

BALANCING YOUR BLOOD CHEMISTRY

This diet plan is designed to assist your body in its ability to create and maintain “balanced body chemistry”. Dr. Melvin Page’s Phase 1 and Phase 2 diet is not only extremely helpful but in many cases essential to control blood sugar imbalances. At the Page Clinic, blood chemistry panels were done every three to four days on all patients. Dr. Page based his diet plan from the research of Drs. Price and Pottenger. The phase 1 and Phase 2 diets were validated when Dr. Page observed the blood chemistry panels of thousands of his patients normalized without any other intervention. Many of today’s popular diets are based on Dr. Page’s work. Dr. Page emphasized removing refined carbohydrates such as sugar and processed flour from the diet and empowering the patient to make the necessary lifestyle changes. You will note that the percentage of carbohydrates is indicated above the listed foods. Dr. Page felt that it was not only important to eat quality proteins and fats, but quality carbohydrates as well.

For best results, stay on Phase one for two weeks and then Phase Two for another two weeks. Another option We use commonly is phase two for one week the phase one for 2 weeks then back to phase 2 for one week. This will result in your feeling and looking so much better than you did on your old way of eating. As you become healthier, your cravings for those foods which are not the best choices for you will diminish. Old habits are hard to break, so the danger over time is the possibility of slowly slipping back into your old way of eating. If this happens, see your doctor A.S.A.P.!!! Additionally, your doctor has probably recommended nutritional supplements that will further assist your overall diet needs. This diet and the recommended supplements will both increase the effectiveness of each other. Therefore, to ensure your greatest results, use both.

Foods to Eat and Not Eat

Proteins: Eat small amounts of proteins frequently. It is best if you have some protein at each meal. It need not be a large amount at any one time, in fact it is best if you stick to smaller amounts, i.e. approximately 3 oz. Both animal and vegetarian sources of protein are beneficial on this diet. When choosing meat products try to include a variety over the course of time and always try to find the healthiest options available, i.e. free range and organic, whenever possible. Eggs for most people are an excellent source of protein. With all of the above, the way in which they are prepared is important. The closer to raw or rare the better. Always opt for the least amount of fat or oil as a cooking method (grilled, broiled, steamed, soft boiled, or poached for eggs.)

Vegetables: Eat more, more, more!!! This is one area where most everyone can improve their diet and it is an especially important area for you. Always look for a variety, although make the green leafy type your preference. This includes spinach, chard, beet greens, kale, broccoli, mustard greens, etc.

As above, the quality of your produce (fresh and organic preferred), and the method of preparation is important. Raw is preferred with lightly steamed or sautéed as your second choice for all the vegetables.

Use only butter or olive oil to sauté. When eating salads, do not eat iceberg lettuce. Use lettuces with a rich green color, sprouts and raw nuts. Don’t make salads your only choice for veggies.

Fruits: Most people erroneously try to drink their fruits. There are some important rules for you when eating fruits. First, only eat one type of fruit at a time on an empty stomach; second, avoid

the sweetest fruits (like very ripe bananas and the tropical fruits); and third, eat only the highest quality.

Sweeteners: Minimal, minimal, very occasional, LESS IS BEST!! Absolutely NO artificial sweeteners such as saccharin, splenda and Nutra –Sweet they are mild to moderate neuro-toxins that slow brain function. Raw unfiltered honey, agave nectar and Stevia are great natural sweeteners that can be used instead of refined sugars or artificial sweeteners. Make sure to choose raw unprocessed sugar over artificial sweeteners they have been shown to cause no increase weight gain over the artificial ones.

Fats: The good news is you probably don't get enough of the right fats. So please use olive oil (cold pressed, extra virgin), walnut oil, flax seed and grape seed oils. These are all actually beneficial. When cooking use only butter and olive oil (use low heat) they are the only two oils safe to cook with. Avoid all hydrogenated and partially hydrogenated fats!!! They are poisons to your system!! Never eat margarine again! Eat avocado, flaxseeds and raw nuts for good fat intake.

Milk Products: The elimination of pasteurized milk products (milk, cheese, sour cream, half and half, cream, cottage cheese and even yogurt), will make it much easier for you to attain your optimal level of health and hormonal balance. Organic is ok in small amounts, but please don't confuse it with RAW. Butter is an excellent source of fats and acids. Raw goat and sheep cheese and milk products are great alternative.

Liquids: Water is best. The best way to determine how much water you should drink is to take half of your body weight in ounces of water per day. When cleansing or detoxing increase that amount by 20%. Avoid all soda. Coffee in small amount(6-12 oz per day and consume before 2 pm) until you are fully recovered, if then you adrenal are fully functioning you may enjoy up to 16 oz and after 2pm. As for wine and beer, less is better.

Important Note: When in doubt, wait (don't eat it) and ask your doctor on your next visit. The above diet is designed to help you to optimal health. It is not intended to be a prison, in fact, quite the opposite, as you will be delighted with the physical and emotional improvements you experience. And what you eat or drink at the occasional party or evening out is not going to be significantly harmful to your nutritional balance in the long run, so enjoy it. Relax, and enjoy the benefits!

Each of your meals must include some protein. The easiest sources are meat, fish, poultry, or eggs (2 eggs is equal to 3 oz). An easy way to calculate the amount of protein you need is to divide your ideal body weight by 15 to get the number of ounces of protein to be consumed per day. This is not a "high protein diet". Like many people, you already eat this much protein during a day, but you eat it mostly in 1 or 2 meals instead of spreading it out evenly over 3-5 meals. If you are more physically active, eat more protein.

Easy protein calculator:

Sedentary person; .5 grams per pound of body weight (BWT)

Moderate active person; .7 grams per pound of body weight (BWT)

Athletic person; 1.0 grams per pound of body weight (BWT)

Ill person; .7 grams per pound of body weight (BWT)

PHASE 1 FOOD PLAN FOR
BALANCING BODY CHEMISTRY

Proteins: All proteins should be consumed at each meal in equal portion use the guide below to determine the appropriate amounts

Lean beef-

Fish-

Fowl- Approximately 10 grams per 2 ounce

Eggs- 1 per 75lbs of body weight

Vegetables Large amounts	Vegetables Moderate amounts	Vegetables Small amounts	Miscellaneous Small amounts
Asparagus	Bell Peppers	Acorn Squash	Butter, Raw
Bamboo shoots	Bok Choy Stems	Artichokes	Caviar
Bean Sprouts	Chives	Avocado	Cottage Cheese, Raw
Beet Greens	Eggplant	Beets	Dressing- Oil/Cider Vinegar only
Broccoli	Green Onions	Butternut Squash	Jerky
Cabbages	Okra	Carrots	Milk, Raw
Cauliflower	Olives	Jimica	Kefir, Raw (liquid yogurt)
Celery	Pickles	Leeks	Nuts, Raw (except Peanuts)
Chards	Pimento	Onion	Oils- Vegetable, Olive (no Canola) Preferable cold- pressed
Chicory	Rhubarb	Pumpkin	
Collard Greens	Sweet Potatoes	Rutabagas	
Cucumber	Tomatoes	Turnips	Beverages
Endive	Water Chestnuts	<u>Winter Squashes</u>	Beef Tea
Escarole	Yams	<u>Grains</u>	Bouillon- Beef, Chicken
Garlic		None	Herbal (Decaffeinated) Teas
Kale			Filtered or Spring Water
Kohlrabi			
Lettuces			
Mushrooms			
Mustard Greens			
Parsley			
Radishes			
Raw Cob corn			
Salad Greens			
Sauerkraut			
Spinach			
String Beans			
Summer Squashes			
Turnip Greens			
Watercress			
Yellow Squash			
Zucchini			
Squash			

PHASE II FOOD PLAN FOR
BALANCING BODY CHEMISTRY

VEGETABLES Large amounts	VEGETABLES Moderate amounts	VEGETABLE Small Amounts	Miscellaneous In small amounts
<hr/> Asparagus Bamboo shoots Bean Sprouts Beet Greens Broccoli Cabbages Cauliflower Celery Chards Chicory Collard Greens Cucumber Endive Escarole Garlic Kale Kohlrabi Lettuces Mushrooms Mustard Greens Parsley Radishes Raw Cob corn Salad Greens Sauerkraut Spinach String Beans Summer Squashes Turnip Greens Watercress Yellow Squash Zucchini Squash	<hr/> Bell Peppers Bok Choy Stems Chives Eggplant Green Onions Okra Olives Pickles Pimento Rhubarb Sweet Potatoes Tomatoes Water Chestnuts Yams <hr/> VEGETABLES 7-9% carbs <hr/> Acorn Squash Artichokes Avocado Beets Brussel Sprouts Butternut Squash Carrots Jicama Leeks Onion Pumpkin Rutabagas Turnips Winter Squashes	<hr/> Celeriac Chickpeas Cooked Corn Horseradish Jerus, Artichokes Kidney Beans Lentils Parsnips Pinto beans Peas Popcorn Potatoes Seeds, Sprouted Soybeans Sunflower Seeds <hr/> FRUITS <i>Limited Quantity On Limited Basis (Snacks only)</i> <hr/> Apples Berries Grapes Papaya Pears pineapple Prunes, Fresh <hr/> Grains <hr/> Brown rice Quino Spouted gains	<hr/> Butter, Raw Caviar Cottage Cheese, Raw Dressing- Oil/Cider Vinegar only Jerky Milk, Raw Kefir, Raw (liquid yogurt) Nuts, Raw (except Peanuts) Oils- Vegetable, Olive (no Canola) Preferable cold- pressed <hr/> BEVERAGES <hr/> Beef Tea Bouillon- Beef, Chicken Herbal (Decaffeinated) Teas Filtered or Spring Water Red Wine only (3 glasses max/ day) or 10 glasses per week <hr/> DESSERT <hr/> Plain gelatin only