

THE

(THE FIRST SIX MONTHS)

The Alivizatos® Greek Treatment diet is primarily low in acid, dairy and protein intake. Patients should adhere to the diet, depending upon progress, with little or no deviation. It has been found that patients who religiously follow the diet for the full six months (and even longer) enjoy a greater recovery rate, which should be incentive enough for everyone who wants to live healthier and longer. Patients are asked to abide by the strict diet during the period of time they are under treatment. Over the next five months (following the six month period when the treatment is working the hardest) patients can gradually return to more normal eating habits...but, why would anyone want to?

Each patient should use common sense in their eating habits. Try to eat balanced meals, perhaps six small ones per day rather than the normal “big” three. The intake of nutritious food is very important to the welfare of all people. The body must be fed nutrition to enable the immune system to help conquer and prevent all illness. Patients should not, however, let the diet cause stress. If once in a while they crave a particular food, they may have it even if it is not on the diet, but remember, in limited quantities.

Patients who have a problem with food intake can use a supplement such as Protein Powder found in health food stores, which will give them necessary nutrients to sustain life.

Patients can start the intake of citrus fruits and juices 80 to 90 days after their last injection, starting with small amounts and maintaining small amounts for the six months. No smoked meat such as ham, bacon or smoked or canned fish can be eaten for six months, with the exception of water-packed tuna. Avoid all fried foods for six months.

There are certain foods that everyone should avoid during their lifetime, if possible. The following foods should be eliminated or reduced:

- ❖ Any canned food which contain preservatives or artificial coloring
- ❖ Any refined sugar or products of same
- ❖ Any refined white flour or products of same
- ❖ Any fats on meats, or skin on chicken and turkey
- ❖ Alcohol. After six months, an occasional glass of wine is permitted.

Beverages:

Herbal teas including chamomile, mint, comfrey and one cup coffee are allowed, but forbidden are alcohol, cocoa, decaffeinated coffee, soft drinks, pekoe and orange tea.

Breads:

Whole grain breads such as whole wheat, multi grain, bran muffins, etc. are great, but forbidden are the white breads and products containing preservatives.

Cereals:

Buckwheat, bran, cornmeal, cracked wheat, millet, oatmeal, fine ground grits are great for you, but forbidden is any cereal containing preservatives or which is pre-sweetened.

Desserts:

Unflavored gelatin, fresh fruits, homemade sherbet and rice pudding in limited amounts are good tasting. Try carob instead of chocolate, you might like it. Patients with liver involvement must refrain from all desserts until 10 days after the last treatment.

Eggs:

Poached or boiled eggs are permitted but limit your intake to four per week during the treatment. Patients can double this amount when the treatment is concluded. Remember, no fried eggs.

Fats:

Cold-pressed vegetable oils are allowed. Unsalted butter, patients can have no more than 2 pats per day during the treatment.

Fish:

Fish with white meat only, 5 oz. twice a week during the treatment. Water packed tuna, 3 oz. once a week is recommended. Patients can double the amount after treatment. Forbidden are all shellfishes and colored meat fishes.

Fruits:

Fresh fruits such as bananas, papayas and melons are always allowed. You can have apples, cooked or baked only. Do not consume canned, sweetened, or artificially colored fruit. All acid fruits such as lemons, limes, grapefruit, oranges, cherries, plums and grapes are prohibited during treatment.

Grains:

Whole grains such as wheat, rice, flax are advisable, but stay completely away from processed grains.

Juices:

Only non-acidic fresh fruit and vegetable juices are acceptable. All canned or bottled juices and all fresh juices made from acidic fruit (citrus etc.) are forbidden during treatment.

Meat:

Lean, grilled broiled, roasted or baked beef, veal or lamb, 6oz. once a week is permitted. The white meat of chicken and turkey may be eaten up to four times a week. Heart and fresh liver, patients may have 4 oz. once a week. During treatment, try to go two days per week with no meat. All smoked or fried meats, as well as luncheon meats; sausages, hot dogs, etc. are strictly forbidden.

Nuts:

Fresh, raw, untreated nuts are a nice snack, but don't even think about eating them roasted, salted or smoked.

Pastas:

Whole grain pastas, spaghetti, rigatoni, etc., once or twice per week.

Potatoes:

Baked, boiled or broiled are great, but no one should have to be told to stay away from French fries and potato chips.

Salads:

Always use fresh, raw vegetables and lettuce. Carrots, cauliflower, celery, radish, Swiss chard, watercress, onion (a few), ripe fresh tomatoes (once per week) and broccoli are nature's best friend. Dressing: Mix buttermilk, yogurt and oregano together for consistency. Use oil very sparingly on salads. No vinegar or pepper for six months after the treatment.

Seasonings:

Chives, garlic, onion, parsley, marjoram, sage, thyme, savory, oregano, laurel herbs, sun dried sea salt or lite salt in limited quantities in just the right amount can make even the pickiest eater smile. No black or white pepper, paprika, cinnamon or other spices.

Soups:

From fresh vegetables only and any meat or chicken for stock must be completely defatted. Never consume canned, creamed, consommé or bouillon soups.

Sweets:

Unpasteurized honey, unsulfured molasses, Stevia, and carob in limited quantities, are satisfying to the palate. No candy, chocolate, refined white sugar, raw sugar, pastries, saccharin, etc.

Vegetables:

Fresh, raw or frozen, slightly cooked are great. Artichokes, green beans, dry beans, beets, broccoli, brussel sprouts, cabbage, carrots, corn, cucumber, asparagus, peas, garlic, onion, lettuce, parsley, potatoes, pumpkin, and squash are also great to eat. Very small amounts of fresh ripe tomatoes in a salad are allowed. You may have cooked spinach after the 10th treatment.

Miscellaneous products and ingredients:

Yes to vanilla, but only if it's the pure extract kind. Olive oil is permitted in small amounts only. Raw peanut butter, unsalted, in limited amounts is acceptable. A few unsalted whole-wheat crackers are allowed. A handful of graham crackers are a nice treat. Baking soda and baking powder must be limited during treatment and for 15 days after. Jam or jelly with no acid or sugar can be used. Natural maple syrup is great. Patients can only chew gum, which has no artificial color or flavor. Apple, apricot, peach pies,

etc., with no preservatives after six months in limited quantities. Shellfish, caviar and squid in limited amounts are also allowed after six months.

It is impossible to list everything patients can and cannot have on the Alivizatos® Greek Treatment diet. This diet is meant to be a guide for all patients but particular attention should be paid to the forbidden foods. Always remember, keep your diet low in acid and protein intake.

Notes:

- Try having no meat two or three days a week for a couple of months after your treatment.
- Try a snack in the early afternoon or in the evening. Carrot sticks, fruits, nuts or juices are all satisfying. No junk food.
- ALWAYS cut fat and skin off all meats, then bake, broil or roast only.
- Eat sandwiches and toast made from whole grain breads only – no preservatives. Check sodium levels also; keep it as low as possible.
- Use very little oil on salads. Patients are allowed to add small amounts of vinegar or lite dressing, 4-6 months after treatment.
- Always drink lots of water. Six to eight glasses per day are a must. Water comprises up to 75% of your weight and is involved in almost every bodily function. Without sufficient water, your organs and glands fail to function properly; waste products cannot be flushed out regularly. Your body loses 2 to 3 quarts of water per day through breathing, perspiration, urination and other bodily process. No other liquid can substitute for water. Sodas, coffee, tea and alcohol contain additives or lack the essential trace minerals that water provides.

Good luck on your eating. You may purchase a recipe book for \$20.00 at IBC Hospital. Always remember, low acid, low dairy and low protein!

SPECIAL NOTE TO PATIENTS WITH LIVER INVOLVEMENT

Use basically the same diet as other patients with the following exceptions. Remember to control the intake of proteins:

Dairy Products:

Buttermilk, skim milk, 1/2 glass per day. Patients can double this amount 10 days after the treatment is completed. Yogurt (natural), 3 oz. per day is allowed. Unsalted butter, 1 pat per day, is all patients can enjoy.

Eggs:

None during the treatment. Two per week beginning ten days after the treatment. The amount increases to four per week one month after the treatment.

Meat:

Beef, veal or lamb (after the 10th injection), 4 oz. of one per week. Patients can double this amount after the treatment. 5 oz. of either chicken or turkey twice a week during treatment, four times a week for three months after treatment, then five times a week to six months. Remember to defat and skin completely.

Fish:

White meat fish only, total 8 oz. per week during the treatment. After the treatment, patients may double the amount for the next three months. Water packed tuna, 3 oz. per week during treatment is permitted. Double this amount after six months. Absolutely no shellfish should be eaten for six months.

ALWAYS REMEMBER THAT THIS IS YOUR BODY. DON'T LET ANY DOCTOR OR ANY OTHER PERSON PERSUADE YOU TO DO SOMETHING THAT WOULD BE CONTRARY TO YOUR GETTING AND STAYING WELL.