

PREVENTION AND REVERSAL OF CHRONIC DISEASE
THROUGH NUTRITION

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WHOLE FOOD PLANT BASED NO OIL NUTRITION GUIDE

Watch: "Forks Over Knives" (available streaming on Netflix)

Read: "Prevent and Reverse Heart Disease" by Caldwell B. Esselstyn, Jr., MD

WHAT TO EAT PER DAY

Whole Grains – at least 2 servings

Spices – the more the better

Fruits – the more the better

Flax Seed Meal (1 TBS)

Berries – at least ½ cup

Vitamin D (only if deficient)

Green Leafy Vegetables – the more the better

Turmeric Root ½" daily (with black pepper and a walnut)

Vegetables – the more the better

Legumes (beans and lentils-1/2-1 cup daily)

Nuts and Seeds (1/4 cup daily with ½ of that walnuts,raw or dry roasted-no oil)

Spices – the more the better

*****DON'T FORGET (new dosing): Vitamin B12 only 100mcg per MONTH

(we monitor levels and will let you know if you need more)

WHAT TO AVOID

Oils

Animal Products

Processed Foods