



Sugar Control Program

The guidelines illustrated below were developed by Dr. Victor Frank, co-founder of Total Body Modification (TBM) and have been expanded upon by Dr. Kevin Millet. This program is used in conjunction with TBM procedures to re-establish the sugar control mechanism and must be adhered to with precision during the initial phases of care (approximately 3 weeks). As your condition improves, various foods will be added. The object is to return you to a well-balanced, healthy diet as soon as your body will allow it.

Note: Prior to beginning this Sugar Control Program, consult with your current health care professionals. Although this program is based on recommendations that have been utilized for decades and have been proven to be effective and completely safe, there are certain individuals and medical conditions that can make elements of this program unsuitable.

DO'S

WATER: Drink a MINIMUM of one quart of water per fifty pounds body weight each day, unless otherwise directed. This must be water without added minerals, juices, flavorings, etc. Tap water or water that has been “purified” by any means (e.g. distilled, reverse osmosis, filtered), is acceptable.

Weight (lbs)	Quarts	Weight (lbs)	Quarts
Up to 49	1	200 to 249	5
50 to 99	2	250 to 299	6
100 to 149	3	300 to 349	7
150 to 199	4	350 to 399	8

SALT: Salt food to taste. Note: Salt avoidance when drinking large amounts of water is unsafe. To minimize aluminum exposure and to provide other trace minerals, we recommend using unrefined salts (e.g. Real Salt[®], Celtic Sea Salt[®]).

RED MEAT: Eat a minimum of nine ounces of red meat per week. In the U.S. this includes: beef, venison, buffalo and elk. If you are of Scandinavian decent, you must include fish; if of Arabian or Australian decent, include lamb.

EAT FREQUENTLY: You must eat at least every two hours. A simple snack is sufficient. Suggested snacks: cheese, fruit, plain yogurt w/fruit, hard boiled eggs, raw cashews or brazil nuts, toasted sprouted bread w/butter, Sucanat[®] and cinnamon, cooled piece of bacon, shrimp. DO NOT FAST FROM FOOD OR DRINK WHILE ON THE SUGAR CONTROL PROGRAM!

SWEETENERS: Use small amounts of Sucanat[®] or Rapadura[®] as a sweetener.

ANIMAL PRODUCTS: Except for milk, you may eat any and all animal products you desire (e.g. eggs, meats, cheeses, butter, yogurt, poultry, shellfish).

RICE: Consume, as desired, whole grain rice which has been “browned” in a dry skillet to a golden brown (approx. 5 min.). It is normal for some of the kernels to pop. Once cooled, prepare it as you would prepare rice normally. Note: large amounts may be “browned” in advance, cooled then stored for later use.

BREAD: Consume no more than two slices per day of one hundred percent sprouted bread (Alvarado Street[®]) or rice bread. Do not consume Ezekiel[®] bread, as it contains soy.

GREEN & RED VEGETABLES: Consume, as desired, any and all green and red vegetables (e.g. peppers, tomatoes, broccoli, cucumbers, zucchini, etc.).

YELLOW & ORANGE VEGETABLES: Consume up to 3 servings per week of yellow and orange vegetables (e.g. corn, carrots, yellow squash, etc.).

ALLIUMS: Consume, as desired, any and all edible alliums (onion, garlic, leeks).

NUTS: Consume ONLY raw cashews and Brazil nuts.

FRUITS: Consume any and all raw, whole fruits as desired. Canned fruit may be consumed only if it is canned in water or its own juice. Juices may be consumed in moderation if they are juiced fresh.

COFFEE & TEA: Consume only hot beverages that do not contain caffeine.

LISTEN TO YOUR BODY: Ask your brain, not your mouth, if a particular food is right for you at this time. If it simply “tastes good,” it is probably a poor choice.

DON'TS

GRAIN PRODUCTS: Avoid all grains (e.g. wheat, oats, barley, rice) and grain products (cereals, pastas, breads), except those outlined above.

LEGUMES: Avoid all legumes (e.g. soy, peanuts, kidney beans, pinto beans, refried beans, lentils).

NUTS: Avoid all nuts, except those outlined above.

SWEETENERS: Avoid all sweeteners, except those mentioned above. This includes not only the use of the items listed below, but any foods with them as an added ingredient. A partial list of ingredients to avoid:

“natural”

Sugar, sucrose, glucose, fructose, stevia, honey, brown sugar, syrups (maple, rice, corn, high-fructose corn), concentrated fruit juice, and sugar alcohols (xylitol, mannitol, sorbitol, maltitol), inulin.

“artificial”

Sucralose (Splenda[®]), aspartame (Nutrasweet[®], Equal[®]) saccharin (Sweet’N Low[®]), acesulfame potassium (ACK, Sweet One[®], Sunett[®]), neotame, and cyclamate.

MISC: Avoid dried fruit, alcoholic beverages, cauliflower and other white vegetables, frozen foods, beets, yams, potatoes, tofu, milk of all kinds (cow, goat, almond, soy, rice, etc...).

IF IN DOUBT, LEAVE IT OUT!

NOTE: Although this is not specifically designed to be a weight loss diet, it is very common for an overweight individual to loose from ten to twenty pounds during the three week period.