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Whole Food Lifestyle Guidelines – Healing Phase

This is not a diet, but *a lifestyle way of eating* for those who want to be vibrantly healthy. We recommend that you *strictly follow these guidelines for 90 days* if you have the following: stress/weakness/imbalance in your spleen, pancreas, or liver; an immune challenge (virus, bacteria, yeast, fungus, or parasite involvement); heavy metal toxicity; a chronic or serious illness; a significant amount of weight to lose; you have not responded satisfactorily to a less stringent diet.

Why so strict? Excess sugar from any source causes overweight, *inflammation*, insulin resistance, increased cholesterol and triglyceride levels, blood sugar spikes, and increased microorganism growth. Heavy metals and chemicals reside inside or on these microorganisms. Carbohydrates—even from healthy complex carb sources—are converted into sugar that, in turn, is converted as fat. That's why.

For just 90 days, we recommend that you avoid foods that contain or convert into sugar. Many patients have found that feeling healthy, happy, and energetic again is well worth it. In the future, you can enjoy an occasional sweet treat—but not now!

Your progress will be directly proportional to the extent that you strictly follow these guidelines. If you cheat, you are only cheating yourself and your loved ones.

Guidelines:

- **Eat fresh, real, unprocessed and organic foods; no canned foods, please.**
- **Eat breakfast like a king, lunch like a prince, and dinner like a pauper**
- **Educate yourself by reading the resources below**
- **Change is required for your body to heal itself and become well again**
- **Read labels: avoid products containing hydrogenated oils, HFCS, and sugar!**

Protein: 2 – 3 servings per day

- *Meat: wild caught* (not pond raised) fish and *organic* chicken, turkey, beef, buffalo, wild game. Serving size is the size and thickness of your palm. No cured meats!
 - *Eggs:* 2 – 3 whole eggs plus 1 – 2 egg whites
 - *Protein powder* from Standard Process for smoothies
 - *Soy:* limited tofu or fermented soy (tempe or natto), but no other soy products
- Note:* Use rice or coconut milk to replace soy and cow's milk

Vegetables: unlimited amounts allowed, but at least 4 to 6 servings per day

- eat raw, steamed, lightly sautéed, or in soups
- *avoid the starchy* (high sugar) *varieties*—white potatoes, corn, yams, peas
- eat at least one raw vegetable salad per day

- for dressing: use any cold pressed oil with apple cider vinegar or lemon juice; or homemade with organic ingredients; good health food store brands include Haines, Annie's, Newman's, and others

Nuts & Seeds: 1 serving per day—raw, whole and their butters: almonds, pecans, walnuts, macadamian, and cashew nuts; pumpkin, sunflower, and sesame seeds. A great source of healthy oils & fats; contain enough protein for a lighter dinner meal

Fats: healthy fats and oils are an important part of a healthy diet! Use olive oil, butter and ghee (clarified butter); use walnut and olive oil as salad dressing

Legumes: adzuki, pinto, black, garbanzo, fava, edamame, soy, red kidney, and lima beans; black eyed peas, lentils (dried organic legumes soaked over night before cooking are much better than canned)

Grains: 1 - 2 serving of *grains or legumes per day* depending on your weight loss goals. *May include* organic sprouted grain bread and cereal (Ezekial, Alvarado Street, Food for Life); wheat-free grains, crackers and pasta (from brown rice, quinoa, amaranth, millet)

Fruit: 1 serving per day of *low glycemic varieties*: raspberries, strawberries, blueberries, blackberries, grapefruit, Granny Smith apples

Sweeteners: 0 - 1 serving per day of stevia, xylitol or agave

Condiments: natural herbs and spices; Borsari and Celtic Sea Salt; no or low sugar brands of mustard, catsup and meat sauces

Beverages: pure filtered water with lemon and lime added if desired; no-caffeine herbal teas; roasted chicory replacement for coffee

We understand that there will be *a transition period* as you improve your diet.

* We ***don't expect you to change completely overnight.***

* We do encourage you to do your very best and make healing a priority.

* Remember, eating a good diet will contribute over 70% improvement to your general health!

This fresh and whole food way of eating is the way humans have eaten for many thousands of years. The body is used to eating natural, real food. Processed junk foods are nutritionally inferior and contain additives that *directly injure your body.*

It's your life. You're the only one who has to live in your body. So what is more important to you? Eating the way that got you into the shape/mess you're in? Or eating the way everyone did until food industries started destroying natural foods and controlling consumer choices via advertising.

Feel free to ask us questions ***so you know how to help your body/mind heal itself!***

For more information, read: *The Protein Power Life Plan* by Michael and Mary Eades, M.D.; *The Schwarzbein Principle* and related cookbooks by Diana Schwarzbein, M.D.; and *Radiant Wellness* by Mark Pitstick, M.A., D.C. Check the websites at www.seleneriverpress.com, www.pricepottenger.org, www.nancyappleton.com