

Dr Lou's "LUCKY 13" FOOD RULES!

"Most people are sick and dying from the bad foods they eat. The rest are sick and dying from the drugs they take because of the bad foods they eat."

- 1) **ALWAYS READ FOOD LABELS:** Don't be lazy. There's no other way to know what's in your food.
- 2) **ONLY EAT ORGANIC FOODS:** this eliminates GMO's and toxic herbicides and insecticides residues, chemical additives, flavorings, colorings, preservatives, growth accelerants, and so much more.
- 3) **NO ARTIFICIAL SWEETENERS:** No PINK, BLUE, or YELLOW ...it's not food, it's chemicals.
- 4) **EAT ONLY SATURATED FATS:** organic coconut oil, EV olive oil, grass-fed butter, lard, avocados. NEVER eat margarine or any "blends." If you see the word "hydrogenated" ...run!
- 5) **RESTRICT ALL PROCESSED SUGARS - NO HIGH FRUCTOSE CORN SYRUP:** Sugar destroys health , simple as that. Raw turbinado or sugar-in-the-raw, but very little. RAW HONEY - local is best - is amazing food.
- 6) **NO SOY PRODUCTS OF ANY KIND:** edamame, fermented soy sauce, tempeh, or tofu in moderation. The stuff on your food label is toxic waste - literally.
- 7) **NEVER EAT FAST FOOD:** that includes anything out of a vending machine or pre-packaged at a gas-mart. It's called "junk food" for a reason.
- 8) **RESTRICT STARCH INTAKE - REDUCE 'WHITE' FOODS:** no white flour products, breads, cookies, crackers, etc. No white rice. These are just sugars.
- 9) **1/3RD OF YOUR DAILY DIET SHOULD BE RAW FRUITS, VEGETABLES, & NUTS:** this is real food.
- 10) **NEVER DRINK SODA, DIET DRINKS or so-called ENERGY DRINKS:** it's all death in a can, no exceptions.
- 11) **AVOID DOMESTIC PASTEURIZED AND 'LOW-FAT' DAIRY:** commercial milk is a dead product, and should not be drunk as a beverage. Low-fat is the WORST. Use European grass-fed butter (Kerrygold), RAW kefir/yogurt/cheese if possible. Raw milk on occasion (if you can find it).
- 12) **NO MICROWAVED FOODS EVER:** they're not safe, and you'll eliminate all the "microwavable" fake food.
- 13) **EAT FERMENTED FOODS DAILY:** sauerkraut, kimchi, kefir, cultured dairy, beer, wine.

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COOK MORE: if you don't know how ...take lessons. Cooking is the best way to control your diet. Stop being a lazy convenience food junky ...all it does is destroy your health.

DON'T OVER-EAT: there's just too much food everywhere all the time. Learn to listen to when your body says it's full. Consider 6-8 hours of mini-fasting 2-3 times a week (come in for details).

DINING OUT: No chain places. Wave off the bread. Don't dilute your digestive juices with liquids before you eat. All dressings on the side, ask for simple EE olive oil/vinegar for salads. Split every dish and eat slow ...TASTE it!

THERE'S A LOT MORE ...BUT YOU'LL HAVE TO COME IN TO FIND IT OUT :)