

Some General Dietary Recommendations

A FEW MISCELLANEOUS TIPS:

- Eat your food slowly and consciously without any interruption. This is very important.
- Please do NOT microwave your food. It tends to ruin most of the nutrients.
- Increase water intake to 6–8 glasses of water daily (drink filtered water only).
(Good water and air are the most effective detoxification medicines!)
- Reduce or stop consuming sugar, alcohol, and coffee.
- Avoid food that you are allergic to. Gluten and dairy are the most common allergenic foods.
- Increase vegetable consumption. Eat a wide variety with lunch AND dinner (raw and cooked).
- Eat whole grains (such as brown rice, quinoa, amaranth versus white rice/bread).
- Eat organic foods.
- Reduce consumption of processed foods, in general. Homemade meals are much less processed and healthier as a result.
- It's wise to have variety in your diet, and also practice alternating among various foods.

WATER INTAKE:

Increase water intake to 6–8 glasses of water daily (drink filtered water only). A good rule of thumb for the amount of daily water intake is: Drink half of your body's weight in ounces of water per day. You should NOT drink more than a few gulps with each meal– it can weaken your digestion. You can drink up to 10–15 minutes before a meal, but should wait for at least 45 minutes after a meal before drinking water again.

Other liquids?

It's not a good idea to drink much fruit juices since they contain too much sugar. Orange juice is definitely not a good type of juice to drink other than on rare occasions. If you mix a small amount of fruit juices with mostly vegetable juices, that would be fine.

Non-caffeinated herbal teas are the best kind of liquid intake after water. I highly recommend the organic, dandelion root tea and the Everyday Detox tea from Traditional Medicinals. Remember, however, that due to the strong nature of the herbs in these teas, you should consult with your naturopath if you are considering drinking these teas.

When it comes to caffeinated teas, green tea is preferred over black tea due to its health benefits. Black tea contains many herbicides and pesticides, so if you like to drink black tea, try to drink organic black tea.

MICROWAVING FOOD:

Please do NOT microwave your food. It tends to ruin most of the nutrients. If you take your lunch to work with you, I'd recommend leaving it out from morning until lunchtime so that it is room temperature by the time you are ready to eat lunch. Room temperature food may not taste as good as food that is hot out of the

microwave; however, it is much healthier. Perhaps you can microwave food on rare occasions, only when it's necessary.

MEAT PRODUCTS AND VEGETARIAN SOURCES OF PROTEIN:

If you do consume meat products, please, please try to eat only organic meat products, regardless of the type of flesh, be it red meat, chicken, turkey, or pork. Regular meat products have numerous toxins since flesh concentrates the toxins.

If you eat fish, avoid eating farm raised fish. Eat the wild type. I am not sure how much is safe due to the mercury content. I personally try not to eat fish more than once a week. I do not recommend eating tuna at all due to the high mercury content.

If you want to be significantly healthier, please consider adopting a vegetarian or vegan diet. If you choose not to, then at least try to eat organic meat products.

Even if you consume organic meat products, the amount of fat may be questionable for a person, especially if they have poor liver function and/or abnormal cholesterol profile (either high cholesterol and/or unhealthy ratio of good to bad cholesterol).

Vegetarian sources of protein such as lentils, beans, nuts and seeds, tofu (if you are not allergic to it and if it's organic), whole grains, and protein powders are wonderful.

Avoid consuming protein powders that are from dairy (i.e. whey protein) or soy since dairy and soy tend to be allergenic to most people. Instead, consider using protein powders that are from rice, peas, hemp, or other vegetables.

GRAINS:

Buy corn and soy only if organic since most, if not all, corn and soy is genetically modified if not marked organic.

Ideally, consider avoiding gluten-containing grains (wheat, oats, barley, rye and spelt) all together. Wheat is almost 100% genetically modified in the US. Based on food allergy testing as well as signs and symptoms in hundreds of patients, I believe over 80–90% of the population in the U.S. are allergic and/or sensitive to gluten-containing grains (wheat, oats, barley, rye and spelt). Allergies to gluten can cause numerous problems including headaches, joint pain, skin conditions such as eczema, fatigue, digestive problems, etc.

Wheat is the most unhealthy grain now, and the other gluten-containing grains are questionable since they tend to be allergenic as well. You can buy gluten free toast, bagels, pancakes, crackers, and even pizza. (Garlic Jim's carries gluten free pizza. Refer to our website on gluten-free products.)

If you like oats, you can easily obtain gluten-free oats from health food stores.

Whole grains such as brown rice, quinoa, and amaranth are healthy grains to consume.

Pasta (i.e. spaghetti) is a very unhealthy form of grains. It is much healthier to eat the actual whole grain. For example, eating brown rice is much healthier than eating brown rice pasta. Even though I don't recommend eating wheat, it's better to eat the actual wheat than wheat pasta. Quinoa or brown rice pasta is much

preferable to wheat pasta. It may be more difficult to prepare these alternative forms of pasta, but much healthier for you due to lack of gluten. Remember though that pasta in general (whether it is gluten free or not) is not recommended due to its high glycemic index.

Avoid eating other high carb foods such as white bread, white rice, and crackers.

DAIRY (MILK, YOGURT, AND CHEESE):

Most of my patients test positive for dairy allergies, and tend to feel noticeably better overall with dairy avoidance or reduction.

I'd recommend avoiding cow's or goat's milk (Although goat's milk is a healthier alternative to cow's milk since it is less contaminated with chemicals). Instead, drink a variety of milks including rice, hemp, almond, or coconut milk. It's good to alternate among various types of milk. Milk derived from nuts (such as almonds or hazelnuts) could become allergenic if you consume them on a regular daily basis—thus, the need for alternation.

If you want to consume cow's milk, please make sure it's organic since it's so toxic that European countries do not allow import of American milk.

Milk and cheese are the most allergenic forms of dairy. Yogurt is in the middle, and butter is not allergic at all.

PRODUCE (FRUITS AND VEGETABLES):

Certain produce have a much higher content of toxins (pesticides and herbicides) on them. You can obtain a list of highly toxic vegetables using google.

Try to eat dark leafy greens at least once a day, such as spinach, cilantro, parsley, red chard, kale, broccoli, collard greens, and bok choy. (Cilantro takes heavy metals out of the body, and parsley cleanses the kidneys.)

Cruciferous vegetables (cabbage, kale, collard greens, cabbage, Brussels sprouts, broccoli, cauliflower, bok choy, and turnip root/greens) are known for their anti-cancerous properties.

Eating non-green vegetables are also wonderful. They include carrots, beets, red pepper, cauliflower, cabbage (green or purple), squash, egg plant, etc.

Try to eat at least 5 servings of fresh vegetables and fruits daily, more vegetables than fruits.

Try to eat organic produce as much as possible.

Try to eat a variety of vegetables, not the same type every day. For example, I don't recommend consuming spinach every single day. If you want to eat vegetables that are high in starch such as potatoes, please keep the amount to a minimum.

I'd recommend eating some raw as well as cooked veggies. Discuss this with your naturopath.

WHAT IF YOU DON'T LIKE VEGETABLES?

Remember that if you are not fond of a particular vegetable, that does not mean that you can never incorporate that vegetable into your diet. I find that when people are serious about improving their health, they are willing to consider eating more vegetables in their diet. The ones who are resistant to eating more veggies will continue to struggle until they consent to making the transition into liking veggies!

WHAT ABOUT SAUCES?

Watch out for sauces since they may contain various ingredients that could either be allergenic (such as gluten or dairy) and/or not healthy for a variety of reasons.

If I am going to use dressing over my salads, I use olive oil and vinegar.

HEALTHY DESSERT IDEAS:

An all-time favorite dessert idea (that is delicious, refreshing and healthy) is frozen fruit. You can eat them whole or mix them in a blender. In fact, you can blend several different frozen fruits such as blueberries, mangos, strawberries, etc. in a Vitamix blender and make a delicious sorbet dessert.

Another idea would be adding nut butter (such as cashew, almond or peanut butter) and honey on a piece of gluten free bread.

You can look up numerous other healthy dessert ideas on line.

Remember, a healthy diet and regular exercise routine are much more important than any natural supplements.

In health,

Dr. Sharif