

SUGAR CONTROL DIET

This diet is designed to improve sugar metabolism. Our goal is to improve your body's ability to handle sugar and starches through chiropractic adjustments and by avoiding certain foods and eating others. 80% of all people have hypo- or hyperglycemia due to stress or disease. Most people crave sugar and white flour when they should avoid it.

While on this diet you must **EAT EVERY TWO HOURS** of your waking day a portion of FRESH FRUIT, RAW VEGETABLES, A SLICE OF CHEESE, A RICE CAKE, OR 6 RAW CASHEWS, PECANS OR ALMONDS and DRINK WATER according to your body weight:

(This water you must drink the rest of your life.)

If you weigh 100 pounds, drink 2 quarts of water daily(1/2gallon)

140 “ 3 “ (3/4gallon)

180 “ 4 “ (1 gallon)

220 “ 5 “ (1 1/4 gallon)

ELIMINATE

CHOCOLATE ALL PASTRIES/SWEETS ALL ICE CREAM

ALL SOFT DRINKS (**EVEN DIET DRINKS**) ALL ALCOHOLIC BEVERAGES

HYDROGENATED PRODUCTS like margarine, peanut butter, shortening

SATURATED OILS like palm and coconut oil (read labels)

ALL WHITE FLOUR PRODUCTS: breads (even “whole wheat” bread has white flour)

pastries, donuts, white flour tortillas, pizza crust, crackers and

ALL SUGAR, SWEETNERS & CANDY:

White or Brown Sugars, Dextrose, Lactose, Maltose, Sucrose(except as it occurs naturally in fruit & vegetables), Corn Syrup, Sweet N Low. HONEY is a medicine and should only be taken for colds and sore throats. Equal, Nutrisweet, Stevia, and Splenda should also be eliminated since it affects the pancreas and the kidneys. AVOID THESE STARCHY FOODS: Potatoes, cooked Cauliflower, Yams, Rice, All dried beans, Spaghetti, Pasta, Noodles

AVOID SUGARY CONDIMENTS & SAUCES: Ketchup, Soy Sauce, Steak Sauce, BBQ Sauce, certain Spaghetti Sauces have high sugar content.

Most Picante Sauces and Pico de Gallo are OK—they add no sugar. Limit quantity of Mayonnaise & Salad Dressing.

WHAT TO EAT

MEAT: Red Meat (no limit), Fish (unbreaded, no limit) including canned tuna fish, sardines, salmon, Chicken, Turkey, and Pork, (skinless & unbreaded). MILK PRODUCTS that have gone through a souring process: Cheese, Cottage Cheese, Plain Yogurt, Buttermilk, Butter and EGGS. Unlimited VEGETABLES, (raw or steamed), Limited FRESH FRUIT. Tomatoes & Avocados.

BREADS: Ezekiel 4:9 Bread found in the freezer of health food stores, Corn Tortillas, Rolled Oats, Grits or Cream of Wheat cooked in water.

BEVERAGES: WATER, Fruit Juices,(diluted 1/2 water), Herbal Teas, Coffee or Caffeine Tea 1-2 cups, Never drink Fruit Juice Cocktails since it is mostly high fructose sugar.