

NUTRI-SPEC



Live Stronger Longer

EAT WELL — BE WELL

Following are the rules of an eating plan that will give you everything you can possibly do from a dietary standpoint to **LIVE STRONGER LONGER**. These rules may be an impossible ideal --- but they are ideal. To the extent you follow them, you will minimize INFLAM-AGING. They are listed in their order of importance, so it is essential that you adopt the first few rules on the list as your highest priority, then work on subsequent rules over time.

RULE #1: You must fast a minimum of 12 hours daily. That means at least 12 hours from the last bite of your last meal to the first bite of your first meal the next day.

RULE #2: You must eat no more than 3, or less than 2, complete meals daily, each with a few ounces of meat, fish, poultry, eggs, cheese, or cottage cheese. 14 - 21 substantial meals weekly, without fail.

RULE #3: Eat 2 or 3 meals, and no more than 3 meals daily. Do not snack between meals. If you are hungry between meals, it means you simply did not eat enough meat, fish, poultry, eggs, or cheese at your previous meal. A proper meal will suppress your appetite for at least 5 hours.

RULE #4: The emphasis on meat, fish, poultry, eggs, cheese, and cottage cheese does not constitute a “high protein diet”. The emphasis is not on eating large quantities of these protein foods, but being certain that you get at least a few ounces of protein at each meal, instead of putting the lion’s share of your protein in 1 or 2 meals.

RULE #5: Never, never, never drink fruit juice or other sweet beverages. The only true beverage is water. Milk is not a beverage; it is a food. Water-blended beverages such as coffee, tea, and herbal tea are generally ok in moderation, as long as they are not sweetened.

RULE #6: Never, never, never consume the artificial sweeteners aspartame (Nutra Sweet/Equal) or sucralose. If you absolutely must use a sweetener, then use either Electro Tonic or Stevia. Saccharin (Sweet N' Low) and Xylitol are okay in moderation.

RULE #7: Avoid polyunsaturated oils. This means you must avoid all foods made with those vegetable oils. This eliminates all deep fried (chips and fries) and pan-fried foods from your eating plan, as well as cooking oils, salad dressings, margarine, mayonnaise, and nut butters. To the extent that you use concentrated fats for cooking or eating, use olive oil, butter, or coconut oil.

RULE #8: Sugar and foods made with sugar (cakes, pies, ice cream, cookies, candy, etc.) should be kept to an absolute minimum. Enjoy them on holidays and other special occasions, but eliminate them from your daily routine.

RULE #9: Eat your vegetables — at least 2 servings daily. Raw carrots are an extraordinary prebiotic, and you should eat them regularly, if not daily.

RULE #10: Obtain a good source of drinking water. Water will only contribute to your health if it is high in total dissolved solids, and if it is free of the toxic chemicals added to municipal water supplies such as aluminum flocculants, chlorine, and fluoride.

RULE #11: Cook your vegetables, but do not overcook them.

RULE #12: Cook your meat, fish, and poultry as little as possible. There are 2 ways to preserve the high nutrient content of meat, fish, and poultry --- either broil or steam, or pan fry (in olive oil, butter, or coconut oil) at a high temperature for a very short period of time, or cook at a very low temperature for a long period of time (such as in a crockpot or an oven at a very low temperature).