

## PROGRAM ARTHRITIS

### Breakfast

2-3 omega-3 eggs any style, grilled sweet potato or sweet potato pancakes with maple syrup, strawberry-kiwi iced herbal tea

Reheated leftover chicken or turkey or other meat, 1 fruit

Smoked or leftover salmon, sweet potatoes with rosemary, green tea

3-4 Tbsp. freshly ground almonds with other nuts and seeds (flaxseeds, pumpkin seeds, dried coconut) and 1 tablespoon maple syrup in food processor, herb tea iced/warm

Organic almond butter (Maranatha) on a celery stick

Beef stew (Beef, assorted vegetables, wheat-free soup stock, herbs and spices)

### Lunch and Dinner

Buffalo, turkey burger or lean hamburger with lettuce, tomato and cole slaw. ketchup, mustard and pickle relish may be used if desired

Season sardines in water (green and white label), salad with flax oil dressing

Broiled red snapper with Shiitake mushrooms, steamed broccoli, green salad

5-8 ounces broiled salmon, tomato sauce w/oregano, thyme, garlic, grilled vegetables, roasted parsnips, Caesar salad

1 free range chicken breast with rosemary, roasted onions or garlic, spinach salad.

Fillet mignon, baked/grilled sweet potatoes with rosemary and olive oil, steamed asparagus, salad with flaxseed dressing

Manhattan clam chowder, broiled trout in tomato sauce, sautéed leeks, red leaf lettuce salad with flaxseed oil dressing

### Snacks

Handful of raw assorted nuts, roasted garlic or almond butter on celery, organic fresh or dried fruit of any kind, Cascadian farm organic Sorbet or fruit pops

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### **Beverages**

8 oz. Fresh mixed vegetable juice 1-2x per day

Green drinks: Green Magma, Kyogreen, or Green Kamut: 1 tsp. 1-3x day in water

Herbal Teas: Licorice, Slippery Elm, Chamomile, Ginger

### **Eliminate Grains**

Eliminate wheat and the other three gluten containing grains: oats, barley, and rye. Wheat is found in bread, breadsticks, rolls, cereals, pasta, crackers, cakes, cookies, and most cereals. Avoiding all grains (including rice, millet, amaranth, etc.) for three to six months is recommended if possible as well. Then, after 3-6 months, reintroduce rice and wild rice, millet and other non-glutinous grains to see if the patient can tolerate them.

### **Eliminate Dairy Products**

This includes milk, butter, kefir, cheese, and even soy cheese products containing the milk protein casein. Yogurt may be tolerated in small amounts because the lactic acid in the yogurt denatures the proteins that may be allergenic in other dairy products.

Whey protein may be tolerated, as it does not contain casein.

### **Also Avoid**

Beans, lentils, yeasted foods, blue cheese, tempeh, tofu, soy protein isolate (these soy products contain alpha-gliadin), peanuts, citrus fruits, sugar, alcohol, caffeine, hydrogenated and partially hydrogenated oils, and safflower, sunflower and corn oils

### **Suggestions And Goals**

The goal is to remove all foods that may be triggering the body to attack its own tissues. Researchers believe that one of the possible causes of autoimmune ailments is certain foods that are new to humanity (grain products, dairy products, lentils and beans, and yeasted foods) which have only appeared in the past 40,000 years. Meats, nuts, vegetables and fruits have been eaten for over 2 million years. Therefore, returning to a diet that is made of meat, nuts, and produce may remove one of the main offending causes behind autoimmune problems. It can take 3-6 months to assess whether this program is effective.

If possible, get a moderate amount of exercise, 20 minutes of sunshine per day, a good nights sleep. Take epsom salt baths 1-2 times per week. Add 4 cups of epsom salts to a warm bath and stay in for 10-15 minutes.