

# HARPER CHIROPRACTIC CLINIC

## Metabolic Balancing Diet

### RESTRICTED



**NO SWEET FOOD, FRUIT OR VEGETABLE OR STARCH FOOD (WITH THE EXCEPTIONS OF 1 APPLE AND MONK FRUIT SWEETENER) TO THE TONGUE, PERIOD.**

**NO PROCESSED PACKAGED AND SO CALLED LABELED FOODS, PERIOD. ANYTHING THAT MUST BE BOUGHT IN A PACKAGE MUST BE VETTED USING E.WG.ORG (ENVIRONMENTAL WORKING GROUP) FOR TOXICITY**

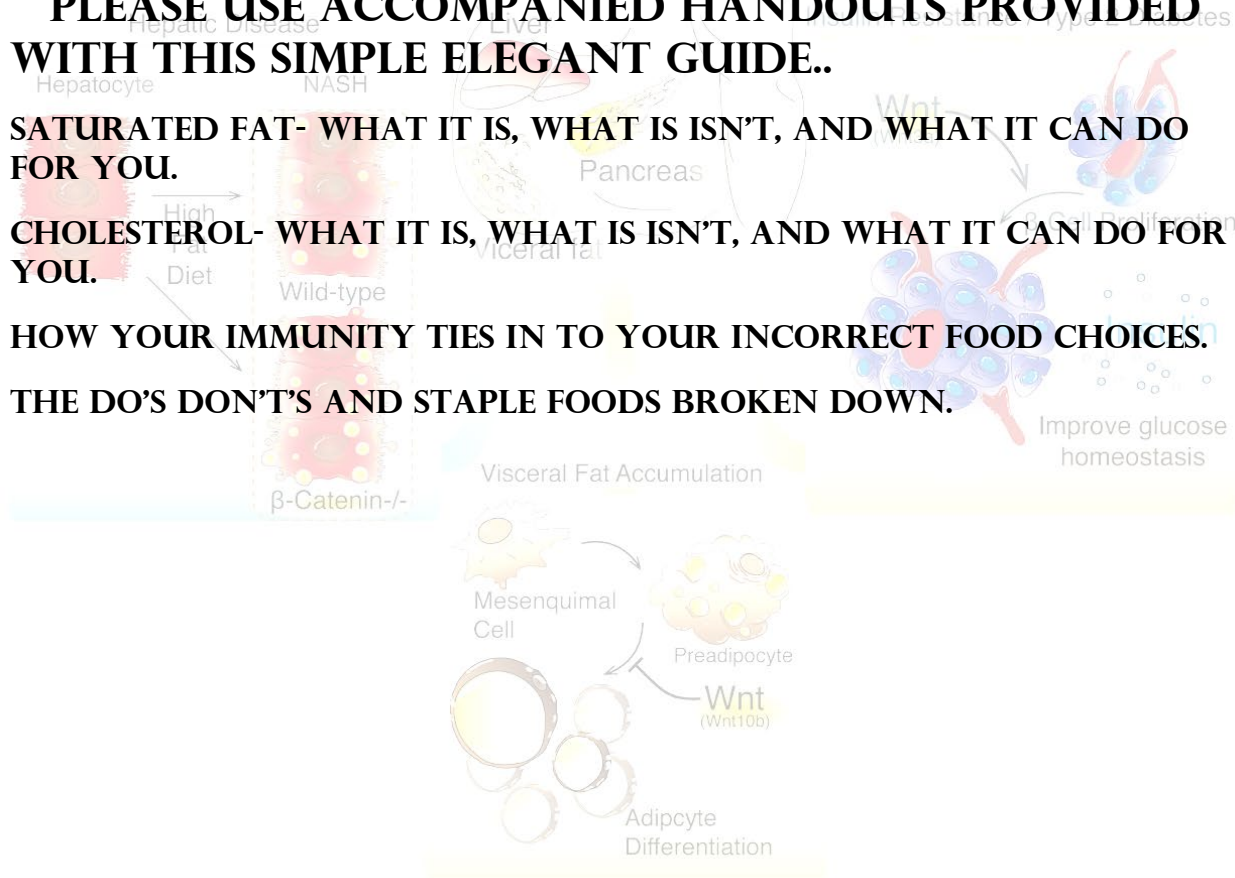
**PLEASE USE ACCOMPANIED HANDOUTS PROVIDED WITH THIS SIMPLE ELEGANT GUIDE..**

**SATURATED FAT- WHAT IT IS, WHAT IS ISN'T, AND WHAT IT CAN DO FOR YOU.**

**CHOLESTEROL- WHAT IT IS, WHAT IS ISN'T, AND WHAT IT CAN DO FOR YOU.**

**HOW YOUR IMMUNITY TIES IN TO YOUR INCORRECT FOOD CHOICES.**

**THE DO'S DON'T'S AND STAPLE FOODS BROKEN DOWN.**



# HARPER CHIROPRACTIC CLINIC

## Metabolic Balancing Diet

Cardiovascular Disease

Alzheimer's Disease

Normal Condition

Chronic hypertension

Neuronal Survival

Breakfast	Lunch	Dinner	Snack	<b>Compulsory</b> Daily Additions
<p>Begin Drinking Water</p> <p>Use <b>adrenal builder shake</b> 2-4 raw egg yolks 1 heaping tablespoon sour cream, ¼ stick butter monk fruit sweetener 1 teaspoon, ice blend in blender</p> <p>(Optional) Coffee/Tea with Use whipping cream lightly Green tea finish these before 2PM</p>	<p>Continue Drinking Water</p> <p><b>Fatty</b> Fish, fried or scrambled egg Seafood, <b>Fatty</b> Beef, <b>Fatty</b> Poultry, Pork, or Veal <b>Don't stuff yourself stop short of full.</b></p> <p><b>*2 Cups</b> of Select Vegetables &amp; Unlimited Lettuce Eat until short of full then stop.</p> <p>Use Sea Salt with Your Meal</p>	<p>Continue Drinking Water</p> <p><b>Fatty</b> Fish, fried or scrambled egg Seafood, <b>Fatty</b> Beef, <b>Fatty</b> Poultry, Pork, or Veal <b>Don't stuff yourself stop short of full.</b></p> <p><b>*2 Cups</b> of Select Vegetables &amp; Unlimited Lettuce Eat until short of full then stop.</p> <p>Use Sea Salt with Your Meal</p> <p>Don't eat after 7 pm if you can help it drink chamomile tea..</p>	<p>Continue Drinking Water</p> <p>1 Protein SHAKE Or other <b>listed</b> Fatty Protein food</p> <p>1 sliced Apple only use sour cream as a dip</p>	<p>½ Teaspoon of Sea Salt</p> <p>32 oz of Water (minimum)</p> <p>Use generous amounts of unprocessed animal fat, suet, bacon fat, butter, duck fat to saute vegetables/ meat in. Heat and cool as often as desired Store in fridge when not in use.</p> <p>Use once discard olive oil, sesame oil to sauté vegetables / meat in.</p> <p><b>Please Note:</b> <b>Magnesium 800-1200mg per day as tolerated. Vitamin D-3 5000-10,000 mg per day Strongly recommended</b></p>

