

A Whole Food,
Unprocessed
Diet

Diet *for* **Life**



Everytime YOU EAT OR DRINK,
You are either *Feeding Disease,*
OR FIGHTING IT.

Quote Author - Heather Morgan

Call
717.832.5993

**Dr. Adrian J.
Hohenwarter, M.D.**
745 South Grant Street
Palmyra, PA 17078

Email

For Dr. Office Inquiries:
doctoradrian@verion.net
Online Order Inquiries:
info@dradrianmd.com

HOURS OF OPERATION

Dr. Adrian office hours
Monday - Thursday
8:15am - 4:00pm
Friday 8:15am - 1:00pm

Supplement Store hours

NO APPOINTMENT
NECESSARY TO
PURCHASE PRODUCTS
IN OFFICE

*(located within
Dr' Adrian's office)*
Monday - Friday
8:00am - 4:00pm

*Drop Box pickup after
hours is available for
pre-approved patients*

OUR INTRODUCTION

Dr Adrian Introduction

In the not so distant past, medical doctors believed that what you eat has nothing to do with your health. Today's medical doctors have only improved slightly in this misunderstanding. Medical training barely touches nutrition and residency training almost totally ignores the effect of food and nutrients on the patient's health considering it to be the responsibility of the hospital cafeteria and dieticians. It is no wonder that patients come to my office after seeing as many as ten different doctors trying to find a solution for their complaint and not once

was the diet and nutritional status considered. The reality is usually that what they have been eating has led to their current malady and changing their diet can remedy it.

When I counsel patients in diet, they typically ask "how long must I be on this diet before I can eat my usual foods?" My answer is that they will need to change their "diet for life" if they want good health and that these changes will give them more "life". Thus, the following is Dr. Adrian's "Diet for Life". I hope this changes your life.



www.facebook.com/dradrianmd



<https://plus.google.com/+HohenwarterAdrianJMDPalmyra>



www.linkedin.com/company/adrian-hohenwarter-md



<https://twitter.com/dradrianmd>



www.pinterest.com/dradrianmd/



www.youtube.com/user/DRArainMD



HOW TO SHOP

WHAT SHOULD YOU KNOW ABOUT GMO

Health risks associated with eating GMO foods

According to PubMed, the results of most studies with GM foods indicate that they may cause some common toxic effects such as hepatic, pancreatic, renal, or reproductive effects and may alter the hematological, biochemical, and immunologic parameters. However, many years of research with animals and clinical trials are required for this assessment. The use of recombinant GH or its expression in animals should be re-examined since it has been shown that it increases IGF-1 which may promote cancer.

(Source: <http://www.ncbi.nlm.nih.gov/pubmed/18989835>)

AVOID Genetically Modified Organisms (GMO) / genetically engineered food (GE)

Remember food manufacturers do not have to tell you if their products contain GMO's or are GE. What does that mean? Typically, seeds are genetically engineered to:

- Enhance herbicide tolerance
- Resist insects
- Increase drought resistance

Glyphosate which is found in the weed killer Roundup is the most widely used herbicide.

GMOs are outlawed in many countries because they are considered unsafe.

To meet the organic standard, food companies must prove their food is grown without:

- Synthetic pesticides or fertilizers,
- Sewage sludge or ionizing radiation,
- Food additives such as preservatives, artificial sweeteners, colorings & flavorings, and monosodium glutamate



HOW TO SHOP

HOW TO AVOID TRANSFAT

AVOID TransFat like corn, soy or canola oils

Good fats are essential for health. Oxidized and trans fat are detrimental. Our ancestors ate more saturated animal fats such as lard and butter which are wrongly deemed as unhealthy. They do not oxidize (go rancid) which attacks our cell membranes as oxygen free radicals. Vegetable or unsaturated oils such as solvent extracted corn, soy or canola oils have saturated the food industry due to their convenience and cost. The problem with these more liquid oils is that they oxidize or become rancid and foul tasting and smelling. The food engineers' solution to this was to artificially add hydrogen to 'saturate' and harden the oil thereby preventing oxygen from reacting with the double bonds in the unsaturated oil and fouling it. Unfortunately, these artificial oils as found in vegetable shortenings, Crisco, margarines and most restaurant oils, are in a 'trans' 3-dimensional configuration; not normally found in nature. The body not knowing any better will build your cell membranes and organs from these fats causing cellular dysfunction, cancer and increased heart disease. Trans fat appear in the ingredients list as hydrogenated oil and if present in high enough amounts, will also appear under the "Nutrition Facts" of food labels. Trans fat is banned in many other countries and certain cities and the FDA is taking actions to reduce it in our food supply. www.fda.gov/ForConsumers/ConsumerUpdates/ucm372915.htm. Avoid it like the poison it is and read labels and tell chefs in restaurants that you have a severe allergy to hydrogenated oil/ transfat.

Good fats to eat are unheated/unfried butter, olive oil, (my two favorites) sesame oil, coconut oil, macadamia nut oil. Be aware that nut oils don't agree with some people causing bloating. Fats increase satiation and decrease overeating. Borage and distilled fish oils are supplements one should take.

How to know if your food is SAFE? Organic is BEST!

Look for any of the following labels when shopping:



Remember just because something is labeled organic does not mean 100% of the ingredients are organic. Any food labeled with Made with Organic may contain GMO ingredients so read labels too!



Know how to read labels.

Fruit and Vegetable stickers have price lookup codes which actually can tell you if the fruit was genetically modified, organically grown or produced with chemical fertilizers, pesticides, fungicides or herbicides.

9XXXX = ORGANIC

An example of an Organic Fruit label. Look for labels that have 5 digits and start with a 9. You can use the skin in cooking too as it is not sprayed.

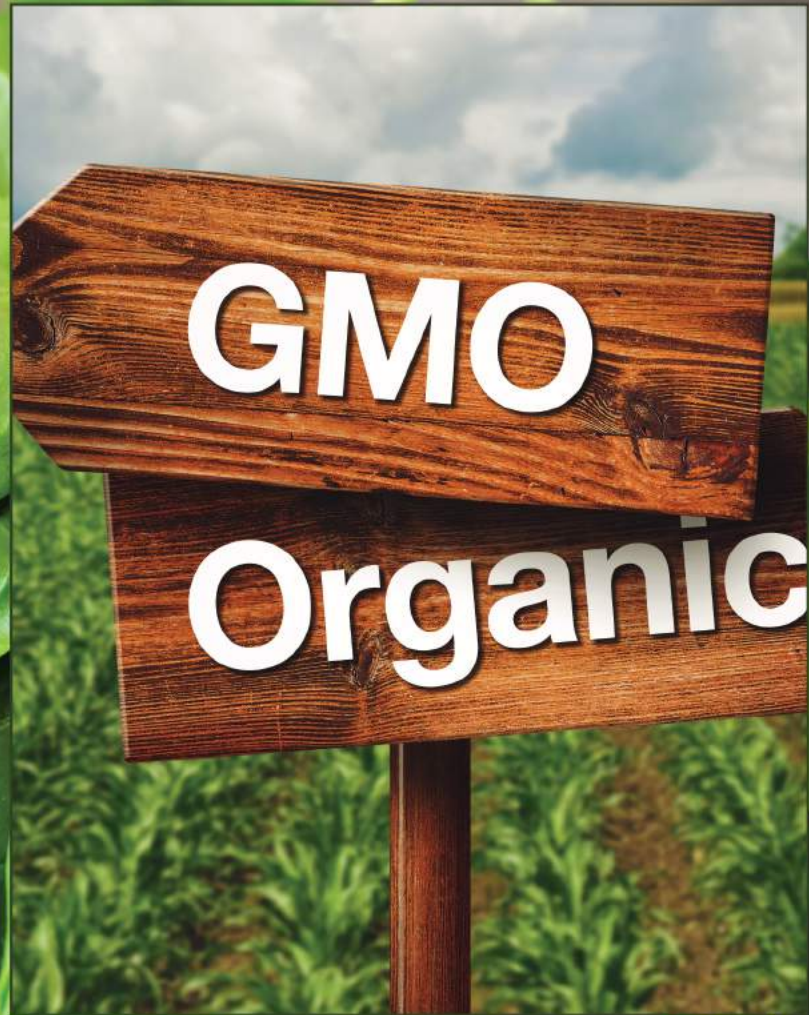


8XXXX = GMO (genetically modified)

Avoid at all costs!

3XXX OR 4XXX = CONVENTIONALLY GROWN

Make sure to wash these items well and do not eat or use the skin in your recipes.



Tip

Wash your fruits and vegetables with 2% of salt in cold water to remove pesticide residue according to the CSE. Or make a solution with 10 percent white vinegar and 90 percent water and soak your veggies and fruits in them. Stir them around and rinse thoroughly.

The fruits and vegetables with the highest likelihood of pesticides includes:

- strawberries
- nectarines
- cherry tomatoes
- hot peppers
- collard greens
- blueberries
- peaches
- celery
- summer squash
- arugula
- raspberries
- pears
- spinach
- cucumbers
- cilantro
- blackberries
- grapes
- bell peppers
- potatoes
- parsley
- apples
- cherries
- hot peppers
- kale
- chard
- dandelion greens

Price comparison of Organic versus Conventionally grown foods



Yes, some organic whole foods cost more but some are the same price or less expensive than its conventional counterpart. The goal is to eat only whole food and eliminate processed foods. If you stop buying all the highly-processed food and apply that grocery budget to healthy wholefood you will not only support family farming but your costs for medical care should decrease because you are choosing a healthier diet and reducing your exposure to health risks such as diabetes, high blood pressure, cancer and other diseases.

Mineral content of organic versus conventionally grown food

When you buy organic food you are getting up to several thousand times the mineral content which makes it far cheaper. According to PubMed Organic crops contained significantly more vitamin C, iron, magnesium, and phosphorus and significantly less nitrates than conventional crops. There were nonsignificant trends showing less protein but of a better quality and a higher content of nutritionally significant minerals with lower amounts of some heavy metals in organic crops compared to conventional ones.

(Source: <http://www.ncbi.nlm.nih.gov/pubmed/11327522>)





Benefits to growing your own garden and improving your health

This is a great way to enjoy healthy organic fruits and vegetables while saving money and enjoying the benefits of gardening for physical fitness, and teaching yourself and the next generation about sustainability. Our family has an organic garden where we grow leafy greens kale, chard, spinach, bell peppers, tomatoes of various varieties, sweet corn, herbs, and many other delicious foods. We selected an area, removed the grass, added non treated lumber to create raised beds and we brought in rich organic soil to plant in. We have used organic seeds but also purchase plants online from organic growers. We enjoy our garden crops for many months. We make our daily green juices & smoothies from our highly nutritious greens. Lettuce, herbs like mint, cilantro and parsley and tomatoes create amazing salads too. So we hope you enjoy gardening as much as we do!

Organic Food Shopping List

If you are on a budget, here is a priority list of the foods you want to buy organic

- 1 Dairy (Milk, Cheese, Yogurt, Ice Cream) if you eat dairy which can have negative health effects for many.
- 2 Animal Protein (chicken, 100% grass fed beef, wild caught salmon)
- 3 Eggs
- 4 Vegetables highest risk for GMO (corn, soybeans, zucchini, yellow squash, canola (olive oil better choice), sugar beets, papaya)
- 5 Fruits and Vegetables highest risk for pesticides (strawberries, blueberries, raspberries, blackberries, apples, nectarines, peaches, pears, grapes, cherries, cherry tomatoes, celery, spinach, bell peppers, hot peppers, summer squash, cucumbers, potatoes and leafy greens such as kale and collard greens, arugula, cilantro, parsley, chard and dandelion greens.
- 6 Dried Herbs and Spices
- 7 Tea and Coffee
- 8 Chocolate



Good Sources for Information:

www.centerforfoodsafety.org
www.healthiereating.org
www.helpguide.org/articles/healthy-eating/organic-foods.htm
www.tastefulgarden.com

HOW TO EAT

OVERVIEW

Hydration

It is important not to be dehydrated during the day or at night while sleeping. The body heals at night and eliminates waste. Upon awakening, one should first hydrate. This can be in the form of teas, organic black coffee in moderation, smoothies of berries and greens, fresh made juices such as carrot, celery and apple, fresh squeezed citrus (like lemon in H₂O) or water. Many people have toxic acidic waste in the body (especially from animal products) and benefit from cleansing and alkalizing upon awakening. Remember to brush or rinse teeth with baking soda and water after citrus to prevent enamel damage. (A rinse could be a teaspoon of baking soda in an ounce of water. Otherwise, just dip a tooth brush into moistened baking soda and brush and floss.)

Patients often ask what should they eat for breakfast. This depends on how one ends the prior day. If you have the bad habit of eating most of your calories in the evening, you will need to cleanse your GI tract and liver in the AM and will not be hungry for protein or heavier foods. The above smoothies and juices, teas etc. would be first choice.

Many people add protein and/or other products/powders to their smoothies. This is often more of a problem than a benefit and provides challenging substances such as seed powders, and allergenic or gas forming proteins. Stick with foods not products.

Ripe bananas (never green) should also be eaten alone and not mixed into smoothies as they cause gas and impaired digestion when mixed with other foods. Raw oats are also poorly tolerated in smoothies.

If you end the prior day with an empty stomach or cleansing fruits or leafy greens, you may be hungry for protein after the AM hydration. A smoothie can still be first as it is quickly absorbed. Alternatively, your raw smoothie or juice can be taken with you to work. Thus, protein (eggs, hormone free meats) and organic grains, oatmeal or sprouted grain breads and butter could be the morning meal. Fruit or excess fruit may impair digestion if taken after proteins. Listen to your body. In general, alternate protein rich and produce rich foods.

Fasting

The need for fasting depends on how balanced and healthy one's daily diet habits are. It is a good idea to spend part of one day weekly just eating cleansing plant foods such as salads, smoothies or apples while hydrating. Taking 250-800 mg of magnesium daily to soften stool helps improve elimination and bile flow. Eating nothing but apples for 1-3 days once or twice yearly ("Apple Diet") is a good way to clean house and hit the reset button. Combine this with herbal teas, water, gentle exercise, and rest.

The Apple Diet

Obtain organic apples if possible. The Jonathan, JonaGold, and Golden Delicious varieties are recommended. Gala and Red Delicious are allowed but are not ideal since the others contain the most pectin; a fiber which will bind with many toxins and cholesterol. Try to get a colonic on the first day. A series of salt and soda enemas followed by a glycothymoline enema may be substituted. The addition of fresh squeezed lemon juice between apples adds to the cleansing effect and is recommended. One or more lemons, depending on one's taste, are desired. Be sure to brush your teeth with baking soda afterwards to prevent enamel dissolution.

FIRST DAY

Eat as many apples as you like. Most people consume between 6-8 apples on day one, 4-6 on day two, and 2-4 on day three. However, many eat 8-10 every day. If organic, the apples may be eaten with the peel; if not organic, be sure to peel them. If you don't like the whole apple, they can be mixed in the blender into uncooked applesauce; this way they are quite tasty and easy to consume. Preferably at the end of the day, have your first colonic, although it can be taken anytime the first day. If there is no colonic service available in your area, you must have an enema at the end of the first or during the second day. Otherwise, you may begin to reabsorb the toxins you are throwing off from the lower colon. (For those unwilling to do either, then Magnesium oxide or citrate should be taken to loosen the stool and alkalize the gut.) Be sure to take a fume or steam bath, and try to get a massage and do some general exercise. Walking, stretching, yoga or other mild aerobic non-strenuous exercise will help increase the circulation and clearance of toxins from the tissues.

SECOND DAY

Have a colonic or enema and any number of apples per one's taste or appetite.

THIRD DAY

Continue with apples, another colonic or enema in the evening, if possible.

Olive Oil One to three teaspoons of olive oil (depending on individual tolerance) should be taken at bedtime each night to stimulate the flow of bile from the liver and biliary tree. You may take it with hot water if the taste of straight oil is unappealing. The liver usually has its maximum flow of bile between 11PM and 2AM. The olive oil helps facilitate this. The alkaline apple fiber will bind the toxins and bile acids released and carry them out of the body. The key organ that is cleansed in any fast is the liver. (Thorne's herbal combo Liver Cleanse taking 2 at bedtime is an excellent addition to increase bile flow and more during diet.)

Enema Instructions Prepare the first two enemas using one level teaspoon of baking soda and one rounded teaspoon of table salt per 2 quarts of warm filtered or spring water. The entire half-gallon need not be infused. However, if infused slowly with massaging the left side of colon up toward the ribcage, the entire volume is sometimes possible. To deliver the enema, one should be in the knee-chest position. An enema or hot water bottle with necessary accessories can be obtained from most drug stores. All air is flushed from the hose and Vaseline is applied to the nozzle. The control valve should be handy so that the speed can be regulated. The fluid is best instilled intermittently with occasional rest allowing any cramping to subside. Be careful not to cause excessive pressure as this can stretch the colon and weaken its wall. After the majority of the fluid has entered, hold it as long as possible. One may lie on the right side and massage the course of the colon to break up any hard matter inside. Walking around after ten minutes or so will improve circulation through the bowel and assist in clearing of the liquid. The third enema should consist only of a tablespoon of glycothymoline or Alkathyme in 1 quart of water. This is very soothing to the mucus lining of the entire intestinal tract.

TIP: Supplements and products available in our eStore www.DRAdrianMD.com

Cravings

Cravings are the impetus behind a lot of poor food choices. What causes cravings and how do we respond to them? Common causes of cravings are spices, food allergies and intolerances, and sometimes supplements. Cravings in my opinion are often due to liver dysfunction caused by what we put in our mouth. Another reason to crave is exhaustion due to exercise, sex, excessive time between meals, and stress.

Multivitamins and B vitamins cause cravings for some but can alleviate cravings for others. This is a reason to not take them every day. Combination powdered supplements that include numerous seeds, herbs, enzymes and diverse nutrients also trigger many people to crave.



I find that 2000 mg ascorbic acid with 125-250 mg magnesium squelches cravings in ten minutes or so. Try to prevent cravings by eating more of a bland hypoallergenic diet such as brown rice, chicken breast, white fish, egg whites, butter, green leafy veggies, carrots, apples, strawberries, blueberries and fresh citrus.



Foods that trigger cravings include garlic, broccoli, brussel sprouts, leeks, onions, cauliflower, seeds and nuts. Limit supplements to Vitamin C, good fats, D, magnesium, lecithin and add others intermittently while assessing effects until confident of no reactions.

AFTER EXERCISE, BE SURE TO HAVE GOOD FOOD AVAILABLE....

Fresh carrot, vegetable and fruit juices or smoothies of berries, and greens are the ultimate recovery foods. Eat protein meals after the immediate recovery period when digestion is ready for the challenge. Overeating is a cause of poor health and wellbeing. The body needs time daily to both assimilate and eliminate.

Many of us are guilty of always having a full digestive tract and thus have poor elimination of waste. The healthiest persons I see have a regular eating schedule and eat little to nothing after supper. They have very efficient and unburdened digestive organs. Excess stress and catch-up eating leads to overeating which can stress the heart. Leaving the table a little hungry is a good rule.

“ I find that 2000 mg ascorbic acid with 125-250 mg magnesium squelches cravings in ten minutes or so. ”

Snacking

Snacks Count

Snacks should consist of the same healthy food choices that we eat at meals. It is not a time to fill yourself with devitalized, sweetened or greasy junk foods. Snacks count! During the daytime, raw cabbage, carrots with skin, cucumbers, and cherry tomatoes, avocado, and radishes may work. Or, you may need a fresh fruit combo. Consider eating raw apples late in the evening when relaxing behind the TV. It is a cleansing food. Or blend raw apples into a raw apple sauce with added cinnamon; especially if chewing is an issue.

Clean Snacking

Try any of these snacks with **ORGANIC** Fruits and Veggies

- Green Apple slices dipped in Almond butter
- Bell Peppers, Carrots, Celery, Cucumber, Raw yams sliced, Cherry tomatoes or Green Beans with Hummus, Guacamole, or Salsa
- Lettuce wraps with Veggies and Avocado
- Applesauce with Cinnamon
- Fresh Fruit: Grapes, Apples, Cherries, Mango, Strawberries, Blueberries
- Strawberry fruit dip with Unsweetened Yogurt with a drizzle of Honey or Maple Syrup
- Tomatoes and Avocado with Olive oil and Balsamic Glaze
- Soft Boiled Eggs
- Unsweetened Yogurt with Fresh Blueberries
- Dates
- Raw Yams thinly sliced
- Hot Rice with Butter and Salt
- Cooked Rolled Oats with Blueberries and Mango

Try to include raw food with every meal...

(Or if you are above the rules like I think I am at times, just get out the kid's snacks like chocolate ice cream, or jelly buttered toast, medjool dates, organic cookies and forget the rules until the next day when you wake up. It pays to break the rules occasionally so you remember why you are best off not breaking them).

Try to include raw food with every meal. Since we must cook proteins (whether it be vegetable or animal) we must include raw produce after our

meals to prevent fatigue and enhance regeneration. This can be chewed or blended or juiced. Ideally, one should eat protein rich foods first or alone so that there is more stomach acid to break down the proteins. This decreases allergies and leaky gut and prevents protein from being broken down by bacteria (putrefaction) which causes bad breath, body odor, bad mood and disease. The key is not to have too many vegetables like greens with proteins. Patients with weak digestion, loss of muscle mass, or frailty should pay more attention to the order and combinations of the foods they eat.

Diet *for* Life

Digestion Guidelines

Drinking water or other beverages with your protein meal

Another common mistake is drinking too many liquids with a meal which can impair digestion by 'diluting' acid and enzymes. Grains, beans, seeds and nuts (and their proteins) also require stomach acid to break them down and can be with proteins or shortly after. Starches should follow protein.

Note that protein lowers blood sugar levels. (This is why meat can cause sugar cravings especially when mixed with garlic which lowers blood sugar. Spices may cause cravings so beware. Serve salads, greens and vegetables (alkalizing antacids) at the end of a meal or wait a half hour to enhance protein digestion ideally if time allows. Most produce neutralizes stomach acid. (See our handouts on acid and alkaline forming foods).

Lunch is a good time for a carnivore meal (protein alone or first). I tend to eat organic chicken or eggs for lunch. Ideally, the salad should be eaten after the animal protein as is done in Europe. You may want to try eating only animal protein with salt and pepper for lunch so as to experience optimal digestion and the resultant increased strength and mental clarity. This is good for diabetics.

Grains are a controversial category. If you have sugar or weight problems, the grains or yams should frequently be replaced with vegetables. If you are a sandwich person, try substituting the bread with romaine lettuce.

Note: Thin people need more whole grains.

Feeling Healthy is Being Healthy

Cooking Food

Boiling, steaming and cooking in a water based broth are the safest ways to apply heat to foods so as to minimize oxygen free radicals and formation of carcinogens. Also, wet or moist heat is best for breaking down detrimental substances like lectins and phytates found in grains. Dry cereals and baked grains often cause digestive complaints (bloating and discomfort) and grain intolerances.

Poultry and meats can be baked or cooked in water or broth. Red meat should be eaten less than poultry as the iron can build up in the liver and body. Women need more however before menopause. Animal protein does not contain the irritating lectins and phytates as found in grains and beans. Cooking proteins in oils or butter is not a good idea and stresses the liver and can lead to nausea and bloating or feeling feverish. I do grill at times during the summer months but try to minimize blackening and consume lots of fresh produce to counterbalance the carcinogens produced. Do not overcook animal proteins as it denatures the proteins (disfigures them), and makes it more indigestible and heavier in the belly. Take poultry off the heat before it is 'done' as it continues to cook afterward. You can always cook it more but you cannot uncook a tough piece of poultry or red meat. Sometimes it is necessary to throw in some frozen organic corn or green beans into a pan of cooking chicken to prevent overcooking it at the end.

What is DEAD Food?

My wife tells me that I always refer to not eating too much 'dead' food. That expression comes from the Juiceman Jay Kordich, still alive at 91 years old. To quote him: "Live food live body, dead food dead body". Raw juices and smoothies are the best way to achieve this. Patients ask "why can't I just chew my produce?" My response is "the same reason why you are not going to walk back home today." Power tools make produce more powerful and get you "home" to health much quicker. You only want a relatively small amount of fiber moving through your bowels in a day as too much is a burden on the GI tract and removes

hormones and nutrients. For instance, this is why it is best to juice carrots which have a high fiber to nutrient ratio. Leafy greens blend well as they have a low fiber to nutrient ratio. But note that fibers from produce, grains and beans are essential to health.

You just can't blend or chew 3 or more pounds of carrots in a day and swallow it!

But you can drink the juice of 3 pounds of carrots easily.



Easy Digestion Guide

Proper combining and balance of foods will help to optimize digestion and nutrient absorption which will lead to less fatigue, weight loss, absence of digestive discomfort, reflux, and disease. The majority of one's diet should be alkaline forming foods (they create an alkaline ash when burnt). Digestion of acid forming foods like protein require stomach acid. Digestion of plant foods is best accomplished in an alkaline environment. Combining alkaline forming foods with acid forming foods like animal proteins can leave food undigested and decaying in one's digestive tract creating a toxic environment. Stomach acid can be low due to chronic illness, exhaustion, old age, acid suppressing medicines, sugar, excess fruit juices and too many processed foods. These scenarios can lead to irritable bowel syndrome and/or poor elimination. Abnormal bowel function is a message that your diet needs a change. Be aware of the characteristics of your bowel movements including odor, consistency and color to help assess the efficiency of your digestion.

Dehydration is best avoided. Consume enough pure water to keep the urine nearly clear. The urine should also have minimal odor (exceptions include when eating asparagus, turmeric, and some sulfur containing amino acids.) Do not over-hydrate during a meal however.

Acid Forming Foods

Protein Sources	Vegetables Beans & Legumes	Grains Starches	Nuts & Seeds	Dairy or substitute	Fruit / Dried Fruit
Beef	Non-Sprouted Adzuki Beans	Brown Rice	Cashews	Cheese	Blueberries
Chicken	Non-Sprouted Black Beans	Basmati	Dried Coconut	Cottage Cheese	Cranberries
Duck	Non-Sprouted Broad Beans	Bagels*	Macadamia	Cream Cheese	Plums
Egg Whites	Non-Sprouted Garbanzo Beans	Biscuits*	Peanuts*	Mayonnaise	Prunes
Fish	Non-Sprouted Lentils	Cereals (hot or cold)	Pecans	Pasteurized Dairy	
Lamb	Non-Sprouted Mung Beans	Corn	Pistachio	Pasteurized Milk	
Pork	Non-Sprouted Navy Beans	Crackers *	Pumpkin Seeds	Yogurt sweetened	
Processed Meat*	Non-Sprouted Pinto Beans	Oats	Sunflower Seeds		
Turkey	Non-Sprouted Red Beans	Pasta*	Walnuts		
	Non-Sprouted White Beans	Wheat*			
		White Bread *			
		White Rice*			

Herbs, Spices, Condiments :

Curry, Pepper, Soy Sauce, White Vinegar & Refined Table Salt, Mustard, Ketchup

Sweets*:

Artificial Sweeteners, Cane Sugar, Maple Syrup, Processed Honey, Molasses & Chocolate

Beverages*:

Coffee, Alcohol, Beer, Wine, Soda, Cocoa, Carbonated Water, Energy Drinks

* Not recommended by DR Adrian

Food COMBINING

for a smooth digestion

When considering whether foods will make you more acid or more alkaline, please be aware that there are degrees of being either. For instance, animal protein is very acid forming but beans and grains are less acid forming. White Flour is more acid forming than a whole grain as it lacks the more alkaline germ that is removed during milling. Key points would be that Flesh proteins, pasteurized dairy proteins, egg whites, refined flour and sugar are most acid forming. Spices such as black pepper, horse radish and curry are acid forming. Carbonation makes one acidic. Fats are mostly neutral. The most alkaline foods are leafy greens and fresh citrus. Starchy vegetables are less alkaline as are protein rich vegetables. Consider this when looking at charts of acid and alkaline forming foods.

Alkaline Forming Foods

Protein Sources	Vegetables Beans & Legumes	Grains Starches	Nuts & Seeds	Dairy or substitute	Fruit / Dried Fruit
Whole Egg	Asparagus Broccoli Brussel Sprouts Cabbage Carrot Cauliflower Celery Collard Greens Cucumber Dandelion Eggplant Endive Green Beans Kale Lettuce Onions Peas Peppers Pumpkin Radish Red Beets Spinach Sprouted Beans Sprouts String Beans Squash Swish Chard Tomato Zucchini	Amaranth Millet Potatoes, New Quinoa Sweet Potato	Alfalfa Almonds Chestnuts Chia Seeds Coconut, Fresh Sesame Seeds, Unsprouted	Acidophilus Almond Milk Butter, Unsalted Buttermilk Dairy, RAW Goats Milk Kefir Whey Yogurt Non-Sweetened	Apples Apricots Bananas Berries, Raspberries Cantaloupe Cherries Currants Dates Figs Grapes Grapefruit Lemons Limes Mangoes Nectarines Oranges Papaya Peaches Pears Pineapple Pomegranates Raisins Strawberry

Herbs, Spices, Condiments :

Basil, Cilantro, Chives, Cumin, Garlic, Ginger, Mint, Parsley, Habanero Pepper, Thyme, Tumeric, Sea Salt

Sweets:

Raw Unpasteurized Honey, Brown Rice Syrup

Beverages:

Herbal Tea, Filtered Water, Fruit Juices, Vegetable Juices

Diet *for* Life

Fresh Vegetables

One of the keys to creating health, increasing energy and cancer prevention is through eating fresh organic raw produce!



The remainder of the Diet for Life gives a more detailed review of the various categories comprising a healthy diet. The order that these are listed reflects both their importance and the likelihood that the foods are not emphasized in a typical diet. The majority of your diet should be plant based. If you work like a lumber jack then you should eat like one; meaning you will need more animal proteins and more quantity. If you have a sedentary job, then you will need more raw plant foods and less animal proteins. If you are elderly, you will need more plant foods and less animal products. Nursing or pregnant mothers need a wide variety of foods and should not be vegetarians and may eat more to meet their greater needs. Children need a wide variety of foods and probably benefit from organic raw dairy more than adults.

Fresh Vegetables

Vegetables are the first food mentioned here because they are clearly the most important and can alleviate many health problems. Most vegetables alkalize the body, esp. greens and can reduce the need for antacids and drugs that knock out stomach acid which is needed to digest protein and absorb minerals. Try to obtain organic vegetables either at farmer's markets, at health food stores, your local grocer or your back yard. Even if you are at a farmer's market, remember to ask if the produce is organic. Local farmers should be able to tell you if their produce was sprayed and how their livestock is raised and fed. Don't assume that locally grown means organic.

Organic produce has greater nutritional and mineral content with the added benefit of no poisons. Here are the players:

The magnificent cruciferous

These vegetables have many anti-cancer properties and are the most nutritionally dense. They are very high in antioxidants and sulfur based detoxifiers.

Cruciferous eaten more often:

- Kale
- Collard Greens
- Red Radishes & White Daikon Radishes
 - Radishes are very important. The Daikon is emphasized in the Macrobiotic Diet.
- Green and Red Cabbage
 - Eat cabbage raw, either by the leaf or slicing. Keep in an airtight bag.
- Broccoli and Cauliflower
 - Most people will feel best if broccoli and cabbage are steamed till soft rather than raw.
 - A tasty mix is steamed cabbage, onion, broccoli, cauliflower and portabella mushrooms added after cooking but still hot seasoned with herbs.

Cruciferous eaten less often:

- Mustard Greens
- Chinese cabbage
- Bok Choy
- Brussel Sprouts

Other Vegetables to include in your diet. (This is not an all-inclusive list.)

- Celery
- Carrots
- Parsley
- Endive
- Watercress
- Spinach
- Fresh Grated Horseradish
- Romaine, Boston or Leaf Lettuce
 - Iceberg has little nutrition
- Vine Ripened tomatoes
 - Canned tomatoes are often vine ripened and are okay provided they have no sugar or hydrogenated oils added.
- Cucumbers
- Green & Red Peppers
- Mushrooms
- Parsnips
- Squash
- Beets and their tops (in small amounts esp. when raw!)
- Onions & Garlic
 - Onions and garlic are not well tolerated by many and may cause cravings.



Diet *for* Life

Potatoes may be eaten in moderation, the best being yams and sweet potatoes.

Red russet white potatoes are the only white one's allowed. Potatoes tend to put weight on as they elevate insulin levels. Diabetics and obese patients should avoid white potatoes.

Note that corn, peas and beans are not vegetables; many people think they are. It is best to consume your fresh vegetables by **eating them raw, juiced or blended**. If cooking is desired, steam, boil, or cook your veggies with water or broth. Soups or stews are also a good alternative. **Do not overcook your vegetables**. Cook your veggies in as little water as possible for as little time as possible.

Do not cook on high heat because vegetables lose their nutritional value and **heated oils can become toxic** and produce carcinogens.

Tip: For those of you looking for a non-gluten/non-wheat meal that sits well try the following. We steam organic green beans (fresh or frozen) and boil organic chicken in organic chicken broth then combine green beans, broth and chicken into the blender for a hearty thick 'soup' and eat as a meal. Salt and season to taste. It is soothing.



Soak your veggies in water for 3 or more minutes before juicing to hydrate them.

The majority of vegetables should be eaten **RAW**, blended or fresh juiced in a juicer (i.e. *The Omega Mega Mouth pulp ejector is my favorite; it is an amazing high speed and yield juicer capable of juicing 3-4 carrots at one time without drag.*)



Carrot juice should be a staple (less if you are diabetic) and may be mixed with leafy greens, ginger, celery, parsley, apples, cabbage or other veggies. It will increase your energy and prevent cancer. Juicers maximize the amount of nutrition one can get from produce. A balance is 2/3 of veggies being raw in your daily diet. **Eat 3 servings of "above ground" vegetables for every 1 serving of "below ground" vegetables (i.e., Root Vegetables)**. A serving size is typically 1 cup of raw leafy vegetables or 1/2 cup cooked or chopped vegetables.



Examples of Above and Below Ground Vegetables



Below Ground Vegetables

Carrots
Beets
Ginger
Dandelion
Turmeric
Ginger



Above Ground Vegetables

Collard Greens
Kale
Chard
Cabbage
Lettuce
Spinach
Parsley
Dandelion Greens
Cilantro
Celery
Endive

TIP

AVOID using microwave ovens at all costs. Microwave ovens use electromagnetic radiation and according to the FDA it is known that microwave radiation can heat body tissue the same way it heats food and consumers should use precautions. If you must use a microwave oven remember that microwave energy decreases dramatically as you move away from the source of radiation so after you turn it on move away to reduce any exposure risks.

TIP

Avoid using plastics in a microwave oven as they can release toxins. Especially avoid **plastics made with BPA, #3 or #7**. I also do not recommend putting any hot food on plastic as plastics can leach chemicals into our food. We primarily use glass for our food storage containers.



Fresh Leafy Greens

Growing your own greens

I strongly encourage you to grow your own kale and collards in your garden. Buy organic plants and heirloom seeds. They can be harvested into the winter. They are the real superfood that Popeye should have been eating!

- We buy our pre-established organic plants online from A Tasteful Garden www.tastefulgarden.com.
- We found organic heirloom seeds from Southern Exposure Seed Exchange www.southernexposure.com. They have a large variety of kale and collards – select a variety and look for the OG symbol (organic) and the hourglass symbol which means the seeds are heirloom.
- Another acceptable source of seeds is Wild Garden Seed www.wildgardenseed.com



How to select, store and prepare your leafy greens

Safety

- While shopping, keep meats and seafood away from fresh vegetables and fruits. I always place my meats and fish in plastic bags to prevent contamination.
- Keep household cleaning products away from produce.

Selection

- Find a good source for your organic greens. Many local grocery stores carry fresh organic produce. Ask the produce manager when the store receives their shipments each week so you get your greens as they arrive.
- Buy whole plants as opposed to precut. Look for bright green leaves that look fresh and crisp
- Avoid items that look wilted, moldy, bruised or otherwise damaged. Bruises and cuts may provide pathways to contaminants such as salmonella, E. Coli or Hepatitis A. Damaged foods may also spoil faster.
- If purchasing mixed greens, check the Use by date.

To cut or not to cut

I do not recommend precutting your vegetables especially leafy greens in advance. Yes, it may save time but there is a loss of nutrients when you precut your greens. Studies show that precutting, slicing, or chopping your fresh vegetables injures the plant cells and stresses the plant similar to other forms of stress including extreme heat and cold. Precutting causes nutrient loss, dehydration, loss of flavor and risk of discoloration. (source: <http://www.whfoods.com/genpage.php?tname=george&dbid=345>). All life on the planet comes from the Sun and only plants can harness this life force and store it. The fresher the plant, the more life energy and healing it provides for the consumer.

I encourage you to store your leafy greens in your cool produce drawer and use them when you are ready to consume them to get the best nutritional benefit. We all rely on store bought produce but if you can grow your own leafy greens and pick them right before you blend them, you are getting the most from your dark-green leafy greens helping to **maintain a proper acid-base balance in the body. This helps to prevent chronic disease.**

Storage

Keep your storage areas clean. We clean and wash out our produce drawer before going to the market. It is important to keep your produce cold on the drive home. We use coolers in the summer to store our produce in the car. Always wash your hands before handling your food.

The two things that make greens spoil is moisture and air. I recommend that you wash your greens before you are ready to use them but sources also recommend washing your greens when you bring them home by soaking the dirt off your greens in a clean sink, pat them dry, wrap your greens in a paper towel to continue to absorb moisture and store them in a green bag which removes ethylene and store them in the refrigerator produce drawer.



Did you know?

When vegetables look fresh from the store (or better yet, the garden) the cells are full of water and push out against their cell walls. As soon as a plant is cut off from its water source, the cells start to very slowly lose water via evaporation. When this happens, the cell walls start to collapse in on themselves and the leaves begin to wilt. Eventually, the cells have lost enough water that the cell walls start to break down and create that "slime" that shows up after a few days in the fridge. Also, do not seal up leafy greens in an airtight bag or container. [source: <https://foodfascination.wordpress.com/2007/11/20/ask-the-food-ie-storing-leafy-greens/>]

Tip of the Day

It is recommended that you go through your produce drawer and older produce and discard any greens that don't look good. As they age and wilt, fruits and vegetables release Ethylene, a gas which triggers other fruits and vegetables to ripen / wilt / rot faster. If there are any in the mix that are already pretty far gone, they will kick off the wilting process as soon as you store the new produce in the fridge. (source: <http://eatlocal365.com/2011/05/17/how-to-store-your-leafy-greens-to-make-them-last-longer/>)

DIET FOR LIFE BLENDING GUIDELINES

BLENDING IS THE QUICKEST, SIMPLEST AND 2ND MOST POWERFUL HEALTH REMEDY. JUICING IS THE MOST POWERFUL. BOTH TOGETHER, IS THE BEST OPTION AS SOME FOODS ARE BEST BLENDED (LEAFY GREENS AND BERRIES.)

BLENDING IS POWERFUL

and a quick way to increase one's intake of plant nutrients (phytonutrients.) Omega Commercial Blenders are Dr. Adrian's favorite as they are comparable to blenders costing twice as much. The finer consistency produced by blending is much more palatable even to children and the greens go unnoticed when mixed with fresh or frozen berries, mango etc.

Broccoli and other non-leafy veggies may be blended but can be gas forming and cause indigestion. Simply add 1-2 cups water and possibly a few ice cubes (if no frozen ingredients used) to blender & then blend in the vegetables. It is better to drink fresh if any of the cabbage family is in it. **WARNING:** not everyone feels good on raw broccoli and cauliflower.

DR. ADRIAN'S FAVORITE POWERHOUSE DRINK

Usually fruit and vegetables should not be combined due to fermentation but I make the exception for combining leafy greens with fresh or frozen organic fruit such as blueberries, strawberries, mango, pineapple (may cause bloating) and or frozen pitted cherries. Kale/collards and berries is a powerhouse drink as they are the 'King' of vegetables and fruits respectively. Add water or carrot juice as the liquid base. I add lecithin and a green powder (see supplement section).





Did you know?

Adding protein to a smoothie is not recommended as the produce neutralizes stomach acid needed to digest the protein. Some protein powders are predig-ested or have enzymes added;

these are acceptable in a smoothie but I do not recommend them. If your digestion tolerates added protein, then you be the judge. Bloating or Gas would be the possible ill effect.

DR ADRIAN'S FAVORITE GREEN LEAFY VEGETABLES AND HERBS

- **kale** (*red Russian/russo, Siberian, curly, or lacinato/dinosaur most dense and green*)
- **collards** (*which are bitter, strengthening and the most nutrient dense veggie available*)
- **parsley** (*a sweet and mild favorite*)
- **lettuce** (*red and green leaf, romaine, butter*)
- **endive**
- **dandelion greens**
- **spinach**
- **parsley**
- **cilantro**



Blending Guide for OPTIMAL Health

Consuming LIVE foods in smoothies makes you feel alive, energetic, vibrant, improves digestion and aids in weight loss.

Blending does not remove the fiber and is best for leafy greens and berries. Juicing removes excess fiber leaving only the juice. Carrots are better juiced. If you are starting out and need to have a sweeter smoothie begin with 1 – 2 portions of fruit with 2 – 3 portions of greens to add natural sweetness and as your palette changes slowly reduce the quantity of fruit and increase spices and herbs to change up the flavor.

At first your taste buds may reject the taste of green juices so take it slow and give your taste buds time to adjust. Some can enjoy smoothies with lots of fresh fruit while others must avoid sugar. The goal is not to follow a set schedule or recipe. Recipes are fine for some but create stress and work for others. Just look at the ingredients on the right and follow your intuition. You may also be limited by what ingredients are in our refrigerator, so see what you have on hand and create your own masterpieces.

In our household, we all blend based on what makes us feel good. We are all bio-individual and we know best what we feel good on. Listen to your body. Some report feeling nauseous when drinking carrot juice at first. Nausea may be caused by the detoxifying effects of nutrient rich fruits and veggies or combinations of them. Start out slow and let your body adjust but **DO NOT GIVE UP!**

Shop as often as possible to get the freshest greens and veggies. Find a source of frozen organic fruit and stock up.

When making your green smoothie or juice we recommend the ingredients on the right. Ingredients are listed in order of preference in each category.

Smoothies For Life

Things to AVOID

- It is not recommended to use fruit with seeds such as raspberries or blackberries in your juice because it is difficult for the liver to process. If you like using Raspberries and Blackberries in your smoothies but don't feel well on the seeds, you can soak the berries and then run them thru a strainer to remove the seeds. Then take the berry juice and combine with your greens.
- Do not use bananas in your smoothies as they can impair digestion of other foods.
- Do not add sweeteners such as honey, dates, agave or maple syrup. Fruit is sweet enough.
- If it tastes right to you, lemon or lime can be added to a smoothie. Otherwise citrus is usually not added to green smoothies or juices. Citrus is lemon, lime, orange or grapefruit
- It is not recommended to add protein, soy or whey powder to your smoothies unless you are an athlete, a vegan or recovering from an injury. Protein powders are not necessary if you are eating a normal healthy diet.

Tips

- Rotate your greens daily and blend a variety to expand nutritional range.
- To hydrate your produce, soak your produce before juicing.
- Remember to remove stems from your leafy greens.

Blending Guide

Base Liquid

Filtered Water, Carrot Juice (*high sugar content*), Coconut Water (*may cause bloating*)

Leafy Greens

Collard Greens, Kale, Dandelion Greens (*highly concentrated use as tolerated*), Spinach, Watercress (*highly concentrated use as tolerated*), Salad Green Mix, Romaine Lettuce

Vegetables

Cabbage, Celery, Cucumber, Beets (*high in oxalic acid – eat sparingly*)

Herbs

Parsley, Cilantro, Mint, Basil

Tart Fruit

Green Apple (*better than red or golden apples because it is lower in sugar*), Cranberries

Sweet Fruit

Blueberries, Strawberries, Mango, Red Apples, Pineapple (*may cause bloating*)

Spices

Tumeric (*best with carrot juice*),
Ginger (*very strong so no more than an inch of fresh ginger*)

Superfood powders

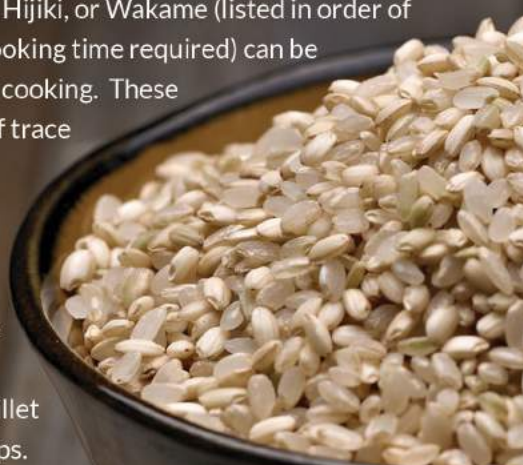
Greens Plus Superfood RAW (one scoop), Greens Plus Superfood Wild Berry (one scoop), Just Barley (1 teaspoon), Wheatgrass (1 teaspoon), Lecithin (1 – 2 tablespoons)

WHOLE GRAINS

Whole grains have some valuable antioxidants not found in fruits and vegetables, as well as B vitamins, vitamin E, magnesium, iron and fiber.

It is best to simmer or pressure cook using dried whole organic grains. The best source of organic whole grains is from your local health food store. Organic grains have more flavor and nutritional content. Organic grain breads should preferably be sprouted.

Start with cooking short grain brown rice which should be a staple as it is non-allergenic and anti-cancer (contains IP-6). Rinse dried grains and drain. Ideally, soak grains overnight to shorten cooking time and germinate (starts to sprout). This makes them more digestible and nutritious. Add 3-4 cups water or broth per cup grain and simmer until soft enough for your taste. You may need to add some extra water. Dried seaweed such as Kombu, Kelp, Hijiki, or Wakame (listed in order of decreasing cooking time required) can be added during cooking. These are sources of trace minerals (like iodine). Typically, Kombu is added to Rice and Wakame or Hijiki to Millet or veggie soups.



PREFERRED GRAINS AND THEIR COOKING TIMES

Short Grain Brown Rice: Short grain is the most strengthening and gluten-free. Long grain or jasmine (brown) is good too but has more carbohydrate. Rice blends are tasty additions. (Macrobiotic diet prefers short as the staple grain)

Cooking instructions: 4 cups water to 1 cup rice, soak, rinse and bring to boil then simmer about an hour. Lundberg is a good brand.

Millet: Millet is a gluten-free grain and a good source of protein. 1 cup of millet contains B vitamins, thiamin, niacin, magnesium, copper and manganese.

Cooking instructions: Soak, Rinse, then add 3-4 cups water to 1 cup millet, bring to boil and simmer 30-40 minutes.

Quinoa: Quinoa is a gluten-free and low glycemic grain. It supplies the body with flavonoids and anti-inflammatory phytonutrients. Quinoa does not lose its nutritional value when cooked. I like combining Quinoa with Rice.

Cooking instructions: Add 3-4 cups water to 1 cup Quinoa, bring to boil and simmer 20 minutes.

Spelt: is a whole grain in the wheat family and is not Gluten-free. *Cooking instructions: Definitely soak overnight. 4 cups water to 1 cup of Spelt. Bring to boil and simmer at least an hour.*

Cooked rolled oats or steel cut oats: Oats are a good source of fiber and nutrients.

Cooking instructions: For unprocessed Old Fashioned oats use 2.5 cups of water to 1 cup of oats, bring to boil and simmer for 10 - 15 minutes depending on the type of oats (steel cut take 30+ minutes).

Eat plain unsweetened oats and add fresh or frozen fruit like blueberries and mango. Maple syrup can be added especially for children. Excess oats tend to not sit well with many people. It is mostly a breakfast food.

Einkorn Wheat: This is an original wheat before harmful man-made hybrids. Whole kernels and flours can be bought online. Search products that are made with this. Learn to make your own sprouted wheat

Other less often used whole grains include: Kasha, Long grain, wild, and brown Basmati rice, Barley, Rye, Oat Groats, Teff, and Amaranth.

Other starches:

Organic Yams and Sweet potatoes, occasional Red Russets with skin are allowed starches and are alkaline.

PREFERRED BREADS

Organic sprouted multi-grain bread that does not include oils or sweeteners is best. Visit your local health food store. My favorites brands are Shiloh Farms 5 or 7 grain sprouted frozen breads, and Food for life sprouted grain breads and muffins (Ezekiel breads.) Lectins and Phytates, a cause of grain intolerance, are broken down better with moist heat. An excellent product that is moist, rather than dry, is the frozen bread "Manna Bread" by Nature's Path which is an unleavened organic sprouted grain, bean and/or seed bread. It comes in many varieties of which the "cinnamon-date, multi-grain", "whole rye", "rice-millet" and the "sun-seed" are recommended. It is moist and naturally sweet from the sprouting process. It's an easy lunch or snack.

PRECAUTIONS:

Grain allergies/intolerances are very common especially to wheat and gluten containing grains. Excess wheat and 'minimally processed' dry whole grain breads/products such as these are hard to digest for many and can lead to digestive issues, bloating and allergic reactions like joint pains, rashes and increased gut permeability (leaky gut). Ezekiel breads often contain soy or flax which can be hard to digest. Obese, arthritic, and diabetic patients do better minimizing grains in their diet. Significant weight can be lost simply by avoiding wheat products and even more with flour avoidance. (Wheat may equal weight) Flours are more glycemic (raises blood sugar and insulin levels faster than whole grain bread or cooked whole grains.) Breads that add Wheat Gluten can be especially disturbing to eat and can cause cravings and behavioral changes esp. in children.

IDEAS FOR REPLACING BREAD

- Lettuce Wraps using Romaine, Butter Lettuce
- Cucumber rounds or sliced lengthwise
- Red Bell Pepper
- Grilled Zucchini sliced lengthwise
- Endive stuffed with beef or chicken
- Use large whole Grilled Portobello Mushrooms to replace buns



BEANS

Eating beans and grains form a complete protein.

It's best to eat cooked organic fresh or dried beans rather than canned beans because fresh is always best offering better nutritional and enzyme content and no additives like sodium and sugar. Organic canned beans are acceptable if the only option due to time.

Wash the beans in cool water and strain. Soaking beans reduces cooking time and breaks down the compounds in beans that cause gas. Soak 2 cups beans in large pot in cold water for 12 hours to soften them. The exception is lentils and peas which don't require soaking. You can drink the soaking water if it is not bad smelling from excess soaking time or a hot day as it is a source of raw enzymes, vitamins, and minerals. Rinse beans and add fresh water. Cook beans on a lower temperature for a longer period of time keeping them covered with water stirring occasionally to prevent sticking and cracking of the skin.

Be sure to cook them until soft so as to break down the Lectins which may cause GI upset. Again, seaweeds may be added. Cook enough beans and grains to last several days. The selection is numerous:

Soybeans, yellow or black: These are the most difficult to digest. The only soy recommended is sautéed Tempeh, Miso broth, and organic tofu. Other soy products made from refined soy, such as soy milk, powders, soy dogs, or textured soy protein are best minimized as they have denatured protein, are more allergenic, have enzyme inhibitors which impair protein digestion, and slow thyroid function.

All other beans are to be chosen by taste and individual tolerability. The larger and harder the bean, the more water and time they require (2 to 4 parts water per part bean.)

Garbanzo, Black Turtle, Pinto, Kidney, Navy, Lima, Anasazi are examples of large beans.

Adzuki beans can be cooked 3 parts water to 1 part bean in 45 minutes.

Lentils and Peas can be cooked 3/1 in 30 minutes.

SEEDS, NUTS, AND OILS

Tip: Raw Organic Seeds and Nuts should be eaten in only small quantities!!
 Tip: Peanuts are not a nut and should be avoided.

SEEDS AND NUTS

Eat only raw seeds and nuts in small quantities, including pumpkin, sesame, sunflower, and almonds. You may soak and dry them too. Many patients do not tolerate them at all. Peanuts are not a nut and in fact they are a legume grown underground and should be avoided. Try substituting with Almond butter.

If one has diverticulosis, eat only seeds and nuts as raw butters. To make your own raw butter, use a Vita-mix blender to crush seeds and nuts smooth or add to any smoothie. Note that I have had many patients come see me for stomach discomfort and bloating that is unknowingly due to their consumption of nuts, seeds, and their powders or milks (almond milk or coconut milk.) Eating "healthy" does not always agree with people.

OILS

Tip: All oils should be cold-pressed, and unrefined.

If they don't say cold-pressed and unrefined, then they are extracted using heat and chemical solvents, such as hexane! The key oils are Extra Virgin cold-pressed Olive Oil, and Butter. Coconut Oil is a popular source of quality fats. It is still a nut fat and does not sit well in the stomach for many. If you feel well on it, then use it. Flax oil is considered to not be very useful as it needs to be converted into the animal/fish form and most of us do not do that well. For that reason, we do not sell this.

FISH OIL SUPPLEMENTATION

Tip: Fish oil supplementation needs to be balanced with GLA so one must take Borage oil (GLA) with Fish Oil.

- OrthoMega 820 is a high quality distilled Fish oil and is the best source of EPA and DHA. (available on our website). Oil is in Triglyceride or Burp Free form.
- Borage Seed oil is an essential oil and is available as a gelcap. It contains the omega-6 GLA which is especially good for the nervous system, is anti-inflammatory and more. 500 mg GLA per day is advised. (available on our website)

MEAT, WILD GAME, POULTRY & FISH

Animal protein is overemphasized in the Western diet.

Many physicians believe that excess protein is a cause of many chronic diseases. One should eat no more protein than is needed for tissue repair and regeneration. It should not be used as an energy source. The more physically active one is the more protein that is needed (note that beans, grains, and seeds form complete proteins.) Limit to 6 ounces per day unless very active. **Animal protein should be eaten at the beginning of a meal when the stomach acid is most concentrated.**

Ideally, it is **eaten alone or at least first at a meal** to improve its digestion. Oil (fat) and Starch will cause more of it to rot and not be broken down. Also, vegetables can neutralize the stomach acid needed for its breakdown and should be eaten separate unless one has excess stomach acid in which case, they may be combined according to one's taste and symptoms. Granted, it is difficult to eat protein separately for most people. However, this should be done if symptoms of bloating, constipation, halitosis, or body and stool odor are present. Eating protein first will also lower the blood sugar and insulin rise caused by eating carbs later thereby helping diabetics control their sugar and speeding weight loss. Animal protein is the most acid forming food and must be balanced with the alkaline veggies and fruits (separate times are fine.)

The only red meat recommended is wild (e.g. Deer) or organic/range fed game/hormone free.

Red meat is high in iron. Iron is increasingly known to promote cancer, oxidation, stroke and heart attack. Iron can accumulate in the cells. Women, however, have a much higher need for it than men. Limit or avoid beef, pork, ham etc. Fish (small amounts due to toxins) and poultry are best eaten any way other than fried. Be sure not to eat the skin of poultry due to the fat content. Range fed or Organic poultry is best and leaner.

For local patients, Giant grocery carries hormone free meats; Nature's Promise. Bell and Evans raises range fed fresh **chicken** without hormones or antibiotics. Other local sources of organic meats/poultry are: Eberly's in Ephrata, PA, Country Lane/Norm Stoltzfoos in Leola PA, and Shady Acres Farms in Elizabethtown PA.

Another winner is organic **turkey burger** (Shelton Farms) and organic **buffalo burger** (Blackwing), both widely available at health food stores. Cook as lightly as possible as the living enzymes give more strength and digestibility to the meat.

How to Shop for Organic Animal Protein

Farmers must prove their livestock and animals are raised organic without antibiotics, growth hormones, or non-organic feed. There is also a difference between Organic Beef which can be grain fed Beef and grass fed beef. Certified Organic Grass Fed Beef is preferred. This beef is not only free of hormones and antibiotic but the beef tastes better. The cows are allowed to roam and as a result they have less stress resulting in less stress hormones, more Beta Carotene, essential fatty acids, antioxidants and much more. The same goes for any other animal protein you eat. The animal should be free range and eat only what it would normally eat in nature. Cows are not supposed to eat corn and certainly not GMO grain.



How to Shop for Organic Eggs & Chicken

Chickens are meant to roam and the best labels are **Free Range or Free Roaming, Pasture Raised or Certified Organic**. Avoid egg labels that says Cage Free, 100% Vegetarian Diet, Vegetarian Feed, Natural, Farm Fresh, Fertile Omega-3 enriched or Pasteurized as it does not mean that the chickens were raised on a pasture with access to sun and a native food source. Chickens are not meant to eat corn and a corn based diet reduces the nutrients in the eggs and the chicken.

Fish and Shellfish

Minimize all fish due to mercury and other toxins that are in fish. Many experts claim that there is no safe fish available due to toxins and to get the essential oils from a purified distilled fish oil. If you love fish and don't mind risking the toxins, consider the following. If you are pregnant, skip fish completely! If you eat fish regularly, it is advisable to take supplements "Cysteplus" by Thorne or "Detox Formula" by Vital Nutrients (see www.dradrianmd.com). Oral and IV Vitamin C, IV glutathione, and Rx DMSA are other options to remove mercury which are services offered in my office.

Limit shellfish such as lobster and shrimp and bottom feeders including catfish and flounder. The skin should be removed since many poisons are stored here. White fish (halibut) and wild Atlantic salmon are best. They are easily bought fresh or frozen as fillets. Farm-raised salmon has many toxins and mercury and is best avoided. Try cooking fish lightly with miso, onions, garlic and kelp granules and lecithin added to taste.

Another quick option is sardines and herring canned in water although this is canned. It is best to avoid canned fish as they are hard to digest and 'dead'. Keep them on hand however for emergency food.

Tuna should be avoided as it is a large fish and known to concentrate heavy metals and other toxins because it is higher on the food chain.



Fresh Fruits

Fruits are best eaten separately from other food since they are thought to interfere with the digestion of other foods, especially proteins by promoting fermentation.

Choose fresh or frozen fruits when sweets are craved.

Dried fruits are best avoided if one has any illness or wants to feel their best.

Lemons/limes and grapefruit cleanse and alkalize the body and especially the liver. They are a great way to begin or end a day. Lemons can be fresh squeezed into a glass of water (no sugar please.) Citric acid is a natural chelator but if drunk in large quantities, it will neutralize stomach acid. This is easily corrected with betaine HCl supplements or adding black pepper and salt to food.

The 'king' of fruits is berries (esp. blueberries) which are the highest in plant pigments, antioxidants, minerals, and cancer preventing and curing compounds such as ellagic acid. I often blend berries with water and ice if they are not frozen. This is one of my favorites. Organic is always best to avoid chemical residues. (Note: Wyman's wild blueberries are sprayed but more affordable.)

Berries and cooked grains are a good snack or breakfast.

Dairy

Many authorities advise against dairy altogether. However, for those who tolerate it (and do not have obesity, asthma, bowel problems, IBS, or Inflammatory Bowel disease) eat organic yogurt, cottage cheese, whole milk, or better yet, raw milk. Raw Milk, raw cheeses and especially raw goat's milk is ideal. Children should have some organic dairy and cheese unless asthma, atopic dermatitis or ear infections are present.



Cheeses should be eaten in small amounts as they are concentrated and cause mucus congestion, weight gain and clog your liver up.

Ice Cream is one of the worse foods you can eat!! Stop this addiction and you will make great strides. If you're honest with yourself, you will note that you do not feel so well after ice cream.

TIP:

The majority of adults have some degree of Lactase deficiency / lactose intolerance. This sugar is broken down by bacteria then causes gas, cramping or diarrhea. The key is to tread carefully with any dairy consumption. It is the most common cause of these symptoms and a common justification for GI doctors (gastroenterologists) to do unnecessary endoscopy (EGD or colonoscopy) and find nothing.

- One can take Equate brand (Walmart) Lactase tablets up to 4 with a meal with some relief of symptoms.
- I found that Giant carries a Raw Organic Sharp Cheddar that has minimal Lactose due to the sharpness.
- Yogurt usually is still a problem for these patients.

Eggs

Eggs are not dairy. Organic or non-GMO Eggs should not be scrambled or fried ideally. If you insist on frying, use a very low heat and a little butter. Eat no more than 6-10 per week (depending on your cholesterol level) as soft boiled (3-minute egg from time of boil) or poached. Some may eat more if they feel well on them. Keep the yolk on the soft side to decrease the production of hydrogen sulfide odor and to improve digestion.



Spices and Condiments

Spices and Condiments are not only tasty but are a vital part of one's nutrition.

A good salt source is crucial (in moderation of course.) Typical refined table salt either from the sea or rock salt should be avoided. It is 99.99 % Sodium Chloride. Instead, buy a traditional sun-dried sea salt such as "**Celtic**" sea salt (my favorite!). This contains some 86 different minerals and is not likely to raise blood pressure or create an imbalance in the body. This will strengthen, improve digestion, and increase energy. It has a less salty and richer flavor.

A real organic **Tamari Soy sauce** bought from the health food store can be used while cooking (so the alcohol evaporates off.)

Many herbs are recommended: **Ginger root, cayenne, pepper, garlic, thyme, and cilantro/coriander, curry and cinnamon.**



Spice up your life with Turmeric: Turmeric is a yellow-orange exotic spice, used in Indian cooking. Similar to ginger, an extract of Turmeric is curcumin, famous for its anti-cancer and anti-inflammatory properties, also available in capsule form. Turmeric has been found to be beneficial for the treatment of neurodegenerative diseases. Many patients get their dose of turmeric by stirring a spoonful or two into water or juice and drinking it. It may increase energy.

Regular use of **raw apple cider vinegar, balsamic or brown rice vinegar** is advisable.

Umeboshi plum vinegar (Macrobiotic) is a delicious choice for those tolerant of its salt content.

Miso is a fermented soybean and grain product that is a keystone of the Macrobiotic diet. It contains active ferments that aid digestion of beans and grains plus is rich in electrolytes (potassium, sodium and chloride etc.) It is a rich flavoring to soups and entrees. It should not be boiled so is best added at the end of cooking and simmered for several minutes only. It is tasty cooked with a fish fillet or poultry. However, do not eat it uncooked because of excess intestinal fermentation and gas formation.

Teas and Coffee

Teas

Teas are a superfood and should be part of your daily routine. There are many proven health benefits to the teas offered at www.drdradrianmd.com and in my office. Some have caffeine and can replace coffee for those who tolerate caffeine. Many teas (including Green Tea) and coffee improve elimination from the liver and bowels, aid weight loss, improve mood and mental performance, fight cancer and are anti-inflammatory.

Green tea has made its way into the news more and more as its anti-cancer benefits are researched. I recommend the use of organic loose-leaf tea daily during the first two thirds of the day. Do not drink it at night as it may keep you awake. Start your day with this and see what happens.

Other good teas are oolong, rooibos, kukicha twig, chai, bancha, sencha, peppermint, chamomile and others.

Coffee

I am undecided on whether coffee is friend or foe especially when consumed daily. The bean can be laced with mold toxins. Coffee machines especially grow mold and the mycotoxins can be a cause of many allergic reactions and illness. Coffee is best drunk 'black'. Adding cream and sugar is not advisable. Milk and soy proteins coagulate in coffee making them less digestible.

If you have a smoothie or raw juice upon arising, you may have no desire for your morning cup of 'joe' (java.)

Nutritional Supplements

For Adults

Multivitamin Ultra Preventive III or X (more complete) by Douglas Labs- Take only 3 or 4 days of the week, and take a week off every two months. Dose is 2-3 caps with food (less than the bottles recommendation).

Excess multivitamins and B complex are a common problem in that they can damage the liver and cause excess appetite. Freeze.

Vitamin C – (2000-5,000 mg daily). Humans do not make Vitamin C whereas most mammals do. It is essential to take this daily. It comes in the acidic or buffered form. The powdered Pathway buffered C we carry is a highly palatable and well-tolerated powdered vitamin C product (stir in water and let sit 20 minutes to effervesce). Or take the Buffered C tablets 1 gram each. Take 2-5 grams/day. I take the acid form of C (ascorbic acid) because I consume a large quantity of fresh produce which makes the body more alkaline. The average American diet is acid forming and such patients may not tolerate more acid (can cause stomach upset, mouth ulcers, and reflux.) Balance the acid form with lots of green veggies.

Fish Oil and Borage Oil - Orthomega 820 fish oil gelcaps or Vital Nutrients Ultra Pure High-potency Fish oil (liquid/ caps): This is molecularly distilled fish oil and is 12 times more concentrated than fish liver or non-distilled oils. The Triglyceride form is more absorbed than the Ethyl Ester form. This does not have vitamin D so take 5000 IU daily (vitamin D protects against cancer and MS). If you have not been on D before, then take 10,000 IU daily for 1-2 months prior to reducing to 5000 IU. Experts recommend 2000+ mg of the sum of EPA and DHA from either fish or supplements. The higher the percent of omega 3 fatty acids in the cell membranes, the lower is your risk of sudden cardiac death. (Dose is 3 plus caps or 1 tsp. of the liquid which should be kept in the fridge or freezer.)

FREEZE OILS

Protocol's Borage Oil caps: 2 daily for essential GLA. Another essential fat. Also anti-inflammatory.

FREEZE OILS

Magnesium Glycinate/ Citrate/ Malate or Lysinate

forms are available from our store. These are better absorbed and are less likely to cause loose stools. Taking 300 mg of magnesium at bedtime is a good suggestion for everyone as it helps sleep and aids bowel movements in the AM.

Lecithin granules or caps- (KEEP COLD) has many health benefits such as prevention of gallstones, atherosclerosis and much more. Add to your food at the table or cooking. It creates a creamy buttery taste and texture. Keep in the fridge/freezer. Take 1-2 tablespoons per day. This is high in phosphatidyl choline which is the main ingredient in the IV treatment, "Plaquex", which is a popular alternative treatment for atherosclerosis, neurological conditions and hepatitis. So take a lot orally. It's cheaper!

Just Barley and/or Wheatgrass – These are the best green grass juices available. They are organic and have a superior nutritional content and taste to other products on the market. Take 2-3 tsp. in water/day. Freeze. May be added to carrot juice or berry smoothies. Alternatively take:

Greens+: The most complete and original combination of superfoods, probiotics, and immune-enhancing herbs available. Take one half of the recommended daily dose unless you are sure you feel well on more. Freeze the bottle. Available in caps and Organic powder.

For more information, see Essential Supplements Treatment Plan section of website:

www.drdradrianmd.com

For Children

Multivitamin - Ultra Preventive Kids Chewable by Douglas Labs or Children's Basic Nutrients caps by Thorne Research. Decrease dose proportional to weight of the child. Take as directed but skip several days per week.

Vitamin C - Pathway's Buffered Vitamin C Powder - 500 mg/day or more for older children.

Fish Oil - Orthomega 820 Fish Oil gel caps and Borage Oil is the best source of the essential fat GLA. GLA has many benefits including brain health. Children can chew these up to swallow the oil and spit out the gel cap. We also have Vital Nutrients Ultra-Pure High-potency Fish oil liquid / caps. Unlike cod liver oil, only a small amount (1/2 tsp) needs to be given to get sufficient EPA and DHA. Keep all oils in the freezer to maintain freshness.

Lecithin granules - Sprinkle on food, add to cooked chicken or vegetables or eat off the spoon. It creates a creamy buttery taste and texture. Keep in the fridge/freezer. Take between ½ - 1 teaspoon per day depending on child's size.

Probiotics - Orthomolecular Products offers Orthobiotics caps which can be opened and a 1/2 of a capsule may be sprinkled into cereal, yogurt or other foods that are not hot.

Vitamin D & K - Vitamin K2 / D3 drops by Thorne Research. Seven drops or more per week for children less than 3. Dose can be increased as child grows. An adult dose is 5000 IU daily.

Greens+ - The most complete and original combination of superfoods, probiotics, and immune-enhancing herbs available. Occasional use in smoothies. ½ teaspoon to 1 teaspoon once a week depending on size of child. Freeze the bottle. Available in caps and Organic powder.

Things To Avoid

- Excess protein.
- All fried food (including potato chips, corn chips, roasted nuts etc. which have heated oils.)
- Saturated fats and **hydrogenated oils** (which are vegetable/unsaturated oils that have hydrogen added to them to make them saturated and therefore more solid and "clogging". Also, they are a "trans" fatty acid which is foreign to the body and thought to be harder for the body to clear.) Trans fat is simply a slow poison.
- **Sugar**, corn syrup, and other sweeteners (including artificial sweeteners.) Sweets are the largest problem in this country's diet. They are addictive and rob you of your health. Give these up and avoid cancer, infection, diabetes, weight gain, depression, fatigue, clogged arteries, joint pain and inflammation to name only a few. Honey and maple syrup can be used sparingly.
- Flours, and refined grain products such as pasta, macaroni, white rice, bagels, boxed cereals. These are high glycemic foods (raise sugar levels) and promote central obesity, diabetes and clogged arteries.
- Processed, refined foods and canned foods.
- Alcohol, soft drinks and other carbonated beverages (carbon dioxide is a toxin that the lungs and kidneys are always working to eliminate.)
- Excess caffeine. If a coffee addict, withdrawal symptoms last only three days (headache) after stopping. Replace with green tea and other teas.
- Excess spices or hot spicy foods.
- Margarine (a hydrogenated oil) is best avoided. Butter in moderation is good for you.
- Peanuts and its butter.
- Pizza and typical refined pasta (eat only whole grain pasta or Jerusalem artichoke pasta.)
- Do not drink cold water with meals as it will solidify fats and reduce blood flow to the mucosa thus impairing digestion. Instead eat soups or warm or hot liquids especially in winter.
- Do not eat excess nuts, seeds or blackberries and raspberries (more seeds) as these causes bloating in many people. This includes chia, flax, teff seeds as well.

Always Try To

- Eat slowly and eat only when hungry.
- Eat protein rich foods **first** during a meal.
- Leave the table a little hungry; many small meals are superior to few large meals.
- Eat your last food at least 3 hours before going to bed.
- Spices, especially garlic, cause cravings. Bland diets decrease cravings. Sea Salt and Pepper are best.
- Get 7-8 hours of **sleep** per night.
- Drink **pure water** such as spring or filtered in quantities to keep urine clear.
- Exercise moderately and consistently. **Walking** in a nature setting with fresh air is ideal. **Yoga** and **Tai Chi** are excellent means of maintaining flexibility and strength and reducing tension. Use an inversion table as tolerated to increase disc height.
- Learn **relaxation techniques** such as meditation and the "relaxation response."
- Become aware of your body's signals so that you know when it needs rest, specific foods, exercise, etc... this is the key to optimum health.
- Emphasize **raw foods!**

Recommended Reading

Dr. James Balch's book **Prescription for Cooking and Dietary Wellness**. Ignore his use of dairy. You may replace milk with Rice Milk, Almond milk or Soy Milk although I do not consider them to be all that healthy since they are cooked/processed and soy is allergenic.

The Macrobiotic Way by Michio Kushi. Other books on Macrobiotics are good also. This diet is known for many case reports of spontaneous remissions of cancer. However, please eat more vegetables raw than this diet advises. Also, I recommend adding poultry and eggs as previously recommended.

The Power of Superfoods, by Sam Graci. This is my favorite book on diet, pH, mono-dieting/fasting and recipes.



**Hours of Operation
Dr. Adrian office hours**

Monday - Thursday
8:30 am - 4:00 pm

Friday
8:30 am - 1:00 pm

Supplement Store hours
(located within Dr' Adrian's office)
Drop Box pickup after hours
is available for pre approved
patients

Monday - Friday 8:00am - 4:00pm



GET IN TOUCH with

Dr. Adrian J. Hohenwarter, M.D.

Address:

745 South Grant Street
Palmyra, PA 17078

Phone:

717.832.5993

For Dr. Office Inquiries:

doctoradrian@verizon.net

Website Order Inquiries:

info@DrAdrianMD.com

Website:

www.dradrianmd.com