



Category II / Hypoglycemia Lifestyle changes

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

Body Alignment Adjustments

- For optimal results 12 -16 healing sessions are recommended that within a period of 6 weeks
- Wear a sacral iliac belt as recommended for 6 - 8 weeks
- 4-6 cranial massages are recommended

Avoid Stimulants

- Concentrated Sugars (white sugar, corn syrup, candies etc.)
- Caffeine (decaffeinated coffee remains 60% caffeinated)
- Alcohol (of any kind)
- Nicotine
- Known allergic foods (common are wheat, soy, dairy, corn and eggs)
- Partially hydrogenated fats (read labels)
- Artificial Sweeteners (aspartame, saccharin etc.)
- Overtraining
- Inadequate sleep (7 – 9 hours is optimal)

Diet

- Do not skip breakfast. Eat a high quality protein based breakfast with complex carbs such as eggs with wild rice.
- Eat every 2 – 3 hours. Do not wait until you are hungry.
- Snack with low glycemic (sugar) foods such as nuts, seeds, hard-boiled eggs, lean proteins, etc.
- Avoid all sugar drinks, sweetened fruit juices and carrot juice.
- Eat a small amount of complex carbs with every meal (wild rice, quinoa, buckwheat etc.)
- Never consume high glycemic food (fruits, sugars or starches) without a source of protein. *Eat low glycemic carbs with protein (ie. Fish and wild rice, chicken and sweet potato etc.) Do not food combine.*
- Avoid all adrenal stimulants listed above
- Eat a well-balanced diet consisting mostly of vegetables, quality sprouted grains and lean meats.

Supplements

- Bio Glycozyme (2 – 3 x day in between meals)
- Flax oil (2-6 per day)
- Chondroplus (2 – 3 x day)
- Cytozyme AD or ADB5 (2-6 per day)
- Inositol for symptoms of low blood sugar (2 – 3 x day) (*light headed, foggy thinking*)
- DHEA/Pregnenalone for hormone support