

# SUGAR CONTROL PROGRAM

This program is used to help re-establish the sugar control mechanism. Please follow it very closely. As your condition improves, various foods will be added by your doctor. The object is to return you to a normal, well-balanced diet as soon as your body will allow it. The closer you follow this program, the sooner your body will respond.

## MANDATORY

**Water -One quart per 50 pounds of body weight per day.  
You must eat every two hours of your waking day.**

### PROTEINS

You may have as much protein as you desire but not less than the amount listed.

Red meat *	At least 9 oz a week (300 gm) or unlimited
Emu and Ostrich	Unlimited
Pork and Lamb	Unlimited
Organ meats	Unlimited
Fish and Shellfish **	Unbreaded—unlimited
Fowl	Unbreaded—unlimited
Eggs	Unlimited
Cheese	Unlimited
Cottage cheese	Unlimited

- In the USA, red meat means beef, venison, buffalo. White meat is lamb and pork.
- In the Arab countries and in Australia and New Zealand, lamb can also be considered a red meat.
- In Scandinavian countries, fish must be included in the diet

### VEGETABLES

Green vegetables	Unlimited (Avocado included)
Yellow and Orange vegetables	Two to three small portions per week (if desired)
Tomatoes	Unlimited

### FRUITS

Fresh	Unlimited
Canned	Unlimited (water or packed in their own juice)

***AT THE PRESENT TIME, THE LEGAL DEFINITIONS OF PURE FOODS HAS MADE IT IMPOSSIBLE TO BUY PREPARED JUICES WITHOUT SUGAR OR SWEETENERS USED WITHOUT YOUR KNOWLEDGE OR LISTED ON THE LABEL. THEREFORE, THE ONLY JUICE WE CAN RECOMMEND IS JUICE THAT YOU HAVE JUICED YOURSELF.***

### BEVERAGES

Coffee	Black—1-3 cups daily are allowed
Tea	Black—1-3 cups daily are allowed
Milk	As desired if there is no skin or weight problem and over 25 years of age

**2% and 100% must have decaffeinated coffee or tea instead of caffeinated.**

### SNACKS

Raw Cashews	Unlimited
Raw Brazil Nuts	Unlimited
Coconut	Raw, fresh from tree, is unlimited
Cheese	Yellow or white aged is unlimited
Any Fresh Fruit	Unlimited

Just a note....Raw Cashews and Raw Brazil Nuts does not mean Raw Almonds...only those nuts listed.

**BUTTER AND FATS ARE UNLIMITED  
(MARGARINE AND CANOLA OIL ARE NEVER TO BE USED)  
You may also use vinegar if desired**

### FOODS TO AVOID

Sugar	Mixed Drinks
Sweeteners	Alcoholic Beverages
Pasta of all kinds	Beer and Wine
All wheat products	Potatoes
Cauliflower	Yams
Rice (except as listed below)	Dried Beans and Lentils
Honey	Beets
Frozen juices	Frozen foods
Concentrated juices	Tofu
Margarine Blends and Canola Oil	

**IF IN DOUBT, LEAVE IT OUT!**

ASK YOUR BRAIN, NOT YOUR MOUTH (MOUTH HUNGER): "IS THIS FOOD IS RIGHT FOR ME AT THIS TIME?" IF IT SIMPLY "TASTES GOOD," IT IS PROBABLY WRONG.

### SPECIAL INSTRUCTIONS:

Two slices of RICE BREAD or SPROUTED GRAIN BREAD may be eaten per day.

ROASTED RICE may be used. METHOD: Place *any* whole grain rice in a dry skillet and brown to a golden brown. Some of the kernels may pop. Cool and store, and cook as needed as you would cook regular rice. This method changes the utilization of the rice within your body. Roasting burns off saturated sugars leaving just a protein substance. Research came out of Germany 35 years ago, source unknown at this time, but it has always worked so we never worried about it.

Sucanat a derivative of cane syrup, may be used as a sweetener in very small quantities or a product called :Just Like Sugar.

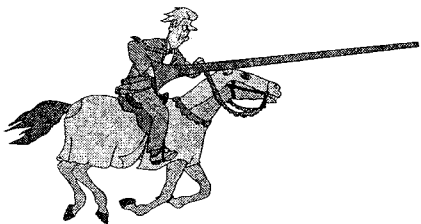
NutraSweet is not suitable. It is 10 percent methyl alcohol and breaks down in the body to formaldehyde, formic acid (both of which are poisons) and phenylalanine, which can be a nerve poison even in moderate amounts. Processed fructose is deadly and honey is worse. Honey is a medicine only. Splenda in the U.S. is chlorinated sugar. It is not acceptable.

Stir fry is an excellent way to get all the veggies and protein in every day. Mix different veggies and meat with different spices to change the stir fry.

**THIS TBM FOOD PROGRAM IS A RE-TRAINING OF BODY RESPONSES.  
IT TAKES A LIFETIME OF BAD HABITS TO  
CREATE ILL HEALTH!**

**TAKE TWO WEEKS TO CHANGE IT.**

**TAKE CHARGE OF  
YOUR HEALTH.  
MAKE A CHANGE.**



*Courtesy of:*

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