

LOW STRESS DIET

OBJECTIVES: Minimize metabolic stress, support detoxification, and enhance overall health.

GENERAL RULES:

1. Eat whole foods, as provided by nature; vegetables are especially beneficial.
2. Eat raw foods with every meal. The best raw foods are salads.
3. 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.
4. Best between-meal-snacks— vegetables. Best desserts fruits.
5. To Improve a poor appetite, normalize excessive appetite or lose weight, eliminate sugar and starches.
6. Avoid combining sugars and proteins. Desserts, fruits, etc are best eaten several hours after a meal or between meals.
7. Drink lots of pure water (free of chlorine and fluorides)—1/2 your body weight in ounces every day, example: $150 \text{ pounds} \div 2 = 75 \text{ ounces}$ of water, which is about 2 quarts (32 ounces per quart.)
8. The less sugar and refined carbohydrates you eat, the healthier you will become.

IMPORTANT! ELIMINATE FOODS THAT CONTAIN:

- hydrogenated or partially hydrogenated fats
- preservatives
- artificial sweeteners
- high fructose corn syrup

****This diet can be followed for life****

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