

Eat Well Be Well

Following are the rules of an eating plan that will give you everything you can possibly do from a dietary standpoint to assure a longer, stronger life. These rules are listed in their order of importance so it is essential that you adopt the first few rules on the list as your highest priority, then work on subsequent rules over time.

Rule 1: You must eat 3 complete meals daily, each with a substantial portion of meat, fish, poultry, eggs, cheese, or cottage cheese. 21 substantial meals weekly without fail.

Rule 2: Eat 3 meals and only 3 meals daily. Do not snack between meals. If you are hungry between meals, it means that you simply did not eat enough meat, fish, poultry, eggs, or cheese at your previous meal. A proper meal will suppress your appetite for at least 5 hours.

Rule 3: The emphasis on meat, fish, poultry, eggs, cheese, and cottage cheese does not constitute a “high protein diet”. The emphasis is not on eating large quantities of these protein foods, but being certain that you **get a substantial portion of protein at each meal**, instead of putting the lion’s share of your protein in 1 or 2 meals.

Rule 4: Never, never, never drink fruit juice or other sweet beverages. The only true beverage is water. Milk is not a beverage; it is a food. Water-blended beverages such as coffee, tea, and herbal tea are generally okay in moderation, as long as they are not sweetened.

Rule 5: Never, never, never consume the artificial sweeteners aspartame (Nutra Sweet/Equal) or Sucralose. If you absolutely must use a sweetener, then use either Electro Tonic or Stevia. Saccharin (sweet N’ Low) and Xylitol are okay in moderation.

Rule 6: Avoid fats and oils that have been processed at high temperatures. This eliminates all deep fried (chips and fries) and pan fried foods from your eating plan, as well as cooking oils, salad dressings, margarine, mayonnaise, nuts, and not butters. To the extent that you use concentrated fats for cooking or eating, use olive oil, butter, or coconut oil.

Rule 7: Sugar and foods made with sugar (cakes, pies, ice cream, cookies, candy, etc.) should be kept to an absolute minimum. Enjoy them on holidays and other special occasions, but eliminate them from your daily routine.

Rule 8: Eat your vegetables - at least 2 servings daily.

Rule 9: **Obtain a good source of drinking water.** Water will only contribute to your health if it is high in total dissolved solids, and if it is free of the toxic chemicals added to municipal water supplies such as aluminum flocculates, chlorine, and fluoride.

Rule 10: **Cook your vegetables, but do not overcook them.**

Rule 11: **Cook your meat, fish, and poultry as little as possible.** There are 2 ways to preserve the high nutrient concentration of meat, fish, and poultry - either broil or steam at a high temperature for a very short period of time, or, cook at a very low temperature for a long period of time (such as in a crock pot or an oven at very low temperature).