

## HEALTHY PROTEINS

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Include an adequate amount of protein in the diet. High animal protein diets are not recommended. Most people need to increase their intake of legumes. They help to balance hormones and blood sugars, protect against environmental chemicals, and enhance mineral status. Completely avoiding animal protein can be hard on the system and extra care must be taken to maintain a state of balanced health if one is vegetarian. Please advise if this is the case.

**Dried beans and peas** at least 3-4 times a week such as lentils, chickpeas, split peas, navy beans, adzuki beans, split mung, white beans, kidney beans, black beans etc.

**Raw nuts and seeds** source of good fats and minerals,

**Non-farmed, cold-water ocean fish** especially herring, sardines, wild caught salmon

**Grass-Fed (hormone and antibiotic free) meats** such as chicken, turkey, lamb, beef, veal, wild game etc.

**Organic Soy Products** in moderation ie tofu, miso, tempeh, wheat free tamari soy sauce

**Organic Free Range Eggs.** Do not overcook eggs. Do not eat egg whites on their own.

**Some individuals may include** organic unsweetened live culture yogurt, raw cow's milk cheese, goat/sheep cheese, and pork. No dairy in mucous, immune or gut problems.

Its best to eat animal protein at the evening meal if there is a tendency to acidity.