

# PROGRAM GUIDE

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## Basic Diet

### Choose the following foods:

**Protein** - eggs, poultry, fish, lamb, limited red meat, eliminate or reduce pork to a minimum

- choose organic, free range, no hormones, no antibiotics, grass fed, and wild; use a variety

**Vegetables** - use fresh: raw, steamed, or lightly sautéed: eat as much as you can!

- use organic (higher vitamin & mineral content, no pesticide residue + great taste)
- use a variety: include lots of green leafy veg., broccoli, cabbage, onions and fresh garlic
- *do not use iceberg lettuce*

**Fruits** - fresh, organic

- choose to eat fruit alone, 30 minutes prior to or 1 1/2 hours after a meal if eating with the meal or at end of the meal compromises digestion & brings discomfort

**Fats** - **eliminate hydrogenated fats**, ie. Margarine, "I Can't Believe it's not Butter" (read your labels)

- use nuts liberally (esp almonds, walnuts), avocado
- **use** Extra Virgin, Cold Pressed **Olive Oil, Flax Oil, Borage oil, Walnut Oil, Sesame Oil** and real **Butter**
- suggested to add 1-2 T. Flax Oil to diet per day (is an essential fatty acid, helps body burn fats more efficiently, immune support, etc). Ground Flax seeds can be used as well.

**Complex Carbohydrates** - use only whole grains (brown rice, millet, oats, rye, whole wheat, etc), potatoes (especially sweet or yam), beans, legumes

- use organic, use a variety
- **Gluten sensitive** people may eat millet, wild rice, rice, amaranth, quinoa, corn - but must stay away from wheat, rye, oats, teff, spelt, barley
- if you are **Carbohydrate sensitive** and find yourself craving more shortly after you've eaten them, use with evening meal (best is Brown Rice, Yams) and always balance with proteins

**Baked Goods** - freshly ground whole grain is 1st choice

- read your labels - use real ingredients no hydrogenated or partially hydrogenated fats

**Milk Products** - keep to a minimum, use organic, antibiotic and hormone free

- read labels on your yogurt products - choose those with only milk, active cultures
- goat and sheep cheese and their milk products are excellent alternatives

**Water** - filtered, bottled

- Guideline: 1Qt water for every 50 lbs of weight per day
- Best to drink in between meals and/or 2(8oz) glasses a minimum of 30 minutes prior to eating, it then acts to plump up digestive tract with digestive juices which facilitates digestion
- Do not drink large amounts of water or any other fluid with meals as it dilutes digestive enzymes



**Sea Salt** - sodium chloride (salt) is a very important element for your body's functioning properly. A **good quality Sea Salt** has natural trace minerals and is in the form our body's best use, is not bleached nor does it contain any anti-caking agents. Throw out your fake and processed salts (ie Morton's). Celtic Salts are great.

**Foods / items to avoid:**

Sugar, White flour, Processed and refined carbohydrates - ie cookies, candies, muffins, pastries  
 Hydrogenated or partially hydrogenated fats  
 Artificial sweeteners - Saccharin, Nutra-Sweet, Equal: MSG; Soft drinks

**Exercise** - key ingredient to your health!

Minimum 4 X's week - 30 minutes, Walking is statistically best "stick to it" choice  
 Duration is key - heart rate in fat burning range is best (aerobic)

**Tips:** Stock kitchen w/only healthful choices, do eat breakfast, don't skip meals, chew your food well!

## Kalish Healing Diet

Stress changes the way we eat. Most people under stress tend to eat foods including sweets and starches that convert to sugar quickly in the bloodstream. This quick fuel can keep us going in emergencies, but too frequently becomes our fuel of choice for non-emergency times as well. While we are under stress, predictable physiological changes occur in which the mechanisms which control blood sugar levels are taxed. The following food plan is designed to counteract this trend and improve your body's functioning while under stress by maintaining blood sugar levels. The goal is to keep your blood sugar balanced throughout the day so that you avoid the highs and lows that can add to your stress levels. If you eat properly you can maintain your blood sugar and maintain even energy throughout the day. Please follow the food plan closely. As your health improves, certain foods may then be returned to your diet and their effect on your sense of well-being observed. The object is to learn what balance of foods makes you feel best. The closer you follow this plan, the more quickly your body will respond in feelings of well-being after which a greater variety of foods may be considered to re-introduce to your diet.



### The KEYS to this food plan are

- 1) *eating moderate amounts of protein, 3-5 oz at breakfast, lunch and dinner*
- 2) *eating lots of lower carbohydrate vegetables (see the carbohydrate content list for fruits and vegetables)*
- 3) *eating frequently (you should go no longer than 2-3 hours without some food)*
- 4) *staying completely away from those foods which have been recommended to avoid until time to reintroduce them. This is usually about two weeks (if you follow the food plan closely); it takes a minimum of two weeks to re-set the body's blood sugar handling mechanism.*

### The BENEFITS to this FOOD PLAN are many, you will

- 1) feel better physically
- 2) have more energy and a steadier energy throughout the day



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- 3) typically lose weight if you are overweight
  - 4) notice that cravings disappear
  - 5) experience greater mental and emotional stability
  - 6) improve the quality of your sleep
  - 7) prevent conditions of blood sugar imbalance such as Hypoglycemia and Diabetes



There are many other improvements that can result when one's blood sugar is brought into balance. Be aware of the changes you are experiencing in your body and listen to your body, intimately noticing how you are feeling and what symptoms are improving. This new awareness of your body will be your feedback tool when you move ahead to reintroduce foods into your diet.

### **NUTRITIONAL SUPPLEMENTS:**

Please refer to the recommended supplement program. The supplements are designed to work synergistically, helping to balance your digestion and blood sugar mechanisms, maximizing your results. It is important to stay on the supplements for a minimum of 3 months to create long term changes in your nutritional status.

### **PROTEINS:**

It is very important that you *eat adequate protein at each meal*. The variety of protein sources (i.e.: eggs, fish, turkey, chicken, lamb, beef) and the quality (i.e.: organic, hormone-free, range-free and grass fed) are very important to consider. Use only fresh meats, not those which are processed and packaged. Please refer to the suggested daily protein quantities to be consumed for your body weight. It is important to divide the day's total suggested amount of protein into several meals - i.e. - eating 3-5 oz per meal.

- **Red Meat** - as desired, with attention to variety of proteins in overall food plan recommended to have at least 3 oz./3 times a week
  - **Lamb** – is a richer, fattier meat, so eat it less frequently, with attention to variety of proteins in overall food plan
  - **Fish** - use a variety - grilled, steamed, baked or poached. Do not use tuna – canned or otherwise. Ask for “wild” fish – those caught in their natural habitat. In the farm-raising of fish, the fish are fed foods that they would not normally eat in the wild and it changes their fatty-acid and protein make-up to a less advantageous form.
  - **Poultry** - use a variety of chicken, turkey, Cornish game hen, dark meat and white meat - grilled, steamed, baked, roasted - do not bread or deep fry
  - **Eggs** – limit to 5 out of 7 days use per week. The yolk has nutrients that are denatured when cooked through. It is recommended to have eggs soft boiled, sunny-side up or over-easy as often as you can.
  - **Nuts** - *best used as snack* (see details under Snacks) rather than breakfast, lunch or dinner choice
  - **Pork** - reduce to a minimum and/or eliminate at this time as pork products are often filled with many preservatives which may create blood sugar and/or body water fluctuations. (This is more true for ham and bacon, less true for pork chops and pork roast)
  - **Cheese** - for many people, all cow's milk products need to be eliminated altogether. It is recommended to leave all cow dairy products out for the first two weeks. Choose Goat
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and Sheep Cheeses and Goat's Milk Yogurt as alternatives if your specific plan allows.

- **Soy** – *Eat none at this time.* Many people are allergic to soy, especially in concentrated forms such as tofu, Tempe, soy protein powders, and protein bars.

## VEGETABLES:

**The key to this food plan! Nutrient rich vegetables** provide an abundance of the vitamins and minerals that sustain your body. Vegetables should make up the largest portion of your meal. Again, **quality** and **variety** is key. Your body is most nourished with **organic produce** (see the attached study results from Rutgers University). Many therapeutic nutrients such as anti-oxidants and flavinoids are in the properties that give vegetables their color. Look to your shopping carts and to your meals and ask, “do I have a rainbow of colors here?”

- **Green Vegetables** - unlimited, eat an abundance of these! They are high in minerals and low in calories. Include *swiss chard, kale, collard greens, bok choy, beet greens, spinach* and *salad greens*. Dark green steamed vegetables are superior to salad greens.
- **Yellow and Orange Vegetables** - (yams, winter squash, carrots). Use in small portions and always balance with green vegetables and protein in the meal. (Corn is considered a grain and can be an allergen, which can contribute to blood sugar and weight issues. If suspecting, eliminate corn for a minimum of two weeks, add back in and be aware of the return of any of your symptoms)
- **Onions, Garlic and Tomatoes** - use as desired (unless specifically needing to avoid)
- **White Potatoes** - avoid for first two weeks while bringing blood sugar into balance as well as monitoring any inflammation and joint symptoms (this includes red-skinned potatoes)
- **Soy Products** - avoid as many people are allergic to soy

## FRUITS:

Whole fresh fruits are allowed with the following exceptions: **avoid** *bananas, grapes and dried fruits* (they can play havoc with your blood sugar and may contain harmful preservatives). Berries, Citrus, Melons, Apples and Pears are allowed in moderation unless you are allergic to any of these. Fruit and vegetable juices are best to eliminate at this time.

A great mid-meal snack, which is recommended to have approximately 2 to 2 ½ hours after each main meal, consists of a handful of nuts (6-10) and a piece of fruit. If choosing to have fruit at the end of the meal, it is recommended to have a small amount of fresh pineapple – it will give that sweet finish to a meal and is also rich with bromelain, a digestive enzyme that will assist digestion. If eating fruit with other foods causes any digestive problems either add additional digestive enzymes to your program or eat fruit separately. A good rule of thumb is to eat fruits 1 hour prior to a meal of 1 1/2 hour after a meal.

## GRAINS & BEANS:

\* Many people are carbohydrate intolerant and will notice that having grains in the morning causes a craving for sweets and/or more grains throughout the day. Also, some people notice that having the grains also lends to a sleepy feeling, either immediately or up to several hours later. To have your grains with the evening meal reduces the chance of these responses. It is recommended to leave these grain carbohydrates to the evening meal for a minimum of two weeks in order to monitor your body's response as you then add them back in.

If you are gluten intolerant, it is imperative to *leave out* the gluten/gliadin containing foods

(wheat, rye, spelt, couscous, teff and kamut). Soy is also suspect as a problem for those who are gluten intolerant and for those with food sensitivities. It is best to eliminate it from the food plan at this time. **Beans & Lentils** are to be used in balance with protein & vegetables. Be aware of any digestive issues and/or sugar cravings that occur as you add them back into your food plan, eliminating them for now if any symptoms re-appear.

### FAT AND OILS:

It is important to have some fat at each meal and as with all food groups, it is important to give your body a variety. Choose from *Extra Virgin Cold-Pressed Olive Oil, Walnut Oil, Flax Oil, Sesame Oil, Cod Liver Oil* (Carlson's Lemon Flavored Cod Liver Oil is excellent) and real *butter*. The occasional use of Safflower and Sunflower oils are okay. Avoid all margarines, hydrogenated and partially hydrogenated oils as well as Canola Oil. Mayonnaise may be used in moderation as long as it is made with only egg, oil, salt and lemon. There should be no artificial ingredients or lo-fat labeling on your mayonnaise.

**Salad Dressings** are best home-made where you have control over the ingredients. Use any of your permitted oils (or a combination thereof), vinegar (balsamic, raspberry, apple cider vinegar) or lemon juice and a variety of herbs (basil, rosemary, thyme), garlic, mustard, etc. for seasoning. Fresh herbs are packed with medicinal and phyto-nutrient qualities. Use them to your advantage!

### SNACKS:

- **Raw Vegetables** – ½ c. - 1 cup
- **Protein** – 1- 2 oz **Chicken, Turkey, Fish, Beef, Lamb**
- **Hardboiled Eggs**
- **Deviled eggs** - (use a mayonnaise made only with oil, egg, lemon, salt - no artificial ingredients)
- **Lettuce Sandwiches** (a protein wrapped in lettuce leaf)
- **Nuts - almonds** (a higher protein content), **walnuts, brazil nuts and pecans** (6-10 nuts per snack)
  - raw (for their enzymes) and organic are preferred, be sure to chew all nuts thoroughly
  - almond butter, tahini (sesame seed butter) - 1 tablespoon per snack
  - for some people, nuts may be an allergen or pose digestive problems. This may require your leaving them out of the food plan for the first two weeks, then to add slowly back in while being aware of any return of symptoms. One sign of their being an allergen for you might be increased cravings or an inability to stop with the recommended quantity.
  - *eliminate peanuts* for a minimum of two weeks (they are a potential allergen and more difficult to digest)
  - cashews, pistachios, pine nuts and macadamia nuts are higher in fat content and best left out until weight and food cravings are properly managed
- **Sunflower, Pumpkin Seeds** - raw, unsalted & organic is your first choice 1-2 tablespoons per snack
- **Fresh fruit** (no bananas, grapes, or dried fruit) – always balance with a handful of nuts or protein

## BEVERAGES:

**Water is your best choice**, ideally drinking 1/2 oz of water per pound of body weight per day or one quart per 50 pounds of body weight. Our bodies are 70% water and *it is considered a nutrient*, optimizing digestive function as well as elimination of toxins from your body.

It is important to eliminate the following beverages for a minimum of two weeks; maximum results are seen when eliminated for 6 weeks.

**Caffeine** - eliminate as it interrupts the blood sugar mechanism that we are looking to re-set. Unsweetened herbal teas are usually fine. Please avoid teas and other products that use the term “natural flavorings” as they may include products containing MSG.

**Fruit juices** are best eliminated until the blood sugar mechanism in your body is restored. If you are to have any fruit juices, use those containing no added sweeteners, dilute 50% with water and limit to two 6oz. glasses of 50% water, 50% juice per day.

Any **alcoholic drinks**, including beer and wine are to be eliminated for 2 weeks as the high sugar content and the rate at which alcohol is absorbed into your body disrupts your blood sugar.

If you have any sleep disturbances, depression, irritability and/or anxiety - caffeine and alcoholic drinks can be one of the major factors in creating these feelings in the body. People are often amazed at how their mood, sleep and energy shifts in a positive way when they significantly reduce and/or let go of these beverages altogether, saving them for the special occasion. You may experience some initial withdrawal symptoms (from 1 day up to 2 weeks), depending on how big a role these items have played in your food plan up until now. For those of you who have been using caffeine in significant quantities...you may choose to reduce the caffeine intake over a period of several days in order to reduce the withdrawal symptoms.

## SEA SALT:

Sodium Chloride and Trace Minerals – the components of salt as it exists in nature - are very necessary and needed ingredients for our bodies. Our body fluids very much resemble the ocean in its consistency. This is contrary to what the medical media would have you believe. Generic table salt (i.e. Morton's), however, does not fit the bill. It is highly processed, bleached, stripped of its trace minerals and has added anti-caking agents to make it pour smoothly. Dextrose (sugar) is also often added.

Recommended is “Pacific Sea Salt” from New Zealand. Celtic Sea Salt is also an excellent choice. Dosages up to *1/4 tsp per quart of water* that you drink are the recommendation some of the top nutritional researchers and sports physicians. This may be accomplished by a return to salting your foods and/or sprinkling the salt into your water as you drink it. (This is recommended especially for that water which you are drinking during your workouts).

I refer you to [www.watercure2.com](http://www.watercure2.com) for further reading on the importance of water and salt intake.

## FOODS NOT ALLOWED:

- **NO wheat or wheat products are allowed** (this includes both whole wheat and white flour products such as pasta, breads, crackers, etc).
- **NO Soy products**, including Soy Sauce.
- **NO sugar, honey, maple syrup, molasses, stevia**, etc. are allowed. These products serve to disrupt the sugar handling mechanism. They may be added back in sparingly at a future time.

- **NO Artificial Sweeteners** (Equal, Sweetn'low, Aspartame) are allowed. They disrupt brain chemistry, blood sugar and have many reported side effects, including neurological symptoms.

### FINAL NOTE:

Again, this program is designed to improve your body's ability to maintain its blood sugar within a healthy range. Your adhering strictly to the plan will also allow you to see what symptoms you normally experience which may be related to fluctuations in your blood sugar levels. This plan can also be very helpful in correcting blood sugar problems as well as helping to detect food allergy related symptoms. For many, the changes in their health and how they feel when their blood sugar is maintained within a normal range can be dramatic. This feedback from your body is of tremendous value. This may be the most important issue that you can learn about and change regarding your health.

Please make this investment in your health by following the plan closely and noting any changes in how you feel.

Once the two weeks are completed (if you get off track, it is important to begin the two weeks again), we will begin "the Detective" work of discovering what items can be added back into your food plan. This plan is best implemented under the guidance of a nutritional consultant who can help assure your success by answering any questions you may have and helping to resolve any difficulties you may encounter.

## Menu Suggestions

Eating throughout the day is important, starting with breakfast - do not skip it as your body needs it to help stabilize your energy and provide nutrients. It sets the tone for your whole day.

### BREAKFAST:

- **Eggs** -scrambled, over-easy, sunny-side-up, poached with sautéed vegetables
  - ie: sauté veggies (onions, tomatoes, basil, rosemary, spinach, etc) in Olive Oil, push to side of pan and proceed to cook eggs in the vegetable/oil/juice sauces or add eggs and scramble.
  - Add yams, rice, potatoes as appropriate for your specific food plan and always in balance with the protein and vegetables.
  - Enjoy the creative process and all of the smells of the vegetables and herbs!
- **Omelets** - lots of sautéed Veggies, Avocado and Salsa, Feta or Goat Cheese if allowed on your specific Diet Plan. Be creative! Enjoy with Sautéed Vegetables, Rice/Potatoes/Yam (as appropriate for your specific plan)
- **Turkey, Lamb, Chicken Sausages** (made with good meats from Jimbo's, Henry's) – with Sautéed vegetables, Rice/Potatoes/Yam/Beans/Lentils (as appropriate for you)
- **Dinner Leftovers** – chicken, turkey, fish, meats with vegetables or salad

### LUNCH:

- **Salad with Chicken, Tuna, Eggs, Turkey, Lamb, Beef, Sausages** (ie: Chicken Salad, Cobb Salad - no cheese and w/vinaigrette dressing) \*
- **Chicken, Turkey, Fish, Lamb, Beef** with sautéed vegetables or salad \*

- **Omelets** with vegetables, feta or goat cheese if allowed on your specific Food Plan \*
- **Dinner Leftovers** – chicken, turkey, fish, meats with vegetables or salad \*

\*with appropriate portions of Rice/Potatoes/Yam/Beans/Lentils

### DINNER:

- **Beef, Turkey, Seafood, Chicken, Lamb** - marinated, grilled, steamed, poached, herbed, spiced, baked with Salad, Vegetables and appropriate portions of Rice/Potatoes/Yam/Beans/Lentils
- **Omelet** - Be creative with vegetables and herbs
  - Salad & Vegetables on the side

### EATING OUT:

- **Meat, Chicken, Fish, Turkey, Lamb** - grilled, steamed, poached, stir fry w/Salad, Vegetables and appropriate Rice/Potatoes/Yam/Beans/Lentils
  - ask for substitutions of vegetables, salads in place of starches
  - make it easy on yourself - ask them to hold the bread basket
- **Vegetable Omelet** - with sliced vegetables, salads
- **Rice Bowls** (Protein, Veg, Rice) save for evening meal
- **The Bunless Burger** - available at In & Out Burgers, etc.

### SNACKS:

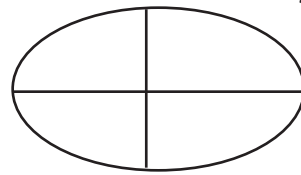
- **1-2 oz Goat or Sheep Cheese and ½ -1 cup Vegetables**
- **1 piece fruit and 6-10 nuts or 1 Tablespoon nut or seed butter**
- **Sunflower seeds, Pumpkin Seeds**
- **Hardboiled or Deviled Eggs along with ½ - 1 cup vegetables**
- **1-2 oz piece of Chicken, Fish, Turkey, Beef, Lamb along with ½ c. vegetables**
- **Lettuce Sandwich** – a piece of protein wrapped in a lettuce leaf, add mustard or mayo, tomato

## Balancing your Blood Sugar - Rules to Live By:

- *Eat within an hour of getting up* (A balanced meal that includes protein)
- *Eat every 2 1/2 hours* (Winning suggestions from clients: wearing beeper watch, setting computer timer)
- *Always carry a snack with you* (in your car, briefcase, at desk, in purse)
- *Eat before you become hungry* (if you are hungry, your blood sugar is already low)
- *Balance Protein, Fat, Carbohydrate and Fiber with each meal!*

**Raw Vegetables**

**Steamed Vegetables**



**Complex Carbohydrate**

(Yam, Rice, permitted Grains & Potato)

**Protein**

**Fat**

(Olive Oil, Butter, Flax Oil, Walnut Oil)

- *If you are still hungry, have more protein, fat and carbohydrate in the same ratios* (as opposed to having more of just one food group)
- *Eat meals in a relaxed environment*, take time to sit down and be present with yourself and your body (enhances digestive process, we do not digest well when stressed)
- *Create "time release meals"*. Approach your meals eating the protein & fats first, followed by your low carbohydrate content (above ground) vegetables and lastly by eating your high carbohydrate (below ground) vegetables, legumes and/or permitted grains. Eating in this way enhances blood sugar management by reducing blood sugar spiking.
- *Stock your kitchen well* and keep it stocked with only healthful choices

## Helpful Hints for the Holidays/Parties:

- *Eat before you go to the party* (Don't go on an empty stomach, especially if it is cocktails, appetizers or desserts that are being offered)
- *Eat something first before the cocktail* (Alcohol is absorbed directly from the stomach and will go directly into the blood stream spiking your blood sugar)
- *Chew your food slowly* (Doing so will increase the body's acknowledgement of the foods coming in and more quickly signal the brain of the contents of your consumption)
- *Drink a water* (mineral or plain) *in between each cocktail* (Reduces blood sugar load and the chance of blood sugar spiking, also – alcohol dehydrates your body and the water will act to replace that which is lost)
- *Make your contribution to the Potluck a healthy choice* (You will have a good choice for yourself and may start a trend!)

## Plan ahead / Make it easy for yourself:

- **Roast a Chicken, Turkey, Beef, Lamb** to have leftovers for 2-3 days
- **Find a good quality Deli Meat Shop** for sliced meats - Turkey, Roast Beef, etc.
- Make **“Lettuce Sandwiches”** - a large leaf of romaine lettuce, topped with a slice of protein and slice of tomato - roll up and eat! Make ahead of time for quick grabbing, using a toothpick to hold together or in zip-lock bags for those meals away from home.
- Keep **Hardboiled or Deviled Eggs** on hand - boil 1 dozen eggs at a time
- **Cook Turkey, Chicken, Lamb Sausages ahead of time.** Sauté onions in a large skillet and add sausages to cook, having cooked several at a time will keep you prepared for those “I need to grab something quick” moments. Place in Tupperware container, a Ziploc bag along with some vegetables or slice onto a salad.
- **Salads -create ahead of time** in a large covered/Tupperware bowl (will usually stay fresh 2-3 days)
- **Prepare vegetables ahead of time** making them easy - i.e. celery sticks, broccoli, cauliflower, etc
- **Take your lunches** - Tupperware container of salad with tuna, chicken, fish, beef, lamb, sausages
  - take along your dressing in small separate container or keep a salad dressing in your work refrigerator
- **Use your weekend** - plan, shop & prepare for the upcoming week
- **Use your evening** - plan & prepare for the following day, the best time to make lunch is the night before
- **Use a Personal Chef Service**

## Menu/Recipe Ideas:

There are many cookbooks, websites & cooking magazines out there - go browsing. You now know what to look for as far as ingredient preferences. Remember...it is the quality and the variety of the ingredients and a balance of your meals that is important. There are many great recipes in **Cooking Light, Gourmet and Bon Appetite** magazines. Just add your nutritional knowledge in choosing which recipes are the more healthy choices, use organic where you can, substituting quality fats and sweeteners that may be called for.

### Cookbooks

- **Dr. Mercola’s No-Grain Diet**
- **Dr. Mercola’s Total Health Program**
- **Nourishing Traditions, by Sally Fallon**

### Websites:

Websites are *great* starting places that will link you to many other recipe resources. Again, you will want to use your nutritional wisdom in selecting recipes, choosing those that have healthy ingredients specific to your food plan and/or substituting more healthy ingredient choices as you



see possible. The websites are great for opening up your food and meal planning repertoire. Have fun. Enjoy the creative process!

- [www.foodandwine.com](http://www.foodandwine.com)
- [www.epicurean.com](http://www.epicurean.com)
- [www.foodtv.com](http://www.foodtv.com)
- [www.vegetariantimes.com](http://www.vegetariantimes.com)
- [www.paleodiet.com](http://www.paleodiet.com) (from the Paleolithic Diet / proteins,fruit,veg,nuts,fats)
- [www.earthsave.bc.ca](http://www.earthsave.bc.ca) (Canada's Earthsave organization)
- [www.soar.berkeley.edu/recipes.com](http://www.soar.berkeley.edu/recipes.com) (has over 40, 000 recipes, remember... be selective)

### **Cooking Tools:**

The following are cooking tools that people have found to be very helpful in meal preparation:

- **Crock pots** – not only to cook meals for yourself during the day while you are not home, but also use them to cook meals overnight in preparation for the following day's breakfast or lunch
- **Black & Decker Vegetable & Grain Steamer**
- **Turbo Cooker**
- **Ron Co. Rotisserie Oven** – [ronco.com](http://ronco.com) or (800) 817-1500

\*\*\* Please **do not microwave your food**, as there are many negative health consequences to doing so. Please read the attached article.

### **EXERCISE:**

Blood sugar control, hormone balancing (which lessens hot flashes and PMS symptoms), stress-management, the production of endorphins (the most powerful feel good drug that is amazingly made by your own body), proper elimination, the circulation of nutrients, the building of lean muscle (which will continue to burn calories for you), detoxification and sleep are all affected positively by exercise.

**Daily is ideal.** In my experience this is a must, a priority, a point of "no negotiation" or excuses. The rewards far outweigh the sacrifice of a **minimum of 30 minutes per day (40 - 60 minutes is ideal)** from our busy days. You will find yourself better able to physically and emotionally handle your day and enjoy much better sleep with the addition of this very important component to your health.

Walking is for most the easiest, most enjoyable, can do anywhere, 'stick to it' choice. Variety in exercise, i.e. weights, yoga, stretching, dance; will increase your body and your mind's flexibility and range of motion abilities. Our bodies crave and thrive on movement.

If blaming me as your task master gives you permission to carve out the time in your day to do this...please do so. **Just Do It!**

### **SLEEP:**

The best hours of sleep for your body are the hours of **10pm – 6am**. These hours and what your body is programmed to do during these hours are governed by your relationship to the sun and the 24-hour circadian rhythm – all of which are out of your control! During this time the body



is designed to be in a state of rest, repair, detoxification and recovery. As much as we attempt to fool Mother Nature, our bodies are nature and demands attention to this detail. If your body is busy digesting a heavy, late meal or you are up late working, playing or watching TV, your body is focused on those tasks and unavailable for rest and recovery. Being mindful to get these hours of sleep is a significant step to take in bringing your stress, fatigue and blood sugar under control.

It is also important that your room be as dark as possible and that all electronic devices be a minimum of three feet away from the head of your bed. Some people find that even the color readings on their digital clocks are enough to keep them from a deep sleep. Consider covering the clock to assist you in attaining a deeper sleep.

If you are up during the night to go to the bathroom, it is most often an indicator of blood sugar mismanagement during the day. The more that you get your blood sugar into balance during the day, the more soundly you will sleep at night. Paying attention to your sea salt intake will also be of assistance in your night time urination patterns. If our bodies do not have the proper levels of sodium and trace minerals (provided by the sea salt), the body will not hold onto and use the water appropriately, hence an awareness of frequent urination.

### Living Gluten & Gliadin Free

There is life beyond a diet of gluten and gliadin containing foods! If we stop and consider for a moment, most of our primitive ancestors never ate grains. Our origins come from hunters and gatherers whose **diets** were **rich in fruits, vegetables, nuts, seeds, proteins and natural fats...**all of those foods that could be gathered from the earth's harvest. There are a number of studies and research findings that show how native tribes experienced a profound sense of health that has been changed dramatically by the introduction of processed foods into their traditional diets.

Our American diet has become very grain and process-food oriented. Eating gluten / gliadin - free can in many ways is a return to an earlier way of eating...a way that our body genetically, hereditarily, digestively and metabolically better understands and functions with. Enjoy a diet rich in **proteins (chicken, beef, eggs, lamb, turkey, fish), vegetables, fruits, nuts, seeds**, and the gluten/gliadin free grains of **rice, millet, amaranth, quinoa, oats, wild rice and buckwheat**. You will feel better for your efforts! Please note that the intestinal healing process takes a minimum 2-3 months of a gluten-free diet, the more dramatic health changes are usually seen after 6 months.

The gluten-free world is one that is growing. Know that you are not alone in this dilemma, but rather part of an expanding group who are realizing the benefits of improving their diet. To help you in your meal planning and preparation we offer the following places to start. Each of these references will lead you to further suggestions, ideas and references. Your journey will be a learning process, so be patient with yourself while on the learning curve.

#### Restaurants:

Any restaurant that serves grilled, poached or sautéed fish, chicken, turkey, beef and lamb - ask that bread basket not be delivered to table and ask if your menu choice has any hidden flours (see below). Accompany your meal with a Salad, Vegetable, Rice or Potato. Our culture has become very bread/pasta oriented. Do not hesitate to break the cultural rules.

#### Hidden Glutens:

Read food labels carefully. Glutens can be hidden under such names as *hydrolyzed vegetable protein, modified food starch, dextrin, and "natural flavorings"*. Gluten might also be found in the *alcohol used in flavorings such as vanilla* and in *distilled vinegar and veined cheese such as Blue Cheese and Roquefort*. Even the smallest amount could be enough to keep you from feeling



the best that you can, so you will want to take extra care in finding those places that it might be hidden.

**Not OK / Intolerable Foods / Drinks:**

Wheat  
Rye  
Kamut  
Teff  
Spelt  
Soy

**OK / Tolerable Foods / Drinks:**

Corn  
Rice  
Wild Rice  
Oats  
Buckwheat  
Millet  
Arrowroot  
Amaranth  
Quinoa  
Wheat Grass  
Tapioca  
Taro  
Barley Grass  
Vinegars -Apple Cider/Balsamic/Rice  
Bean Flours





The focus of a gluten-free cookery is often on replacing gluten flour in baked goods with starches made from rice, arrowroot, potato, other legumes like chickpeas and wheat starch (all the protein has been carefully removed).

In many respects it is easier and nutritionally wiser to forgo the baked goods in large measure and eat other foods. The task of changing your diet is very much like moving to another country and culture. You may try to bring all your old habits with you, and struggle to get all of the ingredients that you are used to forming into meals, or you can gracefully, and with a sense of adventure try the new cuisine. Certainly, bakery foods are delicious and tempting, but so are creatively prepared rice, vegetable, fruit, fish, and meat meals. Even with multiple exclusions, an appealing, varied diet is within reach if you are willing to change your eating style. The main thing is to be inspired to create and enjoy a new cuisine that will diminish your disturbances, sustain your interest in food, and provide balanced nutrition.

Often, those being treated for food problems make odd, exotic food choices and use new food products of doubtful safety. Exotic legume products, new flours and a host of new snack foods are all put on the questionable food list. We cannot be sure how your body will tolerate these products, so eat them with caution. In food-related illness even the most wholesome-appearing food may be harmful to those with allergies, and digestive, or metabolic abnormalities.

So...even though the food industry and grocery stores are awakening to the demand for wheat & gluten-free products and providing them in new and interesting products, do not get caught up in using these new products. The best choice is still to eat those foods that come directly from the earth... those foods which Mother Nature provides.



## Optimal Health Shopping List

### Proteins:

- Beef \_\_\_\_\_
- Chicken \_\_\_\_\_
- Turkey \_\_\_\_\_
- Fish \_\_\_\_\_
- Eggs \_\_\_\_\_
- Lamb \_\_\_\_\_
- Sausages \_\_\_\_\_
  
- Other \_\_\_\_\_
  
- Feta Cheese
- Goat Cheese
- Other \_\_\_\_\_
  
- Almonds
- Pecans
- Walnuts
- Brazil Nuts
- Sunflower Seeds/ Pumpkin Seeds
- Other \_\_\_\_\_

### Grains:

- Brown Rice
- Millet
- Wild Rice
- Buckwheat
- \_\_\_\_\_
- \_\_\_\_\_

### Beans:

- Black, Pinto, Garbanzo, Lentils

### Fats:

- Olive Oil (Extra Virgin, Cold Pressed)
- Butter (Organic for sure, Raw if possible)
- Flax Oil, Borage Oil (Barlean's)
- Walnut Oil, Sesame Oil
- Cod Liver Oil (Carlson's Lemon Flavored)

### Condiments:

- Balsamic Vinegar/Apple Cider Vinegar
- Natural Mustard
- \_\_\_\_\_

### Vegetables:

- |                                            |                                                           |
|--------------------------------------------|-----------------------------------------------------------|
| <input type="checkbox"/> Arugula           | <input type="checkbox"/> Garlic                           |
| <input type="checkbox"/> Avocado           | <input type="checkbox"/> Green Beans                      |
| <input type="checkbox"/> Asparagus         | <input type="checkbox"/> Kale                             |
| <input type="checkbox"/> Bell Peppers      | <input type="checkbox"/> Leeks                            |
| <input type="checkbox"/> Beets/Greens      | <input type="checkbox"/> Lettuce -variety<br>(no iceberg) |
| <input type="checkbox"/> Bok Choy          | <input type="checkbox"/> Mushrooms                        |
| <input type="checkbox"/> Broccoli          | <input type="checkbox"/> Onions                           |
| <input type="checkbox"/> Cabbage           | <input type="checkbox"/> Parsley                          |
| <input type="checkbox"/> Carrots           | <input type="checkbox"/> Spinach                          |
| <input type="checkbox"/> Cauliflower       | <input type="checkbox"/> Squashes (variety)               |
| <input type="checkbox"/> Celery            | <input type="checkbox"/> Sweet Pot/Yams                   |
| <input type="checkbox"/> Chard             | <input type="checkbox"/> Tomatoes                         |
| <input type="checkbox"/> Collard Greens    | <input type="checkbox"/> Cucumber                         |
| <input type="checkbox"/> Corn (if allowed) |                                                           |
| <input type="checkbox"/> Eggplant          |                                                           |

### Herbs:

- |                                  |                                   |
|----------------------------------|-----------------------------------|
| <input type="checkbox"/> Basil   | <input type="checkbox"/> Cilantro |
| <input type="checkbox"/> Dill    | <input type="checkbox"/> Ginger   |
| <input type="checkbox"/> Oregano | <input type="checkbox"/> Rosemary |
| <input type="checkbox"/> Thyme   | <input type="checkbox"/> _____    |

### Fruits:

- \_\_\_\_\_
  - \_\_\_\_\_
  - \_\_\_\_\_
  - \_\_\_\_\_
- (no on Bananas, Grapes, dried fruits)

### Other :

- Herb Tea/Green Tea
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
  
- Sea Salt ("Pacific", New Zealand)
- Mayonnaise (no artificial ingred.)
- \_\_\_\_\_



## Kalish Healing Diet

There is life beyond a diet of gluten containing foods! If we stop and consider for a moment, most of our primitive ancestors never ate grains. They were hunters and gatherers whose **diets** were **rich in fruits, vegetables, nuts, seeds, proteins and natural fats**...all of those foods that could be gathered from the earth's harvest. We are genetically predisposed to thrive on this diet. There are a number of studies and research findings that show how native tribes experienced a profound sense of health that has been negatively impacted by the introduction of processed foods.

### Not OK / Intolerable Foods:

Wheat  
 White flour products (*baked goods, cookies, pastries*)  
 Rye  
 Kamut  
 Teff  
 Spelt  
 Soy  
 Pasteurized cow's milk products

### OK / Tolerable Foods:

Corn  
 Bean flour  
 Rice  
 Wild Rice  
 Oats  
 Buckwheat  
 Millet  
 Arrowroot  
 Amaranth  
 Quinoa  
 Wheat Grass  
 Tapioca  
 Taro  
 Barley Grass  
 Barley Malt  
 Vinegars -Apple Cider/Balsamic/Rice

**Enjoy a diet rich in proteins (chicken, beef, eggs, lamb, turkey, fish), vegetables, fruits, nuts, seeds,** and the gluten free grains including **rice, millet, amaranth, quinoa, oats, wild rice and buckwheat**. You will feel better for your efforts! Please note that the digestive system healing process takes a minimum 2-3 months on the healing diet.



### Hidden Glutens:

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that bread basket not be delivered to table and ask if your menu choice has any hidden flours (see below). Accompany your meal with a Salad, Vegetable, Rice or Potato. Our culture has become very bread/pasta oriented. Do not hesitate to break the cultural rules.

### ***Helpful Hints to Remember***

- Chew food thoroughly
- Eat small portions often. Eat many small meals if necessary.
- Avoid overeating.
- Increase water consumption to eight 8 oz. glasses per day, preferably between meals
- When emotionally upset, eat less and chew well. Slow down.
- Avoid overcooking vegetables. Cook just until crisp-tender.
- Try raw vegetables, they can be interesting and flavorful.
- Avoid distractions while eating, such as TV, radio, reading, and driving. Make eating an enjoyable time.

Set your table attractively and pick pleasant subjects to talk or think about.

- At each meal, eat a variety of raw vegetables with your cooked foods.
- Read labels! Read labels! Read labels!

This is the most important thing in avoiding your reactive foods.



- Be adventurous. Learn to enjoy a wide variety of foods.

There's a whole world of new foods to try.

- Limit fats and sweets. Prepare wholesome snacks from your non-reactive eating list using your alternative ingredients. Avoid commercially-prepared "junk foods" containing high fats or empty calories.
- Lower the outside stresses in your life. Try a Yoga or Pilates class.

Try meditation or taking a walk outside.

Make time for yourself sometime during the day.

- Be good to yourself. Your decision to improve the quality of your life through healthier food choices and meal planning is a very significant step towards Better Health. You are in control. Be proud of yourself.
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## The Foundation of Health: The Three Body Systems

### The Hormonal System

Your complete health analysis begins with assessment of the hormonal system provided by the Functional Adrenal Stress Profile.

#### Stress Hormone Lab Assessments

The first step in assessing your hormonal system's condition is to measure the function of your adrenal glands with the Functional Adrenal Stress Profile test. The saliva samples you submit to the laboratory are put through sophisticated hormonal assays that measure the levels of cortisol and DHEA hormones over a 24-hour period. This test analyzes how well your body is managing stress.

#### Causes of Stress

The Functional Adrenal Stress Profile measures adrenal stress caused by lifestyle issues such as working long hours, poor eating habits, lack of exercise or lack of rest. Adrenal stress can also be caused by internal organ dysfunction such as poor digestion or inadequate detoxification ability. When the sum total of all your stresses reaches a critical threshold, the adrenals react in a predictable pattern.

#### Symptoms of Stress

The most commonly experienced symptoms of adrenal stress include: fatigue, depression, inability to lose weight, sweet cravings, decreased sex drive, insomnia, poor memory, anxiety, PMS, weakened immune response, recurrent infections, unexplained nervousness or irritability and joint or muscle pain. As you experience these external symptoms, profound physiological changes are taking place inside your body.

#### Three Stages of Burnout

##### Stage 1 - Stress Overload

Whatever the source of stress, your body's initial reaction is the same: the adrenal glands make more of the stress hormones cortisol and DHEA. This first stage of hormonal maladaptation is called hyperadrenia, or overactivity of the adrenal glands. Normally, when the stress dissipates, the glands have time to recondition and prepare for the next stressful event. However, if your stress levels remain chronically high, your body will remain locked in this first stage of adrenal stress. If your stress hormone levels remain elevated for extended periods of time, your body's ability to recover can be reduced, and the ability of your adrenals to make cortisol and DHEA can be compromised.

Another way to look at this is to think of your adrenal reserve as a savings account. If you continually withdraw money from savings and don't replace it, you are eventually unable to recover financially. Fatigue and other adrenal symptoms are signs that your body's reserve has been overdrawn and your adrenals are becoming exhausted. If the stress continues, the high levels of cortisol and DHEA begin to drop. As the high levels of these hormones can no longer be sustained, a person enters into stage two of adrenal exhaustion.

##### Stage 2 - Fatigue

Some individuals have genetically strong adrenal glands and can maintain health under high levels of stress for many years. Others may enter into stage two more quickly. Eventually, if we continue to experience excess stress, we enter into stage two of adrenal exhaustion. This transition period



usually lasts between six and eighteen months during which the stress response of the adrenal glands is gradually compromised. Under chronic stress conditions the adrenals eventually “burn out.” At this point the glands become fatigued and can no longer sustain an adequate response to stress. This condition ultimately leads to stage three or hypoadrenia.

### **Stage 3 - Exhaustion**

In stage three of adrenal maladaptation the glands have been depleted of their ability to produce cortisol and DHEA in sufficient amount and now it becomes more and more difficult for the body to recover. Constant fatigue and low-level depression can appear in otherwise emotionally healthy people because cortisol and DHEA help maintain mood, emotional stability and energy levels. As cortisol and DHEA levels are depressed, people experience depressed mental function. Brain function suffers as these hormones are depleted. Both poor memory and mental confusion can be a direct result of adrenal hormone depletion.

## **Stress and Sex Hormone Production and Sex Drive**

Because all steroid hormone production is linked by biochemical pathways, cortisol and DHEA depletion impacts the female hormones progesterone and estrogen, as well as the predominant male hormone, testosterone. In both men and women hormonal symptoms such as mood swings, irritability, sweet cravings and headaches can be related to the failure of the adrenals to adapt to stress. Female hormone symptoms such as menstrual cramping, infertility, night sweats and hot flashes can also be adrenal related. Many women feel they are on an emotional roller coaster with their female hormones, yet rarely explored is the role the adrenals play in female hormones. Testosterone levels in men also suffer as a result of weak adrenal output. Since sex hormone levels drop as cortisol and DHEA levels drop, sex drive diminishes in both men and women.

## **Bone Loss, Pain and Inflammation**

When cortisol levels are abnormal due to chronic stress, bone loss can occur. This is because excessive cortisol blocks mineral absorption. If you are taking calcium supplements to help protect you from bone loss and your cortisol is elevated, you will be unable to absorb the calcium. Calcium can then precipitate in the body and deposit in joints causing arthritis or deposit in the blood vessels increasing your risk for hardening of the arteries. Many people experience increased neck, back and joint pain from imbalances in cortisol.

Two major aspects of healthy immune function are mucosal and humoral immunity. The mucosal immune system consists of the lining tissues of the body that defends us against infectious organisms such as bacteria, virus, yeast, parasites and food antigens. The mucosal immune system also protects us from the entry of harmful toxins from chemicals and heavy metals. Our humoral, or blood immunity, represents the ability of immune cells in the blood to fight and neutralize harmful agents.

These two basic functions of the immune system can be easily measured using Functional Diagnostic lab tests. The strength of our mucosal barrier function, or our mucosal immunity can be assessed with the salivary mucosal barrier screen test. The humoral immune system’s reaction to candida can be measured by the Candida antibodies/DNA panel. Both mucosal and humoral immunity are required for our body’s ability to fight infections and handle food antigens.

Symptoms of suppressed mucosal immunity include chronic sinus infections or sinus congestion, susceptibility to colds and flus, intestinal upset, food allergies and environmental allergies to pollens and animals. Suppressed humoral immunity is a more advanced condition that results from mucosal barrier dysfunction. This condition is common in people with chronic health problems such as chronic fatigue, Fibromyalgia, depression and food reactions.



Further immune system function can be measured by testing antibodies to gluten, milk dairy, soy, corn and rice. Food reactions are the most frequent hidden cause of immune system problems. Genetic, autoimmune conditions such as gluten intolerance affect millions of Americans. Lactose intolerance and cow's milk dairy allergies are a leading cause of sinus problems and excessive mucous production. Corn and soy allergies are also increasingly common.

Salivary testing also detects the level of secretory immunoglobulin A, referred to as 'SIgA,' a vital, if long unrecognized component of the immune system. In a healthy body, SIgA protects us from opportunistic infections (e.g., parasites, bacteria, yeast, virus) and reactions to foods. SIgA is a thin, healthy, mucous-like substance that provides a physical barrier of defense in all the lining tissues of the body. SIgA defense is found in the lining of the gastrointestinal tract, respiratory tract, sinus passages, throat, mouth, vaginal tract and urogenital system. When SIgA is depressed, we become susceptible to a wide range of infectious organisms, environmental allergens such as pollens and molds, and can become reactive to the very foods we eat.

## Stress and Immune Function

Cortisol, the "stress hormone," directs the production of special immune cells called immunocytes, which produce SIgA, our first line immune defense. If cortisol values are abnormal, the ability of immune cells to produce adequate SIgA is compromised. This is one reason we get sick so easily when we are stressed. Simply put, prolonged stress results in adrenal exhaustion and depressed first line immune defense opening the door for opportunistic infections.

## Physiological Effects of Stress

### Repair (Anabolic)

The repair/breakdown or anabolic/catabolic dynamic is one of the most important health principles. Depending on our physical and emotional health we are at all times shifting between a repair (anabolic) or breakdown (catabolic) state. Being in an anabolic state means you are rebuilding, repairing, literally re-constructing your body's tissues. Being in a repair state is like renovating a house by painting, landscaping and replacing a leaky roof. Anabolic refers to your immune system's rebuilding processes. When you are anabolic your body is in a state of constant regeneration, repairing blood vessels and heart tissue, rebuilding old bone and even destroying cancerous cells.

### Breakdown (Catabolic)

The opposite process, a breakdown state, is referred to as a catabolic state. The word catabolic is from the same Greek root as the word cataclysm, meaning disaster. It is a well-chosen term since too much time spent in a catabolic state has disastrous effects on your health. This breakdown or destruction phase occurs when your body is operating under stressful conditions and isn't able to repair itself adequately. Under catabolic conditions we breakdown our own muscle, our own organs and our own bone. This breakdown ultimately leads to degenerative diseases.

We maintain a strong immune system when our bodies spend more time in repairing than breaking down. A healthy immune system prevents the development of many chronic degenerative diseases. For example, we have cancer cells that grow in us each day and it's our immune system's job to destroy those cells so that tumors don't develop. Our blood vessels and heart require constant renewal to prevent the plaquing that causes cardiovascular disease. Our bodies are constantly breaking down and repairing bone and joint tissue; if this breakdown process is blocked, osteoporosis and arthritis occur. Prolonged immune system stress can lead the body to attack itself resulting in autoimmune diseases such as lupus, multiple sclerosis and rheumatoid arthritis.



Your health status, whether you are predominantly in a repair state or breakdown state, can be measured by a variety of lab tests. This information allows you to address chronic degenerative diseases in their earliest stages, long before a pathological condition has developed.

## **The Digestive System**

### **Importance of Healthy Digestion**

The foundation of good health lies in proper digestive function. All other health factors can be undermined if you don't digest and absorb nutrients well. Assimilation of vitamins, minerals, proteins and essential fatty acids from the foods you eat and the supplements you take is required for optimum health. Any therapeutic program you may use will be of limited value without good digestive function.

### **Digestive Function: Lab Testing**

The first step is to take a look at how well your body is digesting. The second step, if a problem is detected, is to determine why your body is not digesting well. Several different types of lab tests are available to assess the function of different organs of the digestive system.

### **Digestive Enzymes**

The inability to digest protein may reflect a deficiency of stomach acid and digestive enzymes. Without sufficient enzymes your body cannot break down the food you eat for assimilation. Low stomach acid and low digestive enzymes are common problems due to our poor diets and high stress levels.

A simple home test (called the Gastro-test for stomach acid production) verifies the ability of the stomach to break down food. Another method to determine digestive function is the Metabolic Assessment lab that detects protein digestion problems. You may also require further testing if you have chronic digestive symptoms such as constipation, diarrhea, bloating after meals, intestinal gas, heartburn and food cravings.

The enzymes present in raw fruits and vegetables help us digest foods more easily. However, these enzymes are destroyed in the cooking process. Your body's own production of digestive enzymes will become depleted if you eat too many cooked foods. When your digestive enzymes decrease, your body's other enzymes -- which are critical for proper immune regulation and systemic cellular processes -- get pulled from the blood stream back into the digestive system. This pattern leads to depletion of your enzyme reserve in other body systems not directly related to digestion. Enzymes are involved in every process in your body, and depletion of enzymes is a depletion of health.

### **Effects of Low Enzymes**

If you have low levels of digestive enzymes, the food you eat is not completely utilized. Any foods you don't digest because of insufficient enzymes become toxic to your body. These partially digested foods provide a substrate or fuel supply for harmful microorganisms like yeast, bacteria, and parasites. Health-sustaining enzymes are abundant in raw and lightly cooked vegetables and fruits, and these should be part of your daily food intake.

### **Replenishing Enzymes**

If you have depleted your reserve of digestive enzymes through poor eating habits you can support your digestion with digestive enzymes until your reserve is built back up. The right dietary supplements will help keep you in a rebuilding state. Supplemental enzymes will help you to



properly digest protein, fats, and carbohydrates, which are essential to maintaining stable blood sugar and overall health.

## Dysbiosis and Hidden Digestive Problems

A positive Metabolic Assessment test or Gastro-test can also point to dysbiosis, an imbalance in the healthy organisms that inhabit the intestinal tract. Dysbiosis can be caused by parasitic infections, bacterial overgrowth, or invasive yeast often referred to as Candida. Hidden or subclinical inflammatory conditions can also interfere with digestion and cause dysbiosis. 'Subclinical' refers to problems that are frequently not detected because they do not cause obvious symptoms.

## Leaky Gut Syndrome

Another common manifestation of digestive stress is "Leaky Gut Syndrome," in which the integrity of the intestinal lining is compromised and is no longer as discerning as it should be between what is absorbed into the blood stream and what is kept out of the blood stream. Therefore, molecules "leak" into the blood that should not be present and are attacked by our immune system, causing inflammation and tissue damage. When food antigens "leak" into our blood stream, the immune system thinks they are foreign invaders and mounts an immune response that we experience as an allergic reaction. Yeast and bacteria can also "leak" into the blood stream and cause significant immune system activity.

## Gluten and Dairy

Food sensitivities are a common cause of hidden, or subclinical, inflammation in the gastrointestinal tract. For example, some people are sensitive to grains containing gluten such as wheat, barley and rye. Others react to lactose found in milk and dairy products; many people react poorly to soy. These types of hidden food reactions are frequently found in people with chronic health problems. The food sensitivity test, or GI/Gluten food profile allows you to determine if food related problems are a significant factor in your overall health picture. Other examples of commonly undiagnosed gastrointestinal problems are parasitic infections.

## Parasites

Many people think of parasites as a problem that only occurs when traveling abroad. However, through recent improvements in diagnostic testing methods, doctors are now discovering high levels of parasite infections in the United States. Parasites are usually acquired by self-inoculation. This can occur when you eat at restaurants where the staff has poor hygiene, or when you eat from salad bars and buffets where food is left sitting out. Handling money, shaking hands with people and using public restrooms are all ways we are exposed to potential parasitic infections.

## Protecting Against Parasites

When several people are exposed to the same pathogen, or infectious organism, one person may be able to fight it off while another may become infected. This has been widely seen in the press with various bacterial organisms, most notably the toxic E. coli outbreaks. The E. coli bacteria is found most often in beef products and has caused severe digestive illness and, in rare cases, death. While many people are exposed to the same tainted meat, some people react more severely than others. This difference in susceptibility to intestinal pathogens such as E. coli is a reflection of the status of SIgA, or first line mucosal immune defense.

When you have strong mucosal immunity (normal SIgA production), the lining of your gastrointestinal tract is able to defend you from invading pathogens. Research studies have shown that if you have lowered mucosal immunity you will have a decreased ability to fight pathogens successfully.



To combat this growing problem with weakened immunity and parasitic infections, new technologies have been created to detect these infectious organisms. One such test, called a stool antigen test, is highly effective in determining acute and chronic parasitic infections that were previously undetected with older testing methods. Bacterial overgrowth and invasive yeast and fungal infections of the intestines are also frequent causes of digestive stress. These too require additional testing to assess.

### **The Detoxification System**

The third major body system is based on both anti-oxidant protection and liver detoxification. These body functions are the physiological mechanisms that protect you from free radical damage and chemical toxicity. The initial assessment for the detoxification system is the Organix Metabolic Assessment. Further testing includes determining heavy metal burdens from lead, mercury, arsenic, cadmium and other toxic metals as well as chemical sensitivities.

The Metabolic Assessment evaluates your level of free radical damage and oxidative stress. If the lipid peroxides levels are elevated, you have high oxidative stress, accelerated free radical activity and need anti-oxidant protection. The second portion of the test, sulfate/creatinine, assesses your liver's ability to detoxify and eliminate harmful substances. A low value on sulfate means you are slow to eliminate toxins and need support for the liver detoxification pathways. Inadequate detoxification leads to allergies, asthma, joint pain, skin problems, headaches, inability to concentrate, and alcohol intolerance.

## **Anti-Oxidants and Free Radicals**

What exactly are free radicals? Free radicals are unstable molecules that attack and destroy healthy tissues. Stable molecules have electrons that exist in pairs. If a molecule loses a paired electron, it becomes unstable and reactive: a free radical. This unstable molecule will now steal an electron from another molecule, causing it to also become a free radical. One free radical can initiate a destructive cycle that is difficult for your body to stop. This process of destruction of healthy tissue is called oxidative stress.

### **Effects of Free Radicals and Oxidative Stress**

Oxidation occurs frequently in nature: for example, an apple slice turning brown or a nail rusting. Both of these are oxidative reactions. The same thing happens inside our bodies; our tissues are gradually destroyed by oxidation from free radicals.

### **Causes of Free Radicals**

Free radicals are formed in our bodies from normal physiological processes like digestion, breathing and exercise. These free radicals are a natural result of the generation of cellular energy that our bodies require as fuel. Cellular energy comes from oxygen mixing with other substances. This cellular energy supplies our brain cells and muscles with fuel so we can work and think. But this energy production also forms free radicals, which are generated inside us. Free radical formation from cellular energy production is much like the formation of sparks that spit out of a burning fire. While free radical formation is a natural side effect of the creation of cellular energy, the effects of excessive, uncontrolled, free radical-induced oxidative stress is implicated in the development of heart disease and many cancers.

While a certain amount of free radicals are formed from biochemical reactions in a healthy body, their levels can greatly increase with poor internal organ function or illnesses. Poor digestive function or liver detoxification generates huge numbers of free radicals, which, if not controlled,



can easily overwhelm our natural defenses. Oxidation of our cell's DNA by free radicals leads to structural damage of the DNA, a process that can cause cells to mutate and become cancerous. Oxidation of lipids/fats causes damage that results in plaquing to blood vessels, compromised blood flow, heart attack, stroke and high blood pressure. This is why antioxidants like Vitamin A, Vitamin C, Vitamin E, beta-carotene, zinc, lipoic acid, and selenium are so important. These antioxidants prevent free radicals from damaging your body's cells by stepping in and acting like a shield between the reactive free radicals and your healthy tissue. The anti-oxidants "put out the sparks" before they can create a problem. Because these nutrients prevent oxidative stress from free radicals they are called 'ANTI'-oxidants.

## The Detoxifying Role of the Liver

Why is your liver so important? One major role of the liver is to function much like a filter. If your body has to handle too many toxins, or waste products, the filter become clogged and ineffective. If toxins are not eliminated they recirculate through your blood and affect many organ functions. Toxins can affect nervous system and mental function, leading to fatigue, depression or anxiety. This build up of toxins can cause allergies and skin reactions. Inadequate detoxification leads to accelerated aging and promotes the onset of degenerative diseases.

## Sources of Toxins

Our bodies must deal with toxins from many sources. One major source of toxic exposure is through the digestive tract. High fat diets, alcohol, caffeine, sugar, artificial sweetener consumption and the use of medications also contribute to the total burden placed on the liver. Hormones and antibiotics fed to animals, preservatives and dyes used in food processing can all cause serious symptoms and side effects. Heavy metal toxicity from dental fillings, contaminated food and water and other environmental exposure also add to the total toxic load on the body.

Most tap water in the United States comes from municipal water systems that are the repositories of millions of tons of chemicals, waste products, fertilizers, herbicides and pesticides from water run off. Much of this finds its way into our food supply. Approximately three thousand chemicals are added to our food. Thousands more, in the form of emulsifiers and preservatives, are used in processing and storage.

It is impossible to completely avoid exposure to the environmental pollutants (car exhaust, cigarette smoke and industrial waste) that have accumulated in our air, water, food and soil. Chemical toxicity has been linked to breast cancer. Lead in paint has been linked to serious nervous system damage. More than 69 million Americans live in communities with smog levels that exceed national safety standards. Our bodies can easily become overwhelmed and unable to discard these toxic compounds fast enough to maintain our health.

## Poisonous Homes

There are some types of toxic exposure that are avoidable. In 1989 the Environmental Protection Agency found that the toxic chemicals in common household cleaners, often in the form of fumes, are three times more likely to cause cancer than are other air pollutants. The EPA also reported to Congress that our indoor air contains the nation's worst pollution: the typical American home has chemical contamination levels seventy times greater than contamination levels found in the air outside. The quality of indoor air is being degraded by the products most of us are using to clean our homes.



## Deadly Toxins

We have no way to protect ourselves if our bodies are exposed to these harmful substances and unable to discard them quickly. Constant exposure to toxic chemicals in our food, air and water has been demonstrated to lower our resistance to disease and cause multiple nutritional deficiencies and altered liver enzyme function. Birth defects, infertility, neurological disorders, hyperactivity, attention deficit disorder and other learning and behavioral disorders have been linked to excessive chemical exposure.

## Eliminating Toxic Exposures

Despite all the work it has to do everyday, the liver has an amazing ability to regenerate. It's the only human organ that can re-grow if a section of it is cut away. Your sulfate/creatinine ratio assesses your liver's ability to remove toxic compounds. If your toxic exposure level is high and your ability to eliminate these poisons is compromised, nutritional supplementation can reverse a dangerous situation. If your ability to detoxify is strong, then simple avoidance of obvious sources of toxic exposure will help keep it that way. Methods of avoidance include using non-toxic cleaning agents that are safe and effective, eating organic foods, avoiding excessive alcohol and caffeine, avoiding second hand cigarette smoke and avoiding any unnecessary use of over the counter medications.

## Detoxification Lab Assessments

### Measuring Free Radical Activity

Your lipid peroxide test is a direct measurement of your level of free radicals and lets you know the level at which you need anti-oxidant support. Not everyone needs anti-oxidants and taking them if they are not needed can cause muscle weakness and fatigue. That is why appropriate testing before supplementation is so critical. If your tests demonstrate a need for anti-oxidant support, you can supplement and then retest at a future date to evaluate the success of your program.

### Measuring Liver Detoxification Pathways

The urinary test measuring your sulfate/creatinine ratio assesses your liver's ability to detoxify. If your detoxification abilities are over taxed, destructive chemical compounds will build up in your body. If you have a low sulfate/creatinine ratio, you have low liver detoxification ability, and additional nutritional support is required to improve this condition.

## Understanding Adrenal Function

Information Provided by BioHealth Diagnostics

### ***Pregnenolone —The Basics***

Pregnenolone, like DHEA, is a steroidal hormone manufactured in the body. Pregnenolone is a precursor hormone synthesized from cholesterol, principally in the adrenal glands, but also in the liver, skin, brain, testicles, ovaries, and retina of the eyes.

Steroids are a large family of structurally similar biochemicals that have sex-determining, anti-inflammatory, and growth-regulatory roles. Indeed, pregnenolone is the grand precursor from which almost all of the other steroid hormones are made; including DHEA, progesterone,



testosterone, the estrogens, and cortisol. Despite its powerful metabolites, pregnenolone is acknowledged to be without significant side effects, with minimal or no anabolic, estrogenic or androgenic activity.

Pregnenolone has been found to be 100 times more effective for memory enhancement than other steroids or steroid-precursors in laboratory mice. Pregnenolone appears to be the most potent memory enhancer yet reported in animals. Pregnenolone has been reported to not only make people smarter but happier and enhance ones ability to perform on the job while heightening feelings of well-being. Pregnenolone has also been reported to reduce high stress induced fatigue.

As is the case with the steroid-hormone precursor DHEA, pregnenolone levels decline with age. Many physicians and scientists believe that replacement of pregnenolone to youthful levels is an important step in the treatment of aging and symptoms of aging. Pregnenolone may be one of the most important hormones because it seems to have a balancing effect. It is a precursor to many other hormones and may be able to bring the levels of other hormones up or down as needed.

Other benefits of pregnenolone may include stress reduction and increased resistance to effects of stress, improvement of mood and energy, reduced symptoms of PMS and menopause, improved immunity, and repair of myelin sheaths.

Pregnenolone also operates as a powerful neurosteroid in the brain, modulating the transmission of messages from neuron to neuron and strongly influencing learning and memory processes. As with DHEA, pregnenolone levels naturally peak during youth and begin a long, slow decline with age. By the age of 75 our bodies produce 60% less pregnenolone than the levels produced in our mid-thirties. For this reason pregnenolone is one of the biomarkers of aging. Like counting the rings of a tree, by measuring the level of pregnenolone at any given point of a person's life, it is often possible to make an educated guess as to his or her age.

Some other hormones that decline with age are DHEA, the estrogens, testosterone, progesterone and growth hormone. These are considered biomarkers of aging as well. Since pregnenolone provides the initial raw material from which all the other steroid hormones are made, some of our other hormones will decline in a parallel fashion. While our youth-giving hormones are diminishing, loss of quality-of-life progressively settles in. We slowly begin to experience physical and mental decline; loss of energy, memory loss, visual and hearing impairment, arthritis, cardiovascular disease, and sexual decline, just to name a few. Supplementing small amounts of these neuro-hormones may slow these age-related processes, improving one's quality of life by rejuvenating the body to more youthful functioning.

### ***Pregnenolone – A Little History***

Research on pregnenolone, as well as usage of pregnenolone, dates back as far as the 1930's. Human studies were conducted in the 1940's on factory workers to test the effect of pregnenolone on anti-fatigability and autoimmune disorders, including rheumatoid arthritis. The results were successful and improvements were noted. Even though pregnenolone was proving to be not only effective, but safe as well, it was discarded when Merck's newly introduced pharmaceutical agent, cortisone, was announced to be a cure-all for rheumatoid arthritis in 1949.

Soon after cortisone and cortisol came into use, the synthetic steroid hormones dexamethasone, and later prednisone, were introduced. Remember that these steroids are hundreds of times more powerful than pregnenolone (or DHEA for that matter). Because they could be patented, it was more politically and economically advantageous for pharmaceutical companies to promote these drugs rather than pregnenolone. Additionally, these steroids were very fast acting compared to



pregnenolone. Users and doctors preferred the quick fix. However, these steroidal compounds proved to have serious downsides, including compromising the immune system and inducing osteoporosis, among other serious complications.

Even though cortisone and cortisol are stress hormones that are natural to the body, they have historically been and continue to be administered in pharmacological doses rather than at physiological amounts natural to the body. The pharmacological levels at which cortisone and cortisol are generally administered give them a risk profile not unlike that of the synthetic hormones.

Scientists have been studying the impact of hormones on learning and memory for many years. Various studies have found that pregnenolone enhances motivation, the ability to acquire knowledge, and long-term memory. A research group of industrial psychologists conducted studies in the 1940's to test pregnenolone on students and workers for the ability to enhance job performance. They found that the students/workers had a markedly improved ability to learn and remember difficult tasks.

It is also amazing that pregnenolone not only enhanced job performance of the students/workers; but they additionally experienced heightened feelings of well-being. The same research group performed a study on factory workers to see if pregnenolone could improve their work productivity. Productivity increased most notably in the workers whose situations were considered the most stressful; for example, the workers who got paid per piece and whose living depended on their productivity. Improvement was noted, but less so, in workers who got paid a fixed wage regardless of their productivity levels. Not only did pregnenolone improve productivity for both groups, but the workers also reported enhanced mood.

As previously mentioned, despite successful results, research on pregnenolone halted in the 1950's when cortisone became available as an immediate cure-all. Because pregnenolone, unlike cortisone, couldn't be patented, pharmaceutical companies had no financial incentive to pursue the research. It is unfortunate that pharmaceutical companies are governed by a financial system and healthcare system that imposes the requirement that for a molecule to be profitable it must be patentable. If there were half as many studies done on pregnenolone as the patented drugs, pregnenolone's therapeutic potential would be expected to be far reaching.

#### ***Where is pregnenolone found?***

Human studies show that there are much higher concentrations of pregnenolone in the nervous tissue than in the bloodstream. Animal studies indicate that pregnenolone is found in the brain in ten-fold larger concentrations than the other stress-related hormones (including DHEA).

#### ***Common Causes Of Adrenal Stress***

- Anger
- Fear
- Worry/anxiety
- Depression
- Guilt
- Overwork/ physical or mental strain
- Excessive exercise
- Sleep deprivation



- Light-cycle disruption
- Going to sleep late)
- Surgery
- Trauma/injury
- Chronic inflammation
- Chronic infection
- Chronic pain
- Temperature extremes
- Toxic exposure
- Malabsorption
- Maldigestion
- Chronic illness
- Chronic-severe allergies
- Hypoglycemia
- Nutritional deficiencies

***Associated Symptoms And Consequences Of Impaired Adrenals***

- Low body temperature
- Weakness
- Unexplained hair loss
- Nervousness
- Difficulty building muscle
- Irritability
- Mental depression
- Difficulty gaining weight
- Apprehension
- Hypoglycemia
- Inability to concentrate
- Excessive hunger
- Tendency towards inflammation
- Moments of confusion
- Indigestion
- Poor memory
- Feelings of frustration
- Alternating diarrhea and constipation
- Osteoporosis
- auto-immune hepatitis
- auto-immune diseases

- Lightheadedness
- Palpitations [heart fluttering]
- Dizziness that occurs upon standing
- Poor resistance to infections
- Low blood pressure
- Insomnia
- Food and/or inhalant allergies
- PMS
- Craving for sweets
- Dry and thin skin
- Headaches
- Scanty perspiration
- Alcohol intolerance

#### ***Functions of DHEA***

- Functions as an androgen (a male hormone) with anabolic activity. Anabolic refers to the building or synthesis of tissues.
- Is a precursor that is converted to testosterone (a male hormone). Is a precursor to estrogen (a female anabolic hormone)
- Reverses immune suppression caused by excess cortisol levels, thereby improving resistance against viruses, bacteria and *Candida albicans*, parasites, allergies, and cancer.
- Stimulates bone deposition and remodeling to prevent osteoporosis.
- Improves cardiovascular status by lowering total cholesterol and LDL levels, thereby lessening incidences of heart attack.
- Increases muscle mass. Decreases percentage of body fat.
- Involved in the thyroid gland's conversion of the less active T4 to the more active T3.
- Reverses many of the unfavorable effects of excess cortisol, creating subsequent improvement in energy/ vitality, sleep, premenstrual symptoms, and mental clarity.
- Accelerates recovery from any kind of acute stress (e.g., insufficient sleep, excessive exercise, mental strain, etc.).

#### ***What Cortisol Does***

- Mobilizes and increases amino acids, the building blocks of protein, in the blood and liver.
- Stimulates the liver to convert amino acids to glucose, the primary fuel for energy production.
- Stimulates increased glycogen in the liver. Glycogen is the stored form of glucose.
- Mobilizes and increases fatty acids in the blood (from fat cells) to be used as fuel for energy

production.

- Counteracts inflammation and allergies.
- Prevents the loss of sodium in urine and thus helps maintain blood volume and blood pressure.
- Maintains resistance to stress (e.g., infections, physical trauma, temperature extremes, emotional trauma, etc.).
- Maintains mood and emotional stability.

#### ***Excess Cortisol***

- Diminishes cellular utilization of glucose.
- Increases blood sugar levels.
- Decreases protein synthesis.
- Increases protein breakdown that can lead to muscle wasting.
- Causes demineralization of bone that can lead to osteoporosis.
- Interferes with skin regeneration and healing.
- Causes shrinking of lymphatic tissue
- Diminishes lymphocyte numbers and functions
- Lessens SIgA (secretory antibody productions). This immune system suppression may lead to increased susceptibility to allergies, infections, and degenerative disease.

#### ***Balancing Your Meals For Blood Sugar Control***

To maintain proper adrenal function it is imperative to control your blood sugar levels and the following guidelines will help you do that:

- Eat a small meal or snack every three to four hours.
- Eat within the first hour upon awakening.
- Eat a small snack near bedtime.
- Eat before becoming hungry. If hungry, you have already allowed yourself to run out of fuel [low blood sugar/ hypoglycemia], which places additional stress on the adrenal glands.

An excessive ratio of carbohydrates to protein results in excess secretion of insulin, which often leads to intervals of hypoglycemia. The body, in an attempt to normalize blood sugar, initiates a counter-regulatory process during which the adrenals are stimulated to secrete increased levels of cortisol and adrenalin. It follows that an excessive intake of carbohydrates often leads to excessive secretion of cortisol. This contributes to chronic cortisol depletion and consequently, adrenal exhaustion. Reduced DHEA is an early sign of adrenal exhaustion.

In order to stabilize blood sugar, you must maintain a balance between two hormones, glucagon and insulin, which are produced by the pancreas. Protein in the diet induces the production of



glucagon Carbohydrates in the diet induce the production of insulin. Insulin promotes fat (energy) storage. When excess carbohydrates are eaten, the body produces large quantities of insulin and little glucagon. This high level of insulin results in more fat being formed and stored.

When insulin is high and glucagon is low, the adrenals are called upon to produce excess cortisol (see later on in the document what cortisol is all about) as a back-up response to help raise blood sugar in the absence of adequate glucagon. This occurs at the expense of the adrenal glands, contributing to adrenal exhaustion.

### ***Balance Your Meals***

The optimal level of insulin to glucagon is achieved by a diet that contains carbohydrates balanced with proteins in a ratio of approximately two to one, that is, approximately two grams of carbohydrate per gram of protein and gram of fat per meal or snack.

### ***The Role of Fat***

A small amount [3/4 tsp. to 1 tsp.] of fat (butter) or cold pressed vegetable or seed oil should be a part of each meal in order to help control the rate of entry of glucose (blood sugar) into the bloodstream.

In order to make balancing this glycemic control diet easier, you can purchase books containing nutritive value charts, as well as ones containing a glycemic index. These charts will enable you to quickly locate foods you would like to eat, and help determine whether they are in appropriate balance for your meals.

### ***Making the Most of Meal Balancing***

As there is no exact dietary balance that applies to all people, it is critical to understand each person's role in the development of an ideal eating plan. In order to determine how well a blood sugar balanced diet is working, one must pay attention to one's own body.

For example, if you feel mentally and physically alert throughout the day, this is generally a good sign that you are eating frequently enough and in the right balance. Eating small, carefully balanced meals every 4-5 hours will preclude hunger and fatigue in most people. It is up to each person to become aware of how they respond to the meals they eat. A properly balanced meal with good digestion and absorption should sustain mental and physical energy for 4-6 hours.



# Kalish Program

## Body System 1: Hormonal

Your laboratory testing indicates that you are in:

### STAGE 1 Adrenal Exhaustion

This packet will explain these findings. You will learn which supplements you should be taking based on those results and recommended diet and lifestyle considerations that will improve your overall health.

If you follow the recommended supplement protocol as well as the diet and lifestyle information in this packet, you should see a noticeable improvement in your health thus avoiding escalating your condition to Stage 2 of Adrenal Exhaustion.

#### Contents

Explanation of Test Results

Supplement Protocol Recommendations

The Kalish Diet

Sleep, Rest and Recovery

Exercise

Stress

Emotional and Spiritual Health



## Explanation of Test Results

Your recent testing shows that you are in **Stage 1 of Adrenal Exhaustion**.

### **What do my adrenal test results mean?**

Your cortisol and DHEA levels provide an accurate assessment of how well your adrenal glands are functioning. Healthy, properly functioning adrenal glands are imperative for vibrant, optimal health. When the adrenal glands become fatigued due to chronic stress, many health consequences can result.

### **What is chronic stress?**

Adrenal exhaustion begins to occur when stresses become chronic in nature, meaning that they are present day after day. The causes of the chronic stress range from skipping breakfast every day and only eating a salad for lunch to having exposures to mercury to infections in the digestive tract to conducting life at a frenzied pace each day.

It is extremely important to address whatever is causing your chronic stress so that the treatment protocol that you have been given can successfully restore proper function to your adrenal glands.

### **What do the stages of adrenal exhaustion mean?**

Although the decline in adrenal function occurs in a progressive fashion, three “stages” of adrenal exhaustion are commonly used to describe a patient’s condition.

As the adrenal glands first come under chronic stress, the outer part of the adrenal gland called the adrenal cortex begins to produce and secrete a greater quantity of cortisol, the “stress hormone.” This increased cortisol production “steals” pregnenolone, the hormone needed to produce other hormones in the adrenal cortex, most notably DHEA. **In Stage 1 of adrenal exhaustion, daily cortisol output is elevated and DHEA levels begin to decline. Since DHEA metabolizes into sex hormones, specifically estrogens and testosterone, imbalances in these critical hormones can occur. In women progesterone levels are often impacted to a greater degree by chronic stress than estrogen levels, leaving them “estrogen dominant.”**



As chronic stress continues unabated, the adrenal glands can no longer maintain the daily high levels of cortisol output. In Stage 2 of adrenal exhaustion, daily cortisol output falls to “normal” levels, and DHEA levels decline even further. Low or borderline low morning, noon or afternoon cortisol levels and normal nighttime cortisol levels are often seen in Stage 2 of adrenal exhaustion.

As chronic stress continues to weaken the adrenal glands, daily cortisol levels fall even farther. In Stage 3 of adrenal exhaustion, cortisol levels are low and DHEA levels fall even lower. There is an increased probability of low nighttime cortisol levels as well as low readings throughout the day. In Stage 3 of adrenal exhaustion, a patient is subject to serious hormonal imbalances.

Chapter four in my book, *Your Guide to Healthy Hormones*, offers a detailed discussion of the adrenal hormones and the various stages of adrenal exhaustion.

### **What are the consequences of adrenal exhaustion?**

In all stages of adrenal exhaustion (even Stage 3), cortisol levels are elevated relative to DHEA levels. There are many health consequences associated with a high ratio of cortisol to DHEA that affect you:

- Blood Sugar Control
  - Immune Function
  - Detoxification Capabilities
  - Tissue Health
  - Hormone Balance
- 
- 

## Supplement Protocol Recommendations

The protocol for *Stage 1 Adrenal Exhaustion* is essential to improving your current state of health as you will see by the supplement descriptions.

### DHEA

DHEA reverses immune suppression caused by excess cortisol levels, thereby improving resistance against viruses, bacteria and fungus, yeast, parasites, allergies, and cancer. It increases muscle mass and decreases percentage of body fat. It prevents osteoporosis and heart attacks, while improving energy, vitality, sleep quality, premenstrual symptoms and mental clarity. Additionally, it accelerates recovery from any kind of acute stress, for example insufficient sleep, excessive exercise, mental strain, etc.

### Pregnenolone

As is the case with DHEA, pregnenolone levels decline with age. Many physicians and scientists believe that replacement of pregnenolone to youthful levels is an important step in the treatment of aging and symptoms of aging.

Other benefits of pregnenolone include stress reduction and increased resistance to effects of stress, improvement of mood and energy, reduced symptoms of PMS and menopause, improved immunity, and repair of myelin sheaths.

## The Kalish Diet

The Kalish Diet is designed to improve the health of everyone, regardless of their health complaints. By following my diet, you will feel better physically, have more energy, eliminate cravings, improve sleep quality, and lose weight.

In my experience, there are three “musts” for each of us to attain our optimum health through diet. We must (1) determine the balance of macronutrients (proteins, carbohydrates, and fats) right for us and only choose the highest-quality food available; (2) eliminate gluten, soy, and pasteurized dairy for two months, and (3) maintain stable blood sugar.



### Macronutrient Ratios

There are three variables when considering proper macronutrient ratios: 1) genetics, 2) how damaged your metabolism is, and 3) energy requirements. It is important to keep in mind that activity level on a given day can require adjustments to your macronutrient ratio.

Genetic predisposition is an important factor, given the variation in what our ancestors ate, based on their physical environments and the types of food available. This work has been clearly explained in *The Metabolic Typing Diet* by William Wolcott and *The Nutritional Solution* by Dr. Harold Kristal and James Haig. Simply put, some people require high-carbohydrate diets to be healthy, while others require larger-than-average amounts of protein and fat.

If your metabolism is damaged, you will need to adjust your macronutrient ratios. For example, if you have chronic health problems, you will need to consume more high-quality raw fats and proteins while you are healing. These nutrients provide the raw ingredients that aid in structural repair of damaged cells. Carbohydrates are used primarily as fuel, not for structural repair, although it is always important to have the right amount of starchy carbohydrates in your diet. If you eliminate all carbohydrates, your cortisol level will be affected, which could lead to a hormonal imbalance.

Your individual energy level also will dictate your macronutrient ratio. If you are like many Americans and lead a sedentary life (thanks to modern conveniences such as computers and



televisions), you will want to be sure to eat fewer carbohydrates. These serve as fuel to the body, and if you are eating more than you are burning, you will push your insulin level up which will lead to unstable blood sugar and a host of health problems. If, on the contrary, you are an active person who exercises several hours a week, you will need to eat more carbohydrates to fuel your body.

## **Foods to Avoid**

### **Gluten**

Gluten intolerance is the most common food problem I have encountered in the thousands of patients I have worked with. It can be a serious health complaint causing a variety of symptoms. Although not everyone is gluten-intolerant, I have found that everyone benefits from a two-month gluten-free diet, because it forces us to eat less of the processed, refined foods that contain gluten, and more unprocessed foods such as organic vegetables, quality proteins, fats, and healthy carbohydrates. People who are gluten-intolerant need to modify their gluten consumption for life. For the rest, the two-month period is sufficient, after which gluten-containing grains can be reintroduced into a healthier diet.

Eating gluten-free means avoiding all foods containing gluten, including wheat, rye, spelt, bulgar, semolina, couscous, triticale, and durum flour. Gluten can be hidden, so read labels carefully. Be wary of modified food starch, dextrin, flavorings and extracts, hydrolyzed vegetable protein, imitation seafood, and creamed or thickened products such as soups, stews, and sauces.

Starchy foods that are allowed include amaranth, arrowroot, buckwheat, corn, millet, potato, quinoa, and rice. Oats are tolerated by most gluten sensitive people, but are controversial as to their actual gliadin content; so be careful with oats. To be cautious avoid oats for the first two weeks and then try them and watch carefully for symptoms.



### **Soy**

Approximately half my patients who are sensitive to gluten are also allergic to soy and soy products. Part of this may stem from the ways in which soy has been genetically modified, and the frequency with which it is used as a food additive. I have my patients avoid all concentrated soy protein products for the initial two months, including tofu, tempeh, soy protein powders, and bars that contain soy protein. Most people tolerate the small amounts of soy proteins found in soy sauce or whole soy beans.

### **Pasteurized Dairy**

Food reactions to pasteurized dairy products are the most easily detected. These products are pasteurized milk, cheese, yogurt, and cottage cheese – but not eggs. There are two potential problems with dairy products: lactose intolerance, which is an inability to digest the carbohydrate or sugar portion of milk, and milk allergy, which is a reaction to the protein in milk. Pasteurization and homogenization destroys the enzymes in milk that help us digest it, the healthy bacteria in milk that help keep the gut working well, and the beneficial fats in dairy, rendering what could be a very nurturing and healing food a potentially harmful product.

While pasteurized dairy is to be avoided, raw dairy may be introduced after two weeks of a diet free of dairy. After two weeks, most people will be able to tell if they are sensitive to dairy by drinking a large glass of whole raw milk first thing in the morning on an empty stomach. If you have no digestive symptoms from doing this, then you can likely consume raw dairy products. Raw butter has butyric acid, which along with the healthy bacteria in butter helps heal the GI tract in dramatic ways.



## Foods Allowed

Now that I've discussed which foods you should avoid (gluten, soy, and pasteurized dairy) let's look at the foods that are okay to eat. Remember, the goal is to find the right combination of foods that will allow you to achieve optimum health by balancing your macronutrient ratios of proteins, carbohydrates, and fats.

### Proteins

It is very important that you eat adequate protein at each meal. The variety of protein sources and quality are important factors. Limit protein consumption to sources that are organic, hormone-free, free-range, grass-fed, and "wild" in the case of fish. Use only fresh meats; avoid those that are processed and packaged. It is important to divide the day's total protein over the course of the day. An easy starting point to calculating the amount of protein you need is to divide your ideal body weight (in pounds) by 15 to get the ounces protein to be consumed per day. You will need to adjust this amount up or down depending on your metabolic type, health of your metabolism, and activity level.

**Beef, pork, lamb:** Eat each meat one or two days a week

**Fish:** Eat a variety of grilled, steamed, baked, or poached, but do not bread or deep-fry. Limit canned tuna to rare occasions. Ask for "wild" fish.

**Poultry:** Eat a variety of chicken, turkey, Cornish game hen, in a mix of dark and white meat. Do not bread or deep-fry. Acceptable cooking methods are grilled, steamed, baked or roasted.

**Eggs:** Eat as often as three days a week. The yolk has nutrients that are denatured when cooked through, so eat eggs soft-boiled, sunny side up, or over-easy when you can.

**Nuts:** These may be used as a protein snack source. Raw and organic are preferable.

**Cheese:** All cow's milk products need to be eliminated for the first two weeks. Choose goat and sheep cheeses and goat's milk yogurt as alternatives if your specific plan allows. After two weeks, you may introduce raw (unpasteurized) dairy into your diet.

### Carbohydrates

Carbohydrates include vegetables, fruits, grains, and beans. The best carbohydrates to eat are rich in vitamins. Carbohydrates with low nutrient value should be avoided.

#### Vegetables

Nutrient-rich vegetables provide an abundance of the vitamins and minerals that sustain your body. Again, quality and variety are key. Your body is most nourished with high-quality organic produce. Many therapeutic nutrients such as antioxidants and flavinoids are associated with the properties that give vegetables their color, so make sure you are eating a good range. Eating vegetables raw or lightly cooked helps maintain vitamin and mineral content and makes them easier to digest.

**Green vegetables:** Eat an abundance of these. They are high in minerals and low in calories. Some examples include swiss chard, kale, collard greens, bok choy, beet greens, spinach, and salad greens. Dark-green steamed vegetables are superior to salad greens.

**Yellow and orange vegetables:** Eat these in small portions and always balance with green vegetables and protein. Some examples include yams, winter squash and carrots.

**Onions, garlic, and tomatoes:** Eat these as desired, unless allergic.



### ***Fruits***

Whole fresh fruits are allowed in moderation. These include berries, citrus, melons, apples, and pears. Your best fruit choices are berries – such as strawberries, blueberries, and raspberries – along with melons and grapefruit. Avoid bananas and grapes because they can play havoc with your blood sugar; as well as dried fruit, which may contain harmful preservatives.

### ***Grains***

Only gluten-free grains are allowed, including amaranth, arrowroot, buckwheat, corn, millet, potato, quinoa, and white or brown rice. There are now rice breads and millet breads available for toast and sandwiches, as well as rice, corn and quinoa-based pastas.

### ***Beans***

Beans are an excellent source of carbohydrate and can be eaten as frequently as every meal.

### **Fats**

It is important to have some fat at each meal, and as with all food groups, it is important to give your body a variety. Choose from walnut, extra-virgin cold-pressed olive, sesame, cod liver, coconut, and real butter. Raw butter is ideal because it possesses healing qualities. The occasional use of safflower and sunflower oils is okay. Avoid all margarines, hydrogenated and partially hydrogenated oils, as well as canola oil and mayonnaise. Butter, coconut oil and olive oil are the most stable with heating but temperatures are still best kept as low as possible when cooking.

### **Beverages**

Water is the best beverage to drink. Our bodies are 70 percent water, and it is considered a nutrient, optimizing digestive function and elimination of toxins from your body.

It's best to avoid caffeine, fruit juices, and alcoholic beverages, especially beer, which contains gluten. If you are a daily caffeine consumer, don't quit right away. Start by making improvements in your diet and exercise patterns, and the need for the extra boost caffeine provides will fade over time.

### **Food Allergies and Rotation Diets**

Food allergies are becoming a more widely recognized health problem. Often it is not clear which foods are causing reactions. When I have patients who are experiencing food allergies or sensitivities, I suggest that they do a simple lab test to determine the specific foods they are allergic to, and then go on a rotation diet.

### **Sleep, Rest and Recovery**

Getting adequate sleep is crucial for physical repair and regeneration. Sleep, rest, and recovery are directly linked to our 24-hour adrenal hormone cycle. When the sun rises, cortisol levels peak; they taper off as the sun sets, reaching their lowest level three hours after dark. This daily fluctuation is intended to help our bodies know when to be active and when to rest.

Ideal rest occurs between 10 P.M. and 6 A.M. Sleep during the hours of 10 P.M. and 2 A.M. repairs our bodies. Immune cells are released to seek out and destroy cancer cells, bacteria, viruses, and other harmful agents. If cortisol levels are elevated during this phase, maximum recovery will not be achieved. Between 2 and 6 A.M., sleep lets our bodies enter a stage of psychic regeneration, and the immune system is supported by chemicals released by the brain.



## Exercise

Exercise helps take off weight, increase energy and prevent depression. It also can be a source of stress if not done properly. Cardiovascular exercise raises cortisol, which can be helpful when done as part of an integrated health program. However, excessive cardiovascular exercise, along with a highly stressful lifestyle, can make hormone problems worse. Resistance training, on the other hand – strength training with weights – increases human growth hormone production and lean muscle mass. The increased muscle mass will in turn burn fat 24 hours a day. Therefore, your individual exercise requirements will depend on your hormone status and how much body fat and lean muscle you have right now.

A properly designed exercise program will include relaxation exercises if you are stressed, resistance training if you need to improve your strength, stretching to resolve muscle tension patterns, and cardiovascular exercise to improve overall fitness. If you are in Stage 3 of adrenal burnout, you may require some time healing your adrenal glands before you do heavy cardiovascular exercise. Also, specific sports such as tennis, golf, running, or cycling benefit from specific stretches and strength training to improve performance and prevent injury.

## Stress

There are three important stages to consider with regard to stress: perception, response, and internalization. It is the internalization of stress that is key. Stress that is internalized negatively will have lasting effects. For this reason, we must find effective individual techniques for stress reduction. For some, effective stress reduction could be yoga. For others, it is running or golf. It may be meditating or gardening or keeping a journal. Many people benefit from education, such as classes, books, or seeing a therapist or psychologist. Stress reduction is essential to achieving emotional and spiritual health, which will directly affect your physical health and well-being.

## Emotional and spiritual health

Emotional and spiritual well-being has played a primary role in the health of every one of the patients I have treated. Our emotional health revolves around our ability to communicate with others and maintain intimacy with those we love. In our culture, very few people are highly skilled and focused on developing truly intimate relationships. It requires practice and hard work. Some people discover the spiritual part of themselves through organized religion; others find it through a less formal belief system or practice. Achieving satisfying emotional and spiritual health will directly affect your physical health and well-being. For most of us, this is the most important and challenging step toward optimum health.



## **Kalish Program Body System 1: Hormonal**

Your laboratory testing indicates that you are in:

### **STAGE 2 Adrenal Exhaustion**

This packet will explain these findings. It will let you know which supplements you should be taking based on those results and recommend diet and lifestyle considerations that will improve your overall health.

If you follow the recommended supplement protocol as well as the diet and lifestyle information in this packet you should see a noticeable improvement in your health and be able to avoid escalating your condition to Stage 3 of Adrenal Exhaustion.

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## Explanation of Test Results

Your recent testing shows that you are in **Stage 2 Adrenal Exhaustion**.

### What do my adrenal test results mean?

Your cortisol and DHEA levels provide an accurate assessment of how well your adrenal glands are functioning. Healthy, properly functioning adrenal glands are imperative for vibrant, optimal health. When the adrenal glands become fatigued due to chronic stress, many health consequences can result.

### What is chronic stress?

Adrenal exhaustion begins to occur when stresses become chronic in nature, meaning that they are present day after day. The causes of the chronic stress range from skipping breakfast every day and only eating a salad for lunch to having exposures to mercury to infections in the digestive tract to conducting life at a frenzied pace each day.

It is extremely important to address whatever is causing your chronic stress so that the treatment protocol that you have been given can successfully restore proper function to your adrenal glands.

### What do the stages of adrenal exhaustion mean?

Although the decline in adrenal function occurs in a progressive fashion, three “stages” of adrenal exhaustion are commonly used to describe a patient’s condition.

As the adrenal glands first come under chronic stress, the outer part of the adrenal gland called the adrenal cortex begins to produce and secrete a greater quantity of cortisol, the “stress hormone.” This increased cortisol production “steals” pregnenolone, the hormone needed to produce other hormones in the adrenal cortex, most notably DHEA. In Stage 1 of adrenal exhaustion, daily cortisol output is elevated and DHEA levels begin to decline. Since DHEA metabolizes into sex hormones, specifically estrogens and testosterone, imbalances in these critical hormones can occur. In women progesterone levels are often impacted to a greater degree by chronic stress than estrogen levels, leaving them “estrogen dominant.”

As chronic stress continues unabated, the adrenal glands can no longer maintain the daily high levels of cortisol output. **In Stage 2 of adrenal exhaustion, daily cortisol output falls to “normal” levels, and DHEA levels decline even further. Low or borderline low morning, noon or afternoon cortisol levels and normal nighttime cortisol levels are often seen in Stage 2 of adrenal exhaustion.**

As chronic stress continues to weaken the adrenal glands, daily cortisol levels fall even farther. In Stage 3 of adrenal exhaustion, cortisol levels are low and DHEA levels fall even lower. There is an increased probability of low nighttime cortisol levels as well as low readings throughout the day. In Stage 3 of adrenal exhaustion, a patient is subject to serious hormonal imbalances.

Chapter four in my book, *Your Guide to Healthy Hormones*, offers a detailed discussion of the adrenal hormones and the various stages of adrenal exhaustion.

### What are the consequences of adrenal exhaustion?

In all stages of adrenal exhaustion (even Stage 3), cortisol levels are elevated relative to DHEA levels. There are many health consequences associated with a high ratio of cortisol to DHEA that affect you:

- Blood Sugar Control
- Immune Function
- Detoxification Capabilities
- Tissue Health
- Hormone Balance



## Supplement Protocol Recommendations

The protocol for *Stage 2 Adrenal Exhaustion* is essential to improving your current state of health as you will see by the supplement descriptions.

### DHEA

DHEA reverses immune suppression caused by excess cortisol levels, thereby improving resistance against viruses, bacteria and *Candida albicans*, parasites, allergies, and cancer. It increases muscle mass and decreases percentage of body fat. It prevents osteoporosis, heart attacks, while improving energy, vitality, sleep quality, premenstrual symptoms and mental clarity. Additionally, it accelerates recovery from any kind of acute stress, for example insufficient sleep, excessive exercise, mental strain, etc.

### Pregnenolone

As is the case with DHEA, pregnenolone levels decline with age. Many physicians and scientists believe that replacement of pregnenolone to youthful levels is an important step in the treatment of aging and symptoms of aging.

Other benefits of pregnenolone include stress reduction and increased resistance to effects of stress, improvement of mood and energy, reduced symptoms of PMS and menopause, improved immunity, and repair of myelin sheaths.

### The Kalish Diet

The Kalish Diet is designed to improve the health of everyone, regardless of their health complaints. By following my diet, you will feel better physically, have more energy, eliminate cravings, improve sleep quality, and lose weight.

In my experience, there are three “musts” for each of us to attain our optimum health through diet. We must (1) determine the balance of macronutrients (proteins, carbohydrates, and fats) right for us and only choose the highest-quality food available; (2) eliminate gluten, soy, and pasteurized dairy for two months, and (3) maintain stable blood sugar.



### Macronutrient Ratios

There are three variables when considering proper macronutrient ratios: 1) genetics, 2) how damaged your metabolism is, and 3) energy requirements. It is important to keep in mind that activity level on a given day can require adjustments to your macronutrient ratio.

Genetic predisposition is an important factor, given the variation in what our ancestors ate, based on their physical environments and the types of food available. This work has been clearly explained in *The Metabolic Typing Diet* by William Wolcott and *The Nutritional Solution* by Dr. Harold Kristal and James Haig. Simply put, some people require high-carbohydrate diets to be healthy, while others require larger-than-average amounts of protein and fat.

If your metabolism is damaged, you will need to adjust your macronutrient ratios. For example, if you have chronic health problems, you will need to consume more high-quality raw fats and proteins while you are healing. These nutrients provide the raw ingredients that aid in structural repair of damaged cells. Carbohydrates are used primarily as fuel, not for structural repair, although it is always important to have the right amount of starchy carbohydrates in your diet. If you eliminate all carbohydrates, your cortisol level will be affected, which could lead to a hormonal imbalance.

Your individual energy level also will dictate your macronutrient ratio. If you are like many



Americans and lead a sedentary life (thanks to modern conveniences such as computers and televisions), you will want to be sure to eat fewer carbohydrates. These serve as fuel to the body, and if you are eating more than you are burning, you will push your insulin level up which will lead to unstable blood sugar and a host of health problems. If, on the contrary, you are an active person who exercises several hours a week, you will need to eat more carbohydrates to fuel your body.

## **Foods to Avoid**

### **Gluten**

Gluten intolerance is the most common food problem I have encountered in the thousands of patients I have worked with. It can be a serious health complaint causing a variety of symptoms. Although not everyone is gluten-intolerant, I have found that everyone benefits from a two-month gluten-free diet, because it forces us to eat less of the processed, refined foods that contain gluten, and more unprocessed foods such as organic vegetables, quality proteins, fats, and healthy carbohydrates. People who are gluten-intolerant need to modify their gluten consumption for life. For the rest, the two-month period is sufficient, after which gluten-containing grains can be reintroduced into a healthier diet.

Eating gluten-free means avoiding all foods containing gluten, including wheat, rye, spelt, bulgar, semolina, couscous, triticale, and durum flour. Gluten can be hidden, so read labels carefully. Be wary of modified food starch, dextrin, flavorings and extracts, hydrolyzed vegetable protein, imitation seafood, and creamed or thickened products such as soups, stews, and sauces.

Starchy foods that are allowed include amaranth, arrowroot, buckwheat, corn, millet, potato, quinoa, and rice. Oats are tolerated by most gluten sensitive people, but are controversial as to their actual gliadin content; so be careful with oats. To be cautious avoid oats for the first two weeks and then try them and watch carefully for symptoms.

### **Soy**

Approximately half my patients who are sensitive to gluten are also allergic to soy and soy products. Part of this may stem from the ways in which soy has been genetically modified, and the frequency with which it is used as a food additive. I have my patients avoid all concentrated soy protein products for the initial two months, including tofu, tempeh, soy protein powders, and bars that contain soy protein. Most people tolerate the small amounts of soy proteins found in soy sauce or whole soy beans.

### **Pasteurized Dairy**

Food reactions to pasteurized dairy products are the most easily detected. These products are pasteurized milk, cheese, yogurt, and cottage cheese – but not eggs. There are two potential problems with dairy products: lactose intolerance, which is an inability to digest the carbohydrate or sugar portion of milk, and milk allergy, which is a reaction to the protein in milk. Pasteurization and homogenization destroys the enzymes in milk that help us digest it, the healthy bacteria in milk that help keep the gut working well, and the beneficial fats in dairy, rendering what could be a very nurturing and healing food a potentially harmful product.

While pasteurized dairy is to be avoided, raw dairy may be introduced after two weeks of a diet free of dairy. After two weeks, most people will be able to tell if they are sensitive to dairy by drinking a large glass of whole raw milk first thing in the morning on an empty stomach. If you have no digestive symptoms from doing this, then you can likely consume raw dairy products. Raw butter has butyric acid, which along with the healthy bacteria in butter helps heal the GI tract in dramatic ways.



## Foods Allowed

Now that I've discussed which foods you should avoid (gluten, soy, and pasteurized dairy) let's look at the foods that are okay to eat. Remember, the goal is to find the right combination of foods that will allow you to achieve optimum health by balancing your macronutrient ratios of proteins, carbohydrates, and fats.

### Proteins

It is very important that you eat adequate protein at each meal. The variety of protein sources and quality are important factors. Limit protein consumption to sources that are organic, hormone-free, free-range, grass-fed, and "wild" in the case of fish. Use only fresh meats; avoid those that are processed and packaged. It is important to divide the day's total protein over the course of the day. An easy starting point to calculating the amount of protein you need is to divide your ideal body weight (in pounds) by 15 to get the ounces protein to be consumed per day. You will need to adjust this amount up or down depending on your metabolic type, health of your metabolism, and activity level.

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**Eggs:** Eat as often as three days a week. The yolk has nutrients that are denatured when cooked through, so eat eggs soft-boiled, sunny side up, or over-easy when you can.

**Nuts:** These may be used as a protein snack source. Raw and organic are preferable.

**Cheese:** All cow's milk products need to be eliminated for the first two weeks. Choose goat and sheep cheeses and goat's milk yogurt as alternatives if your specific plan allows. After two weeks, you may introduce raw (unpasteurized) dairy into your diet.

### Carbohydrates

Carbohydrates include vegetables, fruits, grains, and beans. The best carbohydrates to eat are rich in vitamins. Carbohydrates with low nutrient value should be avoided.

#### Vegetables

Nutrient-rich vegetables provide an abundance of the vitamins and minerals that sustain your body. Again, quality and variety are key. Your body is most nourished with high-quality organic produce. Many therapeutic nutrients such as antioxidants and flavinoids are associated with the properties that give vegetables their color, so make sure you are eating a good range. Eating vegetables raw or lightly cooked helps maintain vitamin and mineral content and makes them easier to digest.

**Green vegetables:** Eat an abundance of these. They are high in minerals and low in calories. Some examples include swiss chard, kale, collard greens, bok choy, beet greens, spinach, and salad greens. Dark-green steamed vegetables are superior to salad greens.

**Yellow and orange vegetables:** Eat these in small portions and always balance with green vegetables and protein. Some examples include yams, winter squash and carrots.

**Onions, garlic, and tomatoes:** Eat these as desired, unless allergic.





### **Fruits**

Whole fresh fruits are allowed in moderation. These include berries, citrus, melons, apples, and pears. Your best fruit choices are berries – such as strawberries, blueberries, and raspberries – along with melons and grapefruit. Avoid bananas and grapes because they can play havoc with your blood sugar; as well as dried fruit, which may contain harmful preservatives.

### **Grains**

Only gluten-free grains are allowed, including amaranth, arrowroot, buckwheat, corn, millet, potato, quinoa, and white or brown rice. There are now rice breads and millet breads available for toast and sandwiches, as well as rice, corn and quinoa-based pastas.

### **Beans**

Beans are an excellent source of carbohydrate and can be eaten as frequently as every meal.

### **Fats**

It is important to have some fat at each meal, and as with all food groups, it is important to give your body a variety. Choose from walnut, extra-virgin cold-pressed olive, sesame, cod liver, coconut, and real butter. Raw butter is ideal because it possesses healing qualities. The occasional use of safflower and sunflower oils is okay. Avoid all margarines, hydrogenated and partially hydrogenated oils, as well as canola oil and mayonnaise. Butter, coconut oil and olive oil are the most stable with heating but temperatures are still best kept as low as possible when cooking.

### **Beverages**

Water is the best beverage to drink. Our bodies are 70 percent water, and it is considered a nutrient, optimizing digestive function and elimination of toxins from your body.

It's best to avoid caffeine, fruit juices, and alcoholic beverages, especially beer, which contains gluten. If you are a daily caffeine consumer, don't quit right away. Start by making improvements in your diet and exercise patterns, and the need for the extra boost caffeine provides will fade over time.

## **Food Allergies and Rotation Diets**

Food allergies are becoming a more widely recognized health problem. Often it is not clear which foods are causing reactions. When I have patients who are experiencing food allergies or sensitivities, I suggest that they do a simple lab test to determine the specific foods they are allergic to, and then go on a rotation diet.

## **Sleep, Rest and Recovery**

Getting adequate sleep is crucial for physical repair and regeneration. Sleep, rest, and recovery are directly linked to our 24-hour adrenal hormone cycle. When the sun rises, cortisol levels peak; they taper off as the sun sets, reaching their lowest level three hours after dark. This daily fluctuation is intended to help our bodies know when to be active and when to rest.

Ideal rest occurs between 10 P.M. and 6 A.M. Sleep during the hours of 10 P.M. and 2 A.M. repairs our bodies. Immune cells are released to seek out and destroy cancer cells, bacteria, viruses, and other harmful agents. If cortisol levels are elevated during this phase, maximum recovery will not be achieved. Between 2 and 6 A.M., sleep lets our bodies enter a stage of psychic regeneration, and the immune system is supported by chemicals released by the brain.





## **Exercise**

Exercise helps take off weight, increase energy and prevent depression. It also can be a source of stress if not done properly. Cardiovascular exercise raises cortisol, which can be helpful when done as part of an integrated health program. However excessive cardiovascular exercise, along with a highly stressful lifestyle, can make hormone problems worse. Resistance training, on the other hand – strength training with weights – increases human growth hormone production and lean muscle mass. The increased muscle mass will in turn burn fat 24 hours a day. Therefore, your individual exercise requirements will depend on your hormone status and how much body fat and lean muscle you have right now.

A properly designed exercise program will include relaxation exercises if you are stressed, resistance training if you need to improve your strength, stretching to resolve muscle tension patterns, and cardiovascular exercise to improve overall fitness. If you are in Stage 3 of adrenal burnout, you may require some time healing your adrenal glands before you do heavy cardiovascular exercise. Also, specific sports such as tennis, golf, running, or cycling benefit from specific stretches and strength training to improve performance and prevent injury.

## **Stress**

There are three important stages to consider with regard to stress: perception, response, and internalization. It is the internalization of stress that is key. Stress that is internalized negatively will have lasting effects. For this reason, we must find effective individual techniques for stress reduction. For some, effective stress reduction could be yoga. For others, it is running or golf. It may be meditating or gardening or keeping a journal. Many people benefit from education, such as classes, books, or seeing a therapist or psychologist. Stress reduction is essential to achieving emotional and spiritual health, which will directly affect your physical health and well-being.

## **Emotional and spiritual health**

Emotional and spiritual well-being has played a primary role in the health of every one of the patients I have treated. Our emotional health revolves around our ability to communicate with others and maintain intimacy with those we love. In our culture, very few people are highly skilled and focused on developing truly intimate relationships. It requires practice and hard work. Some people discover the spiritual part of themselves through organized religion; others find it through a less formal belief system or practice. Achieving satisfying emotional and spiritual health will directly affect your physical health and well-being. For most of us, this is the most important and challenging step toward optimum health.



# Kalish Program

## Body System 1: Hormonal

Your laboratory testing indicates that you are in:

### STAGE 3 Adrenal Exhaustion

This packet will explain these findings. It will let you know which supplements you should be taking based on those results and recommend diet and lifestyle considerations that will improve your overall health.

If you follow the recommended supplement protocol as well as the diet and lifestyle information in this packet you should see a noticeable improvement in your health.

#### Contents

Explanation of Test Results

Supplement Protocol Recommendations

The Kalish Diet

Sleep, Rest and Recovery

Exercise

Stress

Emotional and Spiritual Health

## Explanation of Test Results

Your recent testing indicates that you are in **Stage 3 Adrenal Exhaustion**.

### What do my adrenal test results mean?

Your cortisol and DHEA levels provide an accurate assessment of how well your adrenal glands are functioning. Healthy, properly functioning adrenal glands are imperative for vibrant, optimal health. When the adrenal glands become fatigued due to chronic stress, many health consequences can result.

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In my experience, there are three “musts” for each of us to attain our optimum health through diet. We must (1) determine the balance of macronutrients (proteins, carbohydrates, and fats) right for us and only choose the highest-quality food available; (2) eliminate gluten, soy, and pasteurized dairy for two months, and (3) maintain stable blood sugar.

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A properly designed exercise program will include relaxation exercises if you are stressed, resistance training if you need to improve your strength, stretching to resolve muscle tension patterns, and cardiovascular exercise to improve overall fitness. If you are in Stage 3 of adrenal burnout, you may require some time healing your adrenal glands before you do heavy cardiovascular exercise. Also, specific sports such as tennis, golf, running, or cycling benefit from specific stretches and strength training to improve performance and prevent injury.

## Stress

There are three important stages to consider with regard to stress: perception, response, and internalization. It is the internalization of stress that is key. Stress that is internalized negatively will have lasting effects. For this reason, we must find effective individual techniques for stress reduction. For some, effective stress reduction could be yoga. For others, it is running or golf. It may be meditating or gardening or keeping a journal. Many people benefit from education, such as classes, books, or seeing a therapist or psychologist. Stress reduction is essential to achieving emotional and spiritual health, which will directly affect your physical health and well-being.

## Emotional and Spiritual Health

Emotional and spiritual well-being has played a primary role in the health of every one of the patients I have treated. Our emotional health revolves around our ability to communicate with others and maintain intimacy with those we love. In our culture, very few people are highly skilled and focused on developing truly intimate relationships. It requires practice and hard work. Some people discover the spiritual part of themselves through organized religion; others find it through a less formal belief system or practice. Achieving satisfying emotional and spiritual health will directly affect your physical health and well-being. For most of us, this is the most important and challenging step toward optimum health.



## **Please Read Prior To Use of DHEA, Pregnenolone and Licorice Root Extract**

DHEA, Pregnenolone and Licorice Root Extract may be taken together. Place the recommended number of drops under the tongue and hold for two minutes before swallowing. To obtain the best results take drops after meals and do not drink, eat, or brush your teeth for at least 15 minutes after using the drops. This will allow time for the drops to be properly absorbed.

DHEA, Pregnenolone, and Licorice Root Extract are more effective if taken in liquid form. If you cannot tolerate the liquid form of the drops, then the capsule or tablet form may be substituted. Please consult with our office if the drops are uncomfortable to use.

Sublingual DHEA, Pregnenolone, and Licorice Root Extract are tinctures and contain alcohol, which may cause a warm feeling in the mouth after applying the drops. To prevent this from happening, here are a few tips:

- Place the drops on the tongue, rather than under the tongue.
- Put the drops into a cup and mix with several drops of water.
- Put a few drops of olive oil under the tongue before applying the drops. The olive oil will act as a buffer against the effects of the alcohol in the mouth.
- Use Vitamin A drops instead of olive oil. Vitamin A can strengthen the lining tissue in the mouth so that the drops are more comfortable to take.

## **HANDLING MENTAL AND EMOTIONAL STRESS**



Based on the work of Dr. William Timmins

Learning how to handle mental and emotional stress is of utmost importance. Our central nervous system, as well as our adrenal glands, can be pushed into overload by difficult life events. Mental and emotional stress can put us into a fight or flight response from which it may be difficult to recover. Fight or flight responses are generated by our sympathetic nervous system. An example of fight or flight response would be your automatic, uncontrollable response to an automobile accident.

A chronic over-stimulation of our sympathetic nervous system can lead to suppressed immunity and adrenal exhaustion. This section briefly describes some of the physiological effects of mental and emotional stress and provides a few techniques for managing difficult situations. We all need to have effective means for stress reduction. For some it may be prayer, meditation or biofeedback. For others, exercise can serve this purpose. Yoga and tai chi are helpful for many people. This is clearly an area where expert advice can be critical. You will need to address some of these issues on your own by attending classes, reading books or seeking individual one on one attention from a specialist.

### **Chronic Stress: A Daily Event**

Chronic sympathetic nervous system overload is a common experience for many of us. Running out the door in the morning without eating, coffee cup in hand, getting stuck in rush hour traffic and having too much work to possibly accomplish in one day creates chronic sympathetic overload thereby lowering our immunity. A single parent trying to juggle raising children, maintaining a home, keeping a full-time job, as well as taking care of themselves can result in sympathetic overload. We all experience these mental and emotional stressors. Are they



preventable? Is there a way to get away from all significant sources of stress? Absolutely not. Our lives generate unavoidable stresses.

## Responding to Stress

What we do have control over is how we respond to stress. With mental and emotional stress there is a sequence of events that determines how we will respond physiologically. It is within our conscious control to determine how these unavoidable stresses effect us on a biochemical/hormonal level.

## Perception, Response, Internalization

Perception, response and internalization come together to form the body's physiological reaction to an event. First, we perceive an event. Second, we respond to that event in a positive or negative fashion. And third, we internalize the event. Internalization is where we can get stuck. If the response is negative, we may internalize the experience negatively. If our perception of the event is negative and we begin to internalize the event in a negative fashion, this internalization process can damage our nervous system and hormonal system.

As an example, imagine you are driving on the freeway and are suddenly forced off the road by a car that swerves into your lane. You barely miss being in a major accident. Typically you may have one of two responses. You may swear and curse and feel angry towards the driver who put your life in danger. In fact, you may internalize the event and be upset and angry for the rest of the day. Another possible response is to feel relief that you didn't get hit and that no one was injured. You may suspect the other driver simply didn't see your car or perhaps was forced to turn to avoid an obstacle on the roadway.

It's easy to see which example would have a potential negative effect on your health. Remaining angry for a whole day doesn't hurt anyone other than the person holding on to the anger. With a negative perception and internalization of events the physiological reaction in the body can be long lasting. The healthier psychological response carries with it fewer long-term physiological effects. The event itself will cause a stress response involving the stress hormones adrenaline, epinephrine and cortisol. A scare like this will also put your sympathetic nervous system into a fight or flight response. These responses will last only a matter of a few seconds or minutes if we don't internalize the event negatively. After these initial responses the body will reset and normalize.

Our individual perception and internalization of life events determines the positive or negative effects they will have on our health.

## Concept Shifting

Another significant mental strain on cortisol and the sympathetic nervous system is concept shifting. Concept shifting occurs when we have to change our focus or shift our attention too frequently. This can occur in a busy workplace when you are trying to complete a complicated task and you get distracted by phone calls and other interruptions. In fact, our whole educational system is based on concept shifting. Most schools have various classes throughout the day so that one class period is for math and the next covers history. Forcing the brain to constantly shift from one subject to the next can be stressful and have a negative impact on cortisol.

Whether at work or at school, constant concept shifting will increasingly stress your cortisol levels and sympathetic nervous system. There are some positive things to be said about flexibility in thinking and being able to shift one's attention to meet different demands. Nevertheless, your body perceives constant concept shifting as a negative stress. To the extent possible, it will benefit you to organize your schedule so that concept shifting is kept to a minimum. Since we can't change

many of the situations that require concept shifting we can counter balance the negative effects by other behaviors that improve cortisol levels and reverse sympathetic overload. This includes exercise and relaxation techniques like gentle stretching, yoga, meditation, prayer, and of course keeping our blood sugar stable!

## **MENTAL & EMOTIONAL STRESS RESPONSE CHART** **ONE'S PERCEPTION/INTERNALIZATION OF LIFE EVENTS**

determines



### **MENTAL & EMOTIONAL RESPONSE**

resulting in positive or negative



### **ELECTRICAL CHANGES IN THE HEART & NERVOUS SYSTEM**

which ultimately affect



### **IMMUNE AND HORMONAL RESPONSES**

resulting in



### **NORMAL OR ABNORMAL PHYSIOLOGICAL EFFECTS**

Example: sympathetic overflow → reduction in immunity → infection

## **Sleep**

An important lifestyle step to master is maximizing the rest and repair processes that are accomplished through adequate sleep. Although we have in many ways separated ourselves from dependence on the natural world, we are still physiologically linked to nature.

### **Biological Clocks**

Our link to nature is clearly seen in our sleep patterns and in our hormonal system. Our hormones are intimately linked to several natural rhythms or biological clocks. These biological rhythms are based on the twenty-four hour cycle of daylight and darkness as well as the monthly cycle of the moon.

### **Twenty-Four Hour Adrenal Hormone Cycle**

Just like the monthly biological clock in females, both men and women, have twenty-four hour cycles, or daily clocks. While fluctuations in female hormone production vary with a monthly cycle, the adrenal hormone cortisol varies with a twenty-four hour or daily cycle. Cortisol levels peak in the early morning hours as the sun rises and taper off as the sun sets, reaching their lowest levels three hours after dark. This daily rhythm of cortisol dictates when we should be our most active and when we should rest.



Any time you fly and change time zones, the importance of this twenty-four hour biological clock becomes clear. Even a time change of a few hours can be enough to throw off one's normal sleep cycle. Cortisol not only dictates our sleep and wake states; it is also the primary hormone involved in directing immune system functioning.

### **Immune Trafficking Cycle**

Have you ever wondered why your cold or flu symptoms get worse at night? It's because the twenty-four hour rhythm of cortisol production regulates your immune system as well. As cortisol drops at night, our immune cells become more active. These cells leave the bone marrow and spleen to protect you while you rest. During this highly active period of immune function, immune cells kill bacteria and viruses. This basic immune activity relies on appropriate levels of cortisol. As cortisol drops at night, our immune system activity picks up, killing bacteria and viruses in large numbers leading to greater mucous production. This leads to more congestion and coughing at night as your body attempts to get rid of the mucous created from destroying bacteria and viruses. At daybreak, cortisol rises and immune cells return to the bone marrow and spleen to rest and recondition in preparation for the next nightly cycle.

### **Natural Sleep Cycle**

If cortisol is out of balance, this normal immune function is compromised. As mentioned earlier, cortisol levels rise at daybreak giving us the energy to begin the working day. As cortisol drops naturally at night, we enter into rest and recovery, physical repair and psychic regeneration. Our immune system functions optimally if we go to sleep by 10 p.m. As we sleep, physical repair takes place, immune cells patrol our bodies, eliminating cancer cells, bacteria, viruses and other harmful agents. However, if cortisol is elevated at night this immune function is compromised. If cortisol levels are normal during sleep, then true rest and recovery takes place thereby enhancing physical repair and immunity.

During sleep we also enter into stages of psychic regeneration. During these times, the brain releases chemicals that enhance our immune system. All during the night, we are going into Rapid Eye Movement (or REM) sleep states and non-REM sleep, alternating between light sleep and deep dream states. This is how we process the mental and emotional events of the previous day and refresh our minds for the day ahead. Most people need seven to eight hours of sleep to accomplish all these tasks. Without sufficient sleep, the immune system is hard pressed to keep up with its repair work and this creates the opportunity for disease processes to begin. If you miss out on proper rest, your physical repair and psychic regeneration will be compromised.

## **WATER CONSUMPTION, MENTAL HEALTH & WEIGHT LOSS**

How much water do you drink a day? If you drink less than half your body weight (in pounds) in ounces daily, you are dehydrated! Water is vital to enzyme function during digestion and a myriad of other cellular metabolic functions. Water creates an electrical potential as it passes across cell membranes. This energy potential is used by the body to run your many physiological systems and is often the difference between being tired all the time and needing to drink coke or coffee (both of which further dehydrate people!), and feeling alive! Your central nervous system is sensitive to even 1% dehydration. In fact, F. Batmanghelidj, M.D. states in his excellent book, *Your Body's Many Cries for Water* that even 1% dehydration of the central nervous system can cause significant psychological disorders.

Do you think dehydration could be contributing to the MASSIVE use of antidepressants? According to Dr. Mercola ([www.mercola.com](http://www.mercola.com)), Roughly 28 million Americans -- one in every ten -- have





taken Prozac, Zoloft, or Paxil or a similar antidepressant. Consider that this number is equivalent to over half the entire population of England, almost equal to that of Australia and about seven times the population of New Zealand! It's probable that less than 1% of these people are adequately hydrated. Your central nervous system is vital to survival and is protected at all costs. Therefore, whenever it becomes dehydrated, your body will draw water from the mucus membranes of your stomach and intestinal tract (contributing to ulcers and poor digestion); it will draw water from spinal discs (contributing to desiccation of discs and pain in the back and neck), and a number of other possible problems. For those of you having a hard time getting the fat off, consider that water is vital to all processes of detoxification in your body and if you are dehydrated, your body will store toxins in your fat to protect your internal organs until you give it the supplies to clean house - lots of toxins = lots of fat. Lets face it, if you are tired, in pain or are taking medical drugs for almost any disorder, the miracle cure may be right in the refrigerator!

While drinking any water is better than no water, I highly recommend drinking only high quality bottled water that sells well in the stores. This minimizes its exposure to plastics and reduces your chance of drinking unwanted xenoestrogens, which are highly linked to breast cancer and other forms of cancer and disease processes. Additionally, in most cities of the free world, chlorine is added to the water to kill bacteria, and that's exactly what it does when you drink it - it kills the friendly bacteria in your intestinal tract (if you have any left), leaving you unable to produce a number of much needed vitamins. It also results in a change in the Ph of your colon from slightly acid to alkaline, an environment which favors yeast growth and unfriendly bacterial growth, both of which produce metabolic byproducts that are thought to be antagonistic to parasites and therefore contribute to constipation, which is another MAJOR problem today!

When purchasing water, it is always best to try and buy a water that comes from a natural spring. This is because drilled water has not gone through the Earth's natural cleansing and energizing process in full cycle. When water is prepared by Mother Earth, she pushes it up to the surface, at which time it is naturally filtered, prepared with adequate amounts of total dissolved solids (trace minerals), which are necessary chelates for heavy metals and other toxins in the body, and it has more life-force energy than water from the surface or drilled wells. For more information, I also suggest reading "Healthy Water" by Martin Fox, PH.D., which can be ordered from the Price-Pottenger foundation at [www.price-pottenger.com](http://www.price-pottenger.com)

**Paul Chek**

