Diet Plan #1-A, Sympathetic Dominant

++ = very high purine + = high purine ^ = contains mercury ** = very high sugar * = high sugar > = best choices

Bold = Ideal (eat these foods at every meal)
Black = For Variety (but emphasize "Ideal" foods)
Italics = Least Desirable (eat only rarely)
~~Strikethrough~~ – Avoid (don't eat at all)
See notes on page 2

Meats

Pork (ham)
Beef +
Lamb +
Pork (bacon,chop,rib) +
~~Buffalo~~ ++
~~Elk~~ ++
~~Heart~~ ++
~~Kidney~~ ++
~~Liver~~ ++
~~Rabbit~~ ++
~~Venison~~ ++
~~Wild game~~ ++

Poultry

Chicken (light meat)
Cornish-Hen
Ostrich
Turkey (light meat)
Chicken (dark meat)
Turkey (dark meat)
Duck +
Goose +
Grouse +
Pheasant +
Quail +
Wild game +

Seafood

Bass (freshwater) ^
Bass (sea) ^
Cod ^
Flounder ^
Grouper ^
Halibut ^
Mahi-mahi ^
Perch (freshwater) ^
Rockfish ^
Roughy ^
Snapper ^
Tuna (light) ^
Turbot ^
Catfish ^
Pompano
Shark ^
Swordfish ^
Whitefish
Abalone +
Arctic char +
Clam +
Crab ^+
Crayfish +
Lobster ^+
Octopus ^+
Oyster +
Perch (ocean) +
Salmon ^+
Shrimp +
Squid +
Trout +
Tuna (dark) ^+
~~Anchovy~~ ++
~~Caviar~~ ++
~~Herring~~ ++
~~Mackerel~~ ^++
~~Mussel~~ ^++
~~Sardine~~ ++
~~Scallop~~ ++

Legumes

Black-eyed Pea *
Garbanzo Bean
Navy Bean
Pink Bean
Pinto Bean
White Bean

Aduki Bean
Black Bean
Fava Bean
Great Northern Bean
Lentil
Lima Bean
Mung Bean
Red Bean
Tempeh

~~Soy Bean~~
~~Tofu~~

do not consume legumes along with flesh proteins

Beverages

Water (purified) >
Oat Milk *
Rice Milk *
Tea (green)
Tea (herbal)
Vegetable juice

Almond Milk
Coffee (decaf)

Coffee (caffeinated)
Tea (black)

~~Fruit Juice~~ *
~~Beer~~
~~Liquor~~
~~Soft Drinks (colas)~~ *
~~Soy Milk~~
~~Water (tap)~~
~~Water (carbonated)~~
~~Wine (red)~~
~~Wine (white)~~

drink water purified by reverse osmosis when possible

Dairy and Eggs

Buttermilk
Cream (half & half)
Cottage Cheese
Cow Milk (whole)
Eggs, Chicken
Eggs, Duck
Feta
Goat Milk
Kefir
Mozzarella
Nuefchatel
Ricotta
Sour Cream
Whey
Yogurt (full fat)

Blue Cheese
Brie
Camembert
Cheddar
Colby
Cream
Cream Cheese
Edam
Goat Cheese
Gouda
Gruyere
Monterey Jack
Muenster
Parmesan
Provolone
Romano
Roquefort
Swiss

~~Ice Cream~~
~~Milk (2%)~~
~~Milk (skim)~~
~~Sherbet~~

Nuts and Seeds

Almonds
Cashews
Chestnuts
Pine Nuts
Pistachios
Poppy Seeds
Sesame Seeds
Sunflower Seeds

Brazil nuts
Filberts/Hazelnuts
Flax
Hickory Nuts
Macadamia Nuts
Peanuts +
Pecans
Pumpkin Seeds
Walnuts

Grains

Amaranth
Barley *
Buckwheat *
Cornmeal **
Kamut
Millet **
Oat *
Quinoa
Rice (basmati) **
Rice (brown) **
Rye *
Spelt
Triticale
Wheat *
Wild Rice

~~Rice (plain, white)~~ **

Greens

very low starch

Argula
Beet Greens
Cilantro
Collard Greens
Dandelion Green
Endive
Kale
Lettuce (bibb)
Lettuce (loose-leaf)
Lettuce (romaine)
Mustard Greens
Parsley
Radicchio
Spinach
Sprouts (alfalfa)
Sprouts (bean)
Swiss Chard
Turnip Greens
Watercress

Vegetables

low starch

Broccoli
Brussels Sprout
Cabbage
Cucumber
Pepper(hot, all colors)
Tomato

Asparagus +
Cauliflower +
Celery
Garlic
Ginger Root
Mushroom +
Onion
Scallion
Shallot

drink fresh Greens and Vegetable juice daily

medium starch

Bamboo Shoots *
Bok Choy
Daikon
Eggplant *
Jicama
Kohlrabi *
Pepper(bell, all colors)
Radish *
Water Chestnuts
Zucchini

Avocado
Fennel
Green Bean +
Jerusalem Artichoke
Leek
Okra *
Olive (all kinds)
Turnip *

high starch

Beet *
Parsnip **
Potato (all kinds) **
Pumpkin *
Squash (winter) *
Yam **

Artichoke +
Carrot *
Corn *
Green Pea +
Rutabaga *
Squash (summer) *
Sweet Potato **

eat 2 fresh Greens and Vegetable salads daily

Sea Vegetables

Arame
Dulse
Kombu
Laver
Nori

Agar
Hijiki
Irish Moss
Kelp
Wakame

Fruits

Apple
Banana *
Coconut
Apricot
Blackberry
Blueberry
Boysenberry
Cantaloupe *
Casaba Melon
Cherry
Cranberry
Elderberry
Gooseberry
Grape
Guava
Honeydew Melon
Kiwifruit
Kumquat
Loganberry
Mango
Nectarine
Papaya
Peach
Pear
Persimmon
Pineapple *
Plum
Pomegranate
Raspberry
Rhubarb
Strawberry
Watermelon *

Currant (dried) **
Date **
Fig (dried) **
Grapefruit
Lemon
Lime
Orange
Prune (dried) **
Raisin **
Tangerine

Oils and Fats

Borage Oil
Butter (unsalted)
Coconut Butter/Oil
Evening Primrose Oil
Fish Oil
Flax Oil
Ghee (clarified butter)
Olive Oil
Palm Kernel Oil
Palm Oil

Butter (salted)

Almond Oil
Black Currant Oil
Hemp Oil
Peanut Oil
Safflower Oil
Sesame Oil
Sunflower Oil
Wheat Germ Oil

~~Canola Oil~~
~~Corn Oil~~
~~Cottonseed Oil~~
~~Margarine~~

Herbs, Spices, Seasonings and Condiments

herbs

Anise
Basil
Bay Leaf
Caraway
Chervil
Chive
Dill Weed
Fennel Seed
Fenugreek
Marjoram
Mustard Seed
Oregano
Parsley
Peppermint
Rosemary
Sage
Savory
Spearmint
Tarragon
Thyme

spices

Cardamom
Cayenne
Chili Powder
Cinnamon
Clove
Coriander
Cumin
Curry Powder
Ginger
Mace
Nutmeg
Paprika
Pepper (black)
Saffron
Tumeric

condiments

Mustard
Salt (sea , unrefined)
Soy Sauce (organic)
Wasabi
Carob
Chocolate
Garlic Powder
Horse Radish
Hot Sauce
Yeast +
Vinegar (apple cider)

Honey **
Mayonnaise
Vinegar (rice)
Vinegar (balsamic)
Vanilla (natural)
~~Artificial Sweeteners~~
~~Ketchup~~
~~Salt (iodized, low sodium)~~
~~Sugar (brown)~~ **
~~Sugar (unrefined)~~ **
~~Sugar (white)~~ **
~~Vinegar (wine)~~ *

Understanding Your Food List . . .

The **color coding** and **ranking** of items on your Food Plan was determined by the impact of the foods on the dominant system of your metabolic type. Your dominant system dictates how foods and nutrients behave in your body – your metabolic type – as opposed to someone else's. Thus, your Ideal Foods will not be ideal for a different metabolic type.

Factors utilized to determine the color coding and ranking include: Impact on the autonomic nervous system; impact on the oxidation rate; protein, fat, carbohydrate levels; starch levels; purine levels; oxalic acid levels; phytate levels (which lower calcium), mercury levels, vitamin and mineral levels; glycemic effects; impact on pH (acid/alkaline) balance, and thyroid suppressing potential. *Note that different combinations of factors apply to the ranking in different food groups on the chart.* (See each food group below for a more detailed discussion of rankings within that group.)

- The Green items in the chart are your *Ideal* foods. They are the best foods in each category for your metabolic type. If at all possible, only these foods should be eaten for all meals and snacks. Use other foods only when absolutely necessary.
- **Bold items should only be chosen when variety is absolutely necessary. They are not best for your metabolic type for various reasons. But of all non-Green foods, the Bold foods are the least objectionable and thus are the best 2nd choice.**
- *Italics are Caution foods and should be Restricted or Limited as much as possible. For various reasons, the Italics foods have a significantly negative impact on your metabolic type and should thus be avoided.*
- Red ~~strikethrough~~ foods should be strictly *Avoided*. Either they are foods that are simply not good for any metabolic type, or their adverse impact upon your metabolic type is so severe that they just should be avoided altogether.

Read the notes under each food category below in order to understand more about the color coding implications in that category.

PROTEINS = *Meat, Poultry, Seafood, Dairy, Legumes, Nuts, Seeds*.

- Sympathetics in general do well on less protein but not all protein effects the body in the same way.
- Ideally, have one of your allowed proteins at each meal.
- Avoid heavy, fatty, high purine flesh foods.
- You may do well on dairy, legumes, nuts and seeds as protein sources at some meals/snacks.

FATS = *Butter, Coconut Oil, Palm Oil, Fish Oil, fats naturally found in Meat, Poultry, Seafood, Dairy, Nuts, Seeds.*

CARBOHYDRATES = *Fruits, Grains (starchy*), Vegetables (non-starchy & starchy*), Legumes (starchy*), Nuts, Seeds.*

*** Starches** All starchy foods are "glycemic" foods, meaning they turn to sugar rapidly in the body. These can be problematic for anyone with blood sugar regulation problems. The higher the starch content, the greater the potential problem.

- **Very High Starch** (high glycemic load) = millet, rice (white, brown, basmati), wheat, potatoes, dates, figs, raisins
- **High to Medium High Starch** (medium glycemic load) = black-eyed peas, fruit juice, soft drinks, barley, buckwheat, oat, rye, wheat, wild rice, beet, carrot, corn, parsnip, pumpkin, rutabaga, squash (summer, winter), sweet potato, yam, banana, cantaloupe, pineapple, honey, watermelon, chocolate, sugar (all kinds)

High starch, high glycemic index/load foods are Caution foods

How To Eat Using Your Food List . . .

As a **Sympathetic Dominant "Carb Type,"** plan your meals using the following guidelines:

- § Your Metabolic Type does best on a diet that is generally:
  - o Higher in carbohydrates
  - o Lower in fats
  - o Lower in proteins
    - § Eat only the "lighter" proteins -- lower in fat and purine
  - o For exact proportions, see the next section on Fine-Tuning Macronutrient Ratios

- § Choose your foods according to the color codes in your food list chart
  - o Always pick from the "green" items and "black" items
    - § Always eat the "green" items
    - § Use "black" items *only* when variety is necessary
  - o Limit any "italics" items to very rarely or not at all
  - o Avoid (don't eat) any "red strikethrough" items
  - o *Always eat as much fresh, organic food as possible*

- § Protein Choices
  - o Pick only 1 item per meal from the "green" *meats, poultry* or *seafood*, OR
  - o Pick from non-flesh sources: *eggs, dairy, legumes, nuts, seeds* (more than 1 at a meal is OK)
  - o Note: Eating more than one non-flesh protein together can provide a "complete protein" – a full spectrum of amino acids
  - o *Do not eat eggs, legumes, dairy, nuts or seeds <u>with</u> any flesh proteins*

- § Fat Choices
  - o Flesh proteins, eggs, and dairy products already naturally contain fat
  - o Minimize any *<u>additional</u>* fats and oils in your diet
  - o But if used, choose from: *butter, ghee, coconut oil, palm oil, or olive oil*
  - o Limit all other nut and seed oils (omega 6)

- § Carbohydrate Choices
  - o Your best carbohydrate sources are Greens and Vegetables
  - o Eat as much as you want from "green" foods in those lists
  - o Each day:
    - § Eat at least 2 salads, and/or
    - § Drink raw vegetable juice (ideal for your metabolism)
  - o Fresh, organic fruit is also allowed, but not in place of your proteins and vegetables

- § Starchy Carbohydrates – A Special Consideration
  - o Your *primary* foods – the ones that should make up most of your meal - are *proteins* and *non-starchy vegetable carbohydrates*
  - o Grains, starchy vegetables, and many starchy legumes are *secondary* or *complementary* foods
  - o Starches are acceptable but eat only the amount necessary as determined by using your Diet Check Record
  - o Although your metabolic type can handle starches well, they should be added to a meal only if needed to satisfy hunger and prevent cravings *after* eating your proteins and vegetables
  - o Determine whether to eat starches and how much of them to eat by using your Diet Check Record (discuss this with your Advisor)
  - o Due to their high sugar content, starchy foods if overeaten can create problems with your blood sugar
  - o Too many *<u>or</u>* too few starches can create cravings and cause negative changes in your appetite, mood, personality, energy, and performance
  - o Note: Grains are starches and many contain gluten. 1 out of every 150 people in the U.S. suffers with digestive and intestinal disorders from gluten intolerance (see Grains below for a list of gluten grains)

Now that you know how to choose the right foods for your metabolic type from your chart, it's time to learn **how to find your ideal macronutrient ratios** – the right proportions of proteins, fats and carbs at each meal and snack.

Fine-Tuning Your Macronutrient Ratios . . .

The term "macronutrient ratios" refers to the *proportions* or *percentages* of proteins, fats and carbohydrates in a meal or snack. In general, Sympathetics do **better** on **lower** fat and protein and **higher** carbohydrates to stimulate and strengthen the weaker Parasympathetic System. When carbohydrates *are* consumed, the **non-starchy** carbs are the **best in terms of stabilizing blood sugar**. However, most people need *some* starch so the big issue is how much. Starch quickly turns to sugar in the body and can be problematic if over-consumed. ***Use your Diet Check Record (DCR) to fine-tune your carb intake at each meal and snack***. You will do best on the least amount of starch possible that does not cause adverse reactions (as reflected in your Diet Check Record). However, your metabolic type handles starch better than other types.

- **Too <u>few</u> carbs** or too few high starch foods will produce hunger, cravings, desire for sweets, and/or adversely impact your energy level, mind, moods or emotions *as compared to their status before you ate*.
- **Too <u>many</u> carbs** will produce <u>the same result</u>!
- The **right proportions** of proteins+fats:carbs at each meal will produce **positive improvement** in all categories (energy production, mind, moods, emotions, feeling satiated from your meal).

Eating the right ratios of macronutrients to meet your individual metabolic requirements is just as important as eating the right foods for your metabolic type. Finding the right balance means finding the right proportions of proteins + fats to carbohydrates. This also involves determining the right amount of non-starch vs. starchy carbohydrates.

All Sympathetics are **not** the **same** when it comes to **ideal macronutrient ratios**. Some are "mild" Sympathetics, while others are "medium" Sympathetics, or "strong" Sympathetics, or "very strong" Sympathetics. These differences between Sympathetics impact macronutrient **ratios** as well as the ideal **types** of proteins, fats and carbs. How strong your Sympathetic Dominance is at each meal will determine the necessary ratio of proteins+fats to carbohydrates. Plus, due to individual **circadian rhythms**, some people may have a **consistent** macronutrient ratio need throughout the day while others may **vary** dramatically from meal to meal. For these reasons, **it is very important** that you make good use of your Fine-Tuning Guidelines and Diet Check Record to **customize** your diet by adjusting your protein+fat:carb **ratios** to your own unique needs. Be sure to work very closely with your Advisor on this issue until you clearly understand it. **Customizing your macronutrient ratios at each meal is an extremely critical component to the success of your program!**. (Read the "Using Your Diet Plan" article for more detail)

Use your "Diet Check Record" to *customize* your Protein+Fat : Carbohydrate Ratios to *your* body's needs

Think of fine-tuning your macronutrient ratios to be like tuning a station on a radio dial. Changing the amount of carbs relative to the amounts of proteins and fats at a meal, changes the influence of your diet on the ANS. The stronger the Sympathetic strength, the greater the need for carbohydrates, and the lesser the need for proteins and fats, and vice versa.

Weaker <---------- **SYMPATHETIC** ----------> Stronger
Need More Protein+ Fat, Less Carbs <----------> Need More Carbs, Less Protein+Fat

FINE-TUNING INSTRUCTIONS There are two ways to start and to discover your optimum macronutrient ratio. Choose whichever option appeals to you or try both methods. Use whichever one -- Option #1 or Option #2 -- works best for you. Remember, your Metabolic Type will do best on a diet lower in fats and proteins and higher in carbohydrates.

- Option #1 – At each meal and snack . . .
  - Eat the right foods for your MT
  - Eat whatever amount of proteins, fats and carbs appeals to your appetite
  - Then use the Diet Check Record (DCR) 1-2 hours later to see how well you did
  - Adjust the ratios as needed, following the instructions in the Fine-Tuning Guidelines document.

- Option #2 – At each meal and snack . . .
  - Start by eating only proteins and fats and no carbohydrates (no fruits, vegetables, or grains)
  - See how you feel and use your DCR to note your reactions 1-2 hours after eating
  - If all feels great, then continue eating like that until you start to record negative reactions in your DCR
  - At that point, increase the proportion of <u>non-starchy</u> vegetables and greens until the reactions resolve
  - If reactions do not resolve, only at that point, add a very small amount of starchy carbs -- either a starchy vegetable or a grain (a few bites of cooked grain, half slice toast, a little starchy vegetable, etc.)
  - If that small amount solves the problem, stay at that ratio until new adverse reactions occur at which time you can again increase starch
  - TIP: When adding starches into your diet, only add very small amounts at a time

The idea is to increment into your meal the addition of carbs until adverse reactions resolve and then stop at that level until your body again indicates a need for change.

Fine-Tuning Your Macronutrient Ratios (cont.) . . .

FINE-TUNING INSTRUCTIONS (cont.)

You may find the need for very different macronutrient ratios at the different meals of the day. Or, you may find that you need about the same ratio at all meals. It doesn't matter. The goal is to customize your macronutrient ratios to *your* body's needs.

Especially if you have blood sugar regulation problems or weight issues, be sure and find the least amount of carbs that works for you, i.e., the least amount of carbs in relation to proteins and fats that does not produce adverse reactions.

Discuss these methods with your Advisor. And don't worry. It's easier than it sounds and will soon become "second nature." In a very natural manner, it will become a way that you can *eat for life*. Importantly, please note that:

- You do NOT have to weigh your food
- You do NOT have to count calories
- You do NOT have to limit proportions.

By eating the right foods for your metabolic type and by eating the right macronutrient ratios at each meal, you will optimize the influence of food on your metabolism. In other words, you will be fulfilling optimally the very reason for eating. As a result, in a very easy, natural way, your appetite should normalize, sweet cravings should disappear, your mind should be alert, your emotions should balance, your mood should lift, and your energy levels and performance should improve.

Food List Categories . . .

Meat – Sympathetics do **not** do well on a high intake of meat since it stimulates their already too strong sympathetic system. If ever meats *are* ingested, portions should be smaller relative to carb portions and preferably only the low purine, low fat meats should be utilized. The high purine, high fat meats are harder to digest for Sympathetics who tend to have weaker digestive capacity and the red meats produce the strongest sympathetic stimulation. You may find that you do well on red meats 2-3 times a month. All meat should be from organic, range fed stock, free from hormones and antibiotics.

Poultry – Similar to the Meat category. Sympathetics do **best** with the **lower fat, lower purine** poultry, so choose the light over the dark meats. The "green" selections have the lowest fat and purine content, followed by the "bold," then the "italics" items. However, any form of poultry is generally a better protein selection for a Sympathetic than is meat. However, you may find that you do best on meat, once or twice a week. Saturated fat is a healthy, important part of everyone's diet. However, your metabolic type does not do well on a *high* fat diet. For this reason, you *may* find that you do better by not eating the skin. You will need to determine this through working with your Diet Check Record. Take care to obtain only the highest quality, free-ranging, organically fed, hormone and antibiotic free poultry.

Seafood – Sympathetics do **best** on the **lower fat, lower purine** seafoods. The "green" items have the lowest fat and purine content, followed by the "bold," then the "italics" items. However, the **mercury** content of many choices has diminished seafood's desirability. *The following are now considered to contain high mercury levels: bass, catfish, cod, crab, grouper, halibut, lobster, mackerel, mahi mahi, mussels, oysters, rockfish, roughy, salmon, shark, snapper, swordfish, tuna.* (See http://www.cfsan.fda.gov/~dms/admehg3.html.) Still, fish do provide an excellent source of the highly beneficial omega 3 Essential Fatty Acids. A good way to counteract the mercury would be to take 2-4 capsules of X-HM #2, 30 minutes before your meal. The chlorella in them works as a sponge to bind toxic metals in the gut so that they don't get into the body. Always opt for fresh over frozen, and wild over farmed fish. If canned is used, obtain packed in water, not oil.

Legumes – When used along with grains, legumes can make a complete protein; they can work well as a protein source for Sympathetics in place of the flesh proteins. *But, never include legumes in a meal that includes a flesh protein.* The final word on exactly how to use legumes must come from your own personal experience. Some experimentation will be required in order to discover how your body handles legumes. Color code ranking for legumes is based upon their protein, purine, phytate and carbohydrate content. In preparing legumes, soak them over night, pour off the water, then add fresh water before cooking. Buy organically-grown. Avoid canned preparations such as beans and chili's.

Beverages – If you're **thirsty**, your body needs **water**. Other allowed beverages can be used occasionally when desired. The Caution and Avoid beverages are either too high in sugar or are simply not recommended for anyone. Almond milk, or any nut milk, must be used with caution and moderation due to their protein and fat content and *should not be used in a meal with other protein sources*. Never drink tap water. Always drink purified water, preferably made with a home unit such as the Nature's Spring Reverse Osmosis or the Akai Ultraviolet System.

Food List Categories (cont.) . . .

Dairy – Dairy is a two-edged sword. On one hand, it is a much "lighter" protein as compared to meat, poultry and seafood and thereby can serve as an excellent protein source for a Sympathetic. For example, Sympathetics can often do well on yogurt and fruit for breakfast, whereas that would likely only increase the appetite of a Parasympathetic. However, the high calcium and fat content in some dairy is contraindicated and could serve to worsen energy levels of a Sympathetic. So, once again, personal experience must be your guide. Dairy should work well for you but you may find that you may need to limit it, depending on its fat content and time of day (circadian rhythm) that you ingest it. Thus, the dairy question is more of a quantitative than a qualitative consideration. Dairy has wonderful health-giving properties, but **only** if it is **raw**, **organic** and derived from **range** fed cows. Eggs can serve as an excellent protein source at a meal for Sympathetics, but should be fertile and from free-ranging, organically fed chickens, free of hormones and antibiotics. Ranking of dairy items in the food list chart is based on fat, protein and carbohydrate content. The "bold" and "italics" dairy foods tend to run higher in protein and fat and lower in carbohydrate than the "green" foods.

Nuts & Seeds – Sympathetics do well on nuts and seeds. However, nuts and seeds are not "nutrient dense" -- do not provide a high content of minerals and vitamins. They contain protein, fat and carbohydrate but generally run high in fat. They are best used for snacks along with some fruit, *but* watch for any adverse reactions in your DCR's such as a desire for sweets after a meal or snack. Ranking in the food list chart is based on protein, fat, carb, and phytate content.

Grains – Grains are primarily starchy carbohydrates which means they are converted to glucose in the body. In general, Sympathetics do very well on grains but like every Metabolic Type, should only ingest the least amount of starch necessary (use your DCR to find the right balance). *Grains require special caution if blood sugar problems are present*. The best source of carbs are the (non-starchy) green vegetables as fresh juice, raw or cooked. Grains can be eaten as necessary as a supplement to the vegetable carbs. In order to activate natural enzymes, **pre-soak** grains before cooking for at least 2 hours. Always use only certified organic, whole grains. Stay away from all refined grain products. Do not eat the same grains every day. Limit the use of breads because they tend to produce a more glycemic reaction, but when you do eat bread, **use** only sprouted, whole grain breads, such as **Ezekiel** and **Manna** breads.

Greens & Vegetables – Sympathetics tend to have an **acidic systemic pH**. Most vegetables when metabolized in the Autonomic Dominant Sympathetics, tend to help balance their chemistries by shifting the pH more alkaline. Sympathetics do well on all vegetables, but especially thrive on the green, leafy variety. Sympathetics do very well on fresh vegetable juice. A daily glass or two of fresh, organic "green juice" is highly recommended. If you have blood sugar problems, be especially cautious with high starch vegetables like beet, potato, yam, squash (summer, winter), sweet potato. These vegetables alkalinize, but also are high glycemic foods. Sympathetics typically handle these foods well, but if eaten, watch for low blood sugar reactions, hunger, feeling physically full but still hungry, or sweet cravings soon after eating. Use only organic when possible. Obtain fresh. Use frozen only when fresh is not available. Avoid canned sources. Since vegetables are the best foods for Sympathetics, try starting your meal with vegetables instead of proteins.

Fruits – Due to the high carbohydrate, high sugar, and specific vitamin and mineral content of fruits, in general they are handled well by a Sympathetic. Like vegetables, all fruit is "parasympathetisizing." As with vegetables, fruit will stimulate the "weaker" parasympathetic system, thereby helping to balance the Sympathetic Dominant metabolism. The strongest in this regard are the citrus fruits, but they should not be overdone. Any other fruit may be eaten, but due to their sugar content, again, should not be overdone. The glycemic impact of fruit can be offset to a degree by eating fruit with a little protein and fat, like cheese, nuts or yogurt. If you react negatively by such signs as increased appetite, hungry too soon after eating, craving sweets, fatigue, sneezing, runny nose, rash, or itching skin, you will need to cut back on fruit. And if you have blood sugar problems, use caution with fruits. Never or only rarely consume fruit *juice* since it is essentially highly concentrated sugar. If you do have juice, only consume freshly made juice from organic fruits. (When thirsty, drink water.) Obtain fruit fresh and emphasize in season fruit. Use frozen only when fresh is not available. Avoid canned, sweetened sources. Although tolerated by Sympathetics, use caution with and limit dried fruits since they are very high in sugar.

Oils & Fats – Sympathetics do not do well on high fat diets. However, a low fat diet is NOT a no fat diet. Fats are very beneficial and important for good heath. But when consumed, make sure to always use natural, organic, unadulterated fats and oils. Use only butter, ghee (clarified butter), palm or coconut oil for cooking purposes. Olive oil can be used for light sautéing. However, it is best to sauté or stir fry in water, then add a little vegetable oil before serving for taste and texture. This assures the health promoting properties of the oil and maximizes the taste. Obtain only organic, raw, uncooked, expeller-pressed oils. Olive and coconut oils should be labeled "extra virgin." Minimize intake of all polyunsaturated (omega 6) vegetable oils (made from seeds and nuts).

Herbs & Spices – Because of the small amounts of herbs or spices that are consumed at any one time, most are fine to use and should be used for their medicinal and health promoting properties. Quantitatively, they will not be sufficient to override the effects of a proper metabolic type meal. Use only organic sources with no additives like stabilizers.

Additional Food List Categories Of Interest. . .

Gluten – An immune system response to eating gluten (storage proteins gliadin and prolamine) results in damage to the small intestine of people with gluten intolerance. Those with gluten intolerance diseases such as celiac disease (CD) (1 out of every 150 in the U.S.) and dermatitis herpetiformis (DH) should avoid the following gluten-containing foods: *wheat (durum, semolina), rye, barley, oats, spelt, triticale, kamut, farina and their cereals*. If problems persist, then avoid all gluten foods*: beer, liquor, rice milk, oat milk, ice cream, ricotta, Roquefort, sour cream, canola oil, curry, horseradish, ketchup, mustard, soy sauce, brown sugar, vanilla extract, rice vinegar, and all grains except rice (brown, white, wild)*.

Mercury – Mercury is one of the most toxic substances on our planet. Unfortunately, it is finding its way at an alarming rate into our food supply via many forms of seafoods. It is recommended that the consumption of any mercury containing foods be limited to no more than twice a month or not at all. See http://www.gotmercury.org/ to calculate actual mercury levels in seafoods. Mercury is found in high levels in: *bass, catfish, cod, crab, grouper, halibut, lobster, mackerel, mahi mahi, mussels, oysters, rockfish, roughy, shark, salmon, snapper, swordfish, tuna.* A good way to counteract the mercury would be to take 2-4 capsules of X-HM #2, 30 minutes before your meal. The chlorella in them works as a sponge to bind toxic metals in the gut so that they don't get into the body.

Nightshades – Nightshade vegetables include *potatoes, tomatoes, eggplant, peppers, pepinos, cape gooseberry, chinese lanterns, tomatillo, ground cherry, naranjilla, tree tomato, garden huckleberry, chili, paprika*. If you have any degenerative problems involving your bones or joints, you may want to try omitting these foods from your diet *for 12 weeks* to see if any positive change is noted. A substantial number of people report improvement in pain and other symptoms as a result. In a study published in the Journal of the International Academy of Preventive medicine, of the 5000 arthritis sufferers who eliminated Nightshades, seventy percent reported relief from aches, pains, and disfigurement.

Oxalic Acid – Oxalic acid occurs naturally in quite a large number of plants and can combine with calcium, forming less soluble salts known as oxalates. As a result, foods high in oxalic acid, by lowering calcium in the body, can help the imbalance of Sympathetics. High oxalic acid foods are chocolate, cocoa, coffee, most berries (especially strawberries and cranberries), beet greens, bell peppers, currants, endive, grapes, parsley, plums, mustard greens, rhubarb, Swiss chard, summer squash, sweet potatoes, and tea. Unfortunately, coffee is also high in caffeine which will worsen the imbalance of a Sympathetic Dominant and is not recommended in high quantities.

Phytates – Phytates are phosphorus compounds found primarily in cereal grains, legumes, and nuts. They bind with calcium and zinc and interfere with their absorption in the body. Soaking, fermenting, or sprouting the grain before cooking or baking will neutralize the phytic acid, releasing nutrients for absorption. This process allows enzymes, lactobacilli and other helpful organisms to not only neutralize the phytic acid, but also to break down complex starches, irritating tannins and difficult-to-digest proteins including gluten. Soak grains for 12 – 24 hours in an acid medium such as buttermilk, yogurt, other cultured milk, or water with lemon juice, whey, or vinegar added. Highest phytate foods are: *green beans, soy beans, tofu, barley, oat, quinoa, rye, millet, rice, wheat, cantaloupe, citrus, and raisins*.

Phytoestrogens – Phytoestrogens are compounds that occur naturally in plants (phyto) and under certain circumstances can have actions like human estrogen. When eaten, they bind to estrogen receptors and may act in a similar way to estrogen. Foods containing phytoestrogens are: *garbanzo beans, lentils, red beans, soy beans, tempeh, tofu, white beans; black tea, green tea; cashews, flax/linseed; peanuts, sesame seeds; sunflower seeds, walnuts; barley, rye, wheat; sprouts; cantaloupe, cranberry, gooseberry, raspberry, strawberry.*

Purines – Purines are protein fractions found in certain foods and cells in the human body and are found in the animal proteins best for Parasympathetics and worst for Sympathetics. Very high purine content: *buffalo, elk, heart, kidney, liver, venison; anchovy, caviar, herring, mackerel, mussel, sardine, scallop.* High purine content: *beef, dark meat poultry, duck, goose, pheasant; abalone, clam, crab, crayfish, lobster, octopus, oyster, salmon, shrimp, squid, tuna (dark).* Medium purine content: *all other animal and seafood proteins; legumes; peanuts; grains; asparagus, cauliflower, mushroom.* Low purine content: *nuts; dairy.*

Saturated Fats – Scientific evidence is mounting that the recent belief that saturated fats cause cancer, heart disease and other degenerative conditions is false. Natural, unadulterated saturated fat in the form of animal fat, dairy (butter, cream), coconut oils and palm oil are extremely beneficial for good health. The real dangerous fats are the *trans* fats and an excess of omega 6 fats (seed, nut oils). For more info, see: http://www.mercola.com/2002/feb/23/vegetarianism_myths_06.htm and http://mercola.com/2002/aug/17/saturated_fat1.htm# and http://raypeat.com/articles/articles/coconut-oil.shtml.

Thyroid Suppressing Foods – If you have been diagnosed with hypothyroid, you may wish to avoid foods known to suppress thyroid function by interfering with iodine uptake known as *goitrogens*, particularly when eaten raw: *soy, tofu, peanut, millet, bok choy, broccoli, Brussels sprout, cabbage, cauliflower, kale, kohlrabi, mustard, radish, rutabaga, turnip, peach, pine nut, artificial sweeteners and the following oils: canola, corn, cottonseed, margarine, safflower, sunflower.*

Do's . . . and Don'ts . . .

General Guidelines

- q If a food is not on your Recommended Foods Chart, either do not eat it, or greatly limit its intake to only once in a while
- q If you're a vegetarian, use your Recommended Foods as listed, but substitute combinations of legumes, dairy, seeds and grains for flesh foods
- q Eat a wide variety of foods from your recommended list
- q Eat different foods every day
- q Eat only whole, natural foods, ***organic*** whenever possible

Instructions

- q Drink 3 cups of water upon arising, 1st thing in the morning
- q Eat at least 3 meals a day
- q Snack if necessary between meals
- q Eat at the same times each day when possible
- q Always try to eat *before* you get hungry in order to maintain your blood sugar levels

Protein

- q Always eat a protein with every meal
- q Limited animal and seafood proteins are allowed. Emphasize the low-fat, low purine varieties (green color on your food list)
- q If you snack, it's best to include a little protein food

Grains

- q Consume only organic, whole grain products
- q Baked foods should only contain whole grain flours
- q Use sprouted grain products when possible

Butter and Oil

- q Use raw, organic butter, ghee, coconut oil and olive oil
- q Use only natural, cold-pressed oils made by Omega or Flora
- q Use only fresh, raw nuts and seeds but limit their intake unless you're a vegetarian due to their high fat content

Fruits and Vegetables

- q Use only organic, fresh, frozen or dried vegetables
- q Emphasize non-starchy vegetables over starchy vegetables
- q Use only fresh, organic vegetable juices, selected from your recommended foods
- q Consume fresh vegetable juice daily
- q Consume only fresh fruits or frozen without added sugar

Water

- q Drink *only* (purified) water when thirsty
- q Purify your own water (it's more economical) using reverse osmosis
- q During meals, limit fluid intake and never consume cold drinks

Cooking

- q Use only glass or unchipped enamel for cooking
- q Use only olive, palm or coconut oil, ghee or butter for cooking
- q Cook animal proteins by baking, boiling or broiling
- q Cook vegetables by steaming, sautéing, boiling or baking
- q Sauté in water, then add oil to taste before serving

Miscellaneous

- q Use only Celtra Salt as your table salt, but use sparingly
- q If you must have coffee, limit to 1-2 cups per day, make it as weak as possible, and *only* drink organic coffee
- q Limit all sugar in your diet as much as possible
- q Use stevia or xylitol as sweetener when you must use "sugar"
- q Consume 1-2 tablespoons of freshly ground, organic flax seed 4-7 times a week

Avoid These Foods:

High-fat foods, cheesecake, Danish pastry, high purine meats, organ meats, alcoholic beverages, soft drinks, fruit juice, sugar.

- q Avoid canned vegetables
- q Avoid all GM (genetically modified) foods
- q Avoid fruit juices except for temporary, therapeutic reasons
- q A*void drinking tap water!*
- q Avoid fried foods
- q Avoid microwaved foods
  www.mercola.com/article/microwave/hazards.htm
- q Avoid eating carbohydrate foods (fruits, vegetables, grains) without protein
- q Avoid margarine, hydrogenated oils or fat substitutes
  www.westonaprice.org/knowyourfats/skinny.html
- q Avoid all soy products except fermented ones (tempeh, natto, miso, soy sauce)
  www.mercola.com/article/soy/index.htm
- q Avoid roasted nuts
- q Avoid regular commercial salt or sea salts other than Celtra brand
- q Avoid non-organic coffees, as they tend to be high in pesticides
- q Avoid *any* refined grain products
- q Avoid artificial products: Equal, NutraSweet, Saccharin, Splenda, all non-dairy creamers, and fat substitutes
- q Avoid Aspartame (Conditions linked to aspartame: multiple sclerosis, lupus, fibromyalgia, spasms, shooting pains, numbness in your legs, cramps, vertigo, dizziness, headaches, tinnitus, joint pain, depression, anxiety attacks, slurred speech, blurred vision, memory loss)
- q Avoid processed, canned, preserved, packaged, synthetic, colored or hormonized foods.
- q Avoid refined vegetable and seed oils (canola, corn, safflower, sunflower, Wesson, regular supermarket oils)
- q Avoid margarine and hydrogenated oils
- q Avoid foods containing MSG (monosodium glutamate)
- q Avoid foods containing cancer causing nitrites
- q Limit breads, emphasizing whole grains instead. Breads are much more refined than whole grains (rice, oats, millet, etc.)
- q Limit sugar and high fructose corn syrup in your diet as much as possible. It imbalances your metabolic type
- q Avoid soft drinks and soda pops

A simple rule to follow when buying food:
If your ancestors 10,000 years ago didn't eat it, you should not eat it either!

- q Do not overcook vegetables
- q Do not overcook meat
- q Do not eat blackened, charred meat

- q Be cautious with starch intake if you have blood sugar problems. Review starch foods on the "Notes" page
- q Omit from your diet any foods to which you know that you are allergic or sensitive. See www.LeapAllergy.com for information

Reverse osmosis water purifying units, cold-pressed oils, Celtra salt and other products designed for your Metabolic Type are available from Ultra Life (800) 323-3842, and (618) 594-7711.

For food prep, see: Nourishing Traditions, by Sally Fallon

Your Metabolic Type Diet is easy to follow. Just stick to your Recommended Foods as closely as you can. **You do not need to weigh your foods, measure out serving sizes or count calories.** Eat according to your appetite. Eat at least 3 meals a day. Snack if you need to and always try to eat before you get hungry to stabilize your blood sugar. Eat (some) protein with each food intake. Although you can eat any of your foods in any combination, here are some meal suggestions to help get you started.

Bon Appetíte!

Sample Menus For Diet Plan #1
Sympathetics and Slow Oxidizers – "Carbo Types"

Meal	Day One	Day Two	Day Three	Day Four	Day Five
Breakfast	soft-boiled egg(s) whole wheat toast teaspoon butter apple	hot whole grain cereal milk grapes	protein shake (whey or egg protein) in milk with fresh or frozen fruit whole grain toast teaspoon butter	poached egg(s) hot, whole grain cereal with milk fruit	cottage cheese or plain, yogurt with fruit whole grain toast teaspoon butter
Lunch	sandwich* made with white tuna on whole grain bread with tomato, sprouts, celery and onions mayonnaise small bowl of vegetable soup	soup made with chicken, broccoli, cabbage, potato, onion rice	tossed green salad with lettuce, tomato, onion, radish, peppers, olive oil and lemon juice with choice of grilled chicken, turkey or ham whole grain bread and small amount of butter	ham sandwich* on whole grain bread with tomato, sprouts and onions mayonnaise or mustard small bowl of vegetable soup	vegetable soup made with turkey and barley
Snack	pineapple & cottage cheese Manna bread	apple and almonds	plain yogurt with fresh fruit	Swiss or mozzarella cheese on rye-krisp crackers	wheat thins with cashew butter (1-2 teaspoons only)
Dinner	chicken breast baked potato with yogurt steamed broccoli and beets green salad with olive oil and vinegar	baked cod romaine lettuce, tomato, parsley, onion fresh lemon juice and olive oil dressing millet steamed zucchini with teaspoon butter	broiled pork chops with rice corn on the cob green leafy salad with green peppers, cucumbers, scallions w/vinaigrette dressing	broiled trout with lemon steamed broccoli baked yam teaspoon butter sliced cucumber with chopped onion vinegar	baked Cornish game hen with stuffing Brussels sprouts cole slaw with chopped scallion and green pepper vinaigrette dressing

Kitchen Herbs & Spices Usage Guide . . .

"A herb is a friend of physicians and the praise of cooks." ~ Charlemagne

Kitchen herbs and spices are not just great for adding flavor and variety to meals; they're also filled with wonderful medicinal and health promoting properties. Most of them aid digestion. Black pepper, for example, helps in the digestion of dairy. Use the herbs and spices generously with your meals. Select from the chart below. Experiment!

H E R B S						
Meats	**Poultry**	**Seafood**	**Vegetables**	**Salads**	**Soups**	**Desserts**
Anise Basil Caraway Celery Chervil Celery Chervil Dill Fennel Ginger Horseradish Marjoram Mint Onion Oregano Parsley Rosemary Sage Savory Sesame Seed Shallot Tarragon Thyme Watercress	Anise Basil Bay Leaf Caraway Celery Chives Garlic Horseradish Lovage Marjoram Onion Oregano Parsley Rosemary Sage Savory Shallot Tarragon Thyme Watercress	Basil Bay Leaf Celery Chervil Chives Dill Fennel Garlic Horseradish Lovage Marjoram Mint Mustard Onion Oregano Parsley Rosemary Savory Tarragon Thyme Watercress	Anise Basil Bay Leaf Borage Caraway Celery Dill Fennel Lovage Marjoram Mint Mustard Onion Oregano Parsley Poppy Seed Rosemary Sage Savory Sesame Seed Tarragon Thyme	Basil Bay Leaf Borage Caraway Celery Chervil Chives Dill Fennel Garlic Horseradish Lovage Marjoram Mint Mustard Seed Nasturtium Oregano Parsley Poppy Seed Rosemary Savory Scallions Sesame Seed Shallot Tarragon Thyme Watercress	Anise Basil Bay Leaf Caraway Celery Chervil Chives Dill Fennel Garlic Leek Marigold Marjoram Mint Mustard Seed Oregano Parsley Poppy Seed Rosemary Sage Savory Sesame Seed Sorrel Tarragon Thyme Watercress	Anise Basil Bay Leaf Borage Caraway Cassia Fennel Ginger Mint Poppy Seed Rosemary Savory Sesame Seed
S P I C E S						
Meats	**Poultry**	**Seafood**	**Vegetables**	**Salads**	**Soups**	**Desserts**
Allspice Cayenne Chili Powder Cloves Coriander Cumin Seed Curry Powder Mace Nutmeg Paprika Pepper Saffron	Cumin Curry Powder Saffron	Cumin Curry Powder Paprika Pepper Saffron	Cayenne Chili Powder Coriander Cumin Curry Powder Nutmeg Pepper Saffron	Cardamom Chili Powder Coriander Curry Powder Paprika Pepper Saffron	Cardamom Cloves Coriander Cumin Mace Paprika Saffron	Allspice Cardamom Cinnamon Coriander Cumin Mace Nutmeg Saffron

TIP: When you're hot, DO NOT use the following but DO use them when you're cold:
Anise, Basil, Cardamom, Cayenne, Chive, Cinnamon, Clove, Coriander, Dill, Fennel, Garlic, Ginger, Nutmeg, Onion, Rosemary, Tumeric, Vinegar