

## BASIC NUTRITIONAL RECOMMENDATIONS FOR ADULTS from the office of

### Fred R. Heard. DC

1. Eat seven to ten fresh fruits and vegetables each day. Organic when possible, with peelings, cooked and raw.  
**Fruit (& fruit juice) is loaded with sugar — eat only one fruit to each four vegetables.**
2. Drink eight glasses of filtered water daily. **Never drink at meal time** (it dilutes stomach acid).
3. **\*Diabetics must work closely With their MD for this next recommendation.** Limit carbohydrate rich foods (sugar) to less than 25% of your daily diet. To further lower insulin levels, try eliminating wheat (gluten) and other grains from your diet altogether and explore intermittent fasting.
4. Increase good fat consumption to 50% to 70% of your daily calories (coconut oil, olive oil, avocado oil, grass-fed whole butter and fish oil. Avoid all vegetable oils, hydrogenated or partially-hydrogenated oils. **If you no longer have a gall bladder** you must take a digestive enzyme with each fatty meal in order to digest any/all fats.
5. Increase Omega 3 essential fatty acids by supplementing diet with pharmaceutical grade fish oil. Molecular or steam distilled fish oil is the next best grade at a lower cost. (Discuss dosages during your appointment with Dr. Heard.) **Vegan sources of Omega 3's are not adequate for human dietary requirements.**
6. For protein needs eat grass-fed meat and poultry (preferably organic) or wild caught fish. Protein digestion requires strong stomach acid. **\*Acid reflux medications neutralize stomach acid. To best utilize dietary protein, acid reflux causes and alternative solutions should be discussed.**
7. Balance your daily calcium intake with chelated Magnesium Glycinate or Magnesium Lysinate. (Discuss dosages during your appointment with Dr. Heard.) Requires strong stomach acid. See **\*Acid reflux** recommendations above.
8. In addition to a good multivitamin/multimineral supplement, include the following antioxidants with your meals.
  - 1) Vitamin C
  - — 500 mg ester Vit C
  - 2) Vitamin B complex
  - — 200 mg Vit B complex
  - 3) Selenium
  - — 200 mcg selenium

- 4) Vitamin D3
  - — 4,000 to 8,000 IU (Discuss dosages during your appointment with Dr. Heard.)
  - 5) Iodine & Iodide (Lugol's Solution) **\*Those on thyroid medications require MD management.**
9. **Avoid all artificial sweeteners and flavor enhancers** such as aspartame (as in nutri-sweet) and splenda, glutamate (as in MSG) or cysteine. Avoid hydrolyzed vegetable protein.