

# Eating Right

The following are dietary recommendations for all patients.

## PROTEIN

Eat dense protein 3x a day. A portion should be at least the size of the palm of your hand. **This includes:**

Eggs	Chicken	Lamb	Fish
Pork	Turkey	Beef	Organ meats like liver

Bone Broth (Chicken, beef, fish, pig, turkery, etc.)

(It is important that all meat and fish be cooked, egg yolks preferably runny)

No processed meat products.

Eat regional pastured fed animales.

Fresh Raw Milk

## VEGETABLES

Eat all of the FRESH vegetables that you want except potatoes and beans. Try to eat organic FRESH veggies.

(potatoes contain the same amount of sugar as a can of Coke. Beans contain phytates which block digestion of certain vitamins and minerals.)

## FRUIT

Fructose has proven to be detrimental especially for people who are overweight or have blood sugar handling problems like for example: hyperinsulinemia, hyperglycemia, hypoglycemia and diabetes.

I recommend one or two pieces of fruit that are low in glycemic index per week.

## GOOD FATS

Coconuts Oil, Butter, Olive Oil, Flaxseed Oil (Small Amount)

Menteca de cerdo or beef tallow

**No:** Margarine, Vegetable Oil, Soybean Oil, Canola Oil, Safflower Oil, Crisco, Pam, Trans Fatty acids, Partially Hydrogenated oils .

(most prepackaged foods and salad dressings contain oils that can cause health problems.)

## WATER

Drink 1 liter of PURE WATER per 50 lbs. of body weight, daily.

(100lbs = 2 liters, 150lbs = 3 liters of water, etc.)

## Food Sensitivities/Allergies:

**Wheat, Corn, Soy & Dairy** (eggs & butter okay)

**NO:** Potatoes, Cereal, Bread, Flour, Pasta, Cakes, Brownies, Pies, Cookies  
Ice cream, Candy, Soda, Artificial or Natural Sweeteners & Alcohol.

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