

RESET DIET FOR ESTABLISHING ADRENALINE / INSULIN BALANCE

This is a two-week program. You must follow the guidelines strictly or the carbohydrate correction will not hold. If the carbohydrate correction does not hold, you must start the two-week reset over. After two weeks, you will be allowed to add other foods.

You must snack every two hours. Your snack should have some protein in it.

It is absolutely mandatory that you consume 1 liter/quart of water for every 50 pounds of body weight. This should be equally distributed throughout the day, so carry water with you.

Protein		
Beef/Red Meat Fish Game Lamb Poultry Tofu	Cheese* Cream Cheese* Eggs* Milk* Yogurt (Plain)* *if tolerated	Pork
Vegetables		
All vegetables that are not on "Avoid" list	Onion (4 x week) Winter squash (4 x week)	Beets Cauliflower Corn Parsnips Potatoes Rutabagas Yams
Fruits		
All fruits not on "Avoid" list	Bananas* Grapes* Oranges* *Eat only after/with protein, preferably raw nuts	Apricots, Dried Fruit, Pineapple and Watermelon are permitted after adrenaline/insulin balance is stable
Nuts		
Brazil Nuts Peanuts Raw cashews Walnuts Nut butters are allowed as long as they contain no added sugar		Almonds (unless tested)
Spices and Condiments		
Bragg's Liquid Aminos Butter/Ghee Cooked wine in foods Herbs Lemon Juice		Arrowroot powder Carob Commercial salad dressing Cornstarch Table salt