

Diet, Nutrition & Lifestyle Program

Sample written July 2015 for Jack

Note: This was written for one person and should not be used by

AN INTRODUCTION

Directions & Perspectives

Primary Goals of This Program:

<

THE RSCI /BRALY360

5. You are eating red meat (e.g., beef & ham) and milk products (cheese) almost every day.

Foods to Be Included in Your Mediterranean Diet:

- ◁ whole, unprocessed, unpackaged foods
- ◁ Shunning of refined sugars and substitute sweeteners

Alaskan halibut, herring, & sardines, eaten 2 times weekly.

Very important, Jack, to make unfried fish a major part of your currently "no fish, fish-free" diet.

- ◁ 3 daily servings of fresh veggies (Note: One serving = one-half to one cup). This includes –

- ◁ When available at your local supermarket, I recommend lamb, lean pork and free grazed/grass-fed non-corn fed beef and buffalo, raised without use of hormones or antibiotic

subsequent healing. For this reason, antioxidant, anti-inflammatory therapy is included with the Mediterranean diet (*See below*).

Recommended Oral Supplements

(Not listed in any order of importance)

- 1) VITAMIN D3

involved in "neurogenesis" (creation of new nerve cells in the brain & spinal cord). And is reported to *increase activated glutathione levels* in your body by up to 170%

NOTE: As an oral supplement Turmeric is available in most health food stores and as a food spice in the spice section of most supermarkets.

RECOMMENDATIONS:

13.

11.

D