

DIETARY RULES #1-4 What to Avoid

DIETARY RULES for improving immune function, promoting healthy aging, and initiating an integrative medicine approach for chronic conditions such as acne, psoriasis, eczema, hidradenitis, PCOS, hair loss, obesity,

Rule #1

NO SUGAR OR OTHER SWEETENERS

This includes sweeteners of any type.

Fructose, maltose, sucrose, and anything else that ends in “ose” or rhymes with gross.

No anything corn or corn anything. e.g., corn syrup

NO NATURAL SWEETENERS: agave, maple syrup, molasses

NO SYNTHETIC SWEETENERS: saccharin, cyclamate, alitame, acesulfame potassium, sucralose, aspartame, advantame, neotame, neohesperidin dihydrochalcone.

What about polyols? These include sorbitol, xylitol, erythritol, stevia, luohanguo fruit (monk fruit) extract, and maltitol. Best to avoid all sweeteners if you want to kick the sugar habit.

Rule #2

NO FLOUR

This means anything made of flour: **bread**, muffins, pancakes, waffles, pizza, cookies, cake, CEREAL, tortillas.

Rule #3

NO VEGETABLE or SEED OILS

NO soybean, corn, canola, safflower, sesame, sunflower, cottonseed, peanut, or rice bran oil.

Rule #4

NO FOOD FOR AT LEAST 12 CONSECUTIVE HOURS PER DAY.

Corollary: Do not eat for at least 12 hours overnight.

Caveat: This advice is predicated on the assumption that you do not have a medical condition that contraindicates this advice. If unsure, consult your medical doctor.