

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	

(It is important that all meat and fish be cooked, egg yolks preferably runny)
No processed meat products.

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

Eat all of the FRESH fruit that you want. Try to eat organic FRESH fruit.

Note: You can mix your fruits together but don't mix fruit with other foods.

Fruit must be eaten in between meals at least one hour away from meals.

Eat your fruit but don't drink your fruit or dry your fruit.

GOOD FATS

Butter, Olive Oil, Flaxseed Oil

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 DISTILLED WATER per 50 lbs. of body weight, daily.

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

SNACK

Eat every 2 hours to prevent your body from going into starvation mode.

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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