

ADVANCE HEALTH AND WELLNESS SOLUTIONS
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Clarification for “Best Food Choices List” given to you. The list is as explicit in what it includes as what is **not** on the list; anything not on the list is not included. In case there is any question or something is not clear, the following list makes it very clear as to what is not healthy and should not be part of your healthy whole food diet:

Eliminate the following from the diet:

- Absolutely eliminate hydrogenated and trans-fatty acid oils or fats of any and all sources or origin from the diet.
- tobacco
- processed foods
- canned foods
- fried foods
- refined carbohydrates
- be mindful of excessive intake of night-shades—peppers (especially red), tomatoes, potatoe, egg-plant
- dairy products (except butter)
- alcohol
- gluten
- fruit juice
- caffeine
- avoid soy and products containing soy
- limit carbohydrates to no more than 60 grams a day
- citrus
- shell fish
- commercially made gelatin

Increase raw vegetables and high quality protein(s).

Increase raw foods and protein.

Make your own fresh, raw vegetable juice—include and do not separate or throw out the fiber--diluted with pure water.

Use eggs, fish, poultry, lamb and veal first, or in lieu of, red meat (twice a month).

Increase raw and fresh oils.

Do not skip meals and have a least three square meals a day.

Have in-between meal snacks consisting of organic apple or celery with raw nuts or seeds (almonds, cashews, pistachios, walnuts, pine nuts, sun-flower seeds).

Drink, cook and bathe with pure water (no chlorine or fluoride).