

## DEBBIE'S

# PERSONALIZED DESIGNER NUTRITIONAL PROFILE

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DEBBIE,

Congratulations! You have just taken the most important step in taking care of your health!

This report will give you all you need to know about putting the perfect nutritional program together. It is Your Personalized Designer Nutritional Profile.

Your blood test aids us in our interpretation of your nutritional profile by measuring the products of metabolism. Your glands and organs produce chemicals (hormones, enzymes and antibodies) necessary for normal body function. Your blood test measures these products to derive gland and organ "chemical" output. If the "chemical" output is altered (high/low), your blood test picks this up. Nutritional supplementation is then used to specifically strengthen that specific gland or organ function.

We will start off by showing you what glands/organs are malfunctioning and what supplements are recommended for your body to have the capacity to repair and rebuild itself properly. We will then move to your diet. This will ex-

plain what types of food you should be eating as well as how you should be combining your food. We will then finish off by going over the recommended quantity of food you should be eating.

Get ready to learn a wealth of information about your body and how we are going to shape and rebuild it to be better functioning and healthy!

## DEBBIE'S MALFUNCTIONING GLANDS/ORGANS

Contained below is a list of the top glands and organs that are malfunctioning in your body accompanied with some of the associated functions. The higher the percentage number the greater the malfunction in that gland or organ. Anything over 40% indicates a malfunction.

Gland	Description	Results
Thymus	Produces certain antibodies to help fight against disease.	110%
Bladder		100%
Urethra		100%
Adrenal Medulla	The adrenal medulla creates tremendous amounts of energy and strength in stressful situations by releasing large amounts of adrenaline into the blood stream increasing sugar levels in the blood. The adrenal cortex regulates the movement of, sugar, water and minerals in the body by affecting the kidneys.	99%
Adrenal Cortex	The adrenal medulla creates tremendous amounts of energy and strength in stressful situations by releasing large amounts of adrenaline into the blood stream increasing sugar levels in the blood. The adrenal cortex regulates the movement of, sugar, water and minerals in the body by affecting the kidneys.	93%
Parotids	Tag all incoming substances, so that the body knows exactly where to process what is entering. Example: 1. Food sent to the liver. 2. Pathogenic bacterial sent to the lymphatics	87%
Gallbladder	The purpose of the gall bladder is to store bile, which was produced via the liver. The second thing bile does is to excrete waste products, toxins and poisons, and excessive cholesterol produced by the liver.	80%
Stomach Acid	Responsible for digestion of protein, sugars and starch.	80%
Liver	Removes poisons (toxins) from the blood, stores nutrients, and prepares nutrients so the body can utilize them.	77%

Gland	Description	Results
Pineal	Serves as the body's antenna to determine the external environment so it can help regulate the persons internal environment (all of the bodies functions).	75%
Serous Membranes	The serous membranes are the linings of the body cavities. They are important in the production of hormones and help to maintain pregnancy. They are also important in the balance of water in the body.	73%
Pancreas	Aids in the breakdown of protein, fats, and sugar in the small intestines. Its second function is to remove sugar from the blood and deposit it into the cells by the use of insulin.	69%

## DEBBIE'S SUPPLEMENTS

Before we discuss the supplements that are recommended for you, let's talk about why you need them, what may be in them and how to take them...

### Why The Need For Supplements?

There are some people who still question the need for supplements. Let me give you five very important reasons why they should be included in your diet.

The soil that grows our vegetables, fruits, and grains has been nutritionally depleted through overuse. This is especially important when you consider that our vitamin and mineral content has been depleted by 60%.

Artificial processing methods damage the existing vitamin and mineral content in food, depleting food of its natural vitamin and mineral content.

Preservatives are used to bind minerals to prevent oxidation or spoilage of food. This binding of minerals prevents your body from using these minerals, further depleting food mineral content.

All of the chemicals added to food, such as dyes, additives or other environmental pollutants, as well as smoke or carbon monoxide must be neutralized. To neutralize these poisons, one must use an abundance of hormones and antibiotics. This requires various vitamins and minerals within the body to be used to produce these hormones and antibiotics. After a while, these poisons deplete the body of these vital reserves

Stress, including emotional, has an adverse affect on your health, as well as damaging certain enzymes and hormones. This further depletes your vital reserves.

Through the use of supplements, you can counteract these negative effects and help give your body what it needs to enhance health.

"It's like having money in the bank"

### About Your Supplements

Your supplements may contain the following:

Vitamins—any and all of your water and fat-soluble vitamins

Minerals—the 72 minerals that your body needs

Amino acids—the essential building blocks of protein

Tissue concentrates—these concentrates are produced through a variety of methods so the naturally occurring enzymes and nucleic acids are unharmed and are utilized by our body to rebuild and repair damage to our own organs and glands

Herbal formulas—which are of plant origin and have many nutrients that we do not receive from foods we eat

Homeopathic remedies—contain tinctures of all of the above, which help in organ detoxification as well as energizing glands and organs

Enzymes—used to help digestion or reduce inflammation and tissue damage

## Supplement Instructions

- Always store capsules/tablets in a cool dry area
- Homeopathic remedies should be kept out of direct sunlight
- When using drops or liquescence formulas, place them under your tongue and hold for 10 seconds to allow for absorption.
- This should be done 15 minutes prior to eating.
- For alcohol sensitive patients, place drops in a 3-oz glass of water, wait several minutes for the alcohol to evaporate then drink.
- When taking tissue concentrates or any other capsules: take them with water while eating your 2-3 largest meals.
- Recommended dosage for tissue concentrates:
- Start out at 1-2 capsules for each supplement
- Take 1-2 capsules 2-3 times per day.
- Drink at least 8 additional ounces of water after taking your supplements.
- Try to take supplements at least 2-3 hours before going to bed when possible



Below is a list of supplements that are recommended by Dr. Cima based on your blood chemistry analysis. You will find that this report is divided into 2 sections:

**General Support** – This is a combination that will give each person all of their vitamins and minerals (macro and

micro), fruits and vegetables, phytonutrients and gland/organ support that they will need on a daily basis.

**Specific Support** – This is a list of supplements specific for you based on your blood test results.

**General Support:**

Product	What for	Dosage
CELTIC SEA SALT	Micro-minerals Formulation	Season food to taste.
NANNO GREENS	Phytonutrient	As Directed
LIQUID HEALTH	Multiple vitamin Mineral	As Directed
ENDOCRINE COMPLEX	Multiple Gland/Organ	As Directed

**Specific Support**

## DIETARY GUIDELINE

Before we get started on what types of foods are best for your body, let's look over a few guidelines to follow as well as an explanation of what a whole food is.

### GUIDELINES TO FOLLOW

- Eat a minimum of 3 to 6 meals per day.
- By eating more meals, you reduce the amount of calorie intake at each feeding.
- This will also prevent hunger and binging. Since you are eating every 2-4 hours, you never get very hungry due to a time-release factor of food into your bloodstream.
- While putting these meals together, make sure they are easy to digest; this takes the stress off of your digestive system. The process of digestion itself requires energy which will often leave you feeling fatigued and lethargic. Did you ever notice after eating a heavy meal that you would rather sleep or relax?
- Eating smaller meals also prevents bloating, gas, fluid retention and distention, reducing that "beer belly" effect.
- Broil, bake, barbecue, steam, sauté or toast your food.
- Season your meals to taste.
- Using herbs, spices, and sea salt will help to take the place of the more exotic food preparations.
- Herbs and spices enhance the natural flavours of the food, while keeping the calories down to a minimum.
- Sip water throughout the day.
- Your body is approximately 40-60% water. Sipping water throughout the day makes sure that you stay that way.
- It helps with fat breakdown.
- It satisfies hunger—most people confuse hunger with thirst.
- It flushes out excess salt, reducing fluid retention.

- It flushes out metabolic (toxic) waste products produced by cellular metabolism.
- It reduces thirst at meal times keeping fluid intake during a meal to a minimum. This will allow the digestive juices to stay "concentrated".
- Drinking 8-12 ounces of water before your meal will also curb your appetite.
- Make sure that you give yourself time to eat and digest the meal:
- Chew your food slowly and carefully. Remember the process of digestion starts in the mouth.
- This will give you the greatest benefit from eating. Eating is supposed to be an enjoyable process and is one of the greater joys in life (ask any chef). So, "Eat, drink and be merry."
- Always take your supplements
- Maintain consistency and persistence.
- These building blocks are vital supports for your body.
- Always fill out your diet diaries.
- This will create a blue print for your success.
- It takes 2-3 minutes per day and can offset hours of grief with no results. You will literally learn what to do to create the body you want.
- Remember one bad day of nutrition affects 2 good days of healthy nutrition.
- If you have to binge, then do so, but do it 1 time per week, period!
- Follow food combining rules
- Combining the right foods helps improve digestion of these foods.
- This is more of an individual choice that can be determined by keeping track of what you eat.
- When foods are combined improperly, there will be signs such as abdominal distention, bloating, burping, a sour taste in your mouth, burning or queasiness in the stomach, excessive gas with a "foul odor".
- Keep different types of foods per meal to a minimum.
- For example: eggs and toast are easier to digest than juice, eggs, grits, toast, butter, jam, bacon, etc.
- Exercise a minimum of 3 days per week and a maximum of 5.





Your whole foods diet explains what whole foods are and what happens when they are altered. It also tells you what foods to avoid and what foods are allowed. This section will help you clean up your nutrition. If our nation is to reverse the tragic degenerative disease situation, we must all eat whole foods. Man was put on this earth with all things biologically compatible to his existence. Alteration in this biologic compatibility threatens man's very existence.

## **WHAT IS A WHOLE FOOD?**

A whole food is an ingestible substance that has received no biochemical alteration such as: extreme freezing, bleaching, artificial coloring, synthetic preservation, hormone injections, artificial maturing, etc. Whole foods cannot be altered in the growth stage by Genetically Modified Organisms (GMO's), chemical fertilizers, poisonous weed killers and artificial soil fertilizing agents. Alteration of foods not only renders the food nutritionally void, but also leaves the altered substance to create harmful and disease producing effects on the body.

## **WHAT HAPPENS TO FOODS THAT HAVE RECEIVED BIOCHEMICAL ALTERATIONS**

- Any food that has chemicals added to it will retain those toxic chemicals within the natural water, oils or fats of the food. The human body has no defense against these toxins and stores them within the body. The inevitable toxic overload will eventually cause decreased tissue growth, inflammation and tissue rotting; commonly called disease. The four elements found in soil that are necessary for substance of growth and development are Carbon (C), Hydrogen (H), Oxygen (O), and Nitrogen (N). All whole foods must contain CHON and their vital amines (vitamins and minerals).
- When biochemical alterations are imposed on foods the nitrogen immediately evaporates, allowing the automatic evaporation of vitamins and minerals.

- When this alteration occurs to natural carbohydrates, they are converted to simple sugars, which either creates emotional and physical stimulation (anxiety) or inhibition (depression). The remainder is stored as fat (which needs extreme metabolic heat to burn up).
- When this alteration occurs to fats they are converted into triglycerides. These two are the leading cause of heart disease. Fats are also the leading cause of most cancers and immune deficiency disorders. Unlike proteins and carbohydrates, which are directly absorbed into the blood after they are digested, fats are absorbed into the lymphatic system (sanitation system of the body), and used to produce lymph. Lymph encapsulates toxins, bacteria, virus, etc. and renders those substances harmless to the body. When too much fat or the wrong fat (processed/saturated) are added to your diet, the viscosity or thickness of the lymph is increased, causing the lymph to sluggishly move or stagnate in the lymphatic system. This leads to auto-intoxification in cells, tissues, organs, and systems eventually leading to cancer.
- When this alteration occurs to proteins, it creates abnormal growth of non-specific tissue, such as tumors or other types of cancerous growths.

## FOODS TO AVOID OR REDUCE TO A MINIMUM

- Sugar – This includes all foods containing sugar or any substance containing artificial sweeteners. The properties of sugar and artificial sweeteners react on the body with the same adversity of any nitrogen-deficient white powder drug.
- Caffeine – Caffeine also exists in decaffeinated products. This substance acts as a natural mineral exchange suppressant and eventually will be utilized as a stimulant in order to activate sympathetic nervous system activity.
- Bleached grains – any refining of gluten starches such as white flour cause immediate excessive mucous production, as well as reacting secondarily the way sugar does as mentioned above.
- Alcohol – Alcohol is processed grain with fermentation. This product creates the same effect as sugar with immediate effects resulting from fermentation.
- Hydrogenated fats – This includes vegetable fats, animal fats and oils. The process of hydrogenation of fats and oils allows the substances excessive storage (such as the storage of refined carbohydrates). These substances clog arteries and vessels and are one of the primary contributors of obesity.
- Preservatives – These are mineral binding substances. The role of the artificial preservatives is to bind minerals, therefore, stagnating the natural fat rancidity, micro-organic decomposition and dehydration of the food. The enzymes are rendered immobile, therefore, the foods are dead. Thus, we eat stagnant food, rather than spoiled food. Quick-freezing also creates this process.
- Ultra-pasteurized – This is the process of extreme heating of foods. The purpose of extreme heating, is to kill all microorganisms within foods, as well as immobilize enzyme activity such as fat rancidity and microorganism decomposition. Unfortunately, pasteurizing also kills the much more abundant systemically needed microorganisms needed in completing proper digestion. The acidophilus microorganisms in dairy products are destroyed leaving the product indigestible in the human. We will see the absence of the vital microorganisms in dairy products, resulting in excessive mucous production.
- Nicotine – Is a nervous system affecting narcotic. The effects of nicotine are the same as caffeine. In addition, nicotine can create a residue in tissue much like rust that not only covers, but also actually eats away tissue.

## WHAT YOU CAN EAT

Considering today's commercial food supply, it may seem that you cannot eat anything at all. I should clarify that. If you continue to eat biochemically-altered foods, you are eating nothing. I realize the complexity of trying to follow a whole foods program in today's society. I suggest that you eat foods as raw as possible. Frozen foods are the next best alternative. Your first step will be to avoid eating prepared foods in bottles, jars, cans and boxes unless they are labeled as being whole or natural with the absence of any biochemical alterations mentioned in the beginning of this section. Now that you know how to clean up your nutrition let's determine what you should eat.

## DEBBIE'S METABOLIC DIET RECOMMENDATION

Dear DEBBIE,

Below are your dietary recommendations.

### **Dominant: Parasympathetic Type 2**

Metabolic Type II Ketogenic Diet

## METABOLIC TYPE II DIET PLAN - KETOGENIC

(GOOD METABOLIZER)

### CHARACTERISTICS

Metabolic Type II people are the true carnivores (meat eaters) and can almost live on meat alone. Their genetic background is usually from Germany, Scandinavian and northern European countries.

They are extremely prone to hypoglycemia, so they must stay away from simple sugars (junk foods) like soda, alcohol (hard liquor), fruit juice, and candy. Metabolic Type II people derive their energy mostly from sources of fat rather than carbohydrates.

This type does well with a lot of red meat such as beef, veal, pork, wild game, and lamb—every day. You are a “true” meat-and-potatoes man/woman.

As far as seafood is concerned, you prefer oily seafood (cold-water fish, high omega oils) such as salmon, tuna, sardines, mackerel, and shellfish with butter. In fact, you may prefer seafood fried.

### THIS METABOLIC TYPE

- Burns sugar (carbohydrates) rapidly and inefficiently, causing blood sugar to rise and fall quickly—leading to energy spikes followed by fatigue. You do well with most carbohydrates, including those with a mid-range (50–80) glycemic index.
- You do well with cooked and raw vegetables. Your diet should be rich in fresh cooked and uncooked vegetables, making up 30–40% of your meal. Stay away from lots of fruits and green leafy vegetables and stick with hearty vegetables such as potatoes, yams, beets, corn, and Brussels sprouts.
- 60–70% of your foods should be derived from the Acid Forming Foods Chart and 30–40% from the Alkaline Forming Foods Chart (see About Your Blood Test manual). Use red meats, fowl (dark meat and skin), and oily fish as your primary proteins; eggs, cheeses, nuts, seeds, and beans as secondary sources.

## Diet Guidelines (A-G)

Emphasize these foods for protein, fat, and fat-soluble vitamins (D, E, K, A):

1. A.Red meats such as beef, veal, lamb, pork, and wild game.
2. B.Oily seafood.
3. C.Fowl (chicken/turkey) dark meat with the skin.
4. D.Moderate amounts of dairy such as whole milk, natural cheeses, and eggs.
5. E.All nuts and seeds.
6. F.Small amounts of beans and legumes.
7. G.Small amounts of whole grains (bread, cereals, pasta, rice) to cover carbohydrate and water needs.

Always personalize portions/macros to your labs, goals, and clinician guidance.

### Subtype : M Type 5

Metabolic Type V Paleo Diet

## METABOLIC TYPE V - PALEO DIET

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(EXCELLENT METABOLIZER)

### CHARACTERISTICS

Metabolic Type V people can tolerate a wide variety of foods. They are prone to hypoglycemia, so they must stay away from a lot of simple sugars (junk foods) like soda, alcohol (hard liquor), fruit juices, and candy. Metabolic Type V people derive their energy more from fat than from carbohydrates.

This type does well with a lot of red meat (beef, veal, pork, wild game, and lamb) eaten several times a week. It is a true meat-and-potatoes man/woman.

As far as seafood is concerned, they typically like oily seafood (cold-water fish, high omega oils) such as salmon, tuna, sardines, mackerel, and shellfish with butter. In fact, they like their seafood fried.

### THIS METABOLIC TYPE

- Burns sugar (carbohydrates) rapidly and inefficiently, causing your blood sugar to rise and fall rapidly, giving you spikes of energy followed by bouts of fatigue. You do well with most carbohydrates including carbohydrates that have a mid-range (50–80) glycemic index.
- Can eat cooked and raw vegetables and fruits. Your diet should be rich in fresh cooked and uncooked vegetables and fruits (as desserts), making up between 40–50% of your meal.
- 50–60% of your foods should be derived from the Acid Forming Foods Chart and 40–50% from the Alkaline

Forming Foods Chart (see About Your Blood Test manual). Use red meats, fowl (dark meat and skin) and oily fish as your primary sources of protein. Use eggs, cheeses, nuts, seeds, and beans as your secondary sources of protein.

- Stress the following foods in your diet (A-G), because they all contain protein, fat and fat-soluble vitamins (D, E, K, A):

**Diet Guidelines (A-G)**

Emphasize these foods for protein, fat, and fat-soluble vitamins (D, E, K, A):

1. A.Red meats such as beef, veal, lamb, pork and wild game.
2. B.Oily seafood.
3. C.Fowl dark meat with the skin.
4. D.Moderate amounts of dairy such as whole milk, natural cheeses and eggs.
5. E.All nuts and seeds.
6. F.Small amounts of beans and legumes.
7. G.Small amounts of whole grains, including bread, cereals, pasta and rice (for carbohydrate and water requirements).

Always personalize portions/macros to your labs, goals, and clinician guidance.

As you have just seen from your Metabolic Type Report, we have determined and outlined what foods you do well with. Now that you have a basic understanding of these food types, you can look at the expanded food value list on the next few pages.

I want you to pick and choose the foods that you love to eat. Remember these foods are most nutritious for you based on your blood test results. From here, you will create the perfect diet for you using the foods you love to eat.

People always eat foods that they love to eat and that are good for them. On the other hand, people will rarely eat foods that they do not like even when those foods are good for them. This is invaluable when assessing the various food groups such as meat, fish, fowl, grains, vegetables, fruits and legumes giving you the perfect diet for your body. This expanded food value list also gives you the specific calories, percentage of protein, carbohydrates, and fats in 2-ounce servings across the board. So, what are you waiting for? Start creating the perfect diet for you!

**EXPANDED FOOD VALUES LIST**

**MEAT/FOWL**

2 OZ. SERVING	TOTAL CALORIES	FAT CALORIES	% OF FAT	PROTEIN CALORIES	% OF PROTEIN
Tenderloin	190	135	70	55	30
Rib-eye	170	110	65	60	35
T-bone	170	110	65	60	35

Porterhouse	170	110	65	60	35
Brisket	170	65	35	105	65
Ground	160	80	50	80	50
Flank	140	70	50	70	50
Sirloin	115	40	35	75	65
Bacon	75	25	30	50	70
Lamb	150	90	60	60	70
Kabob	80	32	40	48	60
Veal	70	15	30	55	80
Venison	70	15	20	55	80
Duck w/skin	230	207	90	23	10
Duck w/o skin	70	31	45	39	55
Chicken w/skin	120	72	60	48	40
Chicken w/o skin	70	21	30	49	70
Turkey w/ skin	90	45	50	45	50
Turkey w/o skin	65	20	30	45	70

## FISH

2 OZ. SERVING	TOTAL CALORIES	FAT CALORIES	% OF FAT	PROTEIN CALORIES	% OF PROTEIN
Pompano	100	50	50	50	50
Salmon	80	40	50	40	50
Sardines	120	60	50	60	50
Trout	85	42	50	43	50
Tuna (oil)	110	55	50	55	50
Whitefish	75	33	50	37	50
Mackerel	120	60	50	60	50
Sea trout	60	18	30	42	70
Tuna (blue fin)	80	25	30	55	70

Bluefish	70	20	30	50	70
Catfish	70	20	30	50	70
Tilefish	50	10	20	40	80

2 OZ SERVING	TOTAL CALORIES	FAT CALORIES TO PROTEIN CALORIES			
Clams	40	<10%	of	calories	>90% of calories
Cod	45	<10%	of	calories	>90% of calories
Crab, Alaskan	50	<10%	of	calories	>90% of calories
Dolphin	50	<10%	of	calories	>90% of calories
Flounder	50	<10%	of	calories	>90% of calories
Grouper	50	<10%	of	calories	>90% of calories
Haddock	50	<10%	of	calories	>90% of calories
Halibut	60	<10%	of	calories	>90% of calories
Perch	50	<10%	of	calories	>90% of calories
Pike- Northern	50	<10%	of	calories	>90% of calories
Scallops	50	<10%	of	calories	>90% of calories
Sea bass	50	<10%	of	calories	>90% of calories
Shrimp	60	<10%	of	calories	>90% of calories
Tarpon	50	<10%	of	calories	>90% of calories
Tuna (water)	80	<10%	of	calories	>90% of calories

## DAIRY

Dairy Product	Total Calories	Fat Calories	% of Fat	Protein Calories	% OF PROTEIN
EGGS					
Large egg	75	60 (yolk)	80	15	20
Lg. egg white	15	0	0	15	100
MILK (2 fl oz.)					
Skim	24	2	<10	22	0
Low-fat 1%	24	6	25	18	75
Low-fat 2%	30	9	30	21	70
Whole milk	36	18	50	18	50



CHEESE (2 oz.)

Cottage, low-fat	50	10	20	40	80
Cottage, regular	60	36	60	24	30
Feta	150	90	60	60	40
Mozzarella	180	100	60	80	40
Ricotta	100	60	60	40	40
Romano	200	120	60	80	40
Provolone	200	120	60	80	40
Parmesan	200	120	60	80	40
Swiss	200	120	60	80	40
American	200	160	80	40	20
Blue	200	160	80	40	20
Brick	200	160	80	40	20
Brie	200	160	80	40	20
Camembert	170	130	80	40	20
Cheddar	228	180	80	48	20
Limburger	200	160	80	40	20
Monterey Jack	200	160	80	40	20
BUTTER (2 oz)					
½ stick	400	400	100	0	0
Whipped	270	270	100	0	0

GRAINS

2 oz.	Total Calories	Fat Calories	Fat %
Barley	200	<10% fat	
Buckwheat	200		<10
Wheat	200		<10
Wheat bran	120	24	20
Wheat flour	200		<10

Wheat germ	200	60	30
Cornmeal	200		
Cornstarch	200		
Corn grain	200		
Corn grits	200		
Millet	200		<10
Oats	220	35	15
Oat bran	140	35	25
Bran	200	40	20
RICE			
2 oz. uncooked	200		
Rice cake	60		
2 oz. rye	190		

## Fruit

2 oz.	Total Calories
Cantaloupe	20
Grapefruit	20
Honeydew	20
Strawberry	20
Watermelon	20
Banana, peeled	25
Orange, peeled	25
Peach, pitted	25
Tangerine	25
Apple juice	30
Blackberry, Blueberry	30
Cherry	30
Cranberry, Raspberry	30

Nectarine, Orange	30
Pineapple, Plum	30
Apple	35
Cherry juice	35
Grapes, Pear	35
Pineapple juice	35
Grape juice	40
Apple cider	45

## VEGETABLES WITH FATS

2 oz.	Total Calories	Total Fat
Tofu	45	50
Avocado (Florida)	60	66
Yams	66	
Avocado (California)	90	80
Olive	100	90

## VEGETABLES

2 oz.	Total Calories
Celery	10
Cucumber	10
Endive	10
Lemon	10
Lettuce	10
Radish	10
Sauerkraut	10
Swiss chard	10
Tomatoes, green or red	10
Zucchini	10
Asparagus	15
Broccoli	15

Cabbage	15
Cauliflower	15
Eggplant	15
Mushroom	15
Pepper, green or red	15
Spinach	15
Turnips	15
Beets	20
Green beans	20
Lime	20
Onion	20
Rutabaga	20
Squash	20
Vegetable juice	30
Brussels sprouts	30
Butternut squash	30
Carrot	30
Carrot juice	30
Kale	30
Corn	35
Fig	40
Green peas	40
Tomato paste	50
Potato	50
Sweet Potato	60
Water Chestnut	60

## LEGUMES, BEANS, AND PEAS

2 oz.	Total Calories	Grams of Protein / Carbs	Grams of Protein / Calories
Mung	190	14 56	36 145

Lima	190	12 48	36 145
Pinto	190	12 48	36 145
Soybean	90	8 32	7 280
Black bean	180	12 48	36 145
Black-eye	80	10 24	16 64
Adzuki	190	11 45	36 145
Navy	190	13 52	35 140
Lentil	70	5 20	13 52
Split pea	200	14 56	34 136

## NUTS AND OILS

2 OZ.	TOTAL CALORIES	FAT CALORIES	FAT %
NUTS			
Almonds	360	270	75
Cashews	300	240	80
Peanuts	320	270	80
Brazil nuts	370	320	85
Pecans	360	325	90
Walnuts	350	315	90
OILS			
Canola, Sesame	500	500	100
Vegetable	50	500	100
Corn, Olive	500	500	100
Soybean, Sunflower	500	500	100

## VITAMIN CONTENTS OF FOOD

If you have some vitamin or mineral deficiencies, you should use food sources instead of taking additional vitamins and mineral formulations.

### Vitamin A

Liver/beef	Carrots	Cantaloupe
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Nectarine	Apricot	Lettuce
Spinach	Butter	Asparagus
Mango	Cheese	Tomato

## Vitamin E

Egg yolks	Liver/organ meats	Seafood
Wheat germ oil	Spinach	Cereal and bread
Green peas	Mushrooms	All green vegetables
Corn	Lentils	Parsley
Bananas	Oats	

## Vitamin D

Egg yolks	Butter/cream	Milk
Spinach	Salmon	Onions
Tuna fish	Peppers	Tomatoes
Garlic		

## Vitamin K

Egg yolk	Spinach	Whole grains
Legumes	Alfalfa	Kelp
Yogurt	Green leafy vegetables	

## VITAMIN F:

All unsaturated vegetable oils such as:

Safflower	Soy	Sesame seeds
Sunflower	Flaxseed	Nuts
Avocados	Milk	Cod liver oil
Alfalfa	Green vegetables	Most root and tubers

**VITAMIN C:**

Acerola juice	Parsley	Broccoli
Brussels sprouts	Red cabbage	Strawberry
Orange juice	Lemon juice	Grapefruit juice
Mangos		

**BIOFLAVONOID COMPLEX:**

Citrus fruit	Oranges	Lemons
Grapefruit		

**VITAMIN B1 (THIAMIN):**

Wheat germ	Sunflower seeds	Peanuts
Pecans	Durim wheat	Cashew nuts
Brown rice	Garlic	Almonds

**VITAMIN B2 (RIBOFLAVIN):**

Almonds	Wheat germ	Wild rice
Mushrooms	Wheat bran	Kelp
Cashew nuts	Broccoli	Asparagus
Spinach		

**VITAMIN B6 (PYRIDOXINE):**

Brewer's yeast	Wheat germ	Honey
Egg yolks	Lean meat	Milk
Almonds	Carrots	Spinach
Apples	Bananas	Cantaloupe

**VITAMIN B12 (COBALAMIN):**

Wheat germ	Milk	Cheese
Fish	Almonds	Carrots
Spinach	Dates	Celery
Apples	Bananas	Brewers yeast

**BIOTIN:**

Brewers yeast	Egg yolk	Liver
Milk	Wheat germ	Sprouts
Molasses	Yogurt	Leafy green vegetables
Whole grains		

**CHOLINE:**

Brewers yeast	Liver	Fish
Wheat germ	Lecithin	Sesame seeds
Egg yolk	String beans	Peas
Peanuts		

**INOSITOL:**

Liver	Oatmeal	Molasses
Grapefruit	Oranges	Lima beans
Wheat germ	Brewers yeast	Whole wheat bread
Cantaloupe		

**Folic Acid:**

Mushrooms	Sprouts	Liver
Yogurt	Wheat germ	Brewers yeast



Eggs

## NIACIN

Peanuts

Wild rice

Kelp

Sesame seed

Peaches

Brown rice

Mushrooms

Wheat germ

Almonds

Green peas

Avocado

Asparagus

Potato w/skin

## PANTOTHENIC ACID

Molasses

Egg yolks

Peanuts

Wheat germ

Whole grains

Liver

Milk

Almonds

Carrots

Spinach

Watercress

Apples

Bananas

Cantaloupe

Lemons

Onions

Oranges

Brewers yeast

## PANGAMIC ACID (B15):

Brewers yeast

Sun Seeds

Meat

Brown rice

Pumpkin Seeds

Organ meats

Whole grains

## PARAAMINOBENZOIC ACID:

Brewers yeast Liver Organ meats Wheat germ Molasses

## MINERAL CONTENTS OF FOOD

### Calcium

Kelp

Almonds

Parsley

Figs

Wheat bran

Broccoli

Spinach

Wheat germ

Raisins

Carrots

Wheat

Brussels sprouts

Soybeans	Egg yolks	Dairy products
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## PHOSPHORUS

Eggs	Fish	Meat
Poultry	Yellow cheese	Wheat bran
Wheat germ	Almonds	Kelp
Garlic	Mushrooms	Raisins
Rice	Brussels sprouts	Broccoli
Dates	Parsley	Asparagus

## MAGNESIUM

Wheat germ	Almonds	Cashews
Peanuts	Pecans	Rice
Spinach	Brown rice	Lentils
Sweet corn	Avocado	Parsley
Garlic	Raisins	Kelp

## MANGANESE

Wheat germ	Whole-wheat	Whole grains
Green leaves	Peas	Beets
Sunflower seeds	Endive	Parsley
Walnuts	Almonds	Kelp

## COPPER

Garlic	Parsley	Radishes
Broccoli	Almonds	Shrimp
Clams	Whole grains	Molasses
Egg yolk	Apricots	Kelp

## IRON

Kelp	Wheat bran	Wheat germ
Sunflower seeds	Parsley	Almonds

Wheat	Cashew nuts	Spinach
Dates		

## ZINC

Wheat germ	Beans	Liver
Organ meats	Fish	Lean meats
Spinach	Peas	Kelp
Green leafy vegetables	Whole grains	Wheat bran

## SELENIUM:

Brewers yeast	Organ meats	Cereals
Whole grains	Fish	

## CHROMIUM:

Egg yolks	Whole grains	Organ meats
Fish	Cereals	Brewers yeast
Molasses	Lean meats	

## SULPHUR:

Brussels sprouts	Cabbage	Turnips
Cauliflower	Raspberries	Spinach
Kelp	Cucumbers	Celery
Asparagus	Avocados	Carrots
Eggplants	Pineapple	Sweet corn

## IODINE:

Kelp	Watermelon	Cucumber
Spinach	Peanuts	Strawberries
Eggplant	Lettuce	Carrots

Potatoes

## POTASSIUM:

Kelp	Sunflower seeds	Wheat germ
Almonds	Raisins	Parsley
Peanuts	Figs	Avocados
Pecans	Garlic	Spinach
Cashews		

## SODIUM

Kelp	Red peppers	Celery
Spinach	Beets	Turnips
Carrots	Parsley	Raisins
Garlic	Broccoli	Mushrooms
Brussels sprouts		

## CHLORIDE:

Tomato	Celery	Kelp
Spinach	Eggplant	Cucumber
Avocado	Sweet potato	Asparagus
Carrots	Cauliflower	Beets

## FLUORIDE:

Lettuce	Cabbage	Radishes
Beets	Milk	Lentils
Whole-wheat	Garlic	Egg whites

## SILICON:

Iceberg	lettuce	Asparagus
Onions	Spinach	Cucumber
Strawberries	Sunflower seeds	Artichoke
Celery	Cauliflower	Cherries
Apricot	Figs	

## TRACE MINERALS:

Sea salt has the perfect balance

## FOOD COMBINING: THE CRUX OF METABOLIC TYPING

A major problem that I find with most people is that they do not combine food properly, which leads to digestive problems. Without going into too much detail, your stomach and digestive organs secrete enzymes to digest the foods. Each type of food requires different enzymes and acid levels. The problem lies when you mix a food that needs a lot of acid with one that does not. This leads to digestive problems and excessive mucus. Alternatively, you get excessive amounts of gas especially when you mix simple sugars (Remove that) with fatty proteins. Simple sugars that enter the blood stream rapidly do not combine well with protein. You know what they say about baked beans! Therefore, food combining becomes beneficial since it is mandatory that these foods be digested and assimilated properly.

**Below is a list of conditions that can be affected by food combining:**

- Digestive Complaints
- Allergic Reactions
- Hyperactivity
- Arthritic Conditions
- Sinus Conditions
- Fatigue
- Headaches

Do not mix an array of foods such as our traditional dinners with salad, soup, entree, side dishes, and dessert. Unless they are combined properly you are doomed to weight gain, bloating, allergies, digestive problems, fatigue or all of the above. The explanation is simple; your digestive juices are regulated by the food you are eating. If you eat acidic foods such as meats, grains and dairy, the chemical composition of your digestive enzymes are different then when you eat foods that are alkaline such as fruits and vegetables. Mixing the wrong acid/alkaline foods plays havoc with your enzyme levels, preventing foods from digesting properly. The improperly digested foods act as allergens, causing your body to secrete excess mucous, to encapsulate the partially digested food. This leads to sinus and allergy conditions. Carbohydrates will ferment rather than digest and proteins rot (decompose) instead of digest. When

eating, keep the types of foods in a meal down to a minimum and use the recommendations below to help guide you. Over the next few pages, you will have a list of acid and alkaline forming foods regulating the pH of your body.

**THE pH OF YOUR BODY**

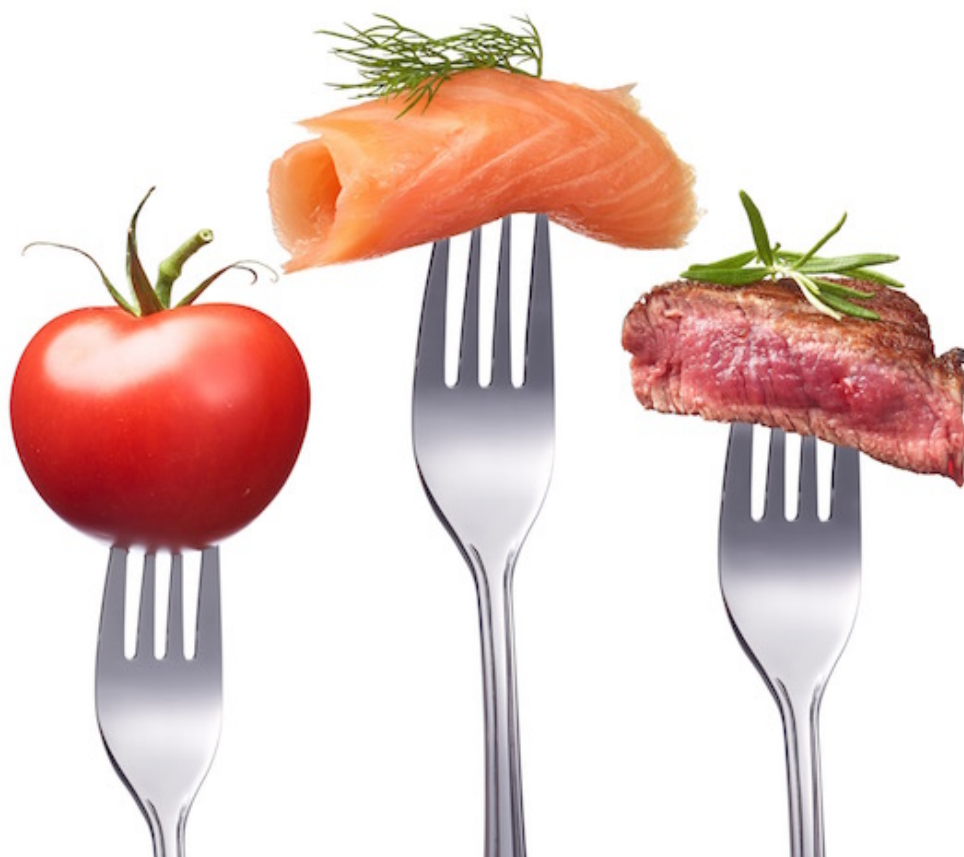
Before I discuss, food combining you must first understand the extreme importance food has on "body chemistry" through the pH Scale. The pH scale is a scale that ranges from 0-14. Please See below:

< Acid    Base >														
0	1	2	3	4	5	6	7	8	9	10	11	12	13	14

The above scale is based on water being neutral at 7.0. Anything below 7.0 is considered an "acid chemical" and the lower the number the stronger the acid. Anything above 7.0 is a base or is considered alkaline, where the higher you go the stronger the base or alkali. The pH of body cells (100 trillion) should be somewhere between 7.0-7.2. If the pH of the cells falls below 7.0, or raises above 7.4, your can die quickly. As you can see, the pH balance is very delicate and can literally lead to death.

By the way, the pH of your body is directly affected by what you eat. Through the right combination of food, you can improve the pH of your body. The next page contains acid and alkaline food charts. These will show you the foods that are acidic and the foods that are alkaline. Please note that some acidic foods can be more or less acidic than others, and the same for alkaline foods. For example, red meat is more acidic than fish and cherries are less alkaline than watermelon.

Look at your metabolic type above and use the percentage of acid and alkaline forming foods that is recommended. For example, if it says that you should have 40% of your meal alkaline and 60% acid then follow those recommendations. This will keep the pH of your body cells as consistent and as close to 7.0-7.2 as is possible.



## ALKALINE FORMING FOODS

### (ALL OF YOUR FRUITS AND VEGETABLES)

Alfalfa	Almonds	Butter
Apples	Apricots	Artichokes
Avocados	Bananas - Ripe and dried	Beans - Kidney and Wax
Beans - String	Beets	Blackberries
Blueberries	Broccoli	Broth - Vegetable
Cabbage	Cantaloupe	Carrots
Cauliflower	Celery	Cherries
Chicory	Coffee substitutes	Coconuts
Coconut Milk	Cranberries	Cucumbers
Currents	Dates	Endives

Eggplant	Figs	Garlic
Gelatine	Goats Milk	Grapes
Grapefruit	Honey	Huckleberries
Juices – Vegetable and Fruit	Kale	Kelp
Kohlrabi	Leek	Lettuce
Lemons	Limes	Loganberries
Meat Substitute	Mushrooms	Okra
Olives	Olive Oil	Onions
Oranges	Parsley	Peaches
Pears fresh/dried	Peppers sweet	Peppermint leaves
Pineapple	Plums	Potatoes – white and sweet
Prunes	Pumpkins	Radishes
Raisins	Raspberries	Rice
Romaine	Rhubarb	Rutabagas
Soy beans	Soy Bean Oil	Spinach
Sprouts	Squash	Strawberries
Swiss Chard	Tomatoes	Turnips
Watercress	Watermelon	Wheat Germ

## ACID FORMING FOODS

### (MEATS, DAIRY, GRAINS, NUTS AND SEEDS)

Barley	Beef	Beans – Lima
Beans – White	Bread	Buttermilk
Cashew nuts	Cereals	Chestnuts
Chicken	Clams	Corn
Corn Meal	Cottage Cheese	Crab
Cracker	Cream of wheat	Duck
Eggs	Fish	Flour white
Grapenuts	Gluten flour	Goose



Ham	Lamb	Lentils
Lobster	Macaroni	Maize
Milk	Millet, Rye	Mutton
Oatmeal	Oysters	Peanuts
Peanut Butter	Pecans	Peas
Pork Chop	Rabbit	Rice – Brown
Rice – Polished	Rice – Wild	Roquefort Cheese
Rye Flour	Sauerkraut	Spaghetti
Turkey	Walnuts	Zwiebacks
Veal chops	Vinegar	

## RULES TO FOLLOW

1. Always combined an acid with an alkaline food.

- For example: when eating protein that is high in fat (acid), use vegetables (basic) as your first choice, since they have fewer calories with large portions. Usually fatty proteins such as red meat/dairy mix well with vegetables creating the proper acid-alkaline balance for excellent digestion. Small amounts of bread (acid) can be used with this meal. Do not mix grains (pasta, breads, and cereals), with high fat proteins (meat, cheese, fowl).
- An acid does not balance an acid. Such is the case with cereal and milk, spaghetti and meatballs. If you mix proteins with your grains make sure they are low fat such as chicken (without skin), and fish.
- Your grains, cereal, pasta, pizza, breads and rice, can be combined with fruit or vegetables such as a small salad or vegetable portion.

2. Eat fruits/juices (alkaline) separately, or as a small meal or snack.

- Small amounts of dairy (yogurt, cream), or nuts, and seeds could accompany the meal since they are acid.
- Soda, carbonated drinks, beer, hard liquor, are not to be used as a beverage with your meals. Instead, drink water, coffee/tea or wine

## Food Quantities

Let's look at how much you should eat since most problems with weight come from portion control. You need to determine the amount of calories, protein, fat and carbohydrates that you should eat on a daily basis. The calculations below are based on your ideal weight (within 15-20 lbs of your current weight) and your activity level.

Weight :

Activity Level : %

Minimum Daily Caloric Intake : 0

Max Daily Caloric Intake : 0

Caloric Intake Range : 0 - 0

Min Oz of Protein : 0

Max Oz of Protein : 0

Min Gms of Protein : 0

Max Gms of Protein : 0

Min Calories of Protein : 0

Max Calories of Protein : 0

Min Calories of Fat : 0

Max Calories of Fat : 0

Min Fat / Protein Calories : 0

Max Fat / Protein Calories : 0

Minimum Calories From Carbohydrates : 0

Maximum Calories From Carbohydrates : 0

DEBBIE,

I hope you have a better understanding about how your specific body functions and what your body needs to repair and rebuild itself to help you live a long, enjoyable life. We have now covered:

- What supplements you need to support your body
- What to eat and what not to eat
- Foods that cause toxicity to the body
- How to combine foods properly
- Quantities of food you should intake daily

Please use this information wisely and contact Dr. Cima with any questions hat you may have. Don't forget to do a

follow up blood test to see the changes that you have made in the next 3-12 months.

**Cheers to you, your family and your health!**

