



we
are
what
we
eat

Healthy
Eating Guide

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Introduction

An important part of achieving mineral balance is following your mineral supplement menu recommendations. Your diet is of equal importance in your journey to optimal health. These days we can become very confused trying to sift through all the information out there today associated with eating and what comprises a good, healthy, nutrient dense diet. This booklet is meant to provide you with information that will help guide you through the maze. It does not cover everything but does provide you with a good basic start to eating correctly.

Healthy Eating

What type of food should we be eating?

The first concept to consider is, “has this food been processed in any way?” Processing extends the shelf life of a food, but also removes essential nutrients. Sometimes this refined food is fortified with some minerals but for the most part essential nutrients (minerals, vitamins, and fiber) have been removed to the point where it is providing very little if any nutritional support to the body. This effectively means anything you get in a box, bag, or can. While there are exceptions, this is a good basis from which to start. To make your shopping healthy, always shop on the perimeter of a market as this is where whole fresh food is presented. Produce is best eaten in its natural state, from soil to table.

Is organically grown really better than non-organic?

Absolutely! What is ironic is that organic farmers have to actually get a certification to confirm and say they are organic. To me, it should be the other way around. If a farmer is spraying poisons on the food he is growing, he should have to disclose it. After all, organic agriculture is what man has followed until the middle of the 1900's. Fertilizers and pesticides are a derivative of toxic weapons developed during the two world wars.

Unfortunately, eating organic is not enough. Understanding and maintaining the mineral content of the soil we are growing our food in is just as important, if not the most important aspect, of healthy sustainable farming.

If plants do not have access to all of the mineral nutrients in the soil they typically grow in, they will not thrive nor deliver to us the mineral nutrients we need to survive and thrive. This is why crop rotation and soil mineral maintenance and replenishment are so important as well. This is called Bio-dynamic farming.

If you are not eating organic produce, you have no idea what toxins you are exposing yourself to. This creates an internal environment focused on expelling the toxins and repairing the damage they are causing rather than focusing on delivering nourishment to our cells and organs. Eating non-organic produce will guarantee that you are not getting the mineral complex traditionally associated with eating that food.

Consequently, not only should we be shopping on the perimeter of the market we frequent, but we must also be asking if the produce we are buying is organic. If it is not, not only is it most likely toxic, but it is also most likely quite devoid of many of the essential elements we need daily from our diets.

How much and when should I eat?

In a nutshell, you should eat when you are hungry and only until you are full. The problem is that the more refined your diet is, the greater the quantity required to get full and the more frequently you will want to eat. The logic here is that our body intuitively knows how many nutrients we need at any time and therefore the quantity of food needed to get them as it tries to absorb the nutrients it needs to function. The more refined the food we eat, the more we need to eat in order to get the basic nutrients we require. The consumption of this excess refined food creates excess fat as the sugar is not being burned, but rather converted into fat. This excess fat is stored within the body. Snacking should consist of only small amounts of nutrient dense foods such as raw, organic fruits, vegetables, and nuts. Try to eat 3 times per day and sit down and relax while you are doing so.

What should a meal contain in the way of nutrients?

Each meal should contain as complete an array of amino acids, complex fats, carbohydrates, minerals, and vitamins as possible. These are the building blocks of our body, and they continually need to be replaced. Each meal should contain primarily organic plant matter, the fresher and cleaner, the better. Try to select the foods you eat from the low to moderate food lists found on the Glycemic Index. Limit animal protein to a quantity no larger than your clenched fist daily. Less is better. Any animal protein should be naturally raised or wild caught and only fed what they naturally would eat in the wild. They should not have been given any antibiotics or growth hormones at all. Antibiotics are very effective in destroying our essential gut flora.

What kind of water should I drink?

The most important part of this answer is never drink distilled, reverse osmosis, or de-ionized water without remineralizing it first. While very pure, they are completely lacking in minerals. Water devoid of minerals has a natural affinity for the minerals in our cells. Purified water essentially strips minerals from the body's cells creating a minerally deficient organism. The body's cells do not function properly without minerals. This eventually leads to a body that will experience states of dis-ease, as essential minerals are extracted from our cells, rather than being delivered to them.

The most effective way to remineralize purified water is to add ½ of a level measuring teaspoon of sea salt to one gallon of water. Normally, drinking spring or well filtered tap water should be sufficient to provide one with good water. One still must be aware that the mineral balance of fresh water will vary from location to location geographically and therefore additional mineral supplementation may be needed. This is the main reason why it is important to be cognizant of individual mineral needs which will vary with age, sex, stress level, physical and mental activity.

Fluoridated water should also be avoided. Many cities add fluoride to the municipal water supply. If fluoride has been added, it must also be removed. Its current source is a fluorosilicate compound, a waste product of phosphate fertilizer production. Toxicology information and research is readily available to the public on this subject. Fluoridealert.org is a good place to start.

Can I eat processed food?

All processed foods should be avoided. Dairy derived products should be eaten in moderation, if at all, and only when derived from animals raised on natural diets in free range conditions and not given antibiotics or other growth hormones. Try substituting dairy milks with unsweetened nut milks like almond or coconut. When choosing drinks, anything with sugar added is unacceptable.

Interestingly, this change in how you eat may still not correct negative reactions to specific foods. Choose and eat those foods which resonate with your body. Negative food reactions most always stem from imbalanced gut flora. If you have received antibiotic treatments in the past and/or eaten feedlot or factory farm raised animals, your GI (gastrointestinal tract) is more than likely compromised and out of balance. This imbalance prevents full digestion of the foods you eat and possibly creates a leaky gut scenario where larger particles are able to pass into the bloodstream producing allergic reactions.

It is not that you are allergic to the food, but rather unable to fully digest the food where some of its undigested components actually pass through the gut wall into the bloodstream where it is identified as something which should not be there creating an immune response.

What is important to understand is that your GI tract is a complex balance of both friendly bacteria and yeast/fungi. Both need to be maintained in good balance to be able to properly process all of the food we eat. Therefore, medicinal mushroom extracts, as well as good bacteria strains, are essential supplementation.

Summary

It is our belief that the most important thing to focus on is eating organically farmed foods that have not been processed or refined in any way. The more refined a food is, the less nutrients it delivers and consequently, the more sugar it delivers. Everything that grows out of the ground is a carbohydrate and therefore a mechanism for the delivery of sugar to the body. When delivered in its naturally complex form, the sugar delivered is not a problem. If you stick to whole organic foods, most if not all your food, weight, and health issues will fade away.

Scientists have gained insight into how the body metabolizes foods and the effect certain foods have on individuals. Research shows that your health, both physically and mentally, is affected by the foods you eat. Certain foods may upset the balance of your blood chemistry.



The Glycemic Index

With this information in hand, you now have the basic knowledge to be able to use the following information related to the Glycemic Index of food. Your way of eating must become a lifestyle change, not a short-term eating diversion which is so often referred to as a diet.

The Glycemic Index is the measurement of a specific food's speed of converting to sugar and moving into the bloodstream in relationship to pure sugar with an assigned index level of 100. Therefore, an assigned value of 50 means that the food will convert to sugar $\frac{1}{2}$ as fast as refined sugar. The primary objective of this index is to give guidance as to what foods are best to eat in order to minimize sugar spikes. When you lower the Glycemic Index of the foods you eat and liquids you drink, you take control over food driven insulin stimulation and reactive hypo and hyperglycemia, also known as blood sugar fluctuations. The higher the index, the more one will potentially react. Additionally, one can expect to maintain higher stored fat levels when consuming foods with high indexes.

The Glycemic Index ranks foods on their ability to affect sugar levels – the speed and degree that food raises blood sugar after consumption. When you make use of the Glycemic Index for your food choices, it will contribute to a more stable and balanced blood sugar.

When you control the Glycemic Index of foods and drinks, you then have control over your food-driven insulin stimulation and reactive hypoglycemia, or blood sugar drops. Foods that have an undesirable effect on blood sugar by elevating insulin levels are “High Glycemic” and the foods that do not elevate insulin are “Low Glycemic”.

The longer you are on the food plan and the more closely you follow it, the easier it will be to stick to it. By staying with the food suggestions you will feel and look better. Additionally, regular exercise while balancing your minerals when accompanied with following this food plan, will promote positive changes in your body composition to a leaner and more muscular body while shedding excess body fat.

As you become healthier, the cravings you may have had in the past should go away. Craving refined carbohydrates is a symptom of an imbalance; use this craving to monitor your progress. As your body becomes healthier, you will notice a dramatic decrease in this type of craving. Two major health issues that will be positively improved are diabetes and obesity.



Glycemic Indexes

LOW = 1-55

MEDIUM = 56-69

HIGH = 70-100

Chart 1 - Foods Low on The Glycemic Index (<55)

VEGETABLES

Artichoke	20
Asparagus	15
Bamboo Shoots	20
Bean Sprouts	0-10
Bell Peppers	15
Bok Choy Stems	32
Broccoli	15
Butternut Squash	51
Cabbages	10
Carrots	47
Cauliflower	10
Celery	15
Chard	10
Chicory	0
Chives	15
Collard Greens	0
Corn	52
Cucumber	15
Eggplant	20
Endive	15
Garbanzo Bean (Chickpea)	28
Garlic	10
Green Beans	30
Green Chilis	15
Green Onions	10
Green Pepper	15
Jalapeno Pepper	32
Kale	2-4
Kohlrabi	20
Leeks	32
Lettuces	15-32
Mushrooms	10
Mustard Greens	32
Okra	20

Olives	15
Onions	10
Peas	51
Parsley	1-5
Pickles (Unsweetened)	15
Pimento	45
Radishes	32
Rhubarb	15
Sauerkraut	32
Scallions	32
Snow Peas	22
Spinach	15
String Beans	30
Summer Squash	51
Sweet Potatoes	54
Turnip Greens	25
Water Chestnuts	54
Watercress	15-32
Yams	51
Yellow Squash	51
Zucchini	15

FRUITS

Apple	28-44
Apple Sauce (Unsweetened)	53
Avocado	10
Banana	48
Blackberries	25
Blueberries	53
Boysenberries	20
Casaba Melon	35
Cherries	22
Clementine	35
Figs	51

Gooseberries	15
Grapefruit	25
Green Apples	39
Kiwi	50
Kumquats	0
Lemon	20
Lime	10
Mandarin Oranges	47
Mango	51
Nectarine	43
Orange	43
Pear	39
Plum	40
Pomegranate	53
Prunes	29
Raspberries	32
Strawberries	41

GRAINS

*Always choose organic,
unrefined whole grains*

Barley	28
Buckwheat	30-35
Bulgur	46
Corn	52
Millet	54
Oats	55
Quinoa	53
Wheat	54

Chart 2 - Foods Moderate on The Glycemic Index (56-69)

VEGETABLES

Beets	61
Potatoes, red	56
Potatoes, russet	56
Pumpkin	65

FRUITS

Cantaloupe	65
Grapes	56
(any variety)	
Melon	63
Papaya	60
Pineapple	66

GRAINS

<i>Always choose organic, unrefined whole grains</i>	
Basmati Rice	58
Brown Rice	66
Couscous	65
Wild Rice	57
Rye	56-69
Sorghum	62
Spelt	55-67

Chart 3 - Foods High on The Glycemic Index (>70)

VEGETABLES

Parsnips	97
Rutabaga	79

FRUITS

Dates	70
Watermelon	72

GRAINS/ MAN MADE FOODS

Unacceptable/Avoid

Bagel
Biscuits
Bread Stuffing
Breadsticks
Breakfast Bars
Cake

Cookies

Corn Bread
Corn Chips
Corn Meal
Cream of Wheat or Rice
Croissants
Donuts
Dumplings
English Muffin
French Baguette
French Fries
Hamburger Buns
Hot Dog Buns
Instant Rice

Kaiser Rolls
Pancakes
Pasta
Potato Chips
Pretzels
Pumpernickel Bread
Sticky Rice
Taco Shells
Waffles
White Bread
White Rolls
White Wheat
Sourdough

Note: If you are going to consume wheat or grains, make sure they are minimally processed with the hulls of the grains still in place which is, unfortunately very difficult to find in any form today. Never add sugar to any flour.



Food Suggestions for Good Health

Meat

Animals should only be consumed in moderation, if at all. Try to limit your intake to a maximum of 3oz per day. This is equivalent in volume to no more than the size of your fist. It is very important to be selective regarding the sources of your meat.

All fish should be wild caught! Eating farm raised fish can be quite detrimental to one's health. They are not fed their normal wild free range fish diet. Instead, they are fed man made diets of who knows what. Being raised in a confined space, while eating artificial food, creates polluted conditions and puts them under stress. They also are given antibiotics just to keep them alive. We absorb these same substances when we eat them. All these substances, at the very least, disrupt our gut microbiome, just like prescribed antibiotics from our doctor.

The same is true of land-based animals. Do not eat any feedlot raised and fattened 2 or 4-legged animal. They have been raised in very confined spaces on diets they would never touch in the wild and given growth hormones and antibiotics to keep them from dying and to fatten them up quicker. It is not humane for the animal, nor you when you eat them. Eat only animals that have been born and raised in a natural free-range environment.

Consider this: How much meat would you eat if you had to catch, kill, and butcher it yourself? I would guess, not much.

Dairy - *No other mammal on this planet drinks milk after they are weaned.*

Healthier Choices

(goat or sheep milk products):

Eat Raw, Organic, Whole or Full Fat

Yogurt (plain)

Avoid:

Cow's Milk

Soy (avoid all soy products including tofu)

If you would like more information on soy, read:

***The Whole Soy Story** by Kaayla T. Daniel*



Nuts and Seeds

Eat Raw and Organic

Almonds

Brazil Nuts

Cashew

Chia

Filberts

Flax Seed

Hazelnuts

Macadamia Nuts

Peanuts

Pecans

Pistachios

Pumpkin Seeds

Sunflower Seeds

Walnuts



Fats

Consuming fats will not make you fat! In fact, most American diets are deficient in fat – specifically fats called the essential fatty acids. When you eat fats, a chemical signal is sent to your brain that slows down the movement of food out of your stomach and as a result of this you will feel fuller longer.

Fats are needed for energy and for building the membrane around every cell in your body. Fat is also an important component in the formation of hormones. Some research suggests you need to eat fat to burn fat! Only consume cold pressed, unprocessed, and Non-GMO fats and oils.

Fats also follow a different pathway through the digestive process. Where sugar is immediately sent to the blood stream, fat is sent to the lymphatic system. Most of it is used up in cellular repair and then processed out. Sugar on the other hand, will be converted to fat for future energy supplies if not used for energy.

Healthy Fat Choices (*Cold Pressed, Unrefined*):

- All nut butters if they are 100% nuts or seeds – no sugar added
- Butter – Organic and from Grass Fed Cows preferably

Almond Butter

Avocado Oil

Cashew Butter

Coconut Butter

Cod Liver Oil

Expeller Pressed Coconut Oil

Flax Seed Oil

Ghee - Clarified Butter

Grape Seed Oil

Hazelnut Butter

Hazelnut Oil

Hemp Seed Oil

High-Oleic Sunflower Oil

Olive Oil

Pistachio Oil

Pumpkin Oil

Pumpkin Seed Butter

Red Palm Oil

Safflower Oil

Sesame Seed Oil

Sunflower Oil

Tahini

Tahini Butter

Walnut Oil



Avoid (all refined oils):

Canola Oil

Corn Oil

Fat from Deep Frying

Soy Oil

Vegetable Oil

Vegetables *Preferably raw or steamed*

- Vegetables are the preferred source of carbohydrates
- Every meal should include an abundance of vegetables from Chart 1
- Eat a variety of vegetables daily
- While juicing vegetables may be a healthy choice, the act of chewing is important. Chewing activates the part of the brain that controls your appetite and prepares your GI tract for digestion by tagging the food for proper digestive enzyme responses.
- Vegetables are best lightly steamed or raw such as; cabbage, broccoli and cauliflower. Eat fresh (local) and organic. The Environmental Working Group every year puts out 2 lists with the names of the fruits and vegetables that you should buy organic or not. The lists are dependent on how much pesticide residue is on the plant. Go to www.ewg.org to see the Dirty Dozen or Clean 15.



Fruits

- Fruits are a carbohydrate, but not a preferred source since the sugar in fruit is fructose. The diets of our ancestors contained only very small amounts of fructose. Consuming too much fructose all at once can overwhelm our body's capacity of processing it.
- Fruit on Chart 1 preferable
- Eat fresh (local) and organic if possible



Grains

Organically grown, stone ground grains only.
Avoid any refined grains, i.e., white flour.

Preferred:

Almond Flour	Coconut Flour
Arrowroot	Guar Gum
Brown Rice Flour	Oat Flour
Buckwheat	Quinoa
Cashew Flour	Rye
Chestnut Flour	Wheat (Whole Grain)
	Xanthum Gum

Avoid:

Enriched/Bleached Flour
Potato Flour
White Flour

Liquids

Water is always best! It is the most important life-giving substance in the body. Your water should be filtered. If your water is distilled, reverse osmosis (RO), or de-ionized, make sure to re-mineralize these sources for drinking with $\frac{1}{2}$ level measuring teaspoon of sea salt per 1 gallon of water. If you do not do this, ill health is inevitable as minerals will be pulled from your cells through the process of osmosis.

There are a wide range of recommendations of how much water you should consume. The one requirement we hear most often is 8 glasses a day. Studies of late have shown that there really are no set requirements.

How much water your body needs is based on your individual needs. Your water requirements will depend on your physical weight, level of activity, and environment. On days that you exercise or sweat, your requirements for water will be greater. As a general rule, if you are thirsty, drink water.



Preferred Liquids and Healthy Choices:

- Spring water
- Coconut water, kombucha, fresh squeezed organic juices preferably with pulp
- Coffee (unsweetened)
- Teas (unsweetened)

Avoid:

- Sweetened and artificially sweetened drinks
- Concentrated juices

Alcohol:

Moderation is always the smart choice

Spices, Seasonings and Ingredients



Preferred:

Most are acceptable

Aluminum Free-Baking Powder

Avoid:

Artificial Flavorings
Artificial Food Colorings
Hydrolyzed Vegetable Protein
Nitrates and Nitrites
Preservatives
Seasonings with MSG

Sweeteners

Preferred:

Erythritol
Honey
Maple Syrup (Pure)
Monk Fruit
Stevia 100%
Xylitol

Avoid:

Acesulfame Potassium (AceK)
Aspartame
Glucose
High-Fructose Corn Syrup
Maltodextrin
Nutra-Sweet

Rice Bran Syrup
Saccharin
Splenda (Sucralose)
Sugar (Refined and Raw)
Truvia

Sifting Through Food Categories

Understanding Certified Organic, Non-GMO, and Natural Ingredient Labels

Certified Organic

Specific requirements must be met:

- This product must be made with 100% organic ingredients
- Crops must be grown in safe soil, have no modifications and be separated from conventional products
- Farmers are not allowed to use synthetic herbicides, pesticides, GMOs, or petroleum-based fertilizers
- Must list the name of the certifying agency



Genetically Modified Organisms (GMOs)

What is a GMO?

Organisms that are artificially manipulated in a lab using genetic engineering including plants and animals. Genetic modification involves altering genetic material by adding, changing, or removing DNA aimed to modify characteristics, or to introduce new traits, such as disease resistance or enhance growth. Plant seeds are created to withstand the direct application of herbicides (Roundup®) and/or to produce an insecticide. Glyphosate (the key ingredient in Roundup®) is a poison that disrupts the endocrine system and is a known cancer-causing carcinogen.

Non-GMO

How do products become Non-GMO Project Verified?

- The non-GMO Project Product Verification Program provides rigorous third-party verification for non-GMO products
- Ensures products have been comprehensively evaluated by an independent party
- Independent inspectors and accredited testing labs are part of the verification process
- Must list the name of the certifying agency



Natural Ingredients

Natural, All Natural, and 100% Natural

- Have NO REGULATION from the FDA
- The definition of “natural” is up for interpretation by the food industry
- Be wary of this food label

Meat and Dairy Labels in the U.S.

Other Terms You Need to Know

The organic label is the most regulated term, but when it comes to meat in the U.S., we often see many other terms used. In order to make informed choices, it is helpful to know what some of these terms mean.

NATURAL or ALL NATURAL

This label means “minimally processed” and that the meat can’t have any artificial colors, artificial flavors, preservatives, or any other artificial ingredients in it. Animals can still be given antibiotics or growth enhancers and meat can be injected with salt, water, and other ingredients. For example, this term can be applied to all raw cuts of beef since they aren’t processed. The natural label does not reflect how the animal was raised or fed, which makes it fairly meaningless.

NATURALLY RAISED

This claim should be followed by a specific statement, such as “naturally raised without antibiotics or growth hormones” to obtain USDA approval. Read different labels carefully to understand what naturally raised really means about the piece of meat you are buying.

GRASS-FED

This term claims that the animals are fed solely on a diet of grass or hay and have continuous access to the outdoors. Cattle are naturally ruminants that eat grass, so they tend to be healthier and leaner when fed this way. In addition, grass-fed beef has been shown to have more of the healthy omega-3 fatty acids. However, if meat is labeled as grass-fed but not certified organic, the animal may have been raised on a pasture that was exposed to or treated with synthetic pesticides or fertilizers.





FREE-RANGE or FREE-ROAMING

Broadly, this term means that the animals weren't confined to a cage and had access to the outdoors. Unfortunately, there are no requirements for the amount of time the animals spend outdoors or for the size of the outdoor space available. The terms free-range or free-roaming also don't apply to egg-laying hens. While it's difficult to tell exactly what free-range means on meat packaging, you can contact the producer directly for clarification. Pasture-raised – this claims that the animals are not raised in confinement and had year-round-access to the outside. Again, there are no requirements for exactly how much time the animals spend outside or the size of the outdoor space available, so it can be misleading.

NO HORMONES ADDED or HORMONE FREE

This term indicates that the animals are raised without the use of any added growth hormones. For beef and dairy products, it can be helpful, but by law in the U.S., poultry, veal calves, and pigs cannot be given hormones, so don't pay extra for chicken, veal, or pork products that use this label.

CERTIFIED HUMANE RAISED AND HANDLED

This is a voluntary certification regulated by the Humane Farm Animal Care, a non-profit organization aimed at ensuring the humane treatment of farm animals. The label means that animals have ample space, shelter, and gentle handling to limit stress, ample fresh water, and a diet without added antibiotics or hormones. Animals must be able to roam around and root without ever being confined to cages, crates, or tie stalls.

Candida Albicans Overgrowth and Leaky Gut

Additional Information and Diet Recommendations

The human gut is often referred to as the second brain and is the only organ that has its own independent nervous system, which is an intricate network of billions of neurons embedded in the gut wall. Our GI tract, especially the large intestine, in a healthy state, are comprised of a synergistic blend of trillions of microbes that include fungi, bacteria, and viruses. These microbes regulate digestion and metabolism, as well as extract and make vitamins and other nutrients from the food we eat. They build and maintain the gut wall, which protects the body from outside invaders, and makes up the vast majority of the body's immune system.

The good bacteria in the gut block harmful microbes and produce anti-microbial chemicals that defend your body against pathogens. They also produce hundreds of neurochemicals that the brain uses to regulate many basic physiological processes as well as mental processes such as learning, memory and mood. For example, gut bacteria manufacture about 95% of the body's supply of serotonin, which influences both mood and GI activity. When this ability is disrupted, things begin to go awry.



Prescribed antibiotics (sometimes necessary) destroy healthy bacteria in the gut, and when not replaced, overgrowth of Candida fungi begins. Sugar and refined carbohydrates found in most American diets, feed Candida and exacerbate imbalance throughout the digestive system. Once out of control, the Candida fungus moves throughout the body. It does so by sending

filaments through the gut wall to create openings large enough for its spores to pass through and obtain access to the bloodstream. This is better known as “Leaky Gut”. From this point on, it has full access to any part of the body moving freely via the bloodstream and lymphatic system. The end result of this process causes nutritional deficiencies (the origin of most diseases), food allergies and sensitivities, decreased immunity, and tumor growth.

In addition to the food guidance outlined in this booklet, this diet is stricter and is recommended to be followed for at least 3 months for individuals symptomatic of Candida overgrowth, leaky gut syndrome, IBS (Irritable Bowel Syndrome), or SIBO (Small Intestine Bacterial Overgrowth). Thereafter, you can return to following the main food guide. This diet is a holistic approach that addresses the root cause of the problem through rebalancing of the microbiome and healing of the gut wall. Many resources and literature are available on the topic of Candida overgrowth. We encourage you to do your own research.

Common Symptoms of Candida Overgrowth and Leaky Gut Include:

- Chronic diarrhea, constipation, or bloating
- Gluten & other food sensitivities/allergies
- GI discomfort (bloating, nausea, stomach pain/discomfort)
- Foggy brain, difficulty concentrating
- Chronic fatigue
- Joint pain
- Sugar cravings
- Headaches & migraines
- Recurrent infections: bacterial & yeast/fungal (sinus, bladder/urinary, vaginal)
- Cold hands & feet
- Irritability, depression, & mood swings
- Autoimmune & inflammatory disorders
- Skin issues such as acne, rashes, or eczema

Eliminate the Following Foods:

- Refined sugar
- Simple or refined carbohydrates
- Refined grains
- Dairy
- Starch (corn, potatoes, rice, pasta, & cereals)
- Refined foods of any kind
- Alcohol
- Peanuts

Recommended Supplementation Includes:

- Silica and Molybdenum Mineral Supplements
- Probiotics
- Medicinal Mushrooms: Chaga, Cordyceps, Lion’s Mane, Maitake, Phellinus, Reishi, Shiitake, and Turkey Tail.
- Oregano Oil
- Garlic

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