



Advanced Nutrition Plan: *The Healing Diet*

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The FIVE FACTORS to Determine if the Advanced Diet Plan is Right for *You*:

1. High Triglycerides - If you are a sugar burner and not a fat burner your body will not store or burn fat normally, therefore elevating triglycerides (100 to 135 Normal : > 135 Elevated).
2. High Blood Pressure - Inflammation of the large arteries leads to high blood pressure. Inflammation is controlled by the healing diet.
3. Elevated Glucose / Insulin / Leptin - Once the insulin receptors are burned out, a fasting glucose, insulin, or leptin test will be elevated. Removing all sugar is the only way to heal the insulin receptors.
4. Neurotoxicity - Toxins attached themselves to fat cells and continually elevated leptin. This burns out leptin receptors in the brain leading to leptin resistance resulting in weight gain that does not respond to exercise and diets.
5. Protein/Fat Genetic Type - Some individuals genetically do better without grains, high fat, or even high protein. This can only be determined by how you feel on a particular diet.

THE FIVE RULES of the HEALING DIET:

- ✓ The Basic Idea: We must eliminate *all* sugars and *everything* that turns to sugar.
1. NO GRAINS - not even whole, healthy grains!
 2. NO SUGARS - this includes hidden sugars (read the ingredients)!
 3. NO FRUITS - berries in moderation.
 4. Monitor PROTEIN intake - on average 15g per/meal. Larger males and those performing resistive exercise can consume between 20g and 25g per/meal.
 - An egg typically contains 7 grams of protein.
 - A piece of meat the size of a deck of cards typically contains 15 grams of protein.
 5. Increase Healthy FATS - 2 to 3 weeks after beginning program. This is the typical time needed to become a fat burner.

FOOD CHOICES

GOD PROTEINS CHOICES

- ✓ Choose raw (not roasted for nuts and not pasteurized or homogenized for cheese) grass fed, free-range, cage-free, and no hormone added sources whenever possible. Avoid farm raised and Atlantic fish.

- Cold Water Fish - Salmon, Sardines, Mahi-Mahi, Mackerel etc.
- Raw Cheeses
- Beef
- Whey Protein - Raw Grass Fed (PaleoMeal™ or Whey Cool™)
- Chicken and Turkey
- Lamb
- Eggs
- Vitol Egg Protein
- Game Birds - Pheasant, Duck, Goose, Grouse
- Cottage Cheese
- Ricotta Cheese
- Venison

GOD FAT CHOICES

- ✓ Choose raw (not roasted for nuts and not pasteurized or homogenized for cheese), cold-pressed, grass fed, free-range, cage-free, and no hormone added sources whenever possible. (If Peanut Butter - Valencia Brand).

- Raw nuts & seeds: Almonds, Cashews, Flax, Hemp, Pecans, Pine Nuts, Macadamia, Sesame, Sunflower, Walnuts etc.
- Grass Fed Meat
- Olive Oil, Olives
- Avocado
- Coconut Milk, Oil, and Spread
- Lydia's Organics Crackers
- Coconut or Flakes
- Flaxseed Oil
- Butter
- Eggs
- Canned Sardines in Oil or Water
- Cod Liver oil
- Grape Seed Oil
- Grape Seed Oil Vegenaize
- Full Fat Raw Milk
- Hemp Oil (3 to 1 ratio)
- Almond Butter
- Raw Cheeses
- Full Fat Plain Yogurt
- Cashew Butter

NOTE: AVOID Hydrogenated and Partially Hydrogenated Oils such as cottonseed oil, soybean oil, and vegetable oils; Trans Fats such as margarine and synthetic butters; Rancid Vegetable Oils such as corn oil, canola oil, or those labeled simply vegetable oil, located in practically every bread, cracker, cookie, and boxed food.

HIGH FIBER CARBOHYDRATE (VEGETABLE) CHOICES

- ✓ Choose organic when possible. Remember the best carbohydrate choices are vegetables due to high fiber content and low glycemic action.

- Arugula
- Beet Greens
- Brussel Sprouts
- Celery
- Collard Greens
- Eggplant
- Ginger Root
- Jalapeno Peppers
- Mushrooms
- Radishes
- Shallots
- Swiss Chard
- Asparagus
- Bell peppers (red, yellow, green)
- Cabbage
- Chayote Fruit
- Coriander
- Endive
- Green Beans
- Kale
- Mustard Greens
- Radicchio
- Spinach
- Bamboo Shoots
- Broccoli
- Cassava
- Chicory
- Cucumber
- Fennel
- Hearts of Palm
- Kohlrabi
- Onions
- Snap Beans
- Spaghetti Squash
- Turnip Greens
- Bean Sprouts
- Broadbeans
- Cauliflower
- Chives
- Dandelion Greens
- Garlic
- Jicama (raw)
- Lettuce
- Parsley
- Snow Peas
- Summer Squash
- Watercress

CARBOHYDRATE CHOICES IN MODERATION

✓ These carbohydrates can be consumed in small amounts and not on a daily basis.

- Artichokes
- Tomatoes
- Adzuki Beans
- Great Northern Beans
- Mung Beans
- White Beans
- Leeks
- Turnip
- Black Beans
- Navy Beans
- Yellow Beans
- Lima Beans
- Okra
- Legumes
- Chick Peas (garbanzo)
- Kidney Beans
- Pinto Beans
- Squash (acorn, butternut, winter)
- Pumpkin
- Black Beans
- French Beans
- Lentils
- Split Peas

LOW GLYCEMIC INDEX (GI) FRUIT CHOICES IN MODERATION ONLY

✓ Choose organic when possible. If weight loss is a concern eat low glycemic fruit in extreme moderation.

Low GI - Best fruit choice, especially if weight loss is a concern.

- Berries (blackberries, blueberries, boysenberries, elderberries, gooseberries, loganberries, raspberries, strawberries)

LOW FIBER CARBOHYDRATES TO ELIMINATE

✓ These carbohydrates are high and moderate glycemic and turn to sugar very quickly.

- Barley
- Millet
- Tapioca
- AkMak Crackers
- Sweet Potato or Yam
- Brown Rice
- Rye
- Whole Grain Breads
- Ezekiel Bread
- Buckwheat Groats (kasha)
- Semolina (whole grain-dry)
- Whole Grain Cooked Cereals
- Wasa Crackers
- Bulgar (tabouli)
- Steel Cut Oats
- Whole Grains
- Whole Grain Tortillas

COOKING AND EATING TIPS

- ✓ If you are not losing weight on this diet. Try reducing your protein intake first.
- ✓ If still not losing weight, after protein reduction, your body likely has a toxic interference such as heavy metals and/or bitoxins. Ask your doctor for toxicity testing to identify this interference.
- ✓ Removing ALL grains and sugars is easiest when removed completely and at the same time. Your body will adapt to the change quickly and cravings will be eliminated in approximately 1 ½ weeks.
- ✓ Eating more frequent meals can minimize symptoms related to glucose and insulin adjustments you may experience when removing grains and sugars from your diet.
- ✓ Glutamine will help curb sugar cravings and reduce appetite.
- ✓ PaleoMeal™ works well as a meal replacement especially while traveling and at work.
- ✓ Be sure to drink clean water not tap throughout the day. Reverse osmosis (RO) and/or distilled water is best. Drinking water also reduces appetite.
- ✓ Eat God protein and God fat with every meal. Raw nuts and seeds are the perfect combination of protein and fat for a snack, if necessary.

TIP 1: COOKING WITH FATS AND OILS - YOU CAN TURN GOOD FATS INTO BAD FATS!

- **HIGH HEAT:** Use only coconut oil, olive oil, grape seed oil or rice bran oil for frying. The best choice is coconut oil because of its superior flavor when frying food such as chicken or fries. Olive oil, while equally as healthy, tends to make food soggy rather than crispy. A word of caution regarding olive oil: It will turn rancid and become a bad fat when heated above 120° F. If it smokes, it has already turned rancid.
- **MEDIUM HEAT:** To sauté foods, use sesame oil, rice bran oil, olive oil, grape seed oil, coconut oil or butter.
- **BAKING:** Butter, coconut oil, sunflower, safflower or olive oil can be used in baking if temperature is less than 325° F. In a hotter oven, use butter, olive oil or coconut butter.
- **NO HEAT OILS:** Cold-pressed oils such as, flax oil, hempseed oil, sunflower oil, safflower oil and hemp seed oil should not be heated but added to food after it is cooked.

TIP 2: EAT MORE VEGETABLES

- Potatoes are not vegetables, they are tubers.
- If you cook vegetables, lightly steam, but raw is best.
- Some people will do better with more protein and less vegetables and others will do better with more vegetables and less protein, depending on metabolic type (i.e., an Eskimo vs. a Peruvian Indian)
- Listen to your body. Your cravings and energy levels will tell you when you need to adjust or modify your personal plan. However, during the first two weeks while insulin levels are adjusting, you will need to eat more meals a day to feel better.
- Organic is best. If not organic, wash them with distilled vinegar or solution available in health food stores. Use bags to squeeze air out of the vegetables before storing. Sundays seem to be an ideal day to do this for the week.
- Always eat some protein with vegetables (i.e. an egg or piece of chicken, turkey or fish).

TIP 3: ELIMINATING REFINED SUGAR IS CRITICAL

- Refined sugar lowers the immune system.
- Sugar promotes yeast growth.
- One can of soda has 9 to 11 teaspoons of sugar.
- USA: 120 pounds/year per person - 5 pounds/family (early 1900s)
- Eliminate corn syrup, fructose, honey, sucrose, maltodextrin, dextrose, molasses, rice milk, almond milk, fruit juices, sweetened brown rice syrup, maple syrup, dates, sugar cane, corn, beet, and lactose (the herb *Stevia* is an acceptable sweetener).
- Look at sugar content on all food labels.
- If carbohydrates or sugars are not from above ground vegetables, you should eliminate them (i.e. carrots and potatoes). They will alter insulin levels.

TIP 4: NO MORE GRAINS!

- *Stop eating grains until normal glucose and normal weight are reached as prescribed in the Dr. Pompa's Advanced Diet Plan.*

NOTE FROM DR. POMPA: It will take several days to lower insulin levels. In the meantime, high insulin levels will cause symptoms such as dizziness, confusion, headaches and a general ill-feeling”.

- Eating every two hours can help minimize unpleasant symptoms during this transition.
- 4-6 meals a day is better for weight loss, even after your system adjusts.
- Eating more frequently has shown to normalize blood sugar levels.
- Artificial sweeteners such as NutraSweet, even Stevia, which is an herb, can stimulate carbohydrate and sugar addiction cravings.