

*General Nutrition Suggestions  
for  
Schwarzbein Referral Practitioners*

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### HEALTHY MEAL PLANNING

#### -----GENERAL GUIDELINES-----

- Do not skip meals
- Each meal should contain a protein, a healthy fat, a non-starchy vegetable, and a real carbohydrate
- Never eat a carbohydrate or protein by itself
- Drink at least 8 glasses of water a day; more if you are exercising
- Always avoid processed food, soda and sweets
- Taper off tobacco, alcohol, and caffeine (transition to green tea if needed)

#### -----PROTEIN-----

- Eat only fresh meats - avoid processed meats - use nitrate-free meats
- Whenever possible use hormone-free, antibiotic-free, range-fed meat and poultry
- Approximately 7 grams of protein = 1 oz.

Beef*	Nuts*	Tuna
Chicken	Pork	Turkey
Crab	Salmon	Turkey (dark meat)*
Eggs	Scallops	Veal
Hamburger*	Shrimp	Cottage cheese* - 4% whole
Lamb*	Tempeh*	Tofu*
Cheese* (mozzarella, feta, ricotta, goat, Muenster)		

- \* These may have hidden sugars – they need to be watched if you are insulin resistant!

#### -----HEALTHY FATS AND OILS-----

- Use mostly monounsaturated and saturated oils; eat fresh fats and keep fats refrigerated
- Avoid polyunsaturated oils unless they are pure or cold pressed, then you can use them for salad dressing; do not use for cooking as heat damages these fats
- DO NOT USE margarine, hydrogenated oils, partially hydrogenated oils and processed foods made with hydrogenated oils - read labels!
- DO NOT USE low-fat or non-fat products as the fat is usually replaced with sugars

#### Monounsaturated Oils

Canola Oil  
Grapeseed Oil  
Olive Oil  
Peanut Oil

#### Saturated Oils

Butter  
Cream (real, dairy only)  
Ghee (clarified butter)

#### Polyunsaturated Oils - limit/do not heat

Corn Oil  
Cottonseed Oil  
Sunflower Oil  
Sesame Oil  
Soybean Oil

#### Foods with Healthy Fats

Avocado*	Olives	Nuts*	Mayonnaise (from pure-pressed canola)
Eggs	Seeds	Nut Butters*	Salad Dressing (no sugar added)

- \* These foods contain carbohydrates – include in your carbohydrate allowance.

-----CARBOHYDRATES-----

- Both real and man-made carbohydrates raise insulin levels in the blood
- Carbohydrate intake should be monitored closely
- NEVER EAT A CARBOHYDRATE ALONE
- Eat carbohydrates in proportion to your protein and fat intake
- Eat real carbohydrates whenever possible; eat man-made carbohydrates as rarely as possible

Your personal carbohydrate count for now (which may change over time) is:

\_\_\_\_\_ grams x \_\_\_\_\_ meals + \_\_\_\_\_ grams x \_\_\_\_\_ snacks = total \_\_\_\_\_ grams/day

**REAL CARBOHYDRATES - each selection contains 15 grams of carbohydrates.**

**Starchy Vegetables**

- 1 large artichoke
- 1 cup carrots/tomatoes (cooked)
- ½ cup corn
- ½ medium jicama
- ½ cup lima beans
- ½ cup green peas
- ½ medium potato
- ½ med. sweet potato or yam
- 1 cup squash

**Yogurt**

- 1 cup plain, whole milk
- 1 cup soy

**Legumes**

- 1/3 cup black beans
- 1/3 cup chickpeas
- 1/2 cup black-eyed peas
- 1/3 cup Kidney beans
- 1/3 cup lentils
- 1/3 cup pinto beans
- 1/3 cup split peas

**Fruit** (see separate list).

- Best: berries, grapefruit
- Intermediate: apples, oranges
- Worst: bananas, grapes, dried fruit

**Grains**

- 1/3 cup barley
- 1/3 cup brown rice
- 1/3 cup bulgur
- 1/3 cup couscous
- 2/3 cup oatmeal
- 1/3 cup quinoa
- 2½ cups popcorn

**MAN-MADE CARBOHYDRATES - Eat Only Occasionally! - each selection contains 15 gr. of carbohydrate (\*Serving size varies)**

- |                                |                          |                       |
|--------------------------------|--------------------------|-----------------------|
| 1 med. corn tortilla           | 1 small whole grain pita | *whole grain crackers |
| 1/2 -1 slice whole grain bread | 1 small whole grain roll | *whole grain cereal   |

-----NONSTARCHY VEGETABLES-----

- Eat at every meal, including breakfast
- Eat fresh and organic as much as possible
- **Nonstarchy vegetables can be eaten freely – don't count in your carbohydrate allowance**

- |                    |                     |                      |
|--------------------|---------------------|----------------------|
| Asparagus          | Cucumber            | Mushrooms (organic)  |
| Bean sprouts       | Eggplant            | Onions               |
| Broccoli           | Green Beans         | Peppers - all colors |
| Cabbage            | Greens              | Snap Peas            |
| Carrots (raw only) | Leeks               | Spinach              |
| Celery             | Lettuce             | Sprouts              |
| Cauliflower        | Tomatoes (raw only) |                      |

-----BEVERAGES-----

- Drink at least 8 glasses of water per day; more if you are exercising
- Choose herbal tea or vegetable juice (not carrot or V-8)
- Avoid all products with Nutrasweet® and caffeine
- Avoid all fruit juices and milk

Name: \_\_\_\_\_ Date: \_\_\_\_\_

**Working Diagnosis:** Insulin Sensitive **or** Insulin Resistant (please circle)  
 Healthy Adrenals **or** Burned-out Adrenal (please circle)

**Meal Planning:**

Carbohydrate: \_\_\_\_\_ gm/meal \_\_\_\_\_ meals/day \_\_\_\_\_ gm/snack \_\_\_\_\_ snacks/day

Protein: \_\_\_\_\_ oz/meal \_\_\_\_\_ meals/day \_\_\_\_\_ oz/snack \_\_\_\_\_ snacks/day

*(follow the recommendations below that have been checked by your health care practitioner:)*

- |   |   |
|---|---|
| <input type="checkbox"/> Avoid skipping meals                     | <input type="checkbox"/> Carry food with you            |
| <input type="checkbox"/> Work on balancing your meals             | <input type="checkbox"/> Decrease processed food intake |
| <input type="checkbox"/> Work on planning ahead                   | <input type="checkbox"/> Avoid the diet mentality       |
| <input type="checkbox"/> Increase your carbohydrate intake        | <input type="checkbox"/> Increase protein at all meals  |
| <input type="checkbox"/> Eat less man-made carbohydrates          | <input type="checkbox"/> Decrease protein at all meals  |
| <input type="checkbox"/> Decrease your carbohydrates              | <input type="checkbox"/> Avoid damaged fats             |
| <input type="checkbox"/> Avoid carbohydrate beverages             | <input type="checkbox"/> Decrease alcohol intake        |
| <input type="checkbox"/> Avoid eating carbohydrates alone         | <input type="checkbox"/> Decrease caffeine intake       |
| <input type="checkbox"/> Increase non-starchy vegetables          | <input type="checkbox"/> Keep food diary                |
| <input type="checkbox"/> Avoid sweets                             | <input type="checkbox"/> Other: _____                   |
| <input type="checkbox"/> Avoid artificial sweeteners (try Stevia) |   |

**Exercise Regimen:**

- Flexibility/Calming Exercises  
 (Stretching, easy walking, light pilates and yoga)  
 \_\_\_\_\_ minutes/day \_\_\_\_\_ days/week
- Resistance/Adaptive Training  
 (Weight training, resistant bands, swimming, yoga, and pilates)  
 Note: You must keep your heart rate below 90 beats/minute.  
 \_\_\_\_\_ minutes/day \_\_\_\_\_ days/week
- Cardiovascular/Stimulating Exercises  
 (Fast pace walking, running, soccer, dancing, basketball, tennis, etc.)  
 \_\_\_\_\_ minutes/day \_\_\_\_\_ days/week

## DIGESTIVE HEALTH

If you are on a diet to prevent or treat food allergies, this means that you are reacting to the proteins in foods. All foods contain some amount of protein. It is important that you not only eliminate any offending protein foods, but also rotate the rest of your diet. Follow these helpful hints for treatment of food allergies and proper digestion of protein:

### **Tips for Digestive Health**

1. Set time aside for mealtime in a relaxed setting. Eat slowly so your stomach acid is released and your digestive enzymes are activated.
2. Chew food very well until it is purified in your mouth to ensure that protein is fully digested.
3. Take digestive enzymes with meals and snacks as instructed to further ensure proper digestion of protein.
4. If you do not have heartburn, take Betaine Hydrochloride with meals and snacks as instructed for increased stomach acid. See separate handout for Betaine HCl instructions.

### **Meal Planning Recommendations**

1. Plan ahead! Go food shopping frequently at health food stores to stock up on a variety of whole foods.
2. Widen your horizons. Since the elimination/rotation diet is quite limited, try a new safe food product every time you go food shopping.
3. When you have leftovers, you can store in freezer and pull out every third day to ensure rotation.
4. Keep Food/Symptom logs on a daily basis. You may be able to identify any other possible food reactions. Also, keeping a log will help ensure rotation.
5. Read labels carefully. Make sure that carbohydrate choices are not too processed and without added sugar.
6. Since fruit contains a lot of natural sugar, avoid high glycemic fruits and limit to 1 fruit/day.
7. Try to avoid alcohol and limit caffeine. They are strong gut irritants. Green tea is acceptable.
8. Make sure to drink filtered water free of microorganisms. Do not drink water with meals.
9. Try to avoid antibiotic therapy, as well as NSAIDs (non-steroidal anti-inflammatory drugs), such as aspirin and ibuprofen.

## HEALTHY PRODUCTS WE RECOMMEND

This is a list of healthy products that we feel confident about recommending to our patients. However, it is still essential for everyone to read food labels. Just because a company carries several good products, it does not guarantee that all of its products are equally good.

Protein: Processed Meats are to be NITRITE-FREE

- Bacon – Yorkshire Farms Turkey Bacon, Diestel Turkey Bacon, Hog Wild Bacon, Pederson’s Bacon, and Yves Canadian Veggie Bacon (contains 1 g sugar/3 slices).
- Cottage Cheese – Knudsen, Horizon,\* Organic Valley and Alta Dena.
- Eggs – Chino Valley Ranchers\* and omega-3 eggs, Humane Harvest, Organic Valley, Lily’s Eggs,\* and Horizon.\*
- Ham – Yorkshire Farms Semiboneless Cooked Uncured Ham.
- Hot dogs – Yorkshire Farms Beef Franks & Turkey Franks, Petaluma Poultry Rocky Chicken Dogs.
- Sausage – Yorkshire Farms Turkey Andouille Sausage, Beeler’s Hog Wild Breakfast Sausage and Penn Valley Farms Han’s All Natural Gourmet Chicken Sausage.
- Vegetarian – Boca Burgers, Gardenburger, Natural Touch Burgers and LightLife Smart Soy Dogs.

Healthy Fats:

- Cream – Organic Pastures\*, Straus Family Creamery\* and Horizon.\*
- Essential Oils – Spectrum, Health from the Sun, Hain (expeller pressed), Barlean’s and Udo’s Choice.
- Flax Meal – Bob’s Red Mill flax seed meal found at Trader Joe’s.
- Mayonnaise – Spectrum\*, Select, Vegennaise, Lemonaise (canola oil) and Hollywood, Hain.
- Nut Butters – Laura Scudders, Trader Joes’s, Arrowhead Mills, Marantha,\* Tree of Life\*, Kettle, Organica\* and Woodstock Farms\*.
- Salad Dressing – Annie’s (French and Ranch have sugar), Drew’s, Spectrum, Newman’s Own Olive Oil & Vinegar and Newman’s Own Caesar Dressing.

Manmade Carbohydrates: (Remember, real carbohydrates are preferable).

- Bagels – Alvarado St. Sprouted Wheat Bagel\*.
- Breads – Vogel, Alvarado St.\*, Ezekial\*, Genuine Bavarian, Pacific Bakery (spelt), Kamut (refrig.), Cedarlane Whole Wheat Pita\*, Good Stuff Buns and Rudi’s Bakery.
- Cereal – Nature’s Path (millet and rice), Heritage\* (Spelt, quinoa and kamut), Arrowhead Mills (Corn flakes and Shredded Wheat) and New Morning Kamutios.
- Crackers – Ak Mak, Ryvita, Wasa, Edward & Son’s (Brown Rice Snaps), Nut Thins and Lavosh.
- Pasta (whole grain) – Deboles and Westbrae Natural.
- Tortillas – Alvarado St\*.
- Yogurt – Mountain High, Brown Cow Farm\*, Nancy’s\* (also soy yogurt), Strauss\* and Redwood Hill Farm (Goat milk plain yogurt), Stonyfield Farm\*, Horizon\*, and Fage reduced fat or non-fat Greek yogurt

Beverages

- Bigelow, Earl Grey, decaf.
- Good Earth Teas, original decaf.
- Herbal Celestial Seasonings, decaf.
- Stash or Tazo, decaf\*.
- The Republic of Tea, decaf\*.
- Teecino (herbal coffee)
- Soyfee (soy coffee substitute)
- Sparkling waters
- Fruitwater

\* organic option

Depending on your nutrition plan, food preferences, and kitchen space, here are some sample staple food choices that you may be able to utilize. Keeping your cupboards stocked with basic, healthy food staples will help you follow The Schwarzbein Principle to the best of your ability.

Refer to Healthy Products List when choosing between brand name products.

### **Protein Staples**

- |   |  |
|---|--|
| <input type="checkbox"/> Raw nuts and seeds                   | May freeze to help maintain freshness                            |
| <input type="checkbox"/> Nut butters                          | <input type="checkbox"/> Lean cuts of Beef, Lamb, and Pork       |
| <input type="checkbox"/> String cheese (part skim mozzarella) | <input type="checkbox"/> Chicken                                 |
| <input type="checkbox"/> Cottage cheese (low-fat or regular)  | <input type="checkbox"/> Turkey                                  |
| <input type="checkbox"/> Eggs                                 | <input type="checkbox"/> Nitrate-free chicken or turkey sausages |

### **Carbohydrate Staples**

#### ***Real Carbohydrates***

- Canned or fresh beans
- Plain, whole milk or reduced-fat yogurt
- Fresh or frozen fruit
- Starchy vegetables (artichoke, corn, jicama, lima beans, peas, potato, yam, squash)
- Grains (barley, brown rice, buckwheat, bulgar, couscous, oatmeal, popcorn kernels, quinoa)

***Manmade Carbohydrates*** (please refer to “Healthy Products We Recommend” list for acceptable product names)

- Whole grain or rice bread
- Whole grain or corn tortillas
- Whole grain or rice crackers

### **Fat and Oil Staples**

- Cooking oil of choice (olive, canola, peanut, grapeseed)
- Butter
- Salad dressing
- Mayonnaise

### **Miscellaneous**

- Buy lots of organic non-starchy vegetables (asparagus, bean sprouts, broccoli, cabbage, carrots, celery, cauliflower, cucumber, eggplant, green beans, greens, leeks, lettuce, mushrooms, onions, peppers, snap peas, spinach, sprouts, tomatoes, etc.)
- Herbal teas
- Fresh herbs and spices



**GLUTEN-FREE DIET**

You will be following a gluten free diet if have a known or suspected gluten intolerance or have not improved after three months of the regular nutrition plans. Do not despair, you still have plenty of foods to eat!

Foods To Avoid That Contain Gluten

The following grains, including their flours all contain gluten. You must avoid them while following a gluten free diet.

Wheat	Couscous	Spelt
Barley	Durum flour	Semolina
Bran	Kamut	Triticale
Bulgar	Rye	Beer

Hidden Sources Of Gluten

Please read food labels of all processed foods for the following ingredients that contain gluten.

- Soy-based products may contain gluten, such as veggie burgers, soy cheeses, etc.
- Modified food starch (if contains wheat)
- Dextrin (unless noted as corn or tapioca dextrin)
- Flavorings and extracts (often made from a gluten-containing grain alcohol)
- Hydrolyzed vegetable protein (some are made using wheat)
- Imitation seafood (may include wheat as a binding agent)
- Creamed or thickened products such as soups, stews and sauces, unless homemade.

Exceptions

- Oats – Avoid if you have full-blown celiac disease, but try eating oats if you only have gluten intolerance. Make sure to eat packaged oats, not those found in bins as they can be cross contaminated with wheat products.
- You may be able to tolerate sourdough bread, but you are not allowed to try this until you have been gluten free for at least three months on the Healing Plan and after six months if you know you have gluten intolerance.

Foods Allowed

Amaranth	Corn	Potato
Arrowroot	Jicama	Quinoa
Artichoke	Lentils	Rice
Beans	Lima beans	Squash
Buckwheat	Millet	Sweet potato
Chick peas	Peas	Yams
Cooked carrots/tomatoes	All other starchy vegetables, too	

Where To Shop For Gluten-Free Foods

Your local health food store, Trader Joe's, Whole Foods Markets

Web Sites:

Note: Many food products sold on these web sites may not be suitable for you due to high sugar content; pick and choose carefully.

- *glutensolutions.com* for food products
- *glutenfreepantry.com* for food products, mixes, and recipes
- *livingwithout.com* for gluten free info., recipes, and tips. Their magazine is called Living Without.
- *gfcdiet.com* for useful information on the gluten free, casein free diet
- *bobsredmill.com* for food products and recipes

## GLUTEN-FREE PRODUCTS

### Grains, products, and product names

**Amaranth:** Amaranth is one of the oldest grains in the world. Stored in airtight containers, it has an indefinite shelf life. It is higher in protein than most grains. It contains all the amino acids, including Lysine, which is lacking in most grains. This tiny grain is easy to prepare as hot cereal or you can add to slow cooking soups and stews.

- Examples: hot amaranth cereals, amaranth grain (Bob's Red Mill-BRM)

**Buckwheat:** Buckwheat groats are hulled seeds of the buckwheat plant. The seeds have a mild flavor, but when toasted or roasted (called buckwheat kernels), their flavor intensifies.

- Examples: buckwheat bread (Vitalia), organic buckwheat kernels-pilaf or hot cereal (BRM), buckwheat groats (BRM), buckwheat pasta (Eden Foods)

**Corn:** cornmeal, corn tortillas, corn bread, corn thins, grits (Arrowhead Mill's, Quaker), hominy, polenta, popcorn (air popped, Bearitos microwave popcorn)

**Millet:** Hulled millet is often referred to as birdseed, however it is also nutritious for humans too. It is easily digested because it is alkaline, while most grains are acidic. You can prepare millet as you would prepare steamed rice, hot cereal, or add to a yeast bread for a crunchy texture.

- Examples: millet grits/meal (BRM), hulled millet grain (BRM), millet bread, millet cereals, millet crackers

**Scottish Oats:** Oats are not guaranteed to be gluten free, therefore monitor tolerance. Scottish oatmeal is different from modern rolled oats because it is produced from a slow grinding process between two large mill stones.

- Examples: hot oatmeal (Old Wessex Ltd. Scottish Style Oats, BRM)

**Quinoa (pronounced keen-wa):** Quinoa is a high-protein grain cultivated in South America. It can be substituted for rice in most recipes.

- Examples: quinoa flakes hot cereal (Ancient Harvest), organic quinoa grain (Trader Joes, BRM)

**Rice:** Rice is a low-allergenic grain, therefore it is safe for most highly sensitive people and children.

- Examples: cream of brown rice (BRM, Erewhon), rice bread (EnerG, Food For Life, Bob's Red Mill bread mix), rice crackers (Edward & Son Brown Rice Snaps, Black Sesame Seed Rice Crackers, Savory Thins, Nut Thins, Hol-Grain, Ener-G), brown rice pasta (DeBoles, Patariso, Ener-G)

**Tapioca:** Tapioca flour is a grain-free flour derived from cassava root. It is a starchy, slightly sweet, white flour used to sweeten breads.

- Examples: tapioca bread (Lassens)

**Teff:** Teff is the smallest grain in the world. Cooked whole grain teff can be prepared as a hot cereal similar to the consistency of wheat farina.

- Examples: teff hot cereal (BRM)

### Acceptable gluten-free cooking/baking ingredients

arrowroot starch – thickener

baking soda

baking powder

cornstarch – thickener for sauces

Flours – almond, amaranth, black bean, buckwheat, fava bean, flaxseed meal, garbanzo bean, green pea, hazelnut, quinoa, potato, sorghum, rice, tapioca, and teff

methyl cellulose – binder replacement

potato starch – thickener for sauces, soups, and stews

xanthan gum – for volume and viscosity

### Websites

(Many food products on these websites may not be suitable for you due to high sugar content; choose carefully!)

[bobsredmill.com](http://bobsredmill.com)

[ener-g.com](http://ener-g.com)

[gluten-free.net](http://gluten-free.net)

[glutensolutions.com](http://glutensolutions.com)

[glutenfreepantry.com](http://glutenfreepantry.com)

[organ.com](http://organ.com)

## DAIRY-RESTRICTED DIET

If you are allergic to dairy, you are allergic to casein, the protein found in cow's milk. You will need to read labels (ingredient lists) carefully because casein may be hidden in many foods. If you have a gluten intolerance, you may also have a casein intolerance. If you don't feel well on a gluten free plan, follow the gluten and dairy free meal plans and guidelines.

### Foods to Avoid:

- Cow's milk
- Cheese – Avoid all cheese made from cow's milk
- Yogurt – Avoid all yogurt made from cow's milk
- Sour cream (cow's milk)
- Cream cheese (cow's milk)
- Ice cream (cow's milk)

### Food Allowed in Moderation:

- Raw, organic, whole-fat whipping cream \*
- Raw, organic, unsalted butter \*
- Goat's milk products \*\* - goat cheese, goat's milk yogurt
- Sheep's milk products \*\* - feta cheese, Roquefort cheese (monitor saturated fat), any sheep milk cheese
- Buffalo mozzarella \*\*

\* Use cream and butter moderately because they both contain small amounts of casein. Avoid completely if you are very allergic to casein. Organic Pastures is a brand name that carries raw, organic dairy products.

\*\* In general, goat, sheep, and buffalo dairy does not contain casein. Unfortunately, the manufacturers of these products may add casein to their products. Read labels very carefully.

**2 oz. Portions**

2 oz. beef, lamb, pork, chicken, turkey and fish (2/3 the size of a deck of playing cards)

2 eggs

2 oz. canned tuna (1/3 can)

½ cup cottage cheese

2 oz. cheese (2 cheese sticks)

¾ cup tofu

½ cup tempeh

Nuts: ¼ cup soybeans, 2 oz. almonds, 3 oz. of other nuts

**3 oz. Portions**

3 oz. beef, lamb, pork, chicken, turkey, fish (equal to the size of a deck of playing cards)

3 eggs

3 oz. canned tuna (½ can)

¾ cup cottage cheese

3 oz. cheese (try to limit cheese to 2 oz/servings – except if following a vegetarian diet)

1 ¼ cup tofu

¾ cup tempeh

**4 oz. Portions**

4 oz. beef, lamb, pork, chicken, turkey and fish (slightly larger than a deck of cards)

4 eggs

4 oz. tuna (1 can)

1 cup cottage cheese

4 oz. cheese (try to limit cheese to 2 oz/servings – except if following a vegetarian diet)

1 cup tofu

1 cup tempeh

**FRUIT SERVINGS**

Appropriate portions/serving sizes for one serving of fresh or unsweetened fruit.  
Each serving equals 15 grams of carbohydrate.

**Best Choice / Lowest Glycemic Index**

Blackberries	¾ cup
Blueberries	½ cup
Boysenberries	¾ cup
Grapefruit	½ med
Grapefruit	½ cup
Raspberries	1 cup
Strawberries	1 ¼ cup

**Medium Glycemic Response**

Apple	1 small
Applesauce	½ cup
Apricots	2 medium
Apricot halves	4
Canteloupe 5"	1-1/3 cup
Honeydew	1/8 medium
Kiwi	1 large
Mango	½ small
Nectarine	1 small
Orange	1 small
Papaya	1 cup
Peach	1 medium
Pear	½ large
Pineapple (raw)	¾ cup
Plums	2 medium
Watermelon	1 ¼ cup

**Highest Glycemic Response**

Banana	½ small
Cherries	12
Dates	2 medium
Figs	2 medium
Grapes	15 small
Prunes	3 medium
Raisins	2 Tbsp

**BETAINE HYDROCHLORIDE INSTRUCTIONS**

**Note:** If you have heartburn or acid reflux, do NOT take Betaine HCl. If you do not display any symptoms of heartburn, follow the directions listed below to optimize therapy for digestive health.

**Instructions:**

Start by taking Week 1 dose. Increase supplementation every week, as instructed below, until you start to display heartburn symptoms. Once you experience acid reflux or heartburn, follow the protocol from the previous week when you did not have any symptoms.

Week 1:

- 1 pill with meals
- 1 pill with snacks

Week 2:

- 2 pills with meals
- 1 pill with snacks

Week 3:

- 2 pills with meals
- 2 pills with snacks

Week 4:

- 3 pills with meals
- 2 pills with snacks

And so on.....

Taking Betaine HCl with digestive enzymes will further enhance digestion. Once instructed to start digestive enzymes, take 2 pills with meals and 1-2 pills with snacks.

## **How To Take Zinc Replacement:**

If you are deficient in zinc, take the zinc challenge liquid for replacement, 1 Tablespoon am, 1 Tablespoon PM.

If you have been taking zinc liquid for more than one month and it still tastes like water, continue liquid replacement and start adding Zinc Supreme, 1 pill am, 1 pill PM.

When you have a strong metallic taste of zinc, discontinue use of zinc liquid and supplement with Zinc Supreme only, 1 pill in am and 1 pill in the PM.

Re-challenge yourself with the liquid zinc every 1 to 2 weeks and if you continue to taste the zinc as a strong metallic taste, decrease the pill to 1 in the am.

## **Taking the “Zinc Challenge” or “Re-challenge”:**

Take the zinc challenge by taking two capfuls of the zinc challenge liquid and hold it in your mouth for 30 to 60 seconds. Then swallow it if it does not bother you or you may spit it out if it has a strong metallic taste.

If you have a strong metallic taste while the solution is in your mouth, you have adequate zinc. Continue to taper down off of your zinc regimen (zinc liquid to 2 Zinc Supreme pills to 1 pill to multi-vitamin/mineral supplement with added zinc).

If you have a slight rusty nail or fuzzy mouth taste, you are slightly low in zinc. Continue current regimen and re-challenge in 1-2 weeks.

Caution: Zinc can cause nausea, so be sure to take with some food in your stomach.