

# Living With Elevation Natural Health Center

(307)328-5800

313 4<sup>th</sup> St, Rawlins WY 82301

www.LivingWithElevation.com

## The Sugar Control Diet

This diet is excellent for improving the mechanism that controls your body's blood sugar levels. Our goal is to keep your blood sugar balanced so that it doesn't get too high or too low. Please follow this diet closely. As your condition improves, we will be adding various foods and observing their effect on your blood sugar. The objective is to return you to a more comprehensive diet as soon as your body will allow. **The closer you follow this diet, the sooner your body will respond** and you will again be able to enjoy a variety of foods.

The keys to this diet are:

- Eating moderate amounts of protein, with some at breakfast, lunch, and dinner
- Eating lots of lower carbohydrate vegetables
- Eating frequently (you should go no longer than 2-3 hours without food)
- Completely avoiding those foods you have been told to avoid, until you are ready to reintroduce them.

This is usually about 2 weeks if you have done a great job on following the recommended diet.

The benefits of this diet are many:

- First and foremost, people feel better on this diet, generally having more energy and their energy is much more steady
- Weight loss is common (if you are overweight)
- Cravings disappear
- Mental and emotional health improves
- Improved quality of sleep (the majority of insomnias are corrected)

This is also the diet we use to prevent Diabetes. There are many other improvements that can result when one's blood sugar is suddenly normalized, so please report any and all improvements to us.

Regarding Nutritional Supplements:

I have recommended a number of supplements to you. The supplements and diet are designed to work synergistically, maximizing your results. Please feel free to ask if you have any questions regarding your supplements. Also, be certain to let us know when you are running low on any of your supplements. At your visits, we will determine if your nutritional therapy is staying the same or if we are going to make changes.

### Proteins

It is very important that you eat some protein at each meal and it's best to have similar quantities at each meal (rather than a little at one meal and a large amount at another). It is also best that you don't eat more than 6 ounces of meat or 9 ounces of fish at one meal. I will discuss with you what your maximum and minimum amounts should be for any given day.

- Red Meat – a minimum of 32 oz 3 times a week
- Fish – not breaded, unlimited
- Fowl – not breaded, unlimited
- Eggs – unlimited (unless a sensitivity has been discovered)
- Nuts – see under Snacks
- White Cheese – in moderation (unless a sensitivity has been discovered)

# Living With Elevation Natural Health Center

(307)328-5800

313 4<sup>th</sup> St, Rawlins WY 82301

www.LivingWithElevation.com

## Vegetables

These are one of the keys to this diet. We want you to get a lot of vegetables. They should make up the largest portion of lunch and dinner.

- Green Vegetables – unlimited (high in nutrients and low in calories)
- Yellow and Orange Vegetables – small portions occasionally
- Onions, Garlic, and Tomatoes – as desired (unless instructed to avoid)
- Potatoes (ALL) – avoid until further notice

## Fruits

All fresh fruits are allowed except bananas and dried fruit. You may eat unlimited amounts of berries, citrus, and melons (unless you are allergic). Eat only small portions of apples and pears.

## Beverages

- Water – drink a minimum of ½ oz per pound of body weight daily
- Herbal Teas – unsweetened only
- Fruit Juices – must contain no added sweeteners, be diluted 50% with water and limited to 6 oz maximum daily
- Alcoholic Beverages – avoid until further notice

## Snacks

- Nuts – almonds, walnuts, brazil nuts, pecans (organic preferred, chew thoroughly)
- Fresh Fruit – see above
- Raw Vegetables – see above
- Hard-boiled Eggs

## Grains

At this time, the only grain allowed is brown rice (unless a sensitivity has been discovered).

## Not Allowed

- Wheat or Wheat Products – includes whole wheat, white flour, pasta, breads, crackers, etc
- Soy Sauce – substitute for coconut aminos or wheat free tamari
- Sweeteners – sugar, honey, maple syrup, agave, artificial sweeteners, etc
- Dried Fruits

## **Final Note**

This program is designed to improve your body's ability to maintain its blood sugar within a healthy range. Strictly adhering to this diet will allow us to isolate symptoms you normally experience that may be related to fluctuations in your blood sugar levels.

This diet can be helpful in correcting blood sugar problems as well as detect food allergy related symptoms. Dramatic changes in health can occur in clients when their blood sugar is maintained within normal range. Feedback from your body is of tremendous value – this may be the most important information learned regarding your health. Please make this investment in your health by following this diet closely and inform us of any changes you feel.