

FROM L.I.T.E. Life-style Improvement Through Education

THE EZ W8 and INFLAMMATION Management Program

BEGIN: For Ten days you eat none of the High Glycemic foods on the list below or others which are high in Carbohydrates.

During this time you have meals with:

(A.) Protein 2-3 meals, each just less than the size & depth of your palm—fingers excluded.

(B) + 3-4 blocks of **Low Carb vegetables, inc. berries.**) Maqui, the highest of the anti-inflammatory berries, also very high are blue-berries. Both are in **Nikken CIAGA**. Berries help to remove inflammation.

(C) Good Fat—Medium Chain Triglycerides, Palm kernel oil, Avocado= 1T. Per meal, Coconut oil, Olive oil—I prefer the lite). Avoid soy, safflower, canola, sunflower.) All foods Non GMO, MSG. No snacks, except one at a would Be missed meal.

On the tenth day you will break your High Glycemic fast with a dinner which includes at least 1 high glycemic food. The next meal you return to your EZ W8— no high glycemic for each meal, but every 4-7 days have something Hi Glycemic to trigger your insulin hormone to activate—to assure your body that you aren't starving. *** Every day you are drinking a minimum of 8-8oz glasses of Pi Mag water.

Dr. Barry Sears, PH.D HIGH GLYCEMIC FOOD LIST: (Lowest to Highest)

1. soybeans (15)
2. fructose (20)
3. cherries (23)
4. grapefruit (26)
5. kidney beans (29)
6. lentils (29)
7. milk (34)
8. yogurt (36)
9. chickpeas (36)
10. apples (39)
11. spaghetti (42)
12. grapes (45)
13. oranges (46)
14. sweet potatoes (48)
15. All-Bran (51)

16. oatmeal (54)
17. corn (59)
18. table sugar (sucrose) (59)
19. bananas (62)
20. raisins (64)
21. soft drinks (68)
22. bread, white (69)
23. potatoes (70)
24. candy bar (70)
25. bread, whole wheat (72)
26. white rice (72)
27. refined cereals (80)
28. honey (87)
29. carrots (92)
30. glucose (100)