

Proper Food Selection

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It is very important to the success of your program that you eat the foods that are right for your Metabolic Type. It's just as important that you *stop* eating foods that are wrong for your Metabolic Type or that you can feel have adverse affects on your system. Otherwise, you'll be taking one step forward and two steps back and you won't get the results that you're looking for.

The really good news is that when you do eat the right foods and stay away from the wrong foods, you'll feel better and better. Moreover, it gets increasingly *easier* to eat the foods that are good for you as you follow your program. In a short while, you'll even lose your taste for the "bad foods." In a very natural way, they'll become increasingly less appealing as you begin to clearly experience less-than-optimal effects from eating them. Your body's dislike for those foods will become unmistakable. As a result, omitting those foods from your diet is easy because doing so becomes simply a matter of your natural preference.

The following information is provided for your convenience as a quick reference source regarding proper food selection. View it as an ideal way to shop for your food. If you're currently accustomed to eating foods in the "Not Recommended" column, try making changes gradually. It's not necessary to follow *every* recommendation to the letter in order to benefit from your program. But every little bit *does* count. So, just be aware of what foods are and are not recommended and in an easy, effortless way, adopt the more healthful suggestions as you are able to gradually over time.

	RECOMMENDED	NOT RECOMMENDED
BEVERAGES	<p>FRUIT JUICES – Fresh, organic. Use for therapeutic purposes only</p> <p>HERB TEAS – Organic, and all except those with caffeine</p> <p>VEGETABLE JUICES - Fresh, organic</p> <p>WATER – Well, spring or purified by reverse osmosis or distillation only</p>	<p>ALCOHOL</p> <p>COCOA, CHOCOLATE</p> <p>COFFEE</p> <p>DRINKS – Artificial, carbonated, canned, artificially sweetened</p> <p>SOFT DRINKS – canned, bottled</p> <p>SOFTENED WATER</p> <p>TAP WATER</p>
	<p>Sip warm or room temperature water or tea with meals, but do not drink a large amount of fluid within 30 minutes before or 1-2 hours after meals. Avoid cold drinks at meals since they inhibit digestion. Fresh juices contain vitamins, minerals and active enzymes and are thus very healthful. However, when thirsty, drink water since juices are really foods in liquid form. Fruit juices, because of their high sugar content, should only be used upon occasion for cleansing or other therapeutic reasons. If you must drink coffee, opt for organically raised coffee. Most commercial coffee is laden with herbicides and pesticides. Many chemicals banned in the U.S. for their ultra toxicity are exported to South American countries. Some of these chemicals are known to be used on coffee plantations which export their coffee back to the U.S. Organic coffee can usually be obtained through health food stores. There are 10 teaspoons of sugar in a 12 ounce can of pop, and non-sugar sweeteners like aspartame are emphatically not recommended due to their disruption to brain chemistry and your metabolism in general. Over 4% of all chocolate is comprised of cockroach parts! Reverse osmosis is the best way to purify your drinking and cooking water. For water, drink only well, spring or purified water. Organic coffee and water purifiers are available from Ultra Life by phoning 800.323.3842 or 618.594.7711, or visiting http://www.UltraLifeInc.com.</p>	

	RECOMMENDED	NOT RECOMMENDED
	EGGS	FERTILE ONLY Poached Soft Boiled
Fertile eggs contain more nutrients and are less likely to contain antibiotics and sprays. Commercial eggs are usually produced on poultry "farms" where thousands of hens are unnaturally kept their entire lives in small cages off the ground, where they are force fed, force fattened, and treated with numerous hormones, antibiotics and growth chemicals, which affect the eggs. They are not allowed to mix with roosters so their eggs remain unfertilized. Cooking at low heat and for a short duration is preferred since high heat denatures protein, rendering it poorly utilized Obtain eggs from chickens that are free ranging, organically-fed, and free of hormones and antibiotics		

	RECOMMENDED	NOT RECOMMENDED
	DAIRY PRODUCTS	RAW MILK PRODUCTS ONLY Butter Buttermilk Cheese Cottage Cheese Ice Cream - Natural Yogurt NO HORMONES NO ANTIBIOTICS
Pasteurization destroys vital enzymes. Homogenization allows for the circulation of <i>xanthine oxidase</i> in the system which causes lesions in artery walls and damage to heart muscle and can lead to high blood pressure and atherosclerosis. Commercial, artificial ice cream, although a delight to the taste buds, is often one of the most unhealthy foods available, known to contain numerous chemicals – everything from plastic to rat poison. Natural, non-chemical, "real" ice cream is available and definitely recommended over the commercial alternative. From range fed cattle w/o hormones and antibiotics.		

FISH	RECOMMENDED	NOT RECOMMENDED
	WILD FRESH or FROZEN Baked Broiled Poached	FARM-RAISED Breaded Canned in soy oil Fried
<p>The most desirable seafood has “scales and fins.” Others like clams, crab, lobster, oysters, muscles, scallops, and shrimp are “bottom feeders” and scavengers, considered by some as unhealthful. Unfortunately, high levels of mercury, one of the most deadly toxins on the planet, is now present in many seafoods and should be avoided: <i>bass, catfish, cod, crab, grouper, halibut, lobster, mackerel, mahi mahi, mussels, oysters, rockfish, roughy, shark, snapper, swordfish, tuna</i>. Use only fresh or frozen when possible. If canned is used, only use if packed in water or olive oil, not soy or other oils.</p>		

FRUIT	RECOMMENDED	NOT RECOMMENDED
	ORGANIC Fresh Frozen – unsweetened Dried – without sulphates Stewed	NON-ORGANIC COMMERCIALY CANNED (sweetened and unsweetened)

GRAINS	RECOMMENDED	NOT RECOMMENDED
	WHOLE, NATURAL, ORGANIC Bread Cereal Flour Muffins, rolls Pancakes Pasta Waffles (Barley, bran, brown rice, buckwheat, corn meal, millet, oats, rye, triticale, quinoa, wheat)	WHITE, BLEACHED, PROCESSED, SUGARED Cereal - processed Cookies Crackers Macaroni Pasta White flour White rice
<p>Ideally, it is best to eat homemade bread. But, there are commercially available breads that are truly made from whole, organic, untreated grains. One real test for the claims of “natural” on the label is to leave some bread in the bag in which it is purchased. Set it on a warm, high shelf. If it molds thoroughly all over, not just in certain spots, then it is a good, natural food. Natural, organic pastas are available in health food stores. Avoid all refined grain products. Soak all whole grains overnight or for a few hours before cooking to activate the enzymes and optimize nutritional value.</p>		

NUTS & SEEDS	RECOMMENDED	<u>NOT</u> RECOMMENDED
	FRESH, RAW, ORGANIC ONLY (almonds, Brazil, cashew, chestnut, coconut, hazelnut, hickory, lychee, macadamia, pecan, peanut, pine, pistachio, walnut. Flax, pumpkin, sesame and sunflower seeds)	ROASTED / SALTED COMMERCIAL Canned nuts Peanut butter - commercial

MEATS	RECOMMENDED	<u>NOT</u> RECOMMENDED
	BACON - Naturally raised BEEF - Range fed, non-commercial POULTRY - Naturally raised, non-commercial, range fed NO ANTIBIOTICS NO HORMONES	BACON - Commercially raised BEEF - Commercially raised, chemically fed PREPARED MEATS - Bologna, salami, sausages, wieners, etc. POULTRY - Commercially raised, chemically fed
Commercially raised cattle are treated with all manner of antibiotics, hormones, tranquilizers and other chemicals for force feeding and force fattening purposes. Organically raised, range fed, free grazing beef is not only more healthful, but it also has a distinctly better taste than the chemically raised beef. (This applies to poultry as well). Unless it is contraindicated for your Metabolic Type, it is good to have a variety of meat products such as liver, heart, brain, sweetbread, giblets and kidney. These may be had 1-2 times per week. Muscle meats (steak, hamburger) are the least nutritious and lack many factors provided in the organ meats. Some experts advise against pork, ham, bacon, sausage and other cured meats, even if from organic sources.		

OILS & OTHER FATS	RECOMMENDED	<u>NOT</u> RECOMMENDED
	COLD PRESSED NATURAL, ORGANIC Natural or homemade mayonnaise Vegetable oils like corn, peanut, safflower, sunflower, and sesame ANIMAL FATS - From meat, fowl AVOCADOS BUTTER CHEESES EGGS FISH OILS FRESH, WHOLE GRAINS NUTS and SEEDS	SEEDS, REFINED, HYDROGENATED Commercial Mayonnaise Margarine Shortening PURIFIED, EXTRACTED OILS Cottonseed oil Palm oil HARD, WHITE, ANIMAL FAT HEATED OILS RANCID OILS FRIED FOODS
For shortening in baking, use butter, coconut oil or cold-pressed, unpreserved olive oil. Never use hydrogenated shortenings or heat-treated oils with preservatives. Heating vegetable oil, such as when frying, alters the chemical structure of the oil and renders it unsuitable for utilization. So, fry food as little as possible. Try using just water for stir frying; then add a little oil to taste before serving. But, if you must fry, use olive oil, butter, ghee or coconut oil and fry as lightly as you can. Definitely, DO NOT use the oil more than once for frying. All natural fats will "melt" at room temperature.		

SEASONINGS	RECOMMENDED	<u>NOT</u> RECOMMENDED
	ORGANIC HERBS ORGANIC SPICES CELTRA SALT (special sea salt)	All unnatural, chemical or synthetic seasonings SALT - Commercial, non-sea salt
AVOID TOTALLY the use of commercial table salt or so-called "sea salt." Use only the original Celtic Salt brand—fresh, pure, natural sea salt. It is called Celtra F or Celtra G salt and is available from Ultra Life, 800.323.3842 or 618.594.7711.		

SOUPS	RECOMMENDED	<u>NOT</u> RECOMMENDED
	MAKE FROM SCRATCH ONLY (Use whole, organic grains, organic chicken, meat; vegetables in any combination, organic herbs and spices to taste),	CANNED COMMERCIAL BOUILLON CREAMED

SWEETENERS	RECOMMENDED	<u>NOT</u> RECOMMENDED
	CAROB HONEY, raw, uncooked MAPLE SYRUP MOLASSES, unsulfured SORGHUM STEVIA	ARTIFICIAL SWEETENERS Equal Nutrasweet Saccharin Splenda SUGARS, REFINED Candy, chocolate

VEGETABLES	RECOMMENDED	<u>NOT</u> RECOMMENDED
	<p>FRESH FROZEN, natural, whole DRIED ORGANIC WHEN POSSIBLE 40%-50% RAW COOKING- Boiling, Steaming (Cook lightly until slightly tender, but still bright in color)</p>	<p>CANNED CHEMICALLY PROCESSED PRESERVED COOKING- Overcooked Fried TV DINNERS NON-FERMENTED SOY PRODUCTS</p>
	<p>Always use fresh vegetables as much as possible. Purchase fresh vegetables in season and freeze for later use. Never eat commercially canned, preserved, treated, salted, sweetened, overcooked “dead” foods. These foods not only contain chemicals which are adverse to health, but also the nutrient content is severely depleted and the natural enzymes have become largely inactive. Foods which are considered “live” foods, those which will spoil, are always best and have the greatest health value. When cooking, always cook for as short a time as possible and at as low a temperature as possible. Cooked vegetables should always keep their bright color. Cook only until they are slightly tender—not to the point that they have become limp and lost their color. Stir fry vegetables in water; then add a cold-pressed oil of preference to taste before serving. If you must cook with oil, use only olive oil, ghee, butter or coconut oil. Soy products should be avoided except for naturally fermented soy sauce or shoyu, miso, tempeh, and natto.</p>	

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