

Anti-Aging Health Regeneration & Cleansing Diet

(anti-catabolic ageless program)(anti-candidia, low glycemic, gluten free)

By John Smothers Anti-Aging/Longevity Specialist

Breakfast:

Fresh vegetable juice (50% carrot, 20% celery, 20% apple, 10% beet, small slice of fresh ginger). Optional: add 1 oz of fresh wheat grass.
or/and Note: Diabetics: NitroGreens, PaleoGreens or Phyto-Aloe Powder or Wheat Grass only. No fruit or carrot juice.

(Choose One Protein Shake from list below);

Liver Cleanse Protein Shake: UltraClear Plus pH or (PaleoMeal Whey Protein with Detox Formula/VN or Detox Kit/Pekana)

Dairy Free: PaleoMeal DF Rice Protein, Raw Protein Shake: Organic Hemp Protein/Nutiva (vegetarian formula)

Diabetics/HyperCholesterol: UltraMeal 360 Plus Protein (Soy or Whey)

Inflammatory Conditions: Ultra InflammX360 Plus

Add 1 Tablespoons of NanoGreens, NitroGreens (anabolic), PaleoGreens(anabolic) or 1/2 teaspoon PhytoAloe/Mannatech

Add 1-2 leaves of Kale and Spinach for rich organic minerals, antioxidants and chlorophyll

Add rice milk or make your own fresh almond or tahini milk

Add the fruit of your choice-follow Fruit Combining Charts

Cereal if needed(gluten free): Rice, Millet Flakes or Rice and Shine Hot Cereal

Mid Morning: Colon Plus/Biotics Powder for detoxification. Mix with clean water. Optional, add 2 oz of Juice (apple juice) for taste.
Use Ground Flax Seeds or PaleoFiber with GI Renew Powder for sensitive intestines (Crohn's Disease, IBS, etc.)

Lunch: (Add Protein from list below)

Salad with vegetables. No head lettuce. Use Leaf, Romaine or Spinach.

Seed and Bean Sprouts, Sauerkraut, Avocado, Hummus, Soaked raw nuts, Rice crackers.

Hummus or nut butters (Walnut, Almond, Tahini, Macadamia) can be used to spread onto crackers.

Salad Dressings: Organic first press olive oil in the can or glass bottle.

Organic Apple Cider Vinegar-1-2 tablespoons.

Other fresh raw dressings are acceptable, see page 2.

Mid-Afternoon Snack:

Healthy snacks are great to help modulate insulin and keep the blood sugar stable. It is best to combine a protein and complex carbohydrate together to keep the insulin and blood sugar from spiking. See healthy snacks below.

Dinner: Same as lunch. (Add Protein from list below)

Dinner is a good time to add cooked food, such as brown rice and beans, stir fry or steamed vegetables or your favorite soup.

Healthy Snacks: Protein Shake, NanoGreens, PaleoGreens or Nitro Greens mixed in water, fresh vegetables with raw dressing, 10 soaked almonds, raw crackers-flax or nut, apply nut butter or hummus onto rice crackers, fruit-only granny smith apple, protein shake from list on Breakfast menu.

Food Bars: Omega Smart organic anti-aging bar, Nutiva organic raw seed snack bars or Protein Fusion-high protein low glycemic bars.

Fresh vegetable juice (50% carrot, 20% celery, 20% apple, 10% beet, small slice of fresh ginger,

(1 tablespoon-NitroGreens/Biotics Research or NanoGreens 10/ BioPharma). A granny smith apple can be added for taste.

NO-NO's (Possible Allergen Foods): No sugar, artificial sweeteners or flavors, gluten, wheat, pasta, potatoes and breads. No dairy, including milk, cheese with exception of 7 Stars or Goat yogurt. No soy in male and female reproductive related organ imbalances. No pork or scavenger fish.

Vegetables need to be eaten fresh, organic, vine ripened and raw for optimum vitality. Once vegetables are heated above 112 F, the live enzymes are destroyed. Enzymes are necessary to trigger receptor sites for metabolic and digestive functions. They are the taxicabs that transport food to the proper cells. Enzyme Therapy programs for your specific body type are available at the Integrative Wellness Center, call for an appointment.

Good Proteins: Lamb, fish (scavenger free), turkey, chicken. Cage free, (no farm raised or grain fed animals if available). Eat animals that have been fed and grown in their own environments if possible. {Vegetarian Proteins: Tofu, seeds, legumes, nuts, barley, quinoa}

Good Fats: Avocado, Olives, Coconut Butter or Oil, Flax Seed Oil, Extra Virgin Cold Pressed Olive Oil.

Foundation Diet Principals

4-5 proteins per day: 2 proteins shakes, 2-3 animal sources for high bioavailable protein absorption.

4 teaspoons of plant oils per day, avocado and olives count as one oil serving.

2 fruits per day

1 grain per day, one slice of bread or one serving of brown rice

1 nut serving or nut butter

1 legume per day

Examples of my favorite healthy recipes

Spicy Tahini Dressing: Store in the refrigerator

1/2 cup of Raw Tahini
1/2-cup olive oil
1/2 cup of clean water
1 clove of garlic or onion
1 teaspoon of cumin
Quarter size of fresh ginger
Fresh peppers or other seasonings can also be added for taste
Mix in Vita-mix or blender.

Kale Guacamole

3-5 leaves of Lacinato Kale
1-2 avocado
1-3 cloves of garlic
1 lime squeezed

2 teaspoons of Nama Shoyu soy sauce or 2 teaspoons of Braggs Liquid Amino Acids, or Celtic Salt to taste.
Place all ingredients into the food processor and mix until smooth. Serve immediately.

Hummus

1 cup of Garbanzo beans soaked for 12 hours and then sprouted for 2-3 days. Rinse twice daily. Should make approximately 3 cups of Garbanzo beans once fully sprouted.

Place into food processor with other ingredients and blend.

6 cloves of garlic
1/4 cup of olive oil
2 tablespoons of Raw Tahini
2 tablespoons of cumin
1 teaspoon of Celtic salt
1 cup lemon juice fresh squeezed (3-4 lemons)
1/2 cup of pine nuts

Shiitake Mushroom Soup: (Yields 5 servings) Shiitake Mushrooms are known for their anti-cancer properties in the orient.

4 teaspoons grapeseed oil
4 ounces uncooked free-range chicken cut into bite size pieces
1 cup diced onion
1 cup diced carrot
1 cup diced celery
2 cups thinly sliced shiitake mushrooms caps (remove stems)
1 1/2 cups water
32-ounce carton of free-range chicken broth
1/2 cup uncooked brown rice or barley
1 tablespoon chopped fresh sage
1/4 teaspoon of Celtic salt
1 bay leaf (optional)

Heat oil in a large Dutch oven over medium high heat. Add chicken and cook for 10 minutes. Add carrots, onions, celery, and cook for 5 minutes. Add mushrooms, cook 2 minutes or until tender. Add remainder of ingredients and bring to a boil. Cover, reduce heat to medium low and simmer for 45 minutes or until barley or rice is tender. Discard bay leaf before serving.

Disclaimer:

The Food and Drug Administration have not evaluated the statements enclosed herein. The products mentioned on this site are not intended to diagnose, treat, cure, or prevent any disease. Information and statements made are for education purposes and are not intended to replace the advice of your family doctor. Integrative Wellness & Research Center, Inc. does not dispense medical advice, prescribe, or diagnose illness. We design individual nutritional programs that allow the body to rebuild and heal itself.

Breakfast Protein Shakes

Dr. John's Power Shake

- 8 oz of spring water
- PaleoMeal or Whey Cool Protein vanilla
- 8 Almonds soaked in filtered water over night
- 1 leaf of organic kale
- 2 tablespoons of spinach
- 1 Tablespoon of NitroGreens
- 1 Kiwi
- 1/2 Banana
- 1 tablespoon Artisana organic coconut butter or nut seed oil(Flax Seed Oil)
- 2 tablespoons of 7 Stars plain yogurt
- 1 teasp of cinnamon

Dr. John's Cherry Blast

- 8 oz of Organic Rice Milk
- Paleomeal DF Vanilla Berry Rice Protein
- 1 leaf of kale
- 2 tablespoons of spinach
- 3 Frozen Cherries
- 1/2 Banana
- 1 tablespoon Artisana organic coconut butter or nut seed oil(Flax Seed Oil)

The Wooly Mammoth

- PaleoMeal or Whey Cool Protein vanilla
- 1/2 cup of almond milk
- 2 tablespoons of coconut butter/Artisana
- splash of vanilla extract
- 1/2 cup plain 7 Stars Yogurt

The T-Rex

- PaleoMeal or Whey Cool Protein vanilla
- 1 cup of rice milk
- 1/2 cup of peaches
- handful of ice cubes

The Sling Shot

- PaleoMeal Protein chocolate
- 1/2 cup of raspberries
- 1/2 cup of small banana
- 1/2 cup of water
- 1/2 cup of 7 Stars Yogurt

Chocolate Cherry Lover-Dairy Free

- PaleoMeal DF-Natural Berry Vanilla
- 1 cup of rice milk
- 3-5 Organic frozen whole cherries
- 2 tablespoons of Cacao Bliss (Raw Cacao Coconut Butter)

Choose the Medical Protein Food that is best for you:

Health Maintenance: PaleoMeal Whey, PaleoMeal DF Rice or Whey Cool Proteins

Liver Detoxifier: Ultra Clear Plus pH (suggested for toxin removal and pH balance)

Anti-Inflammatory: Ultra InflammX360 Plus (suggested for joint, tumor or gut inflammation)

Diabetics or Metabolic Syndrome and Cardiovascular: Ultra Meal 360 Plus

Flexible Broccoli-Nut Salad

This recipe is a take-off from the popular and much-love broccoli/sunflower seed/bacon salad and is for those who avoid pork and/or who are vegetarians. Raw nuts over roasted are more nutritious. Read the labels on mayonnaise jars at the health food store. I personally find olive oil too strong a flavor to use in this recipe.

- ½ head broccoli, chopped
- ½ cup nuts (a combination of chopped pecans or walnuts and sunflower seeds)
- ¾ cup golden raisins, brown raisins, chopped dried cherries or cranberries or any mixture of these
- ½ small purple onion, chopped (may substitute with sweet Vidalia onion; or yellow or white onion that has been soaked in salt water so that its flavor is not so strong)
- ¼ cup organic high quality mayonnaise + ¼ cup oil (grapeseed, sunflower seed, or walnut oil)
- salt and pepper to taste

PreBiotic Dessert:

2-4 tablespoons Coconut ice cream(dairy free & no added sugar)

1 serving of 7 stars or goat yogurt

1-2 capsules of Ultra Flora DF Probiotic, Tri-Flora or TheraBiotic Complete

1 teaspoon of Biotagen Prebiotic or ImmunoG PRP(colostrum)

Add small serving of fruit as optional for taste

Cultured Vegetables and fermented foods to enhance digestion, balance gut dysbosis and fight infections:

Sauerkraut, miso, yogurt, and kimchi

Basic Stock Recipe

In a stock pot:

Put 2 pounds bones, skin, cartilage from poultry, fish, beef, lamb, shellfish.

(If you use a whole chicken, cook for about an hour, then take meat off the bones. Toss bones and connective tissue back into the pot. Leave the meat aside.)

Cover with water (2-3 quarts)

1-2 Tbsp. of lemon juice or vinegar

1-2 tsp salt

½ tsp pepper

Carrots, onions, celery

Parsley, sage, rosemary, thyme, bay

Cook several hours (4-24) or in crock pot on low temp.

Skim off skum/solids from top of soup after a couple of hours.

Remove bones. Skim off fat.

Either strain and use as broth, or begin adding vegetables, grains, etc to make a soup.

Suggested Books:

Following is a list of cookbooks we have used and enjoyed along with websites and/or telephone numbers to assist in ordering:

The Hippocrates Diet and Health Program by Ann Wigmore

www.penguinputnam.com

The Body Ecology Diet by Donna Gates

www.bodyecologydiet.com

(800) 511-2660

The Miracle of Fasting by Paul Bragg

www.bragg.com

The True Gourmet by Nomi Shannon

www.rawgourmet.com

(888)316-4611

Beautiful on Raw: Un-Cooked Creations by Tanya Zavasta

www.beautifulonraw.com

Health According to the Scriptures: Experience the Joy of Health According to Our Creator by Paul Nison

www.paulnison.com

(866)729-7285

Rawsome Recipes by Robyn Boyd

www.essentialscience.net

(800)336-6308

Simple Food for the Good Life by Helen Nearing

www.goodlife.org

Pulling Down Hang Ups or Conflict Resolution or Emotional Healing/Dr. Mario Rivera
Theotherapy Seminars

Healing/Francis McNutt

What is Functional Medicine?

The term "functional medicine" was coined in 1993 to describe the medicine of the future. In fact, today, many complementary and alternative medicine, or CAM, practitioners use a functional medicine approach that includes the following:

1. Patient uniqueness: Each individual is unique. This uniqueness encompasses voluntary activities, such as decision-making, personality development, and emotional response, and involuntary activities like metabolism of nutrients, cellular processing of information, and communication among the body's organ systems. Functional medicine professionals realize that all individuals have unique metabolic patterns that affect their health needs and thus, the concept of individuality is central to every aspect of functional medicine, from clinical assessment and diagnosis to the broad spectrum of treatment modalities.

Patient-centered approach: Functional medicine practitioners use a patient-centered approach to support wellness. This means that in addition to considering the overall health of the patient, functional medicine practitioners consider the beliefs, attitudes, and motivations, as well as the physical, mental, and emotional aspects, of the patient.

Preventive care: Optimal health is not just the absence of disease. Even the most minor symptoms can foreshadow more serious conditions later in life. This often happens via the "snowball effect," in which a "minor" imbalance within the body produces a cascade of biological triggers that can eventually lead to poor health and chronic illness. For this reason, functional medicine focuses on the prevention, instead of just the treatment of, even the most minor imbalances.

Through changes in lifestyle, environment, and nutrition, functional medicine professionals rely on their knowledge of key physiological, genetic, and biochemical processes for establishing an innovative form of total patient wellness amidst the diversity of interests in health care today.

References

The Institute for Functional Medicine. (n.d.). Retrieved March 25, 2002, from <http://www.fxmed.com/aboutus/about-frame.html>
GSDL Functional Medicine. (n.d.). Retrieved March 25, 2002, from http://www.gsdl.com/gSDL/functional_med.html

