

# How to Regain Your Health at Any Age!

## *Look and feel 20 years younger!*

**Healthy lifestyle choices will influence your health and give you a better quality of life!**

**Healthy, daily lifestyle choices and a health promoting diet are more powerful to prevent and treat diseases than drugs. Food truly is your medicine!**



Food can cure disease and food can cause disease, either good or bad results, are based on your choices. You can prevent and reverse diseases of all kinds including Alzheimer's disease, dementia, type 2 diabetes, arthritis, MS, heart disease, Parkinson's disease, migraine headaches, allergies, and even cancer by adopting the right choices.

Your health is your responsibility! No one else's, not your doctor or any professional, not the drug companies for sure. Drugs do not ensure health. You can't live in the fast food lane and then take both prescription and OTC drugs to treat your diseases and expect to be healthy. You can absolutely regain your health regardless of your gender, age, or whatever health challenges you face when you embrace healthy choices!

You completely rebuild your entire body; heart, liver, and brain (including new brain cells) 4 times in your lifetime. Your body is renewing your cells all the time, but you must include a healthy diet to provide the tools plus healthy habits for rebuilding the cells of your body!

## **For a healthy diet, choose the Ketogenic diet.**

- Consume adequate animal protein, 1 to 1-1/2 grams of protein per kg of body weight (30% of the diet).
- Eat plenty of fats (60-70% of the diet); animal fats, eggs, olive oil, avocado oil, butter, MCT oil, coconut oil, and lard.
- Eat all nuts, especially almonds and walnuts, (no peanuts).
- Highly restrict all carbohydrates, less than 10% of the diet, approximately 20-40 grams daily, not the typical 300-400 grams consumed on the Standard American Diet (SAD).
- Eat less fruit (high in fructose - too much sugar). Eat low sugar fruits and berries in moderation.
- Eat greens, salads, and veggies grown above the ground. Do not eat roots or tubers - too much starch; (potatoes, beets, carrots, etc.)
- A glass of red wine daily for women and two for men is okay, (science says so) but not necessary.
- Absolutely avoid sugar and especially high fructose corn syrup. No soft drinks of any kind and no juice.
- Absolutely avoid **ALL** grains and dairy.
- Restrict calories to 2,000 or less for women and less than 2,500 calories for men.
- Sleep 7-9 hours a night.
- Keep moving. Exercise several times a week, 20-30 minutes at a time; walking, swimming, biking, weight training, kettle bell swings, and squats.

Diet and Lifestyle choices **WILL** prevent and stop the majority of all diseases and restore health!

There is no reason for American's to be the unhealthiest people of all the developed countries in the world.

### Foods You May Eat

**Animal protein:** Beef, bison, elk, venison, rabbit, pork, bacon (no nitrates or nitrites), seafood, eggs, chicken, duck, turkey (and skin).

**Fats:** Cream, lard, butter, coconut oil and olive oil. Try to consume organic foods when possible or at least grass fed animal protein as well as butter, and cream from grass fed animals.

**Non-Starchy carbohydrates:** Unlimited vegetables.

### Foods to Avoid

- All sugar and sweeteners, like fructose, especially high fructose corn syrup
- All grains. Yes, all of them, especially refined flour (if you are serious about regaining your health)
- Refined salt (use Celtic Sea Salt)
- All vegetable oils (corn, soy, sunflower, safflower seed), vegetable shortening, and margarine
- Soft drinks (sweetened or diet)
- Juice
- Artificial coloring, artificial flavoring.

### Managing Carbohydrates

It can be difficult to cut your carbohydrate intake to improve your diet, but it's worth it. Controlling carbs will have the most powerful and meaningful impact on healing and restoring your health, as well as losing the weight you always wanted to lose (especially your belly fat).

#### Use these tips to help you stay low-carb:

- Consume no more than 72 grams of carbohydrates daily for best results, 20-40 grams is extremely effective.
- Get your carbohydrates primarily from vegetables.
- Know the grams of carbohydrates in everything you eat and make smart choices.

#### ***Special Note on Dairy Products***

I recommend drinking only fresh, raw milk, from organically managed cow or goat.

Any raw dairy products are superior to the pasteurized, hormone-laced ones you can get at the grocery store. Drinking up to a quart of raw milk daily will supply a superior form of raw protein, many good fats, and many nutrients and enzymes that are often destroyed in the heating process. Otherwise, avoid milk products.

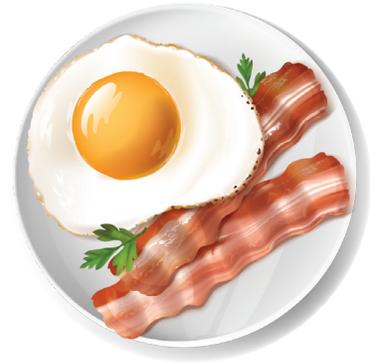
I also recommend soft-cooked eggs. Eggs are superior proteins, packed with nutrients. Don't believe all the bad press eggs received. They are wonderful for your health.

## Sample Meal Plan

To get you started, here's a sample menu for a day.

### Breakfast

- 2-4 eggs any style cooked in butter, olive oil, coconut oil or lard
- 1/2 grapefruit or other low GI (Glycemic Index) fruit
- 2-4 slices of bacon (no preservatives such as nitrates or nitrites)
- 1 cup of coffee or green tea with whole cream



### Mid-Morning Snack

- 1/4 cup raw almonds or walnuts
- Or
- 1 boiled egg

### Lunch

- Choice of animal protein
- Non-starchy vegetables seasoned with olive oil or butter, lemon juice and Celtic Sea Salt
- Unsweetened iced tea with lemon, coffee or green tea

### Mid-Afternoon Snack

- 1 serving of goat cheese
- Small handful of walnuts

### Dinner

- Unlimited salad (lettuce, tomatoes, cucumbers, avocado, peppers, mushrooms, etc. seasoned with olive oil or Celtic Sea Salt)
- Choice of animal protein
- Steamed broccoli, snow peas, asparagus, zucchini, etc. dressed with either butter or olive oil and Celtic Sea Salt



### Dessert

- Berries with cream

### Bedtime Snack

- Small handful of nuts or seeds and 1 ounce cheese

### Snacking\*

- Chopped raw vegetables, raw goat cheese or feta cheese, or nut butter
- Slices of cold meat such as turkey, chicken or roast beef with mustard or sugar free salsa
- Half an avocado with raw vegetables
- One or two soft or hard boiled eggs
- Tomato slices with fresh sliced mozzarella cheese drizzled with olive oil and basil
- 2-3 small squares of dark chocolate over 70% cacao, about 1/2 to 1 ounce of chocolate.



## Choose from the following Keto-Friendly Foods for your diet!

**Eggs, (free range)** organic whole eggs make the best choice.

**Poultry:** Chicken and turkey.

**Fatty fish:** Wild-caught salmon, sardines, herring and mackerel.

**Meat:** Grass-fed beef, venison, pork, organ meats, bison and lamb.

**Full-fat dairy:** Yogurt, butter and cream.

**Full-fat cheese:** Goat cheese, cream cheese or feta cheese.

**Nuts and seeds:** Macadamia nuts, almonds, walnuts, pumpkin seeds, and flaxseeds. (no peanuts)

**Nut butter:** Natural nut butters. (no peanut butter)

**Healthy fats:** Olive oil, avocado oil, coconut oil as well as MCT oil, butter, cream and lard.

**Avocados:** Whole avocados can be added to almost any meal or snack.

**Non-starchy vegetables:** All non-starchy vegetables that grow above the ground, greens, broccoli, cauliflower, tomatoes, mushrooms and red peppers.

**No starchy root vegetables, (beets, potatoes, carrots etc)**

**Condiments:** Salt, pepper, vinegar, lemon juice, fresh herbs and spices.

**Wine:** Particularly red wine, 1-2 glasses per day.

### The following foods should be strongly avoided:

**Bread and baked goods:** White bread, whole-wheat bread, crackers, cookies, doughnuts and rolls.

**Sweets and sugary foods:** Sugar, ice cream, candy, maple syrup, agave syrup and coconut sugar.

**Sweetened beverages:** Soda, juice, sweetened teas and sports drinks.

**Pasta:** Spaghetti and noodles.

**Grains and grain products:** Wheat, rice, oats, breakfast cereals and tortillas.

**Starchy vegetables:** Potatoes, sweet potatoes, butternut squash, corn, peas and pumpkin.

**Beans and legumes:** Black beans, chickpeas, lentils and kidney beans.

**Fruit:** Only occasionally but berries with cream makes a nice dessert.

**High-carb sauces:** Barbecue sauce, sugary salad dressings and dipping sauces.

**Certain alcoholic beverages:** Beer and sugary mixed drinks.

