

Sugar Handling Diet

This diet is used to help re-establish the sugar control mechanism. Please follow it very closely. As your condition improves, various foods will be added by your doctor. The object is to return you to a normal, well-balanced diet as soon as your body will allow it. The closer you follow this diet, the sooner your body will respond.

There seems to be a close relationship between carbohydrate (sugar) metabolism and a person's stress (or perceived) stress levels. Hence, it would be advisable that as you begin this program you seriously look at the areas of your life that may be creating unresolved stress and make efforts to find solutions for them. A person who follows this diet exactly but lives under significant stress will probably have great difficulty making progress; whereas, a person who gets their stress under control, even though they are not as cautious with the dietary regimen, will probably make adequate progress. Of course, those who do both (control stress and diet) will make the best progress.

WATER: Mandatory!!! 2/3 oz. per pound of body weight daily

PROTEINS: You may have as much protein as you desire but not less than the amount listed.

Red Meat	At least 9oz. a week (approx. 2x the size of the palm of your hand)
Fish	Unbreaded - unlimited
Fowl	Unbreaded - unlimited
Eggs	Unlimited
Cheese	Unlimited
Cottage Cheese	Unlimited

VEGETABLES:

Green	Unlimited
Yellow	Small Portions

FRUITS:

Fresh	1 - 3x per week
Canned	Water packed, unsweetened only
Frozen	Unlimited but unsweetened only
Juice	1 - 3x per week, unsweetened only

BEVERAGES:

Decaf Coffee	Black 1-3 cups daily
Decaf Tea	Black 1-3 cups daily
Milk	As desired if there is no skin/weight problem

SNACKS:

Nuts	Unlimited
Cheese	Yellow or white aged, Unlimited

FOODS TO AVOID:

Sugar	Sweeteners	Alcoholic Drinks	Honey
White Rice	Pasta	All wheat products	Yams
Beans, lentils	Potatoes	Cauliflower	

IF IN DOUBT, DON'T EAT IT!!

SPECIAL INSTRUCTIONS:

You must eat every 2 hours of your waking day.

Two (2) slices of RICE BREAT or SPROUTED GRAIN bread may be eaten per day.

ROASTED RICE may be used. METHOD: Place long grain rice in a dry skillet and brown to a golden brown. Some of the kernels may pop. Cool, store, and cook as you would regular rice. This method changes the utilization of rice within your body.

SWEETENERS

NUTRASWEET OR EQUAL:

These seem to bypass sugar circuits...they are made from grapefruit. Some scientists suggest avoiding both to be the safest course. Use powder only, liquid may be dangerous. 9 months storage may convert to alcohol.

STEVIA*

Said to be safe and natural...an herb, a highly sweet plant...use sparingly...too much makes it bitter rather than sweet.

SPLENDA*

Relatively new on the market. It is produced from natural sugar cane and many are giving it good reviews; however, recently (05) information has surfaced that Chlorine may be used in its processing and, if so, avoid.

FRUCTOSE OR HONEY:

Process fructose is deadly and honey is worse on sugar metabolism...honey should be considered a medicine only.

N.B. Doctor does not know what you CAN eat, only what you CANNOT. You'll have to work out the details based on your personal food likes and dislikes.

*This program and all suggestions, recommendations and comments are part of the work of Total Body Modification (TBM) developed by Victor Frank, D.C., except the second paragraph and the information on STEVIA and SPLENDA.