

SYNOPSIS...PUTTING IT ALL TOGETHER

Recommendations For Taking The Nutritives:

Aerobic Support: Curbs appetite, increases energy and stamina, and helps feel satiated with meals.

Dosage: 1/2 to 1.5 TBS. with breakfast and/or in the afternoon for “snack”, or before exercise.

Good with 1-2 ounces of tomato or citrus juice.

Metabolic Support: Improves food choices. Most people begin actually craving fruits and vegetables.

Dosage: 1/2 tsp. 1-2 times per day preferably with or 15 minutes before meals (can be taken with Aerobic Support). Increase dosage by 1/2 tsp. until desired dose/effect is obtained. It is not recommended to exceed more than 1.5 TBS./dose or 2 TBS. per day.

Good with 1-2 ounces of apple juice.

Anabolic Support: Aids in assimilation and utilization of foods and aids in cleansing.

Dosage: 1 to 1.5 tsp. (1/2 TBS.) 1-2 times per day **On An Empty Stomach** (can be taken with fruit).

Stomach is empty 30 minutes before breakfast, 45 minutes before or after meals or 45 minutes before bedtime.

Good with 1-2 ounces of any fruit juice.

Medicinal Formulas: for additional support of a specific Pattern or Condition.

2 to 3 capsules, 2 to 3 times per day.

Primary Issues With Dietary Changes

Hunger: Try not to get too hungry between meals:

Eat smaller, more frequent meals;

Take Aerobic Support a couple of hours after eating to curb appetite;

Eat as healthy a snack as possible;

Add 2 to 4 TBS. of oil per day to foods;

Address possible colon toxicity and frequency of bowel movements, yes this may sound stupid, but it is very important (Pattern 11); or

Decrease Metabolic Support. Metabolic Support helps control blood sugar. However, if you are secreting too much insulin, you will need to cut your amount of Metabolic Support in half and then increase it by about 1/4 of “that” dose every week until you are taking around 1 tablespoon per day.

Bloating is either the result of not chewing well enough or liver-gall bladder stress (from too much starch) resulting in intestinal inflammation.

First. Are you chewing raw food well?

Second. Do you need to decrease carbohydrates such as grain products, potatoes, nuts, and beans.?

Third. Increase oil intake to at least 3 Tbs. per day. Also, take lecithin (1/2 - 1 Tbs. with meals) to help strengthen the gall bladder and relieve bloating. Continue this for a few weeks until the liver-gall bladder begin to recover; then gradually increase raw foods.

Fourth. Try introducing raw food more slowly. You should actually begin too desire it or almost crave it, especially if your amount of Metabolic Support is adequate.

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 Blood Proteins Heart	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