb burger 1 cup split pea soup 2-3 cups carrot salad</p>
<p>2-3 cups beef and veggie soup 1 piece corn bread and butter 2-3 cups fennel and endive salad</p>	<p>3 oz chicken breast 3 corn tortillas 2-3 cups grilled vegetables and avocado</p>
<p>3 oz roasted chicken breast 1 cup white bean soup 2-3 cups lightly roasted veggies</p>	<p>2 low heat fried eggs 6 oz coconut yogurt or soy yogurt 1 slice whole grain toast 6 oz fresh veggie juice (50% greens + 50% carrot)</p>
<p>3 oz broiled trout 2 cups parsnip roots cooked 2-3 cups European salad greens</p>	<p>3 oz duck leg 1 cup basmati brown rice 2-3 cups eggplant or portabella mushroom with tomato sauce</p>
<p>2-3 cups beef stew with potato/carrot/celery 2-3 cups green salad</p>	<p>3 oz sea bass 1 cup millet with olive oil 2-3 cups leafy green salad with sprouts</p>
<p>3 oz organic turkey sausage 1 cup whole grain cereal 6 oz fresh veggie juice (50% greens + 50% carrot)</p>	<p>3 oz turkey breast stir fried 1 cup rice noodles stir fried 2-3 cups stir fried veggies- tamari seasoned</p>
<p>3 oz salmon pâté made with olive oil 3 tortillas with sliced tomatoes/cucumber 2 cups fresh garden green salad</p>	<p>3 oz deer, elk, moose liver 1 cup lentils with onions 2-3 cups stir fry (any veggies from list above)</p>

Open face sandwich: 3 oz mackerel or sardines pâté made with olive oil or olive mayo 2 slices whole grain toast 2-3 cups Tomato, sprouts, lettuce on side	2 poached eggs ¾ cup shredded wheat cereal with rice, almond, soy milk 6 oz water with green drink (<i>Veggie Greens Powder drink- see Sources</i>)
3 oz rabbit 1 cup sweet potato with almond butter 2-3 cups sautéed kale and collard greens	3 oz free range beef roast 1 cup roasted yams 2-3 cups broccoli-cauliflower steamed
3 oz wild rockfish sautéed in butter 2 ½ cups rutabagas and turnips 2-3 cups Arugula salad	3 oz free range beef ribs 1 cup apple sauce 2-3 cups sautéed kale and collard greens
3 oz sashimi 1 cup rice noodles in miso broth 2-3 cups seaweed salad	3 oz lamb 1 cup pinto beans with tomato salsa 2-3 cups asparagus
3 oz rabbit ½ cup potato salad made with olive oil ½ cup steamed beets with vinegar 2-3 cups large green lettuce salad	HOMETOWN EGGNOG PROTEIN DRINK Blend 2 raw free range eggs 1 oz soft tofu (<i>optional</i>) 1 tablespoon flax seed meal 1 tablespoon almond butter ½ ripe banana or ½ cup frozen berries (<i>optional</i>) with oat, soy, rice, coconut, or almond milk

Appendix B

Sources

TRILIUM HEALTH CLINIC

Dr. Andrew Iverson, ND
5609 South Lawrence St
Tacoma, WA 98409
Contact us through
www.triliumhealth.com

Day 2:

Water filters:

Removes physical contaminants and electromagnetic contaminants with multiple filtration levels and vortex to make water that resembles Nature.

For countertop and whole home:

AquaLiv™
PO BOX 1179
Rainier WA 98576
800.794.6976
www.aqualiv.net

*For a 5% discount to our readers off all AquaLiv™ products- put in this code: **trilium** at the time of ordering.*

For Shower Filters:

See our website
www.triliumhealth.com

Day 4:

Fasting and Detoxification Retreats

1) TrueNorth Health
Alan Goldhamer DC
1551 Pacific Avenue
Santa Rosa, CA 95404
707.586.5555
<http://www.healthpromoting.com>

2) Optimum Health Institute -
Austin Lou Ann King RN-
the very kind director
265 Cedar Lane
Cedar Creek, TX 78612
800.993.4325
<http://www.optimumhealth.org>

3) Optimum Health Institute -
San Diego
6970 Central Avenue
Lemon Grove, CA 91945
800.993.4325
<http://www.optimumhealth.org>

Day 7:

*Food allergy testing ELISA methodology
IgG, IgE and IgA testing available*

US BioTek Laboratories, Inc.
13500 Linden Ave North
Seattle, WA 98133 USA
877.318.8728
<http://www.usbiotek.com>

- SOURCES -

Day 9:
NATURE'S DIET COOKBOOK
www.triliumhealth.com

Day 10:
NATURE'S DIET COOKBOOK
www.triliumhealth.com

Dressing Mixes: Simply Organic
www.simplyorganicfoods.com

Day 11:
Food allergy testing ELISA
See Sources Day 7 on previous page

Day 14:
NATURE'S NUTRITION™ and
PHYTO-OX™ and VEGGIE GREENS™
For ordering information:
See our website
www.triliumhealth.com

Day 15:
goLITE® BLU Energy Light
Light Therapy
(check Costco)

Philips briteLITE 6 Energy Light
(check Costco)

Soleil Sun Alarm
www.soleilsunalarm.com

Day 16:
AIR filter:
See our website
www.triliumhealth.com

Day 17:
Light Boxes:
See Day 15 on this page

Day 18:
Water filters: for drinking:
See Sources Day 2

Economical shower filters:
See our website
www.triliumhealth.com

Day 19:
Fasting center : *See Sources Day 4*

Digestive Detox Cleanse™
Liver Cleanse
Urinary Cleanse
VEGGIE GREENS™
For ordering information:
See our website
www.triliumhealth.com

Book coming soon:
NATURE'S DIET
CLEANSE COMPANION

Day 20:
Prostate massagers:
High Island Health:
www.highisland.com

Salivary Testing (ASI)
Diagnos-Techs, Inc.
19110 66th Ave. S., Bldg. G
Kent, Washington 98032
Toll Free (800) 878-3787

Day 21
Food allergy testing-
See Sources Day 7 on previous page