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LIA Lifestyle Instruction Aid

a13. TEN THINGS you can do to help yourself

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Item # one in this list may be the only successful way you can eliminate the above symptoms.

1. Identify poison foods and then don't eat them. **ELIMINATE ENTIRELY!**
2. **REDUCE** your intake of offending foods. (This may not work and you may have to eliminate the food altogether.) (For some people, reducing poison foods works well.)
3. When you eat poison foods, **REDUCE** the volume of the **ENTIRE MEAL**. Eating smaller meals will help prevent the overloading of the digestive secretions.
4. Eat more slowly. (Has someone told you that before?)
5. Masticate more. That means chew your food well to mix lots of saliva with the food. Sounds like mother talking eh.
6. Take a digestive enzyme to digest your meal more thoroughly. You can even take the digestive enzyme after the meal, even an hour after. A general, all inclusive, protein digestive aid would work well. Some evidence shows digestive enzymes taken between meals helps raise the blood level of the digestive enzyme which helps reduce inflammation. Remember not to take digestive enzymes with every meal as this may not be good for you. Consult with a health care professional who has nutritional knowledge.
7. Take a fibre supplement and/or eat more fibre foods to move this meal along faster. The meal with the offending food will pass through your system more quickly and you will get the poisons out of your body sooner.
8. Allow any offending food to pass through your system completely before you eat it again. This may mean waiting three days to allow all straggling food derivatives to be eliminated.
9. Drink more water and other fluids, at least 10 glasses a day.
10. If you react to any of these foods then go on a strict elimination diet before any surgery. Go on a strict elimination diet before going on any medications. Eliminating these foods will help to clean out your system and thus you will have less chance of some bad reaction occurring on the medication or during the surgery.