

VEGETABLES (cont.)

Zucchini squash	Okra	Summer squash	Mushrooms	Red cabbage
Horseradish	Savoy cabbage	Brown rice	Spinach	Wild rice
Kale	Lettuce	Swiss chard	Watercress	Kohlrabi
Endive	Tomatoes	Escarole	Beet tops	Beets

FOWL

Range of chicken	Turkey	Duck	Cornish hen	Goose
Squab				

MEATS (BEEF)

Roasts (all kinds)	Steaks (all kinds)	Shank meat	Short ribs	Chopped beef
Flanken	Stew beef	Ox tails		

MEATS (LAMB)

Roast leg of lamb	Chops (all kinds)	Lamb Stew	Lam shank	Lamb patties
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MEATS (PORK)

Roasts (all kinds)	Spareribs	Chops (all kinds)	Head cheese	Sausage (homemade)
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MEATS (VEAL)

Chops	Veal Roast	Breast of veal	Cutlets (not breaded)	
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MEATS (ORGAN)

Liver	Heart	Sweetbreads	Kidney	Brains
Tripe (Cattle only)				

SEAFOOD

Striped bass	Shrimp	Smelts	Cod	Crabs (soft)
Salmon (fresh)	Flounder	Crabs (hard)	Clams	Halibut
Red Snapper	Mussels	Tuna (fresh)	Eels	Oysters
Whiting	Pompano	Concha	Scallops (bay)	Sea bass
Shad (boned)	Scallops (deep sea)	Fluke	Fish roe	Lobster

FRUITS

Golden apples	Blueberries	Prunes	Red apples	Blackberries
Plums	Northern spy apples	Raspberries	Nectarines	Rome apples
Strawberries	Peaches	Baldwin apples	Gooseberries	Bartlett pears
Russets	Loganberries	Boysenberries	Winesaps	Mulberries
Apricots	Cortlands	Rhubarb	Cherries	Bananas
Currants	Grapes (all varieties)	Sickel pears	Figs	Melons (all varieties)

NUTS

Hazel nuts	Pecans	Filberts	Walnuts	Peanuts
Black walnuts	Brazil nuts	Chinese Chestnuts	Hickory nuts	Almonds
Butternuts	Cashews			

SOUPS

Split pea soup	Marrowbone	Barley (unpearled)	Lentil	Lima bean
Navy bean				

SEEDS

Pumpkin	Sunflower	Sesame		
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CHEESE

Natural cheese

EGGS

5105 - 48 Street • Box 2120 • Stony Plain, AB • T7Z 1X6
 tel. (780) 963-3466 / 963-6150 • fax. (780) 963-4102
 toll free tel. 1-888-858-3466

Dr. Clark R. Mills
 Dr. Robert Langenhahn
 Dr. Darryl Johnson
 Dr. Chad Kulak

special diet program for arthritis elimination

prepared for. _____

date. _____

Waste from daily meals must be eliminated within 24 hours. In order to check for proper elimination, use charcoal tablets, and your stool should be black the following day. Chiropractic will also help create and maintain proper elimination; however, for the first 3-4 days, enemas and/or laxatives may be necessary to begin bowel function. Once again, elimination of waste is very important.

Omega 3 Oils are necessary and must provide 10,000 I.U. of Vitamin A and 1,000 I.U. of Vitamin D DAILY. THIS IS A MUST!

FOODS TO ELIMINATE ON THIS DIET

- 1) Flour (no matter what kind).
- 2) Flour products - bread, cakes, pies, spaghetti, noodles, etc.
- 3) Coffee, tea, cocoa, liquor, colas, and all "soft drinks".
- 4) Sugars, candies, ice cream and all artificial sweeteners.
- 5) Jellies, jams.
- 6) Canned or processed foods.
- 7) Jellos, custards, puddings.
- 8) Frozen fruits.
- 9) Any food manufactured or adulterated by man (breakfast cereal, quick cooking oatmeal, etc.)

FIRST DAY

No food - water only - complete fast except for water; drink only when thirsty.

SECOND DAY THROUGH FOURTH DAY

Raw, fresh vegetables and fruit (this includes juices), Omega 3 Oils. Repeat - raw, fresh only (avoid citrus fruit in active arthritis).

FIFTH DAY THROUGH SEVENTH DAY

Add to raw fruit and vegetables:

- 1) Seafood - all kinds - fresh or frozen (no fish cakes or prepared fish dishes). Cook as little as possible.
- 2) Raw milk (no homogenized milk). (The addition of 1 tablespoon powdered Brewers' Yeast and 1 tablespoon Blackstrap Molasses should be made to milk powder.)

EIGHT DAY THROUGH FOURTEENTH DAY

Add:

- 1) Liver, heart, kidney - cook as little as possible.
- 2) Fruit and vegetables may be cooked, however as little as possible.
- 3) Natural cheese - no processed cheese.

BEST FOODS

Fresh leafy vegetables, greens (turnip, mustard), squash, green peppers, kale, cabbage, spinach, broccoli, tomatoes, brussels sprouts, cauliflower, apples, strawberries, watermelon, cantaloupe, bananas, avocado, nuts and seeds, ranch eggs, raw milk, liver, sweetbreads, kidney, heart, seafood, Brewers' Yeast.

1ST DAY

Water only.

2ND DAY

- BREAKFAST:** Unsweetened grape or prune juice, bananas.
LUNCH: Mixed green salad, oil and vinegar dressing, bowl of fruit.
DINNER: Raw vegetable plate, raw fruit salad, 1 tablespoon Omega 3 Oils.

3RD AND 4TH DAYS

- BREAKFAST:** Blended raw fruits, carrot juice.
LUNCH: Raw cauliflower and raw vegetables, 1/2 avocado.
DINNER: Mixed green salad, melon, 1 tablespoon Omega 3 Oils.

5TH DAY

- BREAKFAST:** 1/2 cantaloupe - or raw fruit, 8 oz. raw milk.
LUNCH: Fresh beef liver, sauteed lightly, mixed green salad.
DINNER: Broiled fish, 1/2 avocado, 8 oz. raw milk with molasses and Brewers' Yeast.

6TH DAY

- BREAKFAST:** Unsweetened grape or prune juice, veal kidneys lightly sauteed, 8 oz. raw milk.
LUNCH: Shrimp salad, cantaloupe, 8 oz. raw milk
DINNER: Chef salad with raw peas, beans, etc., seasonal fruit, raw milk.

7TH DAY

- BREAKFAST:** Sliced bananas, 8 oz. raw milk.
LUNCH: Filet of sole, carrots or carrot juice, grapes, milk.
DINNER: Sauteed sweetbreads or liver, raw vegetables mixed in blender, melon, raw milk.

SECOND WEEK

Vegetables and fruits may be lightly cooked. Learn to eat them as raw as possible with "waterless" cooking the best.

Baked apples, potatoes and yams may be added.

THIRD WEEK ON

Add: Any or all of the following:

VEGETABLES

Carrots	Radishes	Peas	Parsnips	Black-eyed Peas
Cauliflower	Green Peppers	Rutabagas	Lima beans	Turnips
String beans	Eggplant	Pole beans	Broccoli	Wax beans
Brussels sprouts	Navy beans	Parsley	Corn	Cucumbers
Asparagus	Hubbard squash	Onions	Golden squash	Scallions
Butternut squash	Leek	Banana squash	Chives	