

THE HEALING NUTRITION PLAN



GENERAL DIETARY GUIDANCE

- Avoid the use of microwaves as these destroy the nutrients in your food
- Purchase organic food as these have been proven to contain higher amounts of nutrients and less toxic pesticides
- Use a water filter or distiller to remove pathogens, toxins and chemicals
- Aim to drink 2-3 litres of water daily
- Don't eat "on-the-go" and chew each mouthful fully
- Consume fresh lemon squeezed in water 20 minutes before meals, to stimulate stomach acid and improve digestion
- Eat until you are full but don't over-eat



RECOMMENDED FOODS

- Fresh vegetables and salad
- Fresh fruit which is low on the glycemic index (less than 55) - see table below
- High quality meat (organic / free-range / grass fed) - red meat maximum once weekly
- Wild fish
- Dried spices and fresh herbs
- Organic, herbal teas with bleach-free tea bags
- Organic nuts and seeds, including nut and seed butters
- Quinoa, buckwheat, amaranth and wild rice
- Coconut oil and olive oil both cold / raw
- Coconut oil, avocado oil and sesame oil for cooking



CONSUME IN MODERATION

- Tinned foods
- Goat's products
- Natural sweeteners; stevia, coconut sugar, monk fruit and organic raw honey
- Fruits high in GI - consume up to 1-2x a week
- Fermented soy

AIM TO REMOVE OR LIMIT

- Gluten and wheat, found in foods such as bread, pasta and cereals
- Grains, such as spelt, rye and oats
- Legumes (including peanuts) and corn
- Pork and seafood
- Cow dairy products
- Alcohol and coffee
- Ready-made meals and sauces
- Refined sugar
- Soya products (other than fermented)
- Sunflower, rapeseed and canola oil
- Large fish, such as tuna and swordfish





GLYCEMIC INDEX

Low - Medium GI

Cherries	22
Apricot	23
Lime	24
Plum	24
Lemon	25
Grapefruit	25
Peach	28
Nectarines	30
Apple	38
Pear	38
Prunes	39
Strawberries	41
Oranges	44
Grapes	46
Kiwi	52
Blueberries	54

High GI

Banana	55
Mango	56
Figs	60
Raisins	64
Pineapple	66
Cantaloupe	67
Watermelon	72
Guava	78





When on a budget, prioritise purchasing the dirty dozen organic. The dirty dozen have the most pesticides on, whereas the clean list have the least.

The Dirty Dozen

- Apples
- Strawberries
- Grapes
- Celery
- Peaches
- Nectarines
- Tomatoes
- Cherries
- Peppers
- Pears
- Spinach
- Potatoes

The Clean List

- Avocado
- Sweetcorn
- Pineapple
- Cabbage
- Sweet peas
- Onions
- Asparagus
- Mangoes
- Papayas
- Kiwi
- Aubergine
- Broccoli
- Cauliflower