

Dr. Wallach's 3 Steps to Health

1. Identify the category (or tissue breaking down).

Use **Dr. Wallach's 90 Day Health Evaluation** to identify what tissue is breaking down. Rate the severity and frequency of your symptoms on a scale of 0 – 10 with 10 being the worst. If you don't have a symptom listed at all, put in a 0. The total for each category can be used to track your improvements from month to month.

2. Use the appropriate pack & dose.

Give your body the nutrition it needs to rebuild and repair that tissue or body system.

3. Clean up your diet

Eat the foods that help maximize absorption and avoid the foods that hinder digestion. Dr. Joel Wallach is an EXPERT in medical nutrition and recommends the Good Food/Bad Food list to everyone. You must clean up your diet for good health and to absorb nutrients. *Please note, there are exceptions for diabetics regarding fruit/sugar. (See below) Also, if you have any allergies to certain foods eliminate those from your diet.

Dr. Wallach's Good Food, Bad Food List

GOOD FOOD	BAD FOOD
<ul style="list-style-type: none"> • Eggs (soft scrambled in butter, soft boiled or poached) • Fish • Chicken • Pork • Lamb • Beef (rare/medium rare) • Mixed, Salted Nuts (no peanuts) • Beans • Any "gluten-free" carbohydrate (except oats) * • Rice, Millet, Pure Buckwheat & Quinoa * • Corn (Non-GMO *) • Vegetables • Fruits* • Dairy • Salt • Nut Butters (no extra sugar) • Lard & Butter • 4-8, 8oz glasses of filtered water each day. Avoid soft plastic bottles. • Coffee • Tea • Green tea • Red wine 	<ul style="list-style-type: none"> • Wheat • Barley • Rye • Oats, Oatmeal – even if it says that it's gluten-free. • Fried Food – nothing fried! You should boil, broil or bake and never more than medium rare for red meat. • Oils – Oils oxidize when they come into contact with the air (become rancid). Since almost all oil is continually exposed to some air from the time it is produced, the process of oxidation has begun in even the freshest oil. • Well done red meat; rare or medium-rare is ok. • Any nitrates added to meat – (i.e. deli meats) tell your butcher NO NITRATES or NITRITES! • No carbonated drinks of any kind within one hour before, during or one hour after meals. • Skin of a baked potato (or yam, or sweet potato). If you boil a potato, you can eat the skins.

*Please note: If there is a blood sugar problem avoid the following foods until the blood sugar problem has been resolved for 2 months: Fruit, fruit juice, dried fruit, fresh squeezed vegetable juice, honey, sugar, maple syrup, molasses, and any sweetener that has a glycemic index. Stevia and Xylitol are OK.