

# Dietary Guidelines

1. Eat whole, fresh, unprocessed natural foods.
2. Eat only foods that will spoil, but eat them before they do.
3. Eat naturally-raised proteins including fish, seafood, poultry, beef, lamb, game, organ meats and eggs.
4. Eat whole, naturally-produced milk products, preferably raw milk and butter or fermented products such as whole yogurt, whole cheeses and fresh raw sour cream.
5. Use only traditional fats and oils including butter and other animal fats, extra virgin olive oil, expeller expressed sesame and flax oil and the tropical oils – coconut and palm.
6. Eat fresh fruits and vegetables, preferably organic, in salads and soups, or lightly steamed with raw butter (or the best butter you can find).
7. Use whole grains and nuts that have been prepared by soaking, sprouting or sour leavening to begin to neutralize phytic acid and other anti-nutrients.
8. Prepare homemade meat stocks from the bones of naturally raised chicken, beef, lamb, or fish and use liberally in soups and sauces.
9. Use herb teas and coffee substitutes.
10. Use spring water or filtered water for cooking and drinking.
11. Use unrefined Celtic sea salt and a variety of organic herbs and spices for food interest and appetite stimulation.
12. Make your own salad dressing using raw vinegar and extra virgin olive oil.
13. Use natural sweeteners in moderation, such as raw honey, maple syrup, Xylitol, and the herb stevia.
14. Use only unpasteurized wine or beer in strict moderation with meals.
15. Cook only in glass (preferably), or good quality enamelware or stainless steel.
16. Use only natural supplements.
17. Get plenty of sleep, exercise, and natural light.
18. Think positive thoughts and minimize stress.
19. Practice forgiveness.