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LOVE YOUR BODY

HOW TO GET HEALTHY - ELIMINATION DIET

by Marie Wilson

If doctors of today will not become the nutritionists of tomorrow,
The nutritionists of today will become the doctors of tomorrow.

Paavo Airola author of How to Get Well published in 1974

The “NO-NO” Diet

INTRODUCTION

Is your physical body a luxury model? Or is it merely a used vehicle with some rusty parts in its interior? Our mind was given this particular body to care for, therefore, we have a tremendous responsibility to supply our body with the best fuel possible. Most people are meticulous about the care of their automobile. They wouldn't even consider pouring 'junk fuel' into their car. Yet when it comes to the body, people tend to fill it with 'junk fuel' most of the time. Our poor eating habits are fostered by the availability of fast food and frozen meals that are packed with preservatives and lack in the needed nutrients to sustain our bodies at the highest level possible.

My ability to digest food diminished over time. The symptoms were subtle at first. I noticed heartburn when I ate spicy foods, bloating after ingesting dairy products and a rapid pulse after eating wheat. Gradually my over-all health worsened. After many tests, a physician recommended removal of my gall-bladder. I never doubted that my gall-bladder was not functioning properly, but I decided that I needed to learn more about the cause for my deteriorating health. Through lifestyle and dietary changes, I was able to improve my health and avoid surgery.

Although some will never suffer ill health, many will be affected with digestive problems, chronic fatigue and various levels of illness from diabetes to cancer. We can thwart these illnesses by making a review of the food and drink with which we fuel our bodies.

Albeit gradual, too many stimulants from caffeine, sugar and carbohydrates that metabolize as sugar break down the immune system and cause weakness of the important adrenal glands. The adrenal glands, which sit on top of the kidneys, are the stress managers for the body. They secrete adrenaline and integrate hormones from cholesterol. It is particularly important to avoid adrenal exhaustion by managing stress and avoiding stimulants.

Many are allergic to dairy products or, at the very least, intolerant. The same is true for the wheat family, which includes oats, barley and rye. In fact the most common allergens are dairy, wheat, corn, yeast, soy, sugar and caffeine. One may be able to eat these foods for years with no obvious reaction such as breaking out in hives or other common allergic symptoms. The negative affect, however, is cumulative. Although more obvious symptoms may not occur, underlying illnesses often relate to food allergies. Undiagnosed chronic pain, joint aches, even arthritis, constant heartburn, hot flushes (not to be confused with hot flashes) and rashes are frequently overlooked symptoms of food allergies. Chocolate can be particularly addictive. Many will have headaches and digestive problems not easily attributed to the eating of chocolate.

Often what we eat every day, and what we constantly crave, are the very things to which we become intolerant. Sometimes, the problem stems from toxicity in our vital organs such as the liver, kidneys and gallbladder. Or, the yeast syndrome (*Candida albicans*) can be the culprit. Yeast overgrowth in the intestines thrives on sugar so those who are addicted to sweets might find that they are harboring the *Candida* infection. Antibiotics are another cause of this disorder which weakens the immune system and leads to nutritional deficiencies due to poor absorption. When one's immune system is weak, health problems may develop including allergies, headaches and depression or a more serious disease, if we ignore the symptoms, with a diagnosis of Multiple Sclerosis, cancer or Chronic Fatigue Syndrome.

According to one expert in the field of nutrition and author of *The Body Knows*, Caroline Sutherland, "If a person is 15 pounds overweight, the body is out of balance. This is often due to lactose intolerance, allergies and/or yeast infections". If a yeast infection is suspected, taking an anti fungal agent, along with restricting refined carbohydrates and sugar will help clear up the problem. Medical consultations can help especially with homeopathic or naturopathic physicians.

Those experienced in this field, such as Caroline Sutherland, recommend an elimination diet. Sutherland recommends the elimination of all common allergens (dairy, wheat, corn, yeast, soy, sugar and caffeine) from your diet one food at a time along with all offending foods including alcohol. Observe closely any changes in your health. Then reintroduce them one food at a time and see how you feel. This process will clarify the foods to which you may be allergic or intolerant.

There are grim facts about high blood sugar from the National Diabetes Information Clearinghouse. High blood sugar leads to increased risk of cardiovascular disease and stroke, high blood pressure and nerve damage. Some with diabetes will become blind and some will have kidney disease and amputations. The incidence of diabetes in the U.S. is on the rise. Contributing factors include significant consumption of sugar and junk food, fast food and processed food.

According to Ralph Golan, M.D., in his excellent book Optimal Wellness, “Years of poor eating habits and overwork of the pancreas, liver, kidneys and adrenals eventually impair these systems. The pancreas secretes too much insulin which drives the blood sugar down too fast or to levels too low so the adrenals can no longer rescue the falling blood sugar levels. The sluggish liver is then unable to convert the protein and or glycogen to glucose.”

Those diagnosed with hypoglycemia, glucose intolerance or non-insulin dependent diabetes are at risk. Numerous studies have proven the need to eat a healthy and balanced diet. Golan recommends rotating foods. By not eating the same thing every day, the vital organs are more able to process the food.

One of the most important things that we can do for our body is to drink water—and lots of it! But not just any water will do. A study of the water in your area may reveal that you are getting too much calcium and magnesium which is known to cause kidney stones in some areas of Arizona. Solids such as arsenic, iron, aluminum, magnesium, fluorides, copper, lead and sodium, only removed by the reverse osmosis process, can not only contribute to kidney problems but liver failure as well. To further guard your health, install an appropriate water filter or purchase water from a reputable dealer.

To ensure that your body is functioning at the luxury model level, consciously care for it in the same way that you would care for a Rolls Royce!

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The U.S. lags behind nine other countries when it comes to health. Citizens of Canada, Japan, England, France, Australia and The Netherlands all experience better health than do Americans! I have frequently lived out of this country for long periods of time. At one point, I noticed that I felt healthier when I lived out of the U.S. After my year in Australia, my cholesterol was considerably lower than it had ever been. One year later after my return to the U.S., my cholesterol was right back up to an unhealthy level. Although people in the U.S. live longer than they did in past years, 20% of that time is spent in poor health. It is really up to us to look at our unhealthy eating habits and to **CHOOSE HEALTH!**

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THE DIET

Here's the [elimination](#) diet. Try it for 10 days. I think that you will see such a difference in your health that you will want to continue it for a full 30 days.

After the first ten days, (if you must) have a 'Sunday Sindy' and eat whatever you want but not in huge quantities. Continue the No-No Diet for another ten days, have another 'Sunday Sindy, and then stay on the diet for another ten days. By the end of 30 days, you will have lost weight, feel much healthier and you will want to keep eating this way most of the time.

Giving up wheat, sugar, dairy products, caffeine and wine was not easy for me. At the time, my health was really poor. The Mayo Clinic physicians were looking at removing my gallbladder due to chronic indigestion, diarrhea and numerous other health problems caused in part by stress from a nasty lawsuit and by poor diet. Once I went on this elimination diet (instead of losing body parts), I improved considerably. I also was treated for a systemic yeast infection (*Candida albicans*) which can play havoc with your system. There is more information on this topic toward the end of this article.

Once my health improved, I kept slipping back into the habit of eating these products. But every time that I did, my health suffered. I would experience various aches and pains, weight gain, gas, bloating, insomnia, tiredness, etc. Now I rarely partake from any of the above items. I no longer have cravings for these things. I certainly don't feel deprived. I feel like I can choose from a very rich and abundant variety of foods and, since I feel healthy, I know that I am serving my body for both the short and long term. I encourage you to try to make changes for a HEALTHIER YOU!

No-No's

No wheat (Refined white flour is the same as sugar to your body. When grains are refined to make white flour and white rice, the bran and germ, meaning all the healthy nutrients, are removed. Refined grains, almost pure starch, are quickly absorbed into the bloodstream. This causes a rise in blood glucose which prompts the pancreas to increase the insulin. When the blood sugar level drops, a person will feel hungry again.)

No dairy products

No caffeine

No refined sugar

No alcohol

No chocolate

No soft drinks

Use sea salt instead of regular salt (Overuse of salt can contribute to high blood pressure and fluid retention.)

(For some very sensitive digestive systems, it might be necessary to eliminate rye, oats, barley and corn too.)

Chew your food well. The saliva is where the digestive process begins. And, it is much easier on your vital organs to process the food you are eating, if it has been well-chewed.

WHAT YOU CAN EAT

Do eat protein

Note of caution: Meat takes longer to digest than fruit and vegetables so it is better to keep the quantities small and chew well (if you are a meat eater).

Eat small quantities of beef, chicken, duck, lamb, pheasant, veal, quail, squab, or turkey. You can eat ham, bacon and sausage, if you aren't allergic to pork, but they are cured with sugar so only eat these items occasionally. Try to make sure they are nitrate and additive free. It is best if you shop at a butcher's shop. (Note: Pork is more difficult to digest than any other animal product.)

All fish and shellfish is OK but smoked fish contains nitrates.

Nuts are a good source of protein. They are better if they are raw or roasted. Or you can soak raw almonds for about twenty minutes then keep them in the refrigerator. They are more easily digested this way. Don't overdo it because of the number of carbohydrates. Chewing slowly is very filling especially if you chew each nut up to 30 or 40 times. Remember, your digestive process starts with your saliva. Just eat up to 10 or 12 nuts as a snack.

Nut butters are OK in small amounts.

Try to avoid packaged meats because they contain excess salt, sugar, preservatives and nitrates. Even deli meats often have preservatives.

[Buying a roasted chicken, or roasting one yourself, makes for several easy but good meals since chicken goes well with salads or as a meal in itself.](#)

Butter can be used in small quantities. I often scramble eggs in butter.

Cook with Cold or Pure-pressed Extra-virgin olive oil.

Cheese

It is better to eat feta, goat cheese, Mozzarella, Muenster, Neufchâtel, Ricotta, some cottage cheese but limit the cottage cheese due to the number of carbohydrates. Yes, I know some of these cheeses are dairy products, but the above mentioned cheeses do not have lactose in them which is harmful to many.

Eat lots of raw, steamed or cooked vegetables. Celery is especially good for a snack and for lowering cholesterol.

Napa Cabbage is very healthy.

Carbohydrates

Carbohydrates are extremely important both for energy and to stabilize blood sugar levels. Whole grains and other plant foods are low in fat, reduce the risk of heart disease, reduce hunger because digestion and absorption are slowed down, lower cholesterol and reduce the possibility of Type 2 diabetes due to their low glycemic index. This means that there is only a small rise in blood sugar and insulin release.

Note of caution: Do not eat huge quantities of carbohydrates, however, since the excess will be converted into fats and stored in the fat cells.

Complex carbohydrates include whole grains, legumes and starchy vegetables, yams, sweet potatoes and brown rice (Brown rice is healthier than white rice because in the process of milling, white rice loses vitamins and minerals along with fiber. Rice is easier to digest than grains, causes minimal gas and for sensitive digestive systems, rice is more easily digested and absorbed.)

Note of caution: White rice, refined sugar, white enriched flour, pasta and potatoes have a high '*glycemic index*' *turning into blood glucose more quickly than carbohydrates in foods that are high in fiber such as fruits, vegetables, legumes and whole grains. That means the carbs break down into glucose or sugar molecules which are then sent into the bloodstream causing a surge in insulin ultimately causing low blood sugar levels. The danger here is high levels of triglycerides and could be a contributing factor to diabetes.*

Black beans or kidney beans (beans help the metabolism feel more stable)

Eat eggs - omelets are great because you can add a variety of things to them. (I know many think the yolks are bad for you, I disagree---in moderation, of course)

Eat rye bread (or other breads that don't have wheat in them). You must read the labels though since white enriched flour sneaks into many wheat and rye breads.

Note of caution: For those with high insulin levels, overweight, high blood pressure, high cholesterol or diabetes, it is best to avoid all grains including wheat, oats, barley, rye, millet, spelt, oats, quinoa, amaranth and even rice and potatoes (except for yams). Corn is also a grain. Lowering grains will be especially helpful to those who are overweight since insulin levels will be reduced. The weight will decrease and the loss will be permanent with limited (or no) consumption of grains.

Cooked legumes are a good source of carbohydrates, such as:

Adzuki beans, black beans, garbanzos, black-eyed peas, French beans, Hominy, Kidney beans, Lentils, Mung Beans, Pinto beans and Split peas.

More carbohydrates

Grains, barley, brown rice, buckwheat, corn bran, corn grits, couscous, oats, polenta, popcorn (air popped is best sprinkled with a small amount of [melted](#) butter), Quinoa, tapioca, wild rice

Yogurt is OK if it is plain whole milk yogurt (in small quantities) but goat or sheep or soy yogurt is better. For some soy isn't healthy, if there is an estrogen problem, especially for those with breast cancer.

Fruit

Fruit needs to be limited due to high carbohydrate content and metabolizing as sugar. But do eat fruit...especially good are blueberries, figs, dates, apples, grapefruit, strawberries, oranges and watermelon. For those who have Candida albicans (yeast overgrowth in the intestines) fruit can really aggravate this problem since the fruit can remain in the stomach, especially when eaten with protein or starch, and actually ferment. This then causes an acidic condition and may contribute to inflammation in the tissues and vital organs.

[Organic bananas are better \(due to the added chemical that is used to ripen the bananas that are picked too early\).](#)

What to Drink

Drink water and lots of it! For variation, put a slice of lemon or lime in the water. If you use Young Living Essential Oils, put a drop of Tangerine, lemon, grapefruit or peppermint in the water. Delightful! (Do not use synthetic oils or oils with chemical additives, however.)

Drink all the herbal tea that you want. Green tea is especially good for you but, of course, you have to watch the caffeine or purchase decaf tea. Pau d'Arco tea from Brazil is anti fungal and this tea also improves the immune system.

Avoid fruit juice unless you squeeze your own oranges.

[Note of caution: Store bought fruit juices often have mold in them. Each glass of fruit juice contains the equivalent of 8 teaspoons of sugar.](#)

[Note of caution: Please avoid diet drinks and anything that has aspartame in it. This substance is known to cause convulsions as one of my clients found out when she ended up in the hospital. Her convulsions were traced back to her consumption of diet coke!](#)

Juicing

[Placing vegetables in a blender or a juicer makes for a highly nutritious drink. I toss in chunks of carrots, celery, broccoli, lettuce, cabbage, lemon juice, parsley or basil, etc.,](#)

with some water. Tastes delicious and I feel great after drinking this. You can make all kinds of combinations with vegetables. There are lots of books on juicing.

Snacks

Eat some rice crackers or rye krisps, almond crackers are good. Raw vegetables are great snacks.

Food Rotation

Notice your eating habits. Avoid eating the same foods day after day. Try rotating the foods you eat so that your vital organs can take a rest from some foods that may be more difficult to digest.

Marie's meals

I have become a 'grazer' whereby I eat smaller meals, but every couple of hours I eat something. Often I will only eat one type of food at a time, for example, a piece of chicken, later a bowl of brown rice or a yam (yummy with butter on it), then some fruit or vegetables, drink a glass of blended juice, etc. When I keep my blood sugar level balanced, I stay much more alert and energetic evenly throughout the day.

For breakfast, I eat cooked oatmeal with a sprinkle of flax seed (flax seed helps people have regular bowel movements) and some raisins. I use rice milk or almond milk, sometimes soy milk. I either have an organic banana with breakfast or have one mid-morning. Or some other fruit mid-morning.

I try not to eat oatmeal every day, alternating it with breakfasts in which I eat scrambled eggs, an omelet or sliced turkey and avocado, leftover chicken, etc. Sometimes, I eat uncooked cereal such as Muesli that I buy from the bins at some grocery stores or the Food Coop. You can make your own dried cereal so that you know exactly what's in it. I rarely eat toast or any kind of bread. Yes, wheat was especially difficult to give up, but in my case, wheat causes my heart to beat rapidly and contributes to insomnia.

I usually have a mid-morning fruit snack and a handful of almonds.

I eat celery often which is good for lowering cholesterol. I also eat Napa cabbage with chopped apples and some of Trader Joe's Soyonnaise (instead of mayonnaise).

For lunch, I have salad with protein such as chicken, tuna-fish, turkey or salmon or a hard-boiled egg.

Mid-afternoon, I have fruit and nuts, sometimes cheese.

For dinner, I have some meat or fish and potatoes, yams with butter or rice, a nice vegetable.

I manage very well eating this way most of the time. I have been eating like this for about six years. I lost 15 to 20 pounds and I keep it off with no effort due to this diet and daily exercise which consists of walking, gardening, jumping on a trampoline, and workouts at the gym on the treadmill, bicycle and the weight machines or swimming laps.

I never feel deprived on this diet because I feel healthy (I didn't have to have surgery to remove my gallbladder due to the diet change). My blood pressure stays at 120 over 80. Whenever, I feel like eating differently, I eat anything I want. I can usually tell that my body isn't too happy when I drink wine or eat desserts so I really don't enjoy doing that too often.

Note: You may feel worse on this diet after ten days or two weeks as your body attempts to eliminate toxins.

WHYS AND WHAT ABOUTS

Why do the elimination diet?

To cleanse the system of toxins in the gut and the bloodstream. Toxins from a poor diet, toxic exposure, medications and *Candida albicans* (a yeast infection) play havoc with the body. Symptoms include overweight, bloating, gas, tiredness, brain fog, joint aches, insomnia, asthma, sinus conditions, rashes, repeat colds and flu due to a weakened immune system, high cholesterol and high blood pressure. Toxins can contribute to asthma or disease in any part of the body that is weak when they are circulated through the bloodstream.

What is *Candida Albicans*? (Also referred to as the yeast syndrome or yeast infection.) We always have yeast in our intestines but when it proliferates, often from taking antibiotics, a poor diet and a weakened immune system, the overgrowth of yeast wreaks havoc on the body. When the friendly bacteria and germs are eradicated, the yeast spores grow causing the immune system to be adversely affected by the consumption of sugar, chemicals, molds in the environment or from foods like molds in juices, particularly orange juice. Exposure to strong smells from perfume, gasoline, tobacco and cleaning materials causes a strong reaction. You can then develop respiratory problems, sinus problems, allergies, rashes and many other symptoms including digestive problems, intolerance to certain foods and feeling achy all over, sluggish, experience inability to think clearly--the list goes on and on.

Where yeast grows is in moist mucous membranes such as the mouth, the vagina and the intestinal tract. Other body tissues can be attacked including the skin, the urinary tract, prostate, fingers and toenails and those with dry cracked heels may have yeast overgrowth. This fungi is also known to cause numerous chemical reactions through the release of toxins in the blood stream causing PMS, hormonal imbalance, thyroid and adrenal problems. To read the 'bible' on this topic, read Dr. William Crook's book, *The Yeast Connection*.

According to the Essential Oils Desk Reference: Insufficient minerals and trace minerals such as magnesium, potassium and zinc may also stimulate Candida and fungal overgrowth in the body. To learn more about your body and these minerals, a Hair Analysis will provide the needed facts about these and other minerals and toxins. Contact me for more information about ordering a Hair Analysis Kit.

While you are on the 'No-No' diet, try taking Yeast Defense (available at health food stores), two capsules with each meal. This should help to eradicate the yeast infection and to eliminate food cravings. Pau d'arco tea is also a healthy way to minimize the yeast infection and that tea, from Brazil, is also known to stimulate the immune system.

Remember when you succumb to your cravings (sometimes known as addictions to certain foods), you are feeding what one friend calls the 'yeast beasties' and these foods give your body little nourishment.

Why shouldn't I have caffeine?

Caffeine can raise cholesterol, worsen insulin control, contribute to rheumatoid arthritis and stroke, damage blood vessels and increase risk of heart disease, dehydrate and deplete your kidneys, cause insomnia, anxiety and contribute to high blood pressure.

Why can't I have refined sugar?

Sugar weakens the immune system, promotes yeast overgrowth, alters the insulin level and contributes to diabetes, can be addictive and cause hypoglycemia.

Why butter instead of margarine?

Partially hydrogenated oils, such as margarine and other commonly used oils, contain fats called trans fatty acids. They are found in commercially made doughnuts, cookies, pastries, deep-fat fried foods, potato chips, frostings and candies. Trans fatty acids are considered to be dangerous to your health. Commercially fried French fries have 100% trans fatty acids and are very toxic. Try using cold pressed virgin olive oil.

What about hormonal imbalance?

Usually thought of as a problem for menopausal woman, hormonal imbalance can strike anybody, male or female, and at any age. Often those with hormonal imbalances also have low thyroid. One way of checking is to have a saliva sample analyzed. I can provide you with more information on this topic.

What about exercise during the 30 days?

You should exercise as often as possible getting your heart rate going for a minimum of twenty minutes a day at least three times a week. Walking is a great way to get exercise. Find an exercise that suits you, bicycling, swimming, hiking, jumping rope, jumping on a trampoline, etc. and do it as often as possible. Consider adding Yoga or Tai Chi to your life. In addition to better posture and pain relief, these techniques teach deeper breathing. Many breathe very shallowly which does not allow enough oxygen throughout the body.

Add meditation daily to your schedule; taking the time to relax. Being in touch with your spiritual side is extremely important and will enhance your life.

What do I do after 30 days?

At the end of 30 days, you will feel so much better on this diet, you will most likely want to eat this way most of the time.

What about fasting?

Note: The fasting information shown below was sent to me by e-mail with no source information. However, I believe this comes from Stanley Burroughs

Purpose:

To dissolve and eliminate toxins and congestion that has formed in any part of the body.

To cleanse the kidneys and the digestive system.

To purify the glands and cells throughout the entire body.

To eliminate all unusable waste and hardened material in the joints and muscles.

To relieve pressure and irritation in the nerves, arteries, and blood vessels.

To build a healthy blood stream.

To keep youth and elasticity regardless of our years.

WHEN TO USE IT?

When sickness has developed—for all acute and chronic conditions.

When the digestive system needs a rest and a cleansing.

When overweight has become a problem.

When better assimilation and building of body tissue is needed.

AND HOW OFTEN?

Follow the diet for a minimum of 3 days or more—up to 40 days may be safely followed for extremely serious cases. The diet has all the nutrition needed during this time. Three to four times a year will do wonders for keeping the body in a normal healthy condition. The diet may be undertaken more frequently for serious conditions.

THE MASTER CLEANSE (Lemon/Maple Syrup Fast)

HOW TO MAKE IT?

2 Tablespoons lemon or lime juice

2 Tablespoons genuine maple syrup (Not maple flavored sugar syrup)

1/10 Teaspoon cayenne pepper (red pepper) or to taste

Water, medium hot

Combine the juice, maple syrup, and cayenne pepper in a 10 oz glass and fill with medium hot water. (Cold water may be used if preferred.) Use fresh (organic) lemons or limes only, never canned lemon or lime juice nor frozen lemonade or frozen juice.

The maple syrup is a balanced form of positive and negative sugar and must be used, not some "substitute". There are three grades of maple syrup. Grade A is the first run—mild in taste, sweet and with less minerals than the other grades. It is more expensive and less desirable but it may be used. Grade B is the second run with more minerals plus more maple taste. It is more suitable for the diet and is less expensive. Grade C is the third run with even more minerals and still stronger taste of maple and slightly less pleasant for most people, although acceptable in the diet. It is lower in price. As Grade C is less expensive it can be used as an excellent sweetening agent in preparing foods. The strong maple flavor blends very well.

The maple syrup has a large variety of minerals and vitamins. Naturally the mineral and vitamin content will vary according to the area where the trees grow and the mineral content in the soil. These are the minerals found in average samples of syrup from Vermont: Sodium; Potassium; Calcium; Magnesium; Manganese; Iron; Copper; Chlorine and Silicon. Vitamin B1, B2, B6, C, Nicotinic acid and Pantothenic acid are also present in the syrup. Information on the need and effect of these properties will be found in the Biochemistry in the back of the book, "Healing for the Age of Enlightenment".

Some uninformed operators of the sugaring of the maple syrup do use formaldehyde pellets, run through polyethylene tubing but there are many more that don't. Search out and demand the kind not using formaldehyde. Spring Tree of Brattleboro, Vermont does not use it. This is the kind I recommend.

Dozens of letters weekly, from around the world highly praise the many superior benefits of this diet. Thus, we must conclude that since it does so much for so many it is truly The Master Cleanser.

YOUR DIGESTIVE HEALTH IS IMPORTANT!

It is my sincere hope that you will see dramatic improvement in your digestive health, and, if it is your goal to do so, that you lose weight, by following the procedures set forth in this booklet.

I look forward to hearing from you!

Blessings from Marie Wilson

EXCELLENT BOOKS TO READ

The Body Knows, How to Tune Into Your Body and Improve Your Health by Caroline Sutherland

The Yeast Connection by William G. Crook, MD

Optimal Wellness by Ralph Golan, MD

Heartburn and What To Do About It by Doctors James F. Balch and Morton Walker

The Detox Diet by Elson M. Haas, MD

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It is not my intention to diagnose or to provide specific medical advice. Readers are encouraged to consult a medical doctor for regular checkups. If you are having any medical problem, or if you have a history of illness, please have the appropriate tests by a medical doctor to determine whether or not a change in diet will be harmful to you.