



Health Solutions

The Knowledge for Health

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Sympathetic Dominant Diet Recommendations

These recommendations support sympathetic 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, fish, poultry, dairy and eggs
- 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
Fruit Juice	Small quantities only	Juice/fruit. Limit to single fruit quantity servings to avoid overloading carbohydrate metabolism
Fish, Poultry, Dairy, Eggs	Balanced proteins, and fats.	Nutrient and protein rich.
Vegetables and Vegetable Juices	Spectrum minerals.	Vegetable juices are high in antioxidants and moderate in sugar.

