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General Diet Recommendations

Increase/Add:

Clean/Filtered water, green tea

Whole foods

Vegetables (increase raw to tolerance) (organic preferred)

Fruits (organic preferred)

Juicing (mostly vegetables)

Clean lean meats (natural/organic as possible)

Moderate amount of whole grains

Legumes (beans) in moderate amounts

Omega 3 oils (fish, wild game)

Small amounts of fish (avoid farmed fish), (eat large amounts if it is mercury free)

Fiber (use a variety, different types help in different ways)

Decrease/Limit:

Simple carbohydrates (sweets, refined breads/grains/pasta)

Juices

Beef, Pork, Dairy/Saturated fats

Vegetable oils (high in omega 6 oils)

Alcohol

Eliminate:

Sugar

White flour (especially white breads and pasta)

Corn syrup additives (of all sorts) especially high fructose

Refined/Processed/Packaged foods

Hydrogenated/partially hydrogenated oils/trans fats

Fast foods/Junk foods

Carbonated beverages, Coffee

Artificial sweeteners

Food additives, preservatives, dyes

Fried foods

Restaurant food (often has hidden harmful ingredients)

Any food causing a negative reaction/symptom

Notes:

1. Begin to make changes slowly.

2. Whole foods contain nutrients that work together, giving you great synergistic value.

Organic is best.

3. Variety in the diet increases nutrients and decreases allergies. Variety of color is good.

4. "Fortified" usually means the food was stripped of valuable nutrients and synthetic vitamins were added back in.

5. "wheat flour" = "white flour", "whole wheat" should be stated clearly on labels.

6. Use Stevia and some Agave Nectar for sweeteners (found at health food stores).

7. **Dr. Kraskow can analyze you for nutritional supplements giving your body additional support.**