

DIETARY GUIDELINES

1. Eat whole, unprocessed foods.
2. Eat beef, lamb, pork, game, organ meats, poultry and eggs from pasture-fed animals.
3. Eat wild fish (not farm-raised), fish eggs, and shellfish from unpolluted waters.
4. Eat full-fat milk products from pasture-fed cows, preferably raw and/or fermented, such as raw whole milk, whole yogurt, kefir, cultured butter, full-fat raw cheeses and fresh and sour cream.
5. Use animal fats such as lard, tallow, egg yolks, cream, and butter liberally.
6. Use only traditional vegetable oils—extra-virgin olive oil, expeller-expressed sesame oil, small amounts of expeller-expressed flax oil, and the tropical oils—coconut oil, palm oil, and palm kernel oil.
7. Take cod liver oil regularly to provide at least 10,000 IU vitamin A and 1,000 IU vitamin D per day.
8. Eat fresh fruits and vegetables, preferably organic. Use vegetables in salads and soups or lightly steamed with butter.
9. Use organic whole grains, legumes, and nuts that have been prepared by soaking, sprouting or sour leavening to neutralize phytic acid, enzyme inhibitors, and other anti-nutrients.
10. Include enzyme-rich lacto-fermented vegetables, fruits, beverages, and condiments in your diet on a regular basis.
11. Prepare homemade stocks from the bones of chicken, beef, lamb, and fish fed non-GMO feed and use liberally in soups, stews, gravies, and sauces.
12. Use purified water for cooking and drinking.
13. Use unrefined salt and a variety of herbs and spices for food interest and appetite stimulation.
14. Make your own salad dressing using vinegar, extra-virgin olive oil and a small amount of expeller-expressed flax oil.
15. Use traditional sweeteners in moderation, such as raw honey, maple syrup, maple sugar, date sugar, dehydrated cane sugar juice, and green stevia powder.
16. Drink unpasteurized wine or beer only in strict moderation with meals.
17. Cook only in stainless steel, cast iron, glass, or good quality enamelware.
18. Use only natural food-based supplements.
19. Get plenty of sleep, exercise, and natural light.
20. Think positive thoughts and practice forgiveness.