

The Red Carpet Approach

Whenever we are challenged with a major obstacle in life such as a health crisis it can be very difficult trying to decide what decision to make. This is when the application of a process called gradualism can be employed as a way to approach the difficulty of decision. There is an old saying that says, "If you think you have a decision to make, you don't have all the facts."

Nutritionally we recommend that one begin the process of fact-finding in the most conservative way possible. If surgery were recommended before we would consider that sort of interventional process it would be best to attempt more conservative and less invasive therapies. If there was response to these more modest approaches then there is encouragement to suggest not proceeding with surgery. Today and there are so many surgical and drug interventions that are not necessary, but are what we consider the modern standard of care. It is very important to prevent unnecessary procedures when possible by practicing more modest interventions, so that finally the least invasive approach is used.

Many interventions actually have side effects and long-term developmental problems. For example while on one hand heart bypass surgery has saved many people's lives, after the introduction of arterial graphs there is the potential within 12 to 15 years that scar tissue and deterioration of the graft will render these graphs inadequate. So if you could correct the problem of circulation with a lesser measure of chelation or oral chelation one could achieve better than the limited number of years expected from surgical grafts. It is said that any time a scar from surgery occurs that scar tissue forms and continues to hypertrophy over time.

In my experience there is the opportunity of making strategic decisions as we move through our middle age years so that we do not limit ourselves with the repercussions of unnecessary surgeries. The same can be true of something like high blood pressure medication. Certainly high blood pressure can be dangerous, but if it could be reduced through mineral balancing, especially of magnesium and potassium or through nutrients that relax the adrenals, then there would not be the long-term degenerative process so commonly associative with the use of hyper-tensive drugs -- having to use more and more drugs to keep the blood pressure lower which result in secondary difficulties of the body such as kidney and circulatory disorders including sexual dysfunction and loss of stamina. It is not to suggest that these complicated conditions in ourselves are simply corrected with nutrients, but it is to suggest that we should always try the most modest approach first before moving to more aggressive challenging approaches.

We call this the red carpet approach. If you are facing a health challenge of any magnitude we always advise using the red carpet approach to the decisions you must make. Begin with nutrients and then use herbs and then drugs and finally surgery. Two things are accomplished by this: unnecessary procedures are prevented, and two, if a more interventional approach is required one can be confident that is time to employ such as severe intervention knowing that lesser measures did not work. I found this red carpet approach to bring a great deal of congruency to the mind of people who have to make surgical decisions, knowing that whatever the eventuality was, was necessary after trying to resolve things as naturally as possible.

The other value of red carpet approach is that while approaching a surgical or drug intervention this simple attempt of nutritional strengthening results in a greater physiological readiness to surround the intervention of the drug or surgery. Whenever using these more intense interventions it is always best to be as strong and balanced as possible. Most people do not try the red carpet approach because they are not aware of how effective nutritional interventions can be in creating physiological balance. I found that the potency of accurately applied nutritional tools can profoundly change symptoms and systems.

There is an expression in medicine "no procure harm", which is Latin meaning "above all do no harm". With the interventions that we must employ with our bodies throughout a lifetime let us follow wisdom and above all do no harm while using the red carpet approach to use the least measure possible.

**PHASE I FOOD PLAN FOR
BALANCING BODY CHEMISTRY**

MEAT FISH FOWL EGGS VEGETABLES
(No Limit on Serving Size)

**VEGETABLES
3% or less carbs**

Asparagus
Bamboo Shoots
Bean Sprouts
Beet Greens
Bok Choy Greens
Broccoli
Cabbages
Cauliflower Celery
Chards
Chicory
Collard Greens
Cucumber
Endive
Escarole
Garlic
Kale
Kohlrabi
Lettuces
Mushrooms
Mustard Greens
Parsley
Radishes
Raw Corn
Salad Greens
Sauerkraut
Spinach
String Beans
Summer Squashes
Turnip Greens
Watercress
Yellow Squash
Zucchini Squash

**VEGETABLES
6% or less carbs**

Bell Peppers
Bok Choy Stems
Chives
Eggplant
Green Beans
Green Onions
Okra Olives
Pickles
Pimento
Rhubarb
Sweet Potatoes
Tomatoes
Water Chestnuts
Yams

**VEGETABLES
7- 9% carbs**

Acorn Squash
Artichokes
Avocado
Beets
Brussel Sprouts
Butternut Squash
Winter Squashes
Carrots
Jicama
Leeks
Onion
Pumpkin
Rutabagas
Turnips

**Each meal must
include some
protein – the best
sources are meat,
fish, poultry, eggs**

**MISCELLANEOUS
In Limited Amounts**

Butter
Caviar
Jerky
Dressing - Oil / Cider Vinegar only
Nuts (raw only)
Oils – Vegetable, Olive (no Canola),
preferably cold-pressed

BEVERAGES

Beef Tea
Bouillon - Beef, Chicken
Herbal (Decaffeinated) Teas
Filtered or Spring Water

DESSERT

Plain Gelatin only

- ☺ **FOODS EATEN CLOSEST TO THEIR RAW STATE HAVE THE BEST DIGESTIVE ENZYME ABILITY.**
- ☺ **TAKE FLUIDS MORE THAN ONE HOUR BEFORE OR MORE THAN TWO HOURS AFTER MEALS.**
- ☺ **LIMIT FLUID INTAKE WITH MEALS TO NO MORE THAN 4 OZ**
- ☹ **NO PROCESSED GRAINS, WHITE FLOUR, SUGAR, SUGAR SUBSTITUTES.**

PHASE II FOOD PLAN FOR
BALANCING BODY CHEMISTRY

MEAT FISH FOWL EGGS FRUITS VEGETABLES
(No Limit on Serving Size)

VEGETABLES
3% or less carbs

Asparagus
Bamboo Shoots
Bean Sprouts
Beet Greens
Bok Choy Greens
Broccoli
Cabbages
Cauliflower Celery
Chards
Chicory
Collard Greens
Cucumber
Endive
Escarole
Garlic
Kale
Kohlrabi
Lettuces
Mushrooms
Mustard Greens
Parsley
Radishes
Raw Cob Corn
Salad Greens
Sauerkraut
Spinach
String Beans
Summer Squashes
Turnip Greens
Watercress
Yellow Squash
Zucchini Squash

VEGETABLES
6% or less carbs

Bell Peppers
Bok Choy Stems
Chives
Eggplant
Green Beans
Green Onions
Okra Olives
Pickles
Pimento
Rhubarb
Sweet Potatoes
Tomatoes
Water Chestnuts
Yams

VEGETABLES
7- 9% carbs

Acorn Squash
Artichokes
Avocado
Beets
Brussel Sprouts
Butternut
Squash
Carrots
Jicama
Leeks
Onion
Pumpkin
Rutabagas
Turnips
Winter
Squashes

VEGETABLES
12 - 21% carbs
On Limited Basis
(Only 2 -3 X/ wk)

Celeriac
Chickpeas
Cooked Corn
Grains, Sprouted
Horseradish
Jerusalem Artichokes
Kidney Beans
Lima Beans
Lentils
Parsnips
Peas
Popcorn
Potatoes
Seeds, Sprouted
Soybeans
Sunflower Seeds

Fruits
In Limited Quantity
On Limited Basis
(Snacks only)

Apples
Berries
Grapes
Papaya
Pears
Prunes, Fresh

MISCELLANEOUS
In Limited Amounts

Butter
Caviar
Cottage Cheese
Dressing - Oil / Cider Vinegar only
Jerky
Kefir (liquid yogurt)
Milk,
Nuts, (except Peanuts)
Oils - Vegetable, Olive (no Canola)
preferably cold-pressed

BEVERAGES

Beef Tea
Bouillon - Beef, Chicken
Herbal (Decaffeinated) Teas
Filtered or Spring Water
Red Wine only (3 glasses max)

DESSERT

Plain Gelatin only

- ☺ **FOODS EATEN CLOSEST TO THEIR RAW STATE HAVE THE BEST DIGESTIVE ENZYME ABILITY.**
- ☺ **TAKE FLUIDS MORE THAN ONE HOUR BEFORE OR MORE THAN TWO HOURS AFTER MEALS.**
- ☺ **LIMIT FLUID INTAKE WITH MEALS TO NO MORE THAN 4 OZ**
- ☹ **NO PROCESSED GRAINS, WHITE FLOUR, SUGAR, SUGAR SUBSTITUTES.**

It is best to choose food with glycemic indices of 50-80. Foods in this range will give us the best chance to minimize exaggerated insulin responses.

GLYCEMIC INDICES OF FOODS

FOOD	GLYCEMIC INDEX	FOOD	GLYCEMIC INDEX
Breads		Legumes	
Rye (crispbread)	95	Baked beans (canned)	70
Rye (whole meal)	89	Bengal gram dal	12
Rye (whole grain, Le. pumpernickel)	68	Butter beans	46
Wheat (white)	100	Chickpea (dried)	47
Wheat (wholemeal)	100	Chick-peas (canned)	60
Pasta		Frozen peas	74
Macaronni (white, boiled 5 min)	64	Garden Peas (frozen)	65
Spaghetti (brown, boiled 15 min)	61	Green peas (canned)	50
Spaghetti (white, boded 15 min)	67	Green peas (dried)	65
Star pasta (white, boiled 5 min)	54	Green peas (dried)	54
Cereal Grains		Haricot beans (white, dried)	43
Barley (pearled)	36	Kidney beans (dried)	74
Buckwheat	78	Kidney beans (canned)	36
Buigur	65	Lentils (green, dried)	74
miuet	103	Lentils (green, canned)	38
Rice (brown)	81	Lentils (red, dried)	80
Rice (instant, boiled I min)	65	Pinto beans (dried)	6.4
Rice (parboiled, boiled 5 min)	54	Pinto beans (canned)	15
Rice (parboiled, boiled 15 min)	68	Peanuts	20
Rice (polished, boiled 5 min)	58	Sova beans dried	22
Rice f polished, boiled 10 - 25 min)	81	Soya beans (canned)	65
Rye kernels	47		54
Sweet corn	50	Fruit	
Wheat kernels	63	Apple	52
Breakfast Cereals		Apple juice	45
"AR Bran"	74	Banana	84
Cornflakes	121	Grapes	62
Muesli	96	Grapefruit	36
Porridge oats	89	Orange	59
Puffed rice	132	Orange juice	71
Puffed wheat	110	Peach	40
Shredded wheat	97	Pear	47
"Weetebix"	108	Plum	34
Cooldes		Raisins	93
Digestive	82	Sugar	
Oatmeal	78	Fructose	26
Plain crackers (water biscuits)	100	Glucose	138
'Rich Tea"	80	Honey	126
Shortbread cookies	88	Lactose	57
Root Vegetables		Maltose	152
Potato (instant)	120	Sucrose	83
Potato (mashed)	98	Dairy Products	
Potato (new/white boiled)	80	Custard	59
Potato (Russet, baked)	118	Ice cream Skim	46
Potato (sweet)	70	milk Whole	44
Yam	74	milk Yogurt	52
		Snack	
		Foods	
		Com chips	99
		Potato chips	77

Low Carbohydrate Meal Suggestions:

Breakfast:

Yogurt/ Cottage cheese with nut butters (Almond, Cashew, Tahini) and Tamari roasted almonds, fruits

Protein powder (Soy, Rice, Whey) in juice milks or water

Eggs and sausage (turkey, chicken, beef, pork, soy) or bacon

Smoked salmon

Snack: Almonds, Cashews, Pecans, fruit in limited amounts and Jerky

Lunch:

Salad with chicken, turkey, beef, cheese (avoid croutons), sprouts

Soups with no noodles or potatoes

Eggs

Tuna fish or meats

Snack: Popcorn, Protein drink, Fruit in limited amounts

Supper:

Meat, Fish, Fowl, Eggs, Tofu

Vegetables

Salads with sprouts and/or fajita strips

Soups and chowders (avoid noodles)

Snack: Nuts, Sweet potato chips, Popcorn, Jerky

Note: All juices should be diluted 50% with water

The Healing Process

"Peeling the Onion"

The healing process is often described as peeling an onion. Layer after layer of imbalances and weakness are corrected giving the impression of peeling the onion. Typically this process continues until there are no layers of weakness left to find, and this is what constitutes complete whole body healing. Indeed as each layer is peeled it may be surprising to discover the development of symptoms that had not formerly existed. This is very normal and explainable and a good sign that progress is being made.

Ultimately the human body is constantly in an effort to heal and repair itself, saving energy and reserves in an effort to heal the chronic wounds and imbalances. If given a chance the body will completely repair and renew itself to a perfect state. The way to support this is by reducing toxic and immune burdens to the body, providing vital and energized nutrition, and practice a lifestyle that respects the subtle needs and rhythms of the body. This is why we approach your health in a wholistic way with the concept of evolution towards entire whole body healing process, strengthening system after system, tissue after tissue.

One of the most confusing things about the healing process is what has been called the 'retracing phenomenon.' It has been said that any step of degeneration or decline that the body went through in the process of becoming ill it has to return through in the process of becoming well. Step by step. Sometimes this means that symptoms will get worse before they get better, and this often conflicts with our desires to simply feel better.

Typically retracing phenomenon, going back through a repair and recuperative process, is relatively short lived. Retracing symptoms last anywhere between hour-long individual episodes to at the most a few days. One way that one can distinguish between disease symptoms and healing symptoms is how quickly the healing symptoms change and develop into something new. As well often while these healing symptoms are occurring there is simultaneously a general sense of well-being and improved energy.

Healing symptoms can involve catarrhal cleansing such as phlegm, diarrhea, excessive urination and aching in muscles and joints headaches, or any symptoms that might have been experienced in the process of becoming ill. This is especially true in chronic illnesses or imbalances that have existed for a prolonged period of time. For example in neurological conditions such as MS or neuropathy it is a positive sign to find tingling and neurological sensations as healing begins.

There is no greater encounter with the vital force that made the body than healing processes. In general we do not yet fully comprehend what the healing power of the body can achieve.