

LOW STRESS DIET

Objectives: Minimize metabolic stress and support detoxification.

General Rules:

1. Eat only when you are hungry. If you have poor appetite, reduce sugars and starches and your appetite will improve.
2. Eat foods rich in whole forms as much as possible -- whole foods, as provided by nature, either cooked or raw.
3. Never combine sugars with protein. Desserts, fruits, etc. should only be eaten several hours after a meal or between meals.
4. Eat animal source foods in moderation.
5. Eat raw foods with every meal. The best raw foods are salads.
6. Eat small meals, but eat as often as you are hungry. Many people overeat at one particular meal and overload their digestion; the same amount of food eaten in smaller quantities, several times per day, would not impose a burden.

Suggestions:

- No hydrogenated or partially hydrogenated fats.
- No preservatives.
- No sugar or refined carbohydrates.
- Best between meal snacks are raw vegetables.

This diet can be followed for life!