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DAVID GETOFF'S Super Healthy eating program

In order to determine how the foods we eat affect the way we feel, I recommend that you take my diet Challenge. This is the way I generally eat so it cannot be THAT difficult!

Let me warn you up front that this trial will not work unless you are diligent about making ALL of these changes strictly for the entire challenge period, as I have outlined on the back of this page.

You must not make just **some** of the changes or eliminate **some** of the foods. **You must not even cheat** "just a little". I suggest that you tell yourself---

This is only for one 4 to 8 weeks and I really want to see if I feel any different, if my children behave differently, and if anyone is diabetic, how well their blood sugar is regulated, when certain foods are eliminated from our diets. (If you don't want to have to start over, be strict)

Remember that although moderation is okay for many things, toxic foods and trigger foods can effect us even in small quantities. In addition, they can remain in the body and continue to cause these effects for many days and in the case of wheat or gluten, 6 full weeks!. Be strict or don't try it yet.

If you feel that you could not eat this way even for a 4 to 6 weeks, then I feel sorry for you, since it means that society has turned you into a complete convenience food, zero willpower junkie.

Many of my patients have felt so many beneficial changes after just 21- 30 days, that they could not believe how much food had been affecting their life and the lives of their children.

The back of this page has all of the necessary food information. Remember, you are not really going on a diet, You are simply eating a great deal healthier for 4 to 8 short weeks. (Okay, long weeks)

I would wish you good luck, but luck has nothing to do with it.

If you truly care about your health or the health of your children, 30 to 60 days of a strict eating plan is not that difficult and the results will be well worth the effort.

Some people can see major benefits if this is done for only 30 days, but since it can take 6 weeks for wheat to clear the body, and since this is so often part of the problem, I recommend an 8 week trial.

See chart on back ➡➡

FOOD GROUP**ALLOWED FOODS*****AVOID COMPLETELY***

Meat, Fish, Eggs, Poultry, Lamb... (animal proteins) Avoid pork	Beef, Chicken, Turkey, Lamb, fish (real meat only and not breaded). Eggs should be whole and include yolk and white. Organic free range only.	Luncheon meats & hot dogs. Shark, swordfish, orange roughy (too high in mercury). Try to eat only wild and not farm raised fish. Avoid pork.
Dairy Products	Whole RAW milk (From Grass fed cows) after 8 th day. If you notice any reaction, stop the milk immediately.	All other milks, cheeses, yogurt, cream, cream cheese, cottage cheese, ice cream, etc.
Flour products, grains and beans.	NO GRAINS OR GRAIN PRODUCTS, NO FLOUR EXCEPT NUT FLOURS, No Soy products unless fermented Other beans if desired but (<10% of meal)	Potatoes or potato products, breads, rice, corn, pastas, cereals, crackers. ie. ALL grains and potatoes Soy beans, and any products made from or with these foods.
Vegetables	ALL non-starchy fresh vegetables, cooked or raw. (Unless allergic)	All canned or packaged vegetables and all starchy vegetables such as (corn, potatoes, yams, winter squash)
Fruit	1 piece of fresh raw fruit per day if desired just after a meal. Portion size equal to an apple (Apple or berries)	Frozen , canned, dried, or in any way packaged or processed. No juices of any kind which contain fruit.
Fats	Butter, extra-virgin olive oil, Extra virgin or expeller pressed coconut or palm oils. Fats that naturally exist on the meats you are eating (leave the skin on the chicken, yolk in the egg, etc.)	All other fats and oils should be completely avoided including mayonnaise, salad dressings, canola, soybean, safflower, cottonseed etc.
Sweeteners	Only stevia, yacon, and luo han. Later you may try xylitol, and erythritol.	All including white sugar, brown sugar, honey, molasses, brown rice syrup, corn syrups, fruit sweeteners, maple syrup, agave, artificial sweeteners, etc.
Nuts/Seeds	Any kind of RAW nuts or seeds (unless allergic) Organic if possible	Roasted, salted, honey coated, etc.
Beverages	Filtered Water (Try for 2 quarts per day consumed between meals) Whole raw milk beginning on the 8 th day. Stop if ANY reactions	All others. No caffeine or alcohol.
Herbs/Spices	Fresh herbs and single spices only. No mixed dried spice combinations.	Spice combinations (can hide toxic ingredients that are not on the label).

Remember:

- 1) If you think that you may react in some way to any of the **good** foods I have listed, **do not eat them.**
- 2) Hormone free & free range meats, and organic produce and oils make the test even better..
- 3) Try to drink 2 quarts of filtered water each day, mostly between meals (less for a child).
- 4) Eat adequate amounts of the allowed foods - do NOT go hungry!
- 5) Don't forget to eat some animal protein at 2-3 meals (preferably at every meal) and eat plenty of the healthy non starchy vegetables.

If a food is not on the Allowed list, DON'T EAT IT! If you only do this test at the 90% level, you have not done it at all. You must be 100% strict for this short one month period. (A little pregnant or a little poisoned)

So plan your food carefully. Be sure that you are not eating any packaged or canned foods since they often have added ingredients that are not allowed and not listed on their labels. **You can NEVER be sure what is or is not in any restaurant food no matter what the waiter/waitress or chef tells you.**

The best snack foods (unless allergic) are raw nuts. Walnuts, pine nuts, pecans, almonds, etc.