

## Eating after the 21 day Purification/ Detoxification Program

### The Low Glycemic Lifestyle

Completing the three weeks of a 21 day purification program is a great accomplishment for any patient and the benefits of reducing his or her body's toxic load should be immediately apparent.

But difficulties are bound to arise when a patient transitions from this structured program to a less controlled approach to eating. Practitioners must be prepared to counsel their patients through this shift with a clearly defined logic and the reassurance that by continuing on this path of healthy eating patients will continue to see the benefits and a lessened urge to return to old destructive eating habits.

As we are well aware, the standard American diet is rife with high carbohydrates and high fat foods, valuing convenience over quality. In approaching dieting, most people intend to control sugar, although they never seem to succeed in overcoming their sugar cravings. This is because there is more unseen and tasted sugar in the starches from grains than there is from simple sugars that are sweet. It is counterproductive to encourage people to reduce their sugar consumption while leaving them on a high starch diet. Instead by eliminating pasta, bread, potatoes and white rice, and all forms of starch those sugar cravings will then go away. This results because starches are powder kegs of sugar requiring huge releases of insulin to manage, leading to irregular blood sugar levels and subsequent sugar cravings.

The best continuation to the **Purification Program** therefore is a transition to a **Low Glycemic Index Diet/ Life-Style!**

“Because of our past attitudes toward dieting and sugar control many people believe that **low glycemic diets** [will] be difficult. It is quite the opposite, by eating more protein, healthy fats and oils and the low carbohydrate composition of vegetables and fruits within days **there is an elimination of sugar cravings and the beginning of glycemic balance.**”

**The benefits of this diet are:**

- **More energy**
- **Less inflammation and aching**
- **Less food cravings, sugar especially**
- **Lower triglycerides and cholesterol**
- **Reduced body fat percentage**
- **Shape loss and weight loss**
- **Increased concentration and attention**

In fact, “of the three major diseases facing modern- day America, namely heart disease, diabetes and cancer a **low glycemic diet** would be preventative and reparative in each case.... **STRATEGICALLY PERHAPS THE LOW GLYCEMIC DIET IS THE MOST IMPORTANT ASPECT OF AN EFFORT TOWARD LONGEVITY AND VITALITY.**”

To help you get started on your low glycemic lifestyle, we have included with this information a copy of a food chart that indicates optimal foods with their relative carbohydrate content for inclusion in this **low glycemic index diet**. Furthermore, we suggest that an excellent addition to this list of foods is **Standard Process’s** new whey protein product, **Whey Pro Complete**. Whey has many health benefits and addresses many of your needs: weight management, purification, immune and gastrointestinal support, and meal supplementation.

Hopefully this information will help you make your transition to a new and healthful diet that unlike most diets becomes easier to maintain with time.

As always patient compliance is the key to success of the healing process.  
“Remember if you do the same thing all of time, you will get the same results all of the time.”

Please contact us to set up a appointment to discuss this program.

Thank You,

Dr. F. James Weston