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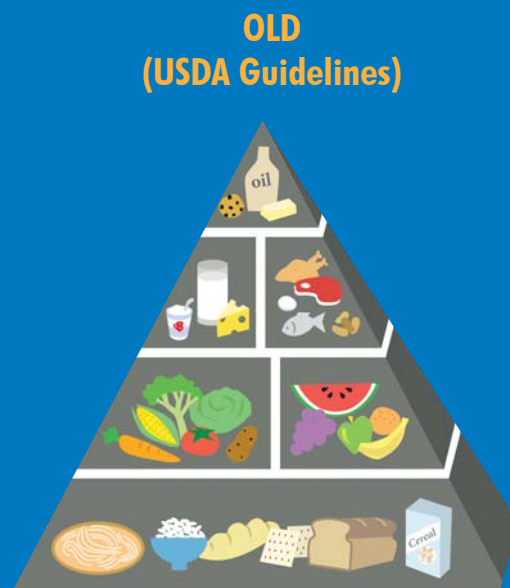


Over the past 50 years or so, the Standard American Diet (SAD) has resulted in a virtual epidemic of chronic degenerative disease in this country. Simply put, our modern diet leads to modern diseases such as Cardiovascular Disease, Type II Diabetes and Cancer, diseases that were virtually unknown at the turn of the 20th century before the advent of the modern American diet.

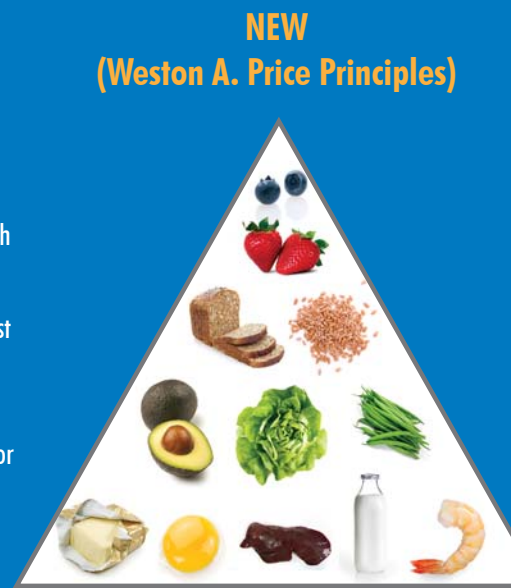
At Dr. Dan's, we feel the solution is a return to traditional, nutrient dense eating that leads to vibrant health and wellness.

Each and every one of us deserves great health throughout our lives. You do have a choice. You can choose radiant health - at any age. Begin when you are ready . . . but begin. The time for change is now. We are here to guide you every step of the way along your journey to vibrant health.

Dr. Dan



- Processed foods and sugar are OK as long as total calories are not excessive.
- A calorie is a calorie and grains should comprise 30-35% of every diet. Processed grains are fine.
- Fats should be limited to 10% - 20%, with saturated fats strictly limited. Margarine (trans fats) and vegetable oils (processed at high temperatures – which then turn rancid) are preferred source of oils and fats.
- Dairy products – skim or low fat milk, cheese, etc. must be pasturized.
- Lean meats and skinless chicken are ideal. Limit eggs to reduce cholesterol. Animals raised in confinement or on factory farms are totally acceptable.
- Abundant fruits and vegetables, not necessarily organic, should be part of daily diet. Genetically modified foods (GMO) are acceptable.
- Need for probiotics not considered.



- Whole, nutrient dense food as close to its natural state and sourced locally is vital to a healthy diet.
- Protein and fats should constitute the majority of every diet. Carbohydrates, including whole grains and other high starch carbohydrates should be limited to 15 – 20% - just enough to supply needed energy. Any excess over that is stored as fat.
- Good fats, including saturated fats that contain necessary vitamins (D & K) and minerals, butter and coconut oil are preferred. No processed vegetable oils, no trans fats.
- Raw, full fat milk, cheese, etc. should be included in every diet. Avoid pasturized and ultrapasturized dairy products.
- Animals raised on pasture and pastured eggs are preferable as they contain a high level of vital nutrients and optimal balance of Omega3/Omega6 trans fatty acids – 1:3 vs. 1:20 in factory farmed animals
- Organic fruits and vegetables highly preferable, sourced locally as much as possible. No genetically modified foods (GMO).
- Lactofermented foods daily for healthy digestion.