

Diabetes Program Nutritional Guide

Phytotherapi has created this nutritional guide to help you achieve the best results possible. It's very important that you follow this nutritional protocol while on the Phytotherapi Diabetes program to see results.

Preparation

It's important to review this guide before starting the program. Some preparation is required and it's better to make sure things are ready before hand.

One of the most important aspects of improving your health is being mentally prepared. We suggest you start imagining how you and your body will feel after improving your health. Do this 5-10 minutes a day when you're by yourself. As you keep a positive attitude you'll notice how your body and mind respond to positivity.

The program has Three Steps. As you review the guide you'll notice that you'll spend most of your time in the **Second Step**, which lasts 90 days. Throughout the whole program, and in every step, you'll need to control the portions or amount of food you eat. Your focus also needs to be on eating highly nutritious meals. During this time Phytotherapi's products will help provide your body with the environment it needs to heal and reverse the damaging effects diabetes has caused.

To help you control your portions at each meal, we've included a list of foods you can enjoy and those you should avoid. **Be sure to give yourself time to review this entire guide** and to think of meals you should prepare during this time. Preparing meals the day before is recommended.

The First Step

Start using Phytotherapi products

Start using the Phytotherapi products as indicated that make up the Diabetes solution.

One of these products is Metabolic Therapi. Put 10 drops under the tongue and keep them there for 1-2 minutes, then swallow. Repeat this 3 times a day, 20-30 minutes before breakfast, lunch, and dinner.

Stay on the First Step for 3 days. Eat your meals normally do, while eating an extra piece of fruit after breakfast and as a snack before dinner.

If you are a woman, we suggest not starting the **First Step** until after completing your menstrual cycle. If you are going through menopause, you can start at any time.

The Second Step (90 days)

Food and Nutrition

The second step takes 90 days to complete. During **the Second Step** keep using the Phytotherapi products as you did in the First Step.

Weigh yourself every day, measure your sugar levels on an empty stomach, and keep track of the amount of hours slept the previous night. Record this information on a chart or log and send the information through email or text to the person who got you started on the program. We also want to remind you of and suggest the following:

- We recommend using a digital scale.
- Make sure to have glucose monitor on hand.
- We suggest checking your blood pressure once a week. Send this information by email or text to the person who got you started on the program.
- By following this protocol you will lose visceral fat, so don't be surprised if you begin losing weight.
- The success you'll see depends on how disciplined you are in following the instructions in this guide.

The most important part during **The Second Step** is that you **eat high nutritious meals as outlined in this guide**, and that **you use the products from the protocol** as instructed.

Throughout this program, DO NOT EAT ANY KIND OF JUNK FOOD

There are also certain foods that you should avoid. These include: lactose products, potatoes, corn, carrots, fruit with high sugar content (bananas, pineapple, papaya, mangos), processed sugar, carbohydrates (bread, tortillas, etc.), oils and supplements that contain soluble fats (fish oil, Vitamin D, etc.). Also avoid all kinds of carbonated drinks such as soda, alcoholic drinks and refreshments.

During the program we want you focus on this guide and the corresponding portions for each meal. The following is a list of foods you can have for breakfast, lunch, and dinner.

Nutritional Guide

Breakfast:

Choose one from the protein, carbohydrate, and drink sections.

Important: When choosing a smoothie as your “protein”, do not choose anything from the “carbohydrates” sections since the smoothies contains carbohydrates.

Proteins	Carbohydrates	Drink
<p>Omelet made with: 3 egg whites* 1 slice of of lean turkey ham (no sausage & without additives)</p> <p><i>*Organic, cage-free eggs are recommended</i></p>	<p>Baked crackers without gluten.</p> <p><i>*We suggest Melba or Wassa crackers</i></p>	<p>1 cup of pure water + 1 lemon squeezed</p>
<p>Omelet made with: 3 egg whites* Mixed vegetables Choose veggies from the lunch and dinner section</p> <p><i>*Organic, cage-free eggs are recommended</i></p>	<p>1 piece of toasted whole wheat bread</p>	<p>1 cup of herbal tea</p> <p><i>Sweeten with stevia OR agave. Do not use cream</i></p>
<p>Smoothie: (Choose an option)</p> <p>1 cup of coconut water without sugar 1 egg white ½ cup of permitted fruit 1 cup of spinach</p> <p>OR</p> <p>1 orange with everything 1 egg white 1 cup of water ½ cup of permitted fruit 1 cup of spinach</p> <p>You can also use organic almond or rice milk without sugar.</p>		
<p>3 slices of lean turkey ham (no sausage & without additives)</p>		

Lunch and Dinner

Choose one from the protein and carbohydrates sections. **You may choose as much from the vegetable section as you'd like, with the exception of tomatoes, which you should limit.**

Important: Since fried foods aren't healthy, you should grill, bake, or steam food. Use cooking spray or a teaspoon of coconut oil.

Protein (remove skin and fat)	Carbohydrates	Vegetables
Fish ceviche	Baked crackers without gluten. *We suggest Melba or Wassa crackers	Lettuce (all varieties)
Fish, preferably white		Asparagus
Vegetable soup (made with permitted vegetables)		Celery
Chicken breast soup or broth (remove skin and fat)		Cabbage
Shrimp		Lemon
Tuna (preferably fresh water)		Tomatoes
Lean Beef		Cucumbers
Lean ground beef		Cilantro
1 cup of black beans		Parsley
1 cup of garbanzo beans		Broccoli
1 cup of lentils		Garlic
		Chard
		Radishes
		Spinach
		Purslane
		Bell Peppers
		Chili peppers (all varieties)
		Onion
		Pumpkin
		Peas

Snacks

Eat one between breakfast and lunch and another between lunch and dinner. Choose one from the fruit OR smoothie sections.

If you choose from the fruit section you may combine different kinds of berries so long as it doesn't exceed the portion/ration. Choose a portion/ration from the following list.

We recommend drinking tea with a snack.

Fruit	Smoothie	Drink
1 orange with pulp	1 10 oz. cup of Strawberry with red peppers smoothie (Strawberry bell)	1 cup of pure water + 1 squeezed lemon
1 apple (any kind)	1 10 oz. cup of spinach with 1 whole orange	1 cup of herbal tea <i>Sweeten with stevia OR agave. Do not use cream</i>
1 cup of strawberries		
1 cup of blackberries		
1 cup mulberry		
1 cup of fresh blueberries		
1 grapefruit		

Portions- A Reference

We understand the concept of portions/rations might be new, however we want this to be as simple as possible for you. The following is a resource to help you understand the size of a portion/ration for different types of foods:

Food	Size of portion/ration
Meat, chicken, fish	(Including the fat) The size of your palm
Vegetables	1 cup (if you are still hungry, you may have more than 1 cup)
Leafy greens	2 handfuls
Fruit (apples and oranges)	1 small or medium
Small fruit (berries)	1/3 cup; strawberries = 4 large or 6 medium
Beans (including garbanzo and lentils)	1 cup

Important Additional Notes

- **Drink enough water-** At least 8 cups of water a day. This will help you remove any toxins in the body and give your body the water it needs. If you wait until you are thirsty to drink water, you have waited too long. Don't drink water late at night.
- **Whenever possible, buy fresh organic fruits and vegetables-** If you can't buy fresh, you can buy frozen. Avoid canned fruits and vegetables since they contain high concentrations of sodium and preservatives that will affect your progress.
- **Adding spices is a great way to add flavor to foods,** however we highly advise you read the labels. They should not have sugar, salt, or MSG added. A good brand to use is "Mrs. Dash", because they have a variety of flavors. **You can also use all types of chili peppers, unless you suffer from ulcers. However, don't overuse chili peppers.**
- **Eat every three hours.** This will keep you from feeling hungry and help speed up the metabolism so you can keep your mind focused and alert. **Make sure to eat breakfast an hour to an hour and a half from the moment you wake up.**
- Have your **last meal before 7:00 pm or 4 hours before going to bed.**
- Although exercise is not required, **you can engage in light exercise such as yoga or light walks,** if you desire. If you are already exercising, do not increase the intensity of your workouts.
- If at any time you feel constipated, **you may use any herbal laxative tea that contains Senna leaves. Smooth Move by Traditional Medicinals is a great one to use.**
- **Sleep 8 hours each night**



The Third Step

The transition week *after completing the 90 day protocol*

The transition week is an extremely important step. Continue using what's left of the other protocol products, with exception of the Metabolic Therapi and Herbal Therapi, until they are all finished.

During this week, we have made it as easy as possible to start reintroducing other healthy foods.

The drinks we recommend for each morning will help cleanse the liver, and have other health benefits. In preparing your meals, remember the following:

- Use organic coconut oil, sesame seed oil or peanut oil.
- Drink 1 glass of water (16oz.) with the juice of 1 lemon, preferably on an empty stomach.
- Don't fry any food. Grill, bake or steam your food.
- To sweeten foods, use Stevia or a small amount of agave honey.
- In preparing the omelets we recommend using organic, cage-free eggs.

Day 1

Start the day drinking a glass of lukewarm water, (8 oz.), mixed with the juice of one lemon.

Breakfast	Snack	Lunch	Snack	Dinner
Omelet with 3 egg whites and 1 cup of your favorite vegetables Or 3 slices of turkey ham, (no sausage and without additives). 1 Wassa or Melba Cracker 1 glass of water, (16 oz.), with juice of 1 lemon.	1 apple. 1 glass of water, (16 oz.).	1 serving of steak. 1 serving of salad made with broccoli, spinach and tomato. 1 oz. of almonds or nuts. 1 glass of water, (16 oz.) with juice of 1 lemon.	1 cup of strawberries Or 1 cup of blackberries. 1 glass of water.	1 serving of chicken breast. 1 cucumber salad with cauliflower. 1 glass of water, (16 oz.), with juice of 1 lemon.

The Third Step

The transition week

after completing the 90 day protocol

Day 2

Start the day drinking a glass of lukewarm water, (8 oz.), mixed with the juice of 1 lemon.

Breakfast	Snack	Lunch	Snack	Dinner
1 smoothie with 1 serving of fruit with coconut milk or almond milk with no sugar. 1 egg white. 1 glass of water, (16 oz.), with the juice of 1 lemon.	½ can of tuna with pico de gallo, served on 1 Wassa or Melba cracker. 1 glass of water, (16 oz.).	1 serving of chicken breast. 1 serving of salad with lettuce watercress and onion. 1 oz. of almonds or nuts. 1 glass of water, (16 oz.), with juice of 1 lemon.	1 cup of strawberries Or 1 cup of blackberries. 1 glass of water.	1 serving of black beans. 1 serving of salad with lettuce salad, watercress and onion. 1 glass of water, (16 oz.), with juice of 1 lemon.

Day 3

Start the day drinking a glass of lukewarm water, (8 oz.), mixed with juice of 1 lemon.

Breakfast	Snack	Lunch	Snack	Dinner
Omelet with 3 egg whites and 1 cup of your favorite vegetables Or 3 slices of turkey ham, (not in sausage and without additives). 1 Salmas cookie. 1 glass of water, (16 oz.), with juice of 1 lemon.	1 apple. 1 glass of water (16 oz.).	1 serving of white fish (e.g. tilapia). 1 serving of salad with zucchini, red bell pepper and celery. 1 oz. of almonds or nuts. 1 glass of water, (16 oz.) with juice of 1 lemon.	1 cup grapefruit Or 1 cup of pears. 1 glass of water.	1 serving of white fish (e.g. tilapia). 1 serving of salad with zucchini, red bell pepper and celery. 1 glass of water, (16 oz.) with juice of 1 lemon.

The Third Step

The transition week

After completing the 90 day protocol

Day 4

Start the day drinking a glass of lukewarm water, (8 oz.), mixed with juice of 1 lemon.

Breakfast	Snack	Lunch	Snack	Dinner
Oatmeal with water. Mix oatmeal with cinnamon and strawberries. 1 slice whole wheat bread, toasted. 1 glass of water, (16 oz.), with juice of 1 lemon.	1 orange with all the pulp Or ¼ cup of nuts. 1 glass of water, (16 oz.)	1 serving of salmon. 1 cup of whole grain rice. 1 oz. of almonds or nuts. 1 glass of water, (16 oz.), with juice of 1 lemon.	1 cup of strawberries or, 1 cup blackberries. 1 glass of water.	1 serving of salmon. 1 cup of whole grain rice. 1 glass of water, (16 oz.), with juice of 1 lemon.

Day 5

Start the day drinking a glass of lukewarm water, (8 oz.), mixed with juice of 1 lemon.

Breakfast	Snack	Lunch	Snack	Dinner
Greek yogurt with ½ cup of your favorite fruit that's permitted on the protocol. 1 teaspoon low-sugar, baked granola. 1 glass of water, (16 oz.), with juice of 1 lemon.	½ cup of cottage cheese with 1 cup melon. 1 glass of water, (16 oz.).	1 serving of chicken breast. ½ cup of baked sweet potato. ¼ medium avocado. 1 oz. of almond or nuts. 1 glass of water, (16 oz.), with juice of 1 lemon.	½ cup cottage cheese with 1 cup strawberries. 1 glass of water, (16 oz.).	1 serving chicken breast. ½ cup baked sweet potato. 1 glass of water, (16 oz.), with juice of 1 lemon.

The Third Step

The transition week

After finishing the 90 day protocol

Day 6

Start the day drinking 1 cup of dandelion tea, (8 oz.).

Breakfast	Snack	Lunch	Snack	Dinner
Smoothie: Blend 20 oz. apple juice, (without sugar), 2 oz. organic rice milk, (no sugar), 1 egg white, 1 teaspoon vanilla extract, and ½ banana with 1 cup ice.	1 organic low-fat mozzarella cheese stick. 1 small pear. 1 glass of water, (16 oz.), with the juice of 1 lemon.	1 serving of pasta with fresh diced tomatoes and mushrooms with a pinch of salt. 1 serving of chicken breast. ¼ of medium avocado. 1 oz. of almonds or nuts. 1 glass of water, (16 oz.), with juice from 1 lemon.	1 cup of apple ¼ cup of nuts 1 glass of water	1 serving of pasta with fresh diced tomatoes and mushrooms with a pinch of salt. 1 serving of chicken breast. 1 glass of water, (16 oz.), with juice from 1 lemon.

Seventh Day

Start the day drinking 1 cup of dandelion tea, (8 oz.).

Breakfast	Snack	Lunch	Snack	Dinner
2 eggs prepared to taste. 1 slice of whole wheat bread, toasted. 1 glass of water, (16 oz.), with juice from 1 lemon.	1/3 cup of humus or dressing made with natural yogurt with 1 cup vegetables such as cucumber or celery or carrots. 1 glass of water, (16 oz.), with juice of 1 lemon.	A large salad with all your favorite vegetables, with low-fat vinaigrette dressing made with olive oil and pinch of salt. 1 portion of medium chicken breast. ¼ medium avocado. 1 oz. of almonds or nuts. 1 glass of water, (16 oz.), with juice of 1 lemon.	1 cup apple. ¼ cup of nuts. 1 glass of water.	Big salad with all your favorite vegetables with low-fat vinaigrette dressing made with olive oil and a pinch of salt. 1 portion of fish, such as tilapia. 1 glass of water, (16 oz.), with juice of 1 lemon.

After the Program

All things in moderation

Now that you've completed the transition week, surely you've learned a few healthy habits, such as eating healthier portion sizes and eating every 3 hours. It's important you understand this is the best way to maintain a healthy metabolism and weight. You've also acquired other healthy habits. Remember to eat fresh food and not processed food.

Surely your tastes for food have changed!

We invite you to take advantage of this opportunity and make the decision to make these changes part of your lifestyle. Eating whole grain rice instead of white rice, eating foods like nuts, whole wheat bread, and consuming organic, low-fat dairy products will help you live a healthier life.

As a resource, we've created the following so that you may continue eating healthy:

- **Nutritional food guide** – This directory has foods that you should eat to maintain healthy weight levels.
 - <http://phytotherapi.com/fooddiabetes.html>
- **Nutrition corner** – Contains recipes for dinner, lunch, and breakfast. It also contains recipes for smoothies you can use as snacks or when you're in a hurry. We're always adding more recipes.
 - <http://bit.ly/1T0QGtH>
- **Phytotherapi Blog** – contains various entries that talk about different important points of physical and mental health. We write a new entry each week.
 - <https://phytotherapi.wordpress.com/>

Aside from eating healthy, it's important that you sleep enough, (7 – 8 hours for adults; 9 – 10 hours for children). During this time, the body and mind regenerate, repair, and detoxify. It is also important to control stress. Stress plays a big role in our health. If we don't manage it well, we can suffer several problems, including weight gain and metabolic problems, or with our digestive system. Here are some entries in our blog that can help you better understand the effects that sleep and stress have on our health:

- **The Importance of Sleep** - <http://bit.ly/1E7KQ0a>
- **Stress and Anxiety** - <http://bit.ly/1DI3bwF>

Lastly, remember that the body stores every piece of information that we experience in this life. This includes information about chronic illnesses. Even when sick cells are replaced with healthy cells, the new cells still carry diabetic information in their genes. This is why it's so important to continue living in a healthy manner, including avoiding unhealthy foods, managing stress appropriately, and getting enough sleep, (7 – 8 hours for adults, 9 – 10 hours for children) so that the body can continue in good health. Just as diabetes can be reversed, good health can be reversed to a state of illness. How much time it takes for the sickness to come back depends on the person and their lifestyle. This is why we invite you to continue on this path of health. Not just physically healthy, but mentally healthy as well. Keep in mind that the mind and body are interconnected. Remember the importance of forgiveness, of asking for forgiveness and to be a person of integrity and good character.

Phytotherapi wants you to continue having success with your healthy goals. If you have any questions, please feel free to contact us at: contact@phytotherapi.com