**RAINING REGIME FOR**

**SUGAR CONTROL**

The treatment program that we have found to work the best in retraining the patient and their body to work together as a team is as follows: For the first two weeks the patient must follow the program completely with no deviations. The patient is seen three times a week during that period. If the leg test fails, the two weeks start over. When the leg test is strong for two weeks, the patient is allowed a “junk” meal the evening before you see them again to stress the body. If the leg test is strong after the stress meal, bring back the food that is missed the most two to four times a week and see the patient two times

a week for two weeks. Keep bringing back more foods as long as the patient is testing strong. Then, see the patient one time per week for two weeks and then one time every two weeks for two to three visits and then monthly for one to three visits. The patient, by this time, should be in control of their sugar metabolism and be able to judge their ability to handle stress and food compatibly.

It is necessary to understand the ethnic background of the patient to understand their dietary requirements. It is virtually impossible for Western man to be a vegetarian and be healthy, because they are built on a meat protein building block. It takes about twelve generations to change from meat protein to vegetable protein.

**THE DIETARY PROGRAM IS THE KEY TO GOOD HEALTH**

**FOLLOW EVERY TBM**

**SUGAR CONTROL PROCEDURE COMPLETELY**

The following two pages are exempted from copyright to the extent that they may be copied,

onto your letterhead if desired, and distributed to patients as a part of their treatment regimen.

**SUGAR CONTROL PROGRAM**

This diet is used to help re-establish the sugar control mechanism. Please follow it very closely. As your condition improves, various foods will be added by your Doctor. The object is to return you to a normal, well-balanced diet as soon as your body will allow it. The closer you follow this diet, the sooner your body will respond.

**PROTEINS:** You may have as much protein as you desire but not less than the amount listed.

 Red Meat \* At least 9 oz a week

 Emu and Ostrich Unbreaded – unlimited

 Pork and Lamb Unbreaded – unlimited

 Organ Meats Unbreaded - unlimited

 Fish and shellfish Unbreaded - unlimited

 Fowl Unbreaded - unlimited

 Eggs Unlimited

 Cheese Unlimited

 Cottage Cheese Unlimited

\* In the USA, red meat means beef, venison, and buffalo. White meat is lamb and pork. In the Arab countries and in Australia

and New Zealand, lamb can also be considered a red meat.

**VEGETABLES:**

 Green vegetables Unlimited

 Yellow vegetables Two to three small portions per week (if desired)

 Tomatoes Unlimited

**FRUITS:**

 Fresh Unlimited

 Canned Water packed (water or packed in their own juice)

**AT THE PRECENT TIME, THE LEGAL DEFINITIONS OF PURE FOODS HAS MADE IT IMPOSSIBLE TO BUY PREPARED JUICES WITHOUT SUGAR OR SWEETENERS USED WITHOUT YOUR KNOWLEDGE OR LISTED ON THE LABEL. THEREFORE, THE ONLY JUICE WE CAN RECOMMEND IS JUICE THE YOU HAVE JUICED YOURSELF.**

**BEVERAGES:**

 Coffee Black - 1 - 3 cups daily are allowed.

 Tea Black - 1 - 3 cups daily are allowed.

 Milk As desired if there is no skin or weight problem and over 25 years of age.

**2% and 100% must have decaffeinated coffee or tea instead of caffeinated.**

 **SNACKS:**

 Raw Cashews Unlimited

 Brazil Nuts Unlimited

 Coconut Raw, fresh from Tree, is unlimited

 Cheese Yellow or white aged is unlimited

 Any Fresh Fruit Unlimited

**WATER - MANDATORY!!**

**One quart per 50 pounds**

**of body weight everyday.**

**IF IN DOUBT, LEAVE IT OUT!**

**FOODS TO AVOID:**

Sugar Sweeteners Mixed Drinks

Alcoholic Beverages Pasta of all kinds Beer and Wine

All wheat products Potatoes Cauliflower

 Yams Dried Beans and Lentils Honey

 Beets Frozen Juices Frozen Foods

Concentrated Juices Tofu Margarine Blends

 Canola Oil Rice (except as listed below)

ASK YOUR BRAIN, NOT YOUR MOUTH (MOUTH HUNGER): “IF THIS FOOD IS RIGHT

FOR ME AT THIS TIME?” IF IT SIMPLY “TASTES GOOD.” IT IS PROBABLY WRONG.

**SPECIAL INSTRUCTIONS:**

You must eat every 2 hours of your waking day. Two slices of RICE BREAD OR SPROUTED

GRAIN BREAD may be eaten per day.

ROASTED RICE may be used. METHOD: Place any whole grain rice in a dry skillet and brown to a golden brown. Some of the kernels may pop. Cool and store and cook as needed as you would cook regular rice. This method changes the utilization of the rice within your body. Roasting burns off saturated sugars leaving just a protein substance. Research came out of Germany 40 years ago, source unknown at this time, but it has always worked so we never worried about it.

Sucanat a derivative of cane syrup may be used as a sweetener in very small quantities, test patient.

Nutrasweet is not suitable. It is 10 percent methyl alcohol and breaks down in the body to formaldehyde, formic acid (both of which are poisons) and phenylalanine, which can be a nerve poison even in moderate amounts. Processed fructose is deadly and honey is worse. Honey is a medicine only. Splenda in the U.S. is chlorinated sugar. It is not acceptable.

**THIS TBM FOOD PROGRAM IS A RE-TRAINING OF BODY RESPONSES.**

**IT TAKES A LIFETIME OF BAD HABITS TO CREATE ILL HEALTH!**

**TAKE 2 WEEKS TO CHANGE IT.**

**TAKE CHARGE OF YOUR**

**HEALTH.**

**MAKE A CHANGE.**

**BUTTER AND FATS ARE UNLIMITED**

**(MARGERINE AND CANOLA OIL ARE NEVER TO BE USED)**

**ASPARTAME**

Aspartame is marketed under the trade name of “Equal” and NutraSweet”. It is also called “spoonful” and Equal Measure”. Reports indicate that it is consumed by more people than any other synthetic product in history. In 1992, fourteen million pounds (6.4 million kilograms) were consumed.

Contained in: Antibiotic syrups, chewable and effervescent vitamins, foods of all

descriptions, diet drinks, lipsticks, toothpaste and many unlabeled products. There are no restrictions on its use in food stuffs.

Composition: Methyl Alcohol (10% by weight), aspartate and phenylalanine.

Decomposes to: Formaldehyde and formic acid.

Relatives: Monosodium glutamate. Aspartates and glutamates differ by one methyl

group and have similar undesirable effects.

Toxic Effects: Aspartates and glutamates are both excitatory amino acids. When

excessive amounts of these are present in the brain they act as neurotoxins destroying brain cells.

 The phenylalanine component, when combined with the aspartic acid from

the aspartate, and the methyl alcohol can deplete serotonin from the brain.

 High levels of phenylalanine are associated with abnormal brain function

and brain damage. Levels may reach 30-40 times normal in certain

susceptible individuals producing PKU even in adults.

 Medium to high doses in monkeys produced grand mal seizures in all test

animals within 218 days.

Symptomatology: Memory loss, depression and irritability, tinnitus, flicker vertigo, flicker- induced epileptic activity, seizures, gradual loss of vision, dizziness,

increased appetite. Possible also peripheral neuropathy, joint pain, fatigue

and liver damage. But these are unconfirmed.

 In extreme cases it may induce suicidal tendencies. Brain cell damage

may result in the symptoms of Alzheimer’s and Huntington’s chorea.

Prepared by Dr. Malcome Rutledge in 1994

References: Mullarky, B.A. & Newman, A.V. “The Hidden Effects of Aspartame” Informed

Consent Sept/Oct 1994 35-39; Letter to Barbara Mullarky from Ralph Dawson JNR, PhD,

Assistant professor, University of Florida – Dept of Pharmacodymanics (29 Jan, 88);

“Flying Safety” – a publication of the US Air Force. “Increased appétit by producing chemical

changes in the brain”. Leeds (England) University study.

**78 REASONS TO AVOID SUGAR**

1. Sugar can suppress the immune system.

2. Sugar can upset the body’s mineral balance.

3. Sugar can cause drowsiness and decreased activity in children.

4. Sugar can cause hyperactivity, anxiety, concentration difficulties and crankiness in

children.

5. Sugar can adversely affect children’s school grades.

6. Sugar can produce a significant rise in triglycerides.

7. Sugar contributes to a weakened defense against bacterial infection.

8. Sugar can cause kidney damage.

9. Sugar can reduce helpful high density cholesterol.

10. Sugar can promote an elevation of harmful cholesterol.

11. Sugar may lead to chromium deficiency.

12. Sugar may cause copper deficiency.

13. Sugar interferes with absorption of calcium and magnesium.

14. Sugar may lead to cancer of the breast, ovaries, prostate and rectum.

15. Sugar can cause colon cancer with an increase risk in women.

16. Sugar can be a risk factor in gall bladder cancer.

17. Sugar can increase fasting levels of blood glucose.

18. Sugar can weaken eyesight.

19. Sugar raises the level of a neurotransmitter called serotonin, which can narrow blood

vessels.

20. Sugar can cause hypoglycemia.

21. Sugar can produce an acidic stomach.

22. Sugar can raise adrenaline levels in children.

23. Sugar can increase the rise of coronary heart disease.

24. Sugar can speed the aging process, causing wrinkles and gray hair.

25. Sugar can lead to alcoholism.

26. Sugar can produce tooth decay.

27. Sugar can contribute to weight gain and obesity.

28. High intake of sugar increases the risk of Crohn’s disease and ulcerative colitis

29. Sugar can cause a raw, inflamed intestinal tract in persons with gastric or duodenal

ulcers.

30. Sugar can cause arthritis.

31. Sugar can cause asthma.

32. Sugar can cause Candidiasis (yeast infection).

33. Sugar can lead to the formation of gallstones.

34. Sugar can lead to the formation of kidney stones.

35. Sugar can cause ischemic heart disease.

36. Sugar can cause appendicitis.

37. Sugar can exacerbate the symptoms of multiple sclerosis.

38. Sugar can indirectly cause hemorrhoids.

39. Sugar can cause varicose veins.

40. Sugar can elevate glucose and insulin responses in oral contraction users.

41. Sugar can lead to periodontal disease.

42. Sugar can contribute to osteoporosis.

43. Sugar contributes to saliva acidity.

44. Sugar can cause a decrease in insulin sensitivity.

45. Sugar leads to decreased glucose tolerance.

46. Sugar can decrease growth hormone.

47. Sugar can increase total cholesterol.

48. Sugar can increase systolic blood pressure.

49. Sugar can change the structure of protein causing interference with protein

absorption.

50. Sugar causes food allergies.

51. Sugar can contribute to diabetes.

52. Sugar can cause toxemia during pregnancy.

53. Sugar can contribute to eczema in children.

54. Sugar can cause cardiovascular disease.

55. Sugar can impair the structure of DNA.

56. Sugar can cause cataracts.

57. Sugar can cause emphysema.

58. Sugar can cause atherosclerosis.

59. Sugar can cause free radical formation in the bloodstream.

60. Sugar lowers the enzymes’ abilities to function.

61. Sugar can cause loss of tissue elasticity and function.

62. Sugar can cause liver cells to divide, increasing the size of the liver.

63. Sugar can increase the amount of fat in the liver.

64. Sugar can increase kidney size and produce pathological changes in the kidney.

65. Sugar can overstress the pancreas, causing damage.

66. Sugar can increase the body’s fluid retention.

67. Sugar can cause constipation.

68. Sugar can cause myopia (nearsightedness).

69. Sugar can compromise the lining of the capillaries.

70. Sugar can cause hypertension.

71. Sugar can cause headaches, including migraines.

72. Sugar can cause an increase in delta, alpha and theta brain waves, which can alter the

mind’s ability to think clearly.

73. Sugar can cause depression.

74. Sugar can increase insulin responses in those consuming high-sugar diets compared

to low sugar diets.

75. Sugar can increase bacterial fermentation in the colon.

76. Sugar can cause hormonal imbalance.

77. Sugar can increase blood platelet adhesiveness, which increases risk of blood clots

78. Sugar can increase the risk of Alzheimer Disease.

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dietary Risk Factors for Colon Cancer Incidence in Iowa Women,” Cancer Causes and

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 We highly recommend the

**“SUGAR CONTROL BIBLE AND COOKBOOK,”**

By Dr. Jacqueline Paltis, D.C. Get them for your office and your patients

through Dr. Paltis on your Company and Products List.

We also recommend the

**“Just Like Sugar”**

Available at www.justlikesugarinc.com

Also at all Whole Foods Markets