

Category I / Carbohydrate Intolerance / Insulin Resistance / Pre Diabetes

In order to normalize the healing process, not only is nutritional support required, but also the removal of stimulants and sources of stress. Clients who do not comply with avoiding stimulants will have minimal results. The following is a list of foods and chemicals that need to be completely avoided when healing.

Avoid Stimulants

- Concentrated Sugars (Sweets including products that contain sugar such as ketchup, honey, and many other prepared foods. Read the label for hidden sources such as sugar, corn syrup etc.).
- Caffeine (decaffeinated is not acceptable because they are still 60% caffeinated)
- Alcohol
- Nicotine
- Allergic foods
- Breads (both gluten and gluten free), rolls, pastries, bagels etc.
- Pasta, pancakes, cereals, muffins, oatmeal
- Fruits, fruit juice, carrots and beets
- Potatoes (all types), corn, all rice and beans
- Cow's milk, cheese and sweetened yogurt.

Diet

- Organic eggs, goats cheese, goats cream cheese
- Any meats (beef, turkey, chicken, lamb, etc.), but beware: many cold cuts are cured in sugar and should be avoided.
- Any fish (cod, white fish, bass, herring, mackerel, tuna, etc.)
- Tomato, V-8 or other vegetable juice (except carrot)
- All vegetables (except those listed above), cooked or raw. Vegetable based tortillas, chips and crackers are permissible
- Coconut sugar, coconut nectar, stevia, monk fruit and xylitol for sweetener.
- All nuts and seeds. Seed crackers are permitted
- Non caffeinated teas, Seltzer water permissible.
- Do not go hungry!

Supplements

- Glucobalance and/or Bio GGG– Vitamin Supplement to stabilize blood sugar spikes.
- Nutriclear – Shake Program with dietary recommendations. (21 day cleanse)
- Bio Mega 1000 – Essential Fatty Acid
- ADHS or Phosphotitylserene – Supplements for stress hormone spikes.

Healing Sessions

It is important to understand that there is a cause to the problem. The cause must be determined so that the problem can be corrected.

Typical visits: 8 – 12 healing sessions