

At A Glance: Complete Dietary Chart with Organ and Emotional Relationships

Groups:	Protein Group	Hormonal Group	Carbohydrate Group	Fat Group	Vegetable Group	Fruit Group	General Guidelines for Choices
Positive Emotions	Positive Self Esteem	Personal Power	Optimism	Personal Responsibility	Mental Clarity	Emotional Clarity	
Negative Emotions Too Little Nourishment	Low Self Esteem	Lethargy	Depression	Blame Others	Confusion	Confusion	
Negative Emotions Too Much Stimulation	Overly Self-conscious	Anxiety	Pessimism	Overly Responsible	Confusion	Confusion	
Organ and Physiologic Effects	Stomach, CNS Neurotransmitters Pineal, Heart Blood Proteins	Adrenal, Kidney, Gonads Spleen, Lymph, Egg, Sperm	Pancreas, Anterior Pituitary, Thyroid, Pancreas Blood Sugar	Liver, Gall Bladder, Uterus, Prostate	Cell Membrane, Bladder Capillaries, Breast, Posterior Pituitary	Lung, Oxygenation, Large Intestine, Microorganisms	
Foods of greatest metabolic stress	Animal & Dairy Protein	Soy	White & Red Potatoes, Processed Grains & Pastas	Animal and Dairy Fats, Fried & Heated Oils, & Nuts			Once or twice per month
Foods that increase metabolic stress	Fowl, Shellfish, & Egg Whites	Fowl & Egg Yolk	Whole Grains & Beans	Bottled Oils		Sweetened Dried Fruit, Bottled & Canned Juices	Once or twice per week
Healthier Foods	Fish	Sprouted Beans & Peas	Sprouted Grains & Beans	Sprouted Seeds & Pressed Oils	Night Shades	Unsweetened Dried Fruit & Fresh Juices	Once or twice per day, as needed
Healthiest Foods	Sea Vegetables	Tropical Fruit & Pollen	Yellow & Orange Vegetables	Citrus Fruit, Flowers, Coconut, & Avocado	All Vegetables, Green Leafy Vegetables	All Fruits	Two to three groups with every meal
NUTRITIVES	Aerobic	Anabolic	Anabolic	Aerobic	Metabolic	Metabolic	Daily