



# Health Solutions

The Knowledge for Health

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## Parasympathetic Recommendations

These recommendations support parasympathetic dominant metabolisms.

### Guidelines:

- Avoid concentrated and refined carbohydrates of any kind
- Use fruit juices in small quantities to avoid carbohydrate tolerance stress
- Use high nutrient density foods, meat and vegetables
- Emphasize adenine rich foods, beef, lamb seafood and organ meats
- Vegetable oils are bad, especially foods fried in vegetable oils
- Sterols, butter, lard, coconut **oil are good** in moderation. Cholesterol rich foods without sugar are good.

### Nutrient Recipes

| Food                                     | Agent  | Recipe  |
|--|--|---|
| <b>Fruit Juice</b>                       | Small quantities only                        | Juice/fruit. Limit to single fruit quantity servings to avoid overloading carbohydrate metabolism |
| <b>Beef, Lamb, Seafood, Organ Meats,</b> | Nutrient rich, high in adenine and nutrients | Nutrient and protein rich.  |
| <b>Vegetables and Vegetable Juices</b>   | Spectrum minerals.                           | Vegetable juices are high in antioxidants and moderate in sugar.                                  |

