

Dr. Carr's Thoughts On Nutrition

Underlined items indicate additional information is available either on our website or in the office.

Nutrition (food, supplements, water, etc.)

Rate your diet. Get as much of your nutrition as you can from the foods you eat.

Limit Foods That Do Not Nourish:

Stay away from high fructose corn syrup, artificial colors, flavors, sweeteners and preservatives, MSG, and damaged fats (trans fats, partially hydrogenated vegetable oils. Throw away "table salt" (it's just Sodium Chloride.

Replace With Health Giving Foods

Make healthier choices. Healthy protein, healthy fats, non-starchy vegetables, high fiber starchy carbs, low glycemic fruit. Use Sea Salt (rich in minerals), possibly iodine enriched.

Golden Rules:

- Eat within an hour of waking up.
- Eat every 4-5 hours (3 meals per day, restrict/phase out snacking.
- Stop eating 3 hours before bed.
- Eat real foods (foods that will spoil) as natural as possible (before they spoil).
- Don't make severe changes. Work into the changes gradually. Change can be a shock to your system.
- Drink Water (8-12 glasses per day, mostly between meals, and not right before bed).

Don't Create A Void In Your Life That You Will Unconsciously Want To Fill. In other words:

Add to your diet **before** you **take away**. Make a **lateral shift**.

Consider trading table salt for sea salt; iceberg lettuce for romaine lettuce; juice for fruit; artificial sweetener for Stevia; regular eggs for cage free organic eggs; salad dressing for extra virgin olive oil and balsamic vinegar; 80% lean hamburger for 96% lean grass fed beef/turkey/chicken breast patties; beef for chicken/wild cold water fish-like salmon/mackerel/herring/cod; regular pasta for whole grain pasta; white rice for brown rice; peanut butter for natural or almond butter.

Supplements:

Supplements are just that-supplements to your diet. Do not replace good food choices with pills/potions. But with today's industrialization, mass production, urbanization, it is virtually impossible to get all that we need from our foods. Even the right food may not have the nutrition it was meant to have because of depleted soils, improper picking time for optimal nutrient content, poor growing conditions, etc.