



DR. DAN'S

Natural Healing
CENTER

Simple, natural healthcare

Nutrition Guidelines

- Eat whole, non-processed foods.
- Eat only foods that will spoil, but eat them before they do.
- Eat pasture-raised meat including poultry, beef, eggs, lamb, and non-farmed fish and seafood.
- Eat whole milk products from pasture-fed cows, preferably raw and/or fermented, such as whole yogurt, cultured butter and whole cheeses.
- Only use minimally processed fats and oils, including pastured butter, extra virgin olive oil, cold pressed sesame and flax oil, and cold pressed, unrefined, virgin and organic coconut oil. Use pastured animal fats only.
- Eat fresh vegetables, preferably organic, in salads and soups, or lightly steamed.
- Eat fresh fruits that are low on the glycemic index such as berries, apples, pears, plums, kiwis, peaches, grapes, cherries, and grapefruit. Avoid bananas, raisins and dates.
- Eat whole grains and nuts that have been prepared by soaking, sprouting or sour leavening to neutralize phytic acid and other anti-nutrients.
- Include enzyme-enhanced lacto-fermented vegetables, fruits, beverages and condiments in your diet on a regular basis.
- Prepare homemade meat stocks from the bones of pastured chicken, beef, lamb or fish and use liberally in soups and sauces.
- Take cod liver oil regularly to provide at least 10,000 IU vitamin A and 1,000 IU vitamin D per day.
- Use filtered water for cooking and drinking.
- Make your own salad dressing using raw vinegar, extra virgin olive oil and expeller expressed flax oil.
- Use unrefined salt and a variety of herbs and spices for food interest and appetite stimulation.
- Use natural sweeteners only in moderation, such as raw honey, maple syrup, dehydrated cane sugar juice (e.g., Rapadura) and stevia powder.
- Use only unpasteurized wine or beer in strict moderation with meals.
- Cook only in stainless steel, cast iron, glass or good quality enamel.
- Use only whole food or non-synthetic supplements.
- Get plenty of sleep, exercise and natural light.
- Think positive thoughts and minimize stress.
- Practice Forgiveness

Dietary Dangers

- Do not eat commercially processed foods such as cookies, cakes, crackers, TV dinners, soft drinks, packaged sauce mixes, etc. Read labels.
- Avoid all refined sweeteners such as sugar, dextrose, glucose, high fructose corn syrup and fruit juices.
- Avoid white flour, white flour products and white rice.
- Do not eat hydrogenated or partially hydrogenated fats and oils.
- Avoid all refined liquid vegetable oils made from soy, corn, safflower, canola or cottonseed.
- Do not use polyunsaturated oils for cooking, sautéing or baking.
- Avoid foods fried in polyunsaturated oils or partially hydrogenated vegetable oils.
- Do not practice veganism. Animal products provide vital nutrients not found in plant foods.
- Avoid processed pasteurized milk. Do not consume ultra-pasturized milk products, low-fat milk, skim milk or powdered milk.
- Avoid factory-farmed eggs, meats and fish.
- Avoid highly processed luncheon meats and sausage.
- Avoid artificial food additives, especially MSG, hydrolyzed vegetable protein and aspartame, which are neurotoxins. Most soups, sauce and broth mixes and commercial condiments contain MSG, even if not indicated on the label.
- Individuals sensitive to caffeine and related substances should avoid coffee, tea and chocolate.
- Avoid foods that contain aluminum such as commercial salt, baking powder and antacids. Do not use aluminum cookware or deodorants containing aluminum.
- Do not drink fluoridated or distilled water.
- Avoid synthetic vitamins and foods containing them.
- Avoid distilled liquors
- Do not use a microwave oven

Source: Weston A. Price Foundation