

HOW NUTRITIONAL BALANCING WORKS¹

Illness develops in stages. Years of physical, biochemical and emotional upsets deplete the body of nutrients, cause the accumulation of toxic metals and in other ways disturb the body chemistry. These insults are added to imbalances, deficiencies and toxicity with which almost everyone today is born. Deep healing is a reversal of this degenerative process and is far more than eliminating symptoms, which often masks deeper problems. Symptom removal is very popular, but I want to help you get to the root cause of your symptoms.

Your present hair mineral analysis reflects the current state of your metabolism. I address that which is revealed on the test with diet, supplementary nutrients, lifestyle modification and detoxification & relaxation techniques.

After three or four months, a retest will reveal a deeper level of your metabolism. Many times, it will look different from the previous test if this healing program was followed. Uncovering and reversing layers of adaptations and compensations, a process I call retracing, requires time and some persistence, but is far more permanent and health-producing than simply removing your symptoms.

RECOMMENDATIONS

A holistic program works best. Do as much of this program as you can. Work into it slowly if this is best for you. Just do your best each day. Healing is a path and a strategy, not just a goal.

This program always includes:

- 1) Restorative Sleep and adequate rest
- 2) Nutrient-Dense Diet
- 3) Appropriate Amounts of High Quality Spring Water
- 4) Other Lifestyle Factors, Including Appropriate Exercise
- 5) Some Supplements to Balance Biochemistry
- 6) Detoxification Protocols, Including Sauna Therapy
- 7) Other Stress Reduction Techniques
- 8) Mental/Emotional Factors

Other natural therapies such as chiropractic, bodywork, acupuncture, reflexology or acupressure may also be helpful and needed for a while.

EATING PLAN

Natural and locally produced fats, protein and vegetables of many kinds are excellent choices. Sugars and refined starches are particularly harmful. This diet will seem very strict to some people. I have found the closer one follows the diet, the better one feels. Change over slowly if you need to, substituting healthier foods (nutrient-dense) for less healthy ones (nutrient-poor).

Eat Adequate Amounts of High-Quality Fats or Oils with Every Meal. Sources include full-fat dairy products, such as butter or cheese, oils of coconut, olive or fish. Cod liver oil is a very important supplement to add to the program. Like butter, fat rendered from pork, beef, chicken, turkey, goose or duck is very stable in heat and, therefore, can be used for cooking. If you can find raw butter, that would be the ideal—the less cooked your fats and oils, the better. Some states allow raw milk products and these are superb. Farm fresh raw dairy products would be the ideal, however if you can't obtain farm fresh local dairy, you can buy certified organic

¹ I have adapted this information from Dr. Larry Wilson's program so that it more closely resembles the work of [Dr. Weston A. Price](#).

dairy in your local health food stores. Raw or toasted almond or other nut butters are also good choices. Turkey or chicken skin, preferably from pastured animals, are also excellent fat sources.

Animal fats provide sustained energy. They also supply fat-soluble vitamins (A and D), which help support adrenal function. If you have trouble digesting fats, you may need a digestive aid that contains ox bile, pancreatin, and/or lipase. The supplement I recommend is called GB3. To help digest animal protein, you may also require another digestive aid called Betaine Hydrochloric acid (HCL) with pepsin.

Avoid poor quality oils such as those found in fast-food French fries, restaurant deep-fried foods, margarine, shortening and butter substitutes.

Liver/Gallbladder Flush. If you suspect that you may have gallstones, a liver/gallbladder flush could be helpful. You must follow with caution as this cleanse can cause nausea, diarrhea and even trigger a gallbladder attack. I will not be responsible for any adverse reactions. Eat lightly the day you choose to do this flush. Stop eating at approximately 4:00 pm. Plan to stay home and rest the next day. You may lose sleep the night of this cleanse.

- 7:00 pm – Mix 1 Tbsp Epsom Salts in approximately 8 oz water. Drink.
- 9:00 pm – Repeat Step 1.
- 11:00 pm – Shake thoroughly: 4 ounces extra virgin olive oil with 4 ounces freshly squeezed lemon juice.
- Drink and go to bed immediately. Lie on right side (for at least 20 minutes).
- Upon rising, repeat step 1.
- 2 hours later, repeat step 1.

About an hour or two later, eat a light meal. Remember to stay home and rest most of the day.

Eat protein three times daily. Have 3-5 ounces of a quality protein food such as fish (tuna, salmon, cod, sardines, flounder and other small fish), shellfish, pastured sources of animal protein including meat, lamb, chicken, turkey, eggs or cheese. A few soaked and dehydrated nuts such as walnuts, pecans or almonds are good options as snacks.

If you choose to eat beans, make sure they are soaked overnight before cooking. These foods are inadequate sources of protein and should be eaten sparingly.

Almond and other nut butters are better than peanuts and peanut butter, which may be moldy.

Avoid protein bars high in sugar and all soy protein (*occasionally* you can have tempeh, natto or miso). *Avoid* vegetarian diets. They are low in many nutrients.

Sip on bone broth daily. When you prepare turkey, chicken or meat with bones, save the bones. Add to water and simmer overnight (up to 24 hours) to make a broth. TIP: add a small amount of vinegar to acidify the water. That way, nutrients will leach more effectively from the bone. Broth can also be used to make sauces, stews and soups, which should also be added to your diet on a regular basis.

Eat cooked vegetables two or three times a day. Eat a variety of vegetables, mainly steamed, stir-fried, baked, boiled or lacto-fermented. Fill approximately half your plate with vegetables. Frozen vegetables are acceptable, along with fresh ones. Root vegetables such as potatoes, turnips, parsnips, carrots, rutabaga, daikon and celery root are excellent. Cabbage, broccoli, Brussels sprouts, bok choy, cauliflower and dark greens are superb. *Avoid* juices of all kinds (they are too concentrated in sugar), canned vegetables and soups.

If you do not like vegetables, add flavor by cooking in butter or coconut oil. Add butter, grated goat cheese or herbs for more flavor. Lacto-fermented vegetables such as sauerkraut, vegetable stews and soups are also excellent ways to add vegetables to your diet.

Avoid most simple carbohydrates. These include most fruit, all fruit juices and all sugary foods. You may have a few berries or an apple, but fruit is not an important food group. *Avoid* all foods in which one of the first four ingredients is sugar, honey, dextrose, glucose, fructose, corn syrup, rice bran syrup, chocolate or malt sweetener. *Avoid* candy, cookies, cakes, pastries, ice cream and soda pop. These cause wide fluctuations

in blood sugar and insulin levels. Do not use Nutrasweet, aspartame, Equal, saccharin, Xylitol, mannitol, Splenda or even stevia. Weaning yourself off sweets may take some time but is well worth the effort.

Limit Your Grains. These include wheat, rye, oats and barley, quinoa, rice, corn, millet, amaranth and buckwheat. Excess grain (carbohydrate) consumption may dysregulate blood sugar. Ideally, grains need to be soaked and/or fermented prior to consumption (hence traditional foods like sourdough bread).

Reducing or even eliminating grains may take a little time to adapt. Begin by eliminating all commercial wheat products. Wheat is found not only in bread, but in most breakfast cereals, most rye bread, pasta, pastries and baked goods. It is used as a thickener in soups and many other products. You will need to read labels carefully.

Condiments and Snacks. Use kelp, dulse, unrefined sea salt and mild herbs and spices. If your blood sugar is unstable, snack with fat and protein. Examples are eggs, meat, chicken, high-fat cheese or nuts. If blood sugar is very unstable, you may need five or six small meals per day for a while.

Eating Out. Frequent eating out is never recommended. Steak, chicken or fish restaurants are best. If bread is served, ask that it be taken away.

Cooking and Food Preparation. For cooking use glass, enamel, or stainless steel. Crock pots and pressure cookers are excellent. *Avoid* exposed aluminum cookware and microwave ovens. Making the simple effort to nurture yourself by preparing healthy meals is often important for healing and maintaining health.

Eating Habits. Eat regular, relaxed, sit-down meals. Eat slowly and consciously, and chew thoroughly. Chewing each mouthful at least 10 times (until food is liquefied) will slow eating and improve digestion. Keep the conversation pleasant. Sit for at least 5 minutes after you finish eating. Stop before you feel stuffed.

Do not criticize children or discuss negative issues at meals. Make your meals a pleasant activity. *Avoid* eating in the car, while standing up, on the phone or while rushing around. These habits impair digestion and reduce the value of the food. *Avoid* drinking any liquids 10 minutes before and an hour or more after meals. Liquids interfere with digesting by diluting gastric juices.

Meal Suggestions. Natural fats, complete proteins and cooked vegetables are the basis for meals. It is perfectly fine to eat a "meat and potatoes-style diet." Just make sure to add plenty of butter and full-fat sour cream to your potato. A "bacon and egg-style breakfast" is also perfectly fine. Use berries or a piece of fruit with full-fat natural yogurt or kefir as an occasional dessert.

DRINKING WATER

Drink when thirsty. Water intake varies according to activity levels, height, weight and stress levels. It is possible to drink too much water. Drinking too much water can cause an imbalance in your minerals and stress kidneys. Remember that fruits, vegetables and even proteins contain water. An average adult under normal conditions may only need about four, eight ounces glasses of water per day. *Avoid* caffeinated beverages including tea and coffee. Mild herb tea may be fine, but could contain heavy metals including aluminum, cadmium or nickel. Do not let your mouth become dry. I prefer a high quality genuine bottled spring water as a daily drinking water. In a non-fluoridated community, water filtered through carbon, or preferably by a carbon block, is the second best alternative to obtain mineralized water. [Carbon does not remove much fluoride or most toxic metals.]

LIFESTYLE

PLEASE do your best to get 9 or more hours of sleep daily. Napping is excellent, too. Go to bed early, preferably between 8 and 9 PM. This is optimal. If you cannot follow this exactly, do your best to follow it on a regular basis, not just for one or two nights a week. It may take time to get used to this regimen, but its importance is vital. Rest more if you feel tired. Periods of fatigue will occur on this program. Healing requires

plenty of energy. The best solution is to simply rest more and persist in the face of fatigue. Fatigue does not mean you are not doing well. It means your body is rebuilding.

Gentle exercise is best. You may walk *slowly* for 1/2 to one hour three times per week if desired. This is plenty for now. Yoga, Pilates, Chigong or lifting light weights would also be fine. Vigorous exercise or activity is not recommended because it uses up energy that I prefer to be used for healing.

Breathing Techniques. I'm a Buteyko practitioner and for those who are enrolled in my program, I will teach you how to gradually and carefully implement Buteyko breathing as part of your daily regimen.

Clean Up Toxic Homes and Offices. Do your best to avoid breathing or contact with toxic products. Substitute *non-toxic* cleaners, solvents, paints, plant sprays and other chemical products. Also, choose natural fiber clothing and use non-toxic soaps and skin care products and cosmetics. Wear as little perfume, cologne deodorants and anti-perspirants as possible, as most contain toxic substances.

Minimize Electromagnetic Pollution. At bedtime, turn off televisions, computers, cell phones and even plug-in clocks and other devices that can emit large electromagnetic fields. These devices are not ever helpful for most people, but especially so if used often.

Always wear a headset when using a cell or portable phone and use these as little as possible. Do not use them if an alternative is available. All emit harmful rays. Also, minimize dental and other x-rays, nuclear scans such as MRI, CAT, PET and others.

Daily Fresh Air and Sunshine. Spend half an hour, if possible, out of doors each day. When possible, expose your skin, especially the eyes and the chest, to sunlight daily for the same amount of time. Do not use sunglasses or sunscreen during this exposure. Sunshine, in moderation, is most helpful for healing. It promotes vitamin D production, especially when the sun shines on your chest. If it is cold outside, sit in front of a glass window to get sun. Earlier morning or later afternoon sunshine is best in warm climates.

Dental fillings and vaccines. If you have silver amalgam dental fillings, consider removing them (but if this procedure is cost prohibitive when you start my program, you can arrange to replace them later). They are about half mercury. Also, avoid all vaccines, preferably, though this is a personal decision, of course.

NUTRITIONAL SUPPLEMENTS

In my experience, several supplements are needed to help rebuild your body chemistry. Take supplements with food, three times daily if possible. If you are very sensitive to them, begin with one dose per day and then, when comfortable with them, increase slowly. Please do not take any supplements or herbs other than those recommended. If there are some you think you must use, ask me about them. Extra supplements can somewhat negate the benefits of this program. Standard herbal teas such as chamomile, mint, Echinacea or black tea are fine to consume in small amounts (but remember that they may contain metals like aluminum, cadmium or nickel).

Supplements are from Endomet Laboratories. Their phone numbers in Phoenix, Arizona are (800) 528-4067 or (602) 995-1580. Their products are of good quality, priced reasonably and are shipped promptly. Be sure to ask for a discount as my client. Supplement quality is important. Please do not use substitute products unless you check with me.

The use of a sauna, and particularly a near infrared light sauna, will greatly enhance the pace of your healing. It also hastens the removal of toxic metals and toxic chemicals, and the clearing of acute and chronic infections. Other sauna benefits are too numerous to list here. For more information, see the book or CD, [*Sauna Therapy*](#), by Dr. Wilson. The best times for doing saunas are first thing in the morning and just before bedtime. After using your sauna, rinse off in the shower and then rest at least 10 minutes.

Near infrared saunas use infrared heat lamps for heating. This is the type most recommended for you. It penetrates most deeply and has the most beneficial spectrum of frequencies. The initial cost and the operating cost are very low for these saunas. They are also clean and dry, and operate at only 115-120 F, so they are very comfortable to use.

You may construct or buy a near infrared sauna inexpensively. Your sauna can be built into a very small bathroom or even into a small closet. The website, www.drlwilson.com, contains free sauna construction plans and an excellent article about sauna therapy.

A near infrared sauna should be in every home. The entire family can benefit from having one.

COFFEE ENEMAS

Coffee enemas have been used for hundreds of years for mechanically cleansing the colon. Coffee enemas were first popularized by Max Gerson, MD. The major benefit of the coffee enema, he said, is to enhance elimination of toxins through the liver. The coffee enema enhances digestion by increasing bile flow and removes toxins in the large intestine so they will not be absorbed. **Once a day, minimum.**

YOUR MENTAL/EMOTIONAL DIET

Keep inspiring reading material, books, magazines, tapes, CDs and more around you at all times. Even your friends should uplift and inspire you. Anything else can be harmful in the extreme. Avoid books, movies, tapes, and CDs that arouse anger, fear, hatred and other negative feelings. Keep a positive focus all day. Find a relaxation or meditation technique that works best for you.

MEDICATION

Continue prescribed medication. Normally, clients want to reduce or eliminate their need for medication. If this is your goal, be sure to work with your medical doctor accordingly. Stopping or reducing medication too soon or too rapidly is not always safe.

HEALING REACTIONS AND FOLLOW UP

Healing reactions are temporary flare-ups of symptoms that occur as toxic metals, toxic chemicals and infections are eliminated from the body. They cause physical or mental symptoms such as sore throats, colds, anxiety, fatigue or other usually minor symptoms. These reactions are welcome evidence of healing. Please refer to my Facebook support group if any annoying or scary symptoms persist. If you get an infection, such as a cold or flu, please read my document about infections located in my Files tab in my Facebook support group.

RETESTING

Please send in a retest hair mineral analysis every 3-4 months. Retests are extremely important to keep your healing program balanced and correct for you. Otherwise, your program can make you worse instead of better. For best results, most people need to remain on a health-building program for at least two or more years.

FOR SYMPTOMS OF PMS

About 7-10 days before your period begins, do the following:

- 1) Discontinue Megapan, Endo-dren and /or Thyro-complex.
- 2) Add a low dose of P5P (you can find doses as low as 20 mg per capsule but try not to exceed this.)
- 3) Add or increase Endo-pan or Zinc, up to 2 tablets three times per day.
- 4) About the second day of your period, return to your regular supplement program.