

Forbidden Food and Beverages

- 1) Vegetables:** Barley, corn, dried peas and brans, potatoes, rice, sweet potatoes, and potato chips.
- 2) Fruit:** Blueberries, raisins, sultanas, currants, dried fruits, canned fruits, grapes, mango.
- 3) Meat:** Canned meats, hot dogs, salami, sausages.
- 4) Flour Products:** Macaroni, spaghetti, pizza, white bread, cereal, pancakes, rolls, waffles, pretzels, pastries.
- 5) Desserts:** Cake, candy, gum, chocolate, cookies, custard, jello, ice cream, puddings.
- 6) Sweets:** Candy, jam, pasteurized honey, caramel, jellies, malt, marmalade, sugar, syrup.
- 7) Drugs:** A.P.C. Anacin, caffergat, caffeine, trigesic, coricidin, forinal, aspirin and bufferin.

Special Diet A

You will be asked to start on the following diet, but you may "graduate" to other diets after progress has been made. This must be left to the discretion of the physician.

- On Awakening:** 4 oz. of orange juice or one medium orange (do not repeat this during the day).
- Breakfast:** 4 oz. fresh fruit or salad from excellent or good lists. 1 or 2 eggs with or without 2 slices bacon or ham. 1 slice of whole wheat bread, butter, milk, weak tea or Decaf.
- 2 hours after Breakfast:** Glass of milk, 10 almonds or Brazil nuts.
- Lunch:** Meat, fish, cheese, or eggs in any form with large serving of salad from excellent or good vegetable list. 1 slice of whole wheat bread with butter. Milk, tea, Decaf, or tomato juice.
- 2-3 hours after Lunch:** Glass of milk, V8 juice, or tomato juice.
- 1 hour before Supper:** Glass of milk, V8 juice, or tomato juice.
- Supper:** Clear soup, liberal serving of meat, fish or poultry, vegetables from excellent or good lists, weak herb tea or Decaf.
- 2 hours before Retiring:** Glass of milk, almonds or hazel nuts, cheese. If wakeful at night, repeat **any of the above snacks.**
- If Underweight:** Milk, nuts, or permitted vegetable juices may be taken hourly.

IMPORTANT: YOU MUST BE HONEST WITH YOURSELF AND FOLLOW YOUR DIET RIGIDLY.

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hypoglycemia & hypo-andrenocorticism

prepared for: _____

date: _____

The adrenal glands are situated on top of the kidneys. Although there is still much that we do not know about these glands, we do know that one aspect of adrenal function is the metabolism of glycogen which a hormone from the outer shell of the gland which converts to glucose. Glucose is always present in the blood, and when it is combined with oxygen, it provides energy for all the cells of the body - including those of the brain.

Modern diets are loaded with carbohydrates, and our palates have been trained to accept these as pleasant, reasonably cheap foods. The intestine converts carbohydrates to glucose, which is then absorbed into the blood, where glucose and oxygen are already maintaining a precise balance. As a result, the blood glucose level rapidly rises; in response, the pancreas secretes insulin in order to restore the oxygen-glucose balance. As the adrenal cortex and the pancreas work as "antagonists" in the control of blood sugar, it is not difficult to see how, after years of abuse, this balance can be seriously jeopardized.

When the blood sugar level remains abnormally high, medicine recognizes the condition of Diabetes Mellitus, or Sugar Diabetes. However, when the Adrenals become "exhausted," a much more common event occurs: a condition of relatively low blood sugar. Unfortunately, medicine does not generally recognize the condition of "relative hypoglycemia", or "hypo-adrenocorticism." To most physicians, the latter term implies "Addison's Disease," a condition in which the Adrenal glands are "switched off". When you suffer from any of those many conditions which are labelled "nerves," "neurosis," "personality disorders," "anxiety," "depression," "constant tiredness," "irritability," etc., you may simply be exhibiting some of the symptoms of hypo-adrenocorticism.

Other conditions often related are the so-called "connective tissue diseases" including rheumatoid arthritis, poly-arthritis, myositis, fibrositis, myalgia, etc. Also related are skin allergies, asthma, and migraines.

Even though you may not be hypoglycemic, you may be put on this diet for other reasons. With this diet, you will also probably be given additional nutrients as part of your treatment program.

HYPOGLYCEMIC DIET:

This accounts for 50% of your treatment program. Do not cheat yourself, adhere to it, or you will accomplish nothing.

As you progress, your diet may be varied, but do not allow self-gratification to make you impatient or indulgent.

Permitted Foods

1) Meat/Poultry/Fish:

Main meals, 4 oz. or more. In certain cases, it is better to eat more protein early in the day (i.e. breakfast and lunch, rather than for the evening meal). For snacks, serve 2 oz.

2) Dairy Produce:

A wise idea is to have yogurt at breakfast or midday, as this assists in maintaining a normal bacterial flora in the gut. It is recommended to eat cheese, eggs, etc., as the evening meal's source of protein, rather than meat.

3) Nuts:

Almonds are especially good. Also useful are Brazil nuts, pecans, butter nuts, and walnuts.

4) Vegetables:

These are graded according to the amount of carbohydrates they contain. Excellent (3%); Very Good (6%); Good (10%). Omitted are those containing 15% or more carbohydrates.

- Excellent:** Celery, chicory, chives, cucumber, endive, lettuce, radishes, watercress, chinese cabbage, avocado pear.
- Very Good:** Asparagus, bamboo shoots, bean sprouts, broccoli, red cabbage, cauliflower, eggplant, leeks, mushrooms, peppers, green onions, pimentos, sauerkraut, tomato, turnip, spinach, rhubarb.
- Good:** Artichoke, beans (green or wax), carrots, brussel sprouts, garden cress, raw onions, kohlrabi.

5) Fruit:

These contain relatively more carbohydrates than vegetables do. According to the carbohydrate content, the following are classified as Good (10%), Fair (15%), and Poor (more than 15%).

- Good:** Cantaloupe, casaba melon, fresh coconut, raw cranberries, fruit salad (fresh, without grapes), gooseberries, honeydew melon, lemons, limes, strawberries.
- Fair:** Apples, apricots, cherries, blackberries, dewberries, elderberries, grapefruit, loganberries, oranges, peaches, pears, pineapple, plums, raspberries, tangerines.
- Poor:** Bananas - but may be used on physician's advice as a potassium supplement.

6) Beverages:

- Excellent:** Decaf coffee, weak tea, herb tea, clear broth.
- Good:** Tomato juice, V8 juice, milk.
- Fair:** Blackberry juice, carrot juice, lemon juice, lime juice, pomegranate juice, orange juice.

7) Flour Products:

Whole wheat bread only - 3 slices daily. May substitute oat, soya, high gluten or Jerusalem artichoke flour crackers. NEVER use breaded meats or heavy sauces.

8) Fats and Oils:

These are essential for a balanced diet. Use butter, butter milk, whole milk, salad oil, olive oil, and soya oil, in addition to those fats normally present in the diet.

9) Salt and Condiments:

Salt is an essential food supplement and you may be advised to take additional salt tablets during hot weather. Select low carbohydrate condiments (e.g. diet salad dressings, unsweetened pickles, dressings, mayonnaise, bouillon, soup, sauces.) Please read labels carefully to avoid condiments containing sugar and starch. NEVER drink alcohol, except the occasional light wine on physician's advice.

10) Sweeteners:

Saccharine, sodium cyclamate, calcium cyclamate, sucaryl, sweet'n'low, honey (unpasteurized), black strap molasses. NEVER sugar.