

MORE DIET INFORMATION

I. Notes

A. Don't make it hard, get used to the change. DO NOT STRESS OUT OVER THE DIET. Do your best while you are here. The most important time is when you get home because that's when your treatment will have the best effect.

B. The most important things are:

1. Drink 8 glasses of water a day.
It helps to eliminate toxins and flush the dead cancer cells.
2. Watch your body temperature & don't get too overly tired.
3. Don't get constipated – eat more bran, Golden Flax Seed, Herbal teas, or herbal laxatives like Swiss Kris. Pear juice and prunes in moderation. You may have GAS, (which is caused by not chewing your food 20-30 times) Stomachache, Diarrhea, indigestion or something that doesn't set well with you are Symptoms of too much acid or protein in the diet.
4. Eliminate Fast foods, fried foods, and acids. There is an acidic quality to the Alivizatos Treatment, so by consuming no acid foods, one can keep body more alkaline. This will achieve an acceptable pH balance.
5. Lifestyle – RELAX, rest, get a little exercise & Eat healthy.

II. Diet Overview

- A. This is a Low Fat, Low Protein, & Low to No Acid Diet.
- B. Cut out fried foods, white flour, white rice, white refined sugar, salt and red meat. Use Celtic Salt (very expensive). Use salt substitute.
NAME= NO SALT Use Sea Salt
- C. Read the ingredients on packages. Avoid prepackaged and canned foods, as they are full of salt and additives. Due to sodium, foods in cans become acidic the longer it sits in cans.
- D. Variety is the spice of life.
- E. Eat more frequent smaller meals. Chewing more than you are used to, 20-30 times. It will help your digestion.
- F. Remember it is best to stick to the diet for 6 months.
- G. Use your own recipes and change them. Substituting ingredients.
- H. We have a recipe book available for only \$5.00 dills.
- I. Restaurants: Order everything a la carte. Only use olive oil for salad dressing. Take your own salad dressing and butter if you like.
- J. Avoid cooking in the microwave, aluminum pans or foil.
- K. Canned Soups, Chef Boyardee, etc. have lead in them. Health Valley canned foods are O.K. because cans are enamel lined.
- L. You can write to the State Department of Agriculture for a list of certified organic farms and meat growing places in your area.

III. Protein:

- A. Start by avoiding all red meat. Take a day or two out of the week and eat no meat. Eat fruits, veggies, potatoes, rice, pasta, etc. with no meat! You can make delicious meals without the meat. The cookbook will give you many ideas. Cook french fries in the oven. Bake instead of frying.
- B. Stick to proteins like white meat - chicken breast, white deep-sea fish, turkey breast, beans, tofu, anything like this that strikes you the best. Meat should be, if possible: Hormone free, no skin, Non-smoked and no fat. [White meat includes fish, chicken, and turkey,] tuna (solid white in spring water). Other meat such as lamb, veal and steak should be prepared well done because of parasites.
- C. Nuts and seeds are great added to your food. They are good for obtaining protein. Be sure they are raw. You can toast them yourself in the oven. All nuts except peanuts, which grow on the ground instead of trees.
- D. Eggs (NOT FRIED) are fine, 3-4 a week unless you have liver cancer. The low protein means animal protein, not plant protein such as soy, beans, etc.

IV. Dairy Products

- A. Why low? Because all dairy products are very mucous forming and we are trying to clean and flush the system (the body), so why put it back in?
- B. Help your body out and start cutting down on these:
Use very little cheese, buttermilk, Non-Fat cottage cheese, yogurt with honey, etc. When you do eat them, be sure they are low fat and with no color added, and low salt if possible. Do not eat colored CHEESES.
- C. Butter, not margarine.
Margarine is solidified, hydrogenated oil. Raw butter is plain 'ol cream, unsalted is even better. But if you can't find it, just use butter.
- D. Cheese should be white and low with no color added.
Mozzarella is the best. Check ingredients for salt content.
There are good almond milk & tofu cheeses.
The herb/garlic is very good in pasta salad.
- E. (Alternative) Milks can be used on cereal, coffee or tea or in cooking, but we don't suggest you drink a whole glass of milk.
- F. Rice and soymilk are fine.
- G. Rice Dream has a great ice cream.
- H. Liver patients – start lowering dairy products to very little and eventually none for at least 6 months.

V. Seasoning and Herbs

- A. No spices - spices tend to irritate and cause inflammation of the body's tissues. These include cinnamon, cumin, and curry. You can use coriander and cardamom as a substitute for cinnamon.
- B. No salt - mineral salt or any natural salt, very little, in cooking only. Avoid adding salt to your food after it is cooked.
- C. Good cooking herbs and ideas:
- Herbs like garlic, basil, oregano and parsley are fine.
 - Green peppers and onion (sautéed or in soups, etc.)
 - Onion powder, garlic powder – not salts.
Preferably fresh onions and garlic.
 - Coriander instead of cinnamon.
 - Use ground papaya seeds or kelp in place of pepper. Cayenne or red pepper are OK.
No pepper, it is very irritating to our tissues. Not even white pepper. DO NOT use either Black or White Pepper as it takes 7 days to eliminate from our system.
 - Rumford's Baking Soda does not contain aluminum.
 - Tops of celery are high in sodium & can be used in cooking.

VI.Oils

- A. Slow cook/sauté them so they don't get too hot, as they produce carcinogens. The body has problems breaking it down. Use only cold pressed, expeller- or pure oils. Refrigerate all oils except olive oil.
Use unsalted butter and oils, only 2 tablespoons or less per day.
- B. Good oils
- Safflower oil
 - Olive Oil
 - Sesame seed oil
 - Peanut oil
 - Flax Seed Oil (NOT FOR COOKING)
- C. Mayonnaise should be expeller pressed and should only be used sparingly, as it also contains vinegar. You can make mayonnaise with cold pressed oil and egg. Or just use avocado instead."Nayonnaise" from the Health Food Store.
- D. Instead of sautéing with oil, try cooking with a little water or de-fatted chicken broth.
- E. Peanut butter has fungus and bacteria and very high in fat. No peanut or peanut butter. If you can find Almond butter try just a little.

VII. Starches

- A. Breads should be all whole grain with seeds or sprouted and should be refrigerated as they lack preservatives. Watch for additives, including oils and sweeteners. If you can roll the bread into a ball it has too much oil. No refined, bleached or enriched flours, rice, grains, etc. that have been refined or enriched. They are done so with chemicals and have no minerals.
- B. Whole-wheat pastry flour can be used for baking as an exchange for regular flour. It is a little denser. HODGSON Brand Name.
- C. Cereals – only without sugar and oil – check ingredients. Good regular store brands include:
 - Granola (Not Quaker natural cereal) only low fat
 - Oatmeal
 - Cream of wheat
 - Grits. Yellow or white from Health Food store only.
- D. Pasta & Rice
 - 1. Avoid semolina as it is made with processed and purified wheat and durum wheat. Durum wheat is acceptable if it is organically processed.
 - 2. Acceptable pastas and grains include:
 - Brown rice
 - Wild rice
 - Whole Wheat pasta
 - Grain pastas like corn
 - Couscous
 - Jerusalem artichoke
 - Vegetable pasta (Not spinach because it only has green coloring.)
- E. Popcorn is great. Use an air popper if possible or use just a little oil in a pan. Try it with Parmesan cheese, garlic powder or brewers yeast. Avoid the pre-packaged microwave brands.
- F. NO Granola Bars.

VIII. Vegetables

- Eat all you want
- Raw is best, it is where you get more enzymes
- Steam fresh or frozen until crisp. DO NOT over cook.
- Sautee Green peppers and onions as they are hard to digest when raw. It also takes away the acidity.
- Cooked spinach ONLY after 10 treatments – releases oxalic acid. Raw spinach is fine.
- Wash all vegetables and fruit – there are sprays you can clean your fruit with (any bio-degradable wash for veggies) Rocal, Basic H-Shaklee, "LOC" from Amway (use 1 cap full in sink of water, wash for one minute) and other vege-washes. A bath of water & salt, hydrogen peroxide (food grade) or a little bleach also works.
- Natural Vegetable seasoning – Bernard Jensen's
- Fresh GINGER is VERY GOOD for digestion.

IX. Fruits

- A. Sweet fruits are best. Sub-acids once a day is ok.
- B. Drying fruit removes a lot of the acid so all dried fruit except dry pineapple are acceptable. Check that the dried fruits DO NOT have sulfur.
- C. Heat apple juice then store in refrigerator – heating breaks down the acid.
- D. Citrus juice can be taken in small amounts 45 days following your last treatment.
- E. Acid & sub-acid fruits should be cooked or baked (pies: apple, peach, apricot, BUT no preservatives or sugar. – coriander is OK.
- F. Tomatoes
 - Yellow tomatoes have no acid.
 - There is a no-acid tomato plant.
 - 45 days after treatment, you can have tomato sauce – put a carrot in the tomato sauce while cooking and it will absorb acid – toss out carrot
 - Up to 1 raw tomato per week – small amounts on a day with no other acid intake.
- G. Remember – no berries! No pineapple

X.Sweeteners – moderation

- A. No white refined sugar.
- B. Acceptable sweeteners should still be used in moderation, as cancer loves sugar.
 - Raw honey – (non-acidic)
 - Barley Malt Sweetener – good for cereals
 - Date sugar
 - Unsulphured molasses
 - Pure maple syrup
 - Carob (be sure it is not sweetened with white sugar)
 - Rice syrup
 - Stevia

XI.Beverages

- A. Lots of water – 8 glasses per day. You should drink in ounces each day half of your body weight. EXAMPLE: If you weigh 150 lbs. you should drink 75 ounces of water each day.
- B. 1 cup of coffee is permitted. You can substitute grain coffees – Roma, Pero, Postum and Cafix.
- C. Herbal teas (without lemon, orange, etc.)
- D. No carbonated beverages. No Sodas because it takes 32 ounces of water to flush one can of coke out of your system. It takes 4 hours of oxygen away from your immune system and 8 hours to go through your body.
- E. Alcohol is a NO NO, as it turns to sugar in your blood stream. A glass of red wine once in a while is okay with meals.
- F. Juicing is the best! You get all the nutrients of the raw veggies. You can juice apples, but remember to heat the juice to release the acids, and then refrigerate. Do Not use any concentrated juices.

XII. Conclusion

- A. What the doctor tells a patient may not apply to other patients, as it may vary according to diagnosis and condition of patient. Always refer to your doctor with medical questions and derivation from the Alivizatos Diet. Follow the diet as indicated unless otherwise directed, only by Medical Doctor.

- B. Your diet is only limited by your imagination. Look at your favorite recipes and substitute.

- C. Body temperature is very important: It is felt that it is a stress to your body with constant variations. Keep it as level as possible, not too hot or cold.

- D. Drink lots of water. Get rest, no stress and don't stay out in the sun too long.

- E. Start the diet NOW.