



IHC Naturopathic Nutrition Plan

Food and lifestyle recommendations:

Try to get organic food wherever possible, especially when purchasing meat and dairy as pesticides are fat soluble.

Try to cut out or at least reduce dairy and gluten in your diet as both can be difficult to digest. Gluten especially can be damaging to the gut. You can try some organic natural yoghurt and kefir, and occasional organic cheese unless you know you're intolerant to dairy.

Cut out or at least reduce all sugars including natural sugar. Sugar will affect the way you feel in a negative way and make you feel tired and is detrimental to health.

Cut out or at least reduce to a minimum all processed foods, especially processed meats and white carbohydrates.

Try to focus on 2- 3 meals a day, each with good quality proteins, leaving a minimum of 5 hours in between each meal. Good choices are beans and pulses, nuts and seeds, tofu, tempeh. Include wild line caught fish three times a week. Limit other animal products organic free-range poultry, organic free range eggs, lean grass fed organic meat, to a couple of times a week.

Limit grains and preferably use gluten free grains, basmati brown rice, wild rice, red rice, quinoa, buckwheat, millet, oats. Whole grains. No more than a quarter of a plate. Soak rice overnight to remove arsenic, discard water, rinse and then cook.

Focus on a rainbow of vegetables and aim for 40 different ones every week. Ensure more vegetables than fruits. Aim for 7 to 8 veggies and 2-3, low sugar fruits a day.

Think about introducing fresh herbs; basil, coriander, chive, oregano, thyme, rosemary, as well as different green leaves, and live foods such as broccoli, alfalfa & radish sprouts.

Chew food thoroughly, at least 30 times each mouthful, check like paste. Sit and relax as you eat.

Drink a minimum of 8 glasses of water a day, this includes herbal and green tea. Add flavour with lemon, lime, cucumber, or mint.

Cook with extra virgin olive oil, or animal fat, virgin coconut oil.

If you struggle to stick with the plan 100%, don't give up. Focus on 80/20 rule, eat well for 80% of the time, then have the odd treat 20% of the time.

Practitioner's signature: _____