TONY’S

PERSONALIZED DESIGNER NUTRITIONAL PROFILE

tony,

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!

TONY’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
Arteries		0%
Bladder		0%
Heart	Keeping it simple, the heart is a muscle that never rests. It works 24/7. For example, the heart rate of a healthy individual can go as high as 250 beats per minute and can almost stop. Perhaps one of the most far-reaching effects on the heart is sugar metabolism (glucose and triglycerides). They give the heart muscle the fuel and spark it needs to run.	0%
Kidneys	The function of the kidneys is to filter 200 quarts of blood daily, and to produce about 1.5 quarts of urine daily. At the same time, the kidneys are used to filter out all excessive sodium, chloride, and potassium, while maintaining glucose, amino acids, water, and other substances that are essential for body metabolism.	0%
Lung	Their purpose is to remove carbon dioxide and water from the blood in exchange for oxygen. As the blood passes thru the lungs, red blood cells drop off carbon dioxide and water and then pick up the oxygen that we breathe in. The red blood cells now transport the oxygen to all the cells in the body.	0%
Urethera		0%
Veins		0%
Appendix		0%
Ascending colon		0%
Cecum		0%
Duodenum		0%

Gland	Description	Results
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.	0%

TONY’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 antibodies. 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 then 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.

TONY’S METABOLIC DIET RECOMMENDATION

Dear tony,

Below are your dietary recommendations.

Dominant: Parasympathetic Type 6

METABOLIC TYPE VI DIET PLAN

(POOR METABOLIZER)

VEGETARIAN, LACTO-VEGETARIAN, OVO-VEGETARIAN,

OVO- LACTO-VEGETARIAN

CHARACTERISTICS:

Type VI people are very poor metabolizers, which mean they handle most foods poorly. They have difficulty in digestion, absorption and metabolism of all types of food. Therefore, they need the majority of their foods cooked and require a lot more supplementation than the average person. This Type should eat whole and complete foods and eliminate all refined, processed, and synthetic foods. There is usually a suppressed immune and endocrine system function.

1. Burns sugar (carbohydrates) inefficiently and uses sugar for energy. You should eat carbohydrates that are whole, complete, unrefined and cooked

2. Can eat mostly cooked vegetables and fruits and avoid raw whenever possible. Your diet should be rich in, fresh cooked vegetables and fruits (as desserts), that should make up between 50-60% of you meal.

3. 50-60% of your foods should be derived from the Alkaline Forming Foods Chart and 40-50% from the Acid Forming Foods Chart (See About Your Blood Test manual). However, you must eliminate all red animal meats. Use beans, fish, and fowl as primary sources of protein. Use nuts, seeds, eggs, and cheeses as your secondary sources of protein.

4. Stress the following foods in your diet:

A. Whole grains, including bread, cereals, pasta and rice (for carbohydrate and water requirements)

B. Moderate amounts of dairy such as whole milk, natural cheeses, and eggs- (for protein fat and fat-soluble vitamin {D, E, K and A} requirements)

C. Whitefish (trout, catfish, orange roughy, cod, flounder, scrod), fowl (white meat) (for protein fat and fat-soluble vitamin {D, E, K and A} requirements)

D. All nuts and seeds (for protein fat and fat-soluble vitamin {D, E, K and A} requirements)

E. All beans and legumes - (for protein and carbohydrate requirements)

Subtype : M Type 1

METABOLIC TYPE I DIET PLAN

VEGETARIAN, LACTO-VEGETARIAN, OVO-VEGETARIAN, OVO- LACTO-VEGETARIAN

There are varieties of the diet as well: an ovo-vegetarian diet includes eggs but not dairy products, a lacto-vegetarian diet includes dairy products but not eggs, and an ovo-lacto vegetarian diet includes both eggs and dairy products. A vegan diet excludes all animal products, including eggs, dairy, beeswax and honey

Semi-vegetarian diets consist largely of vegetarian foods, but may include fish or poultry, or sometimes other meats, on an infrequent basis. Those with diets containing fish or poultry may define *meat* only as mammalian flesh and may identify with veget

(GOOD METABOLIZER)

CHARACTERISTICS:

1. Burns sugar (carbohydrates) slowly and uses sugar for energy. You do well with most carbohydrates, including carbohydrates that have a higher glycemic index (70-90) (see Glycemic Index Chart).

2. You can eat mostly raw fruits and vegetables. Your diet should be rich in salads, fresh, uncooked vegetables and fruits that should make up between 60-70% of you meal.

3. 60-70 of your foods come from the Alkaline Forming Foods Chart and 30-40% from the Acid Forming Foods Chart (See About Your Blood Test manual). However, you should avoid all red animal meats. Use beans, fish, and fowl as your primary sources of protein and nuts, seeds, eggs and cheeses as your secondary sources of protein.

4. Stress the following foods in your diet:

A. Whole grains including bread, cereals, pasta and rice (for carbohydrate and water requirements)

B. Whole milk, natural cheeses and eggs- (for protein fat and fat-soluble vitamin {D, E, K and A} requirements)

C. White fish (trout, cat fish, orange roughy, cod, flounder, scrod) and fowl (white meat) (for protein fat and fat--soluble vitamin {D, E, K and A} requirements)

D. All nuts and seeds (for protein fat and fat-soluble vitamin {D, E, K and A requirements)

E. All beans and legumes- (for protein and carbohydrate requirements)

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
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

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:

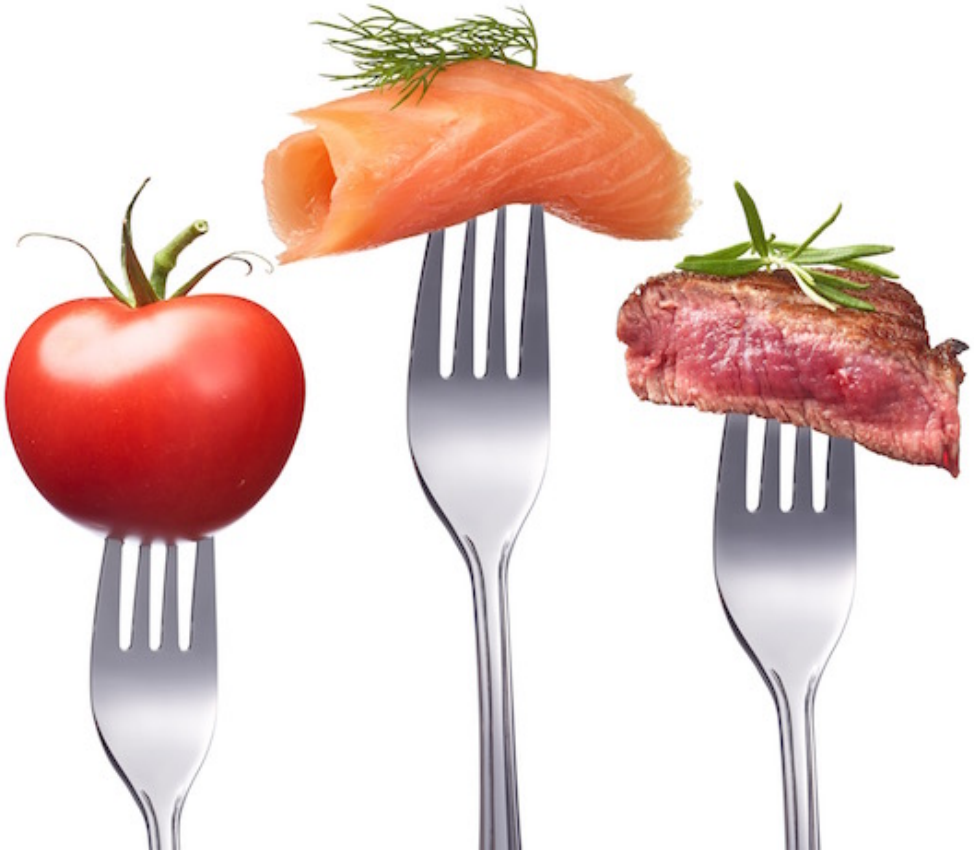
						< Acid		Base >						
0	1	2	3	4	5	6	7	8	9	10	11	12	13	14

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 recommen-

dations. 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

tony,

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!