



# Food is Your Most Powerful Medicine

**Doctors Note  
to Patients**

This special program is designed to stabilize the hormone *Insulin* and re-establish the sugar control mechanisms between the **pancreas, liver** and **adrenal** glands. This nutrition course is the proper balance between **proteins, carbohydrates** and **fats**. The best breakthrough formula is 21 grams of protein, to 36 grams of carbohydrate to 9 grams of fat each meal. Doctor's recommendations for best results are: **The Natural Herbal Medicine Detox, Doctor's Choice and EPA/GLA.**

**Foods to Avoid:** **Sugar:** All Sweeteners, including Honey. (Stevia sweetener is OK)  
**Beverages to Avoid:** All Soda, Coffee, Black Tea, Mixed Drinks, and Alcohol Beverages.  
**Starches to Avoid:** All Wheat Products, Potatoes, Cauliflower, Yams and Rice.

**Flourless Bread:** 100% flourless *sprouted wheat bread* - 2 slices a day is OK.  
**Water Formula:** 2/3 of an ounce per pound of body wt. (Wt. x 2 Divided by 3 = Oz./day)  
**Quick Snacks:** String Cheese and Raw Almonds - **Unlimited**

Proteins	Carbohydrates	Fats
<p>You may have as much protein as you desire, but not less than the amount listed. <b>NO breading allowed.</b></p> <p><b>Lean Red Meat</b> – At least 3 ounces 3 times a week.  <b>Fish – Unlimited</b>  <b>Fowl- Unlimited</b>            Eggs, Cheese            Cottage Cheese  <b>Note:</b> Do not worry about the fat. It is not the villain.  <b>Portions:</b> 1 portion of <b>Meat</b> and 1 portion of <b>Carbohydrate</b> about the size of the palm of your hand is optimum. Portions of Vegetables-<b>unlimited.</b></p>	<p style="text-align: center;"><b>Vegetables</b></p> <p><b>Green – Unlimited</b>            Yellow- Small Portions</p> <p style="text-align: center;"><b>Fruits</b></p> <p>All <i>fresh fruits</i> are allowed in <b>unlimited</b> quantity, <i>canned fruits</i> are limited to water packed unsweetened only. <i>Frozen fruit</i> and <i>fruit juices</i> must also be unsweetened. <b>Note:</b> <i>Roasted Rice</i> may be used. Place long grain rice in a dry skillet and brown to a golden brown. Some of the kernels may pop. Cool and store. Cook as needed, as you would cook regular rice. This method changes the utilization of the rice within the body.</p>	<p><b>Unsaturated fats</b> are allowed <b>unlimited</b>. Fats do not raise insulin. Nut butters that separate are good, also nuts, avocados, olives, olive oil, etc. These <b>Good Fats</b> are essential to build hormones to <b>burn fat</b> and <b>build strong muscles</b>. <b>Partially hydrogenated</b> and trans-fatty acids in all <i>processed and fried food</i> is <b>not allowed</b>. These man-made <i>bad</i> fats clog the cell membrane, blocking nutrients, hormones and oxygen from entering the cells causing the killer disease <i>diabetes</i> and an untimely early death from heart attacks and strokes.</p>

www.DrRossDC.com - Email [info@DrRossDC.com](mailto:info@DrRossDC.com)

Ross Life Centers 31882 Del Obispo, Suite 158, San Juan Capistrano, California 92675 USA  
 800-386-3929 - (949) 661-9476 - Fax (949) 661-7536 (LCMG 0091)