

Clearfield Medical Group Ultimate Lifestyle Plan

The Paleo Program:Where To Go Forever More

Overview

The dietary portion of the **Clearfield Medical Group's Ultimate Lifestyle Plan** is based on eating modern day fare that mimic foods of our pre Agricultural Revolution (say 333 generations ago). Also known as the caveman diet, it is similar to the diet of our hunter - gatherer forebearers. Staples include unprocessed "real" foods, meat, seafood, eggs, vegetables, fruits and nuts. We avoid sugar, dairy, grains, sweeteners, sodas, legumes, processed foods, alcohol, and industrial seed and vegetable oils.

The premise of the **Clearfield Medical Group's Ultimate Lifestyle Plan** is neither low calorie nor low fat. We don't encourage calorie counting or food weighing as studies have shown calorie restriction is not an effective weight loss strategy.

We don't actually call this "diet." We are after a nutritional approach to optimize health, minimize the risk of chronic disease and lose weight as a side effect.

We emphasize quality foods. Buy local, buy organic, grass fed foods as much as your pocketbook allows. Avoid processed, refined, and packaged foods including grains, legumes, and excess sugar (especially fructose).

1. The "Diet"

The **Clearfield Medical Group's Ultimate Lifestyle Plan**—a high protein, low carbohydrate mix is designed for weight control and inflammation reduction. We pioneered the "Chinese Restaurant Method" a food from column A, Protein, a food from Column B, Good Carbohydrates, namely fruits, nuts and spices, and a food from Column C, good fats, to properly mix and match food types.

1A. The Clearfield Medical Group's "Diet" and The Mini-Fast; Perfect Together

Mini-Fasting can be useful on a long term basis. We recommend the 16/8 morning fast with exercise, particularly aerobic exercise, using your "missed" mealtime to workout. See [Quick Start 4 for details](#).

CLEARFIELD MEDICAL GROUP (Non Fasting) DIET - Rules of the Road

1. Eat 5-6 meals per day. Do not skip meals.
2. Review and choose low-glycemic foods (<50) (See glycemic index file)
3. Do not go hungry. Eat until you are full.
4. No fruit juices, white sugar, artificial sweeteners, diet sodas, dried fruits, dairy except for a limited amount of Greek Yogurt.
5. Make a meal by choosing an item from each of our "Chinese Menu" columns A (Protein), B (Complex), and C (Fats).
6. Add flax seeds and plain, unsalted almonds
7. Watery fruits, while better than candy bars, are high in natural sugars. Go easy on anything that needs mopping up after you bite into it. (Bananas, melons, mangos)
8. Be mindful of sugars in low fat, low calorie salad dressings.
9. A food diary improves compliance by 29% according to the Harvard Medical School
10. While not encouraged, there are occasions that call for alcoholic beverages. After hundreds of inquiries, we've developed the Clearfield Medical Group Adult Beverage Paper.
11. Combine Bragg's Apple Cider Vinegar or Bragg's Liquid Amino's with Lemon Juice for a high protein low carbohydrate, sugar free salad dressing.
12. Do not shy away from plant based (olive oil, coconut oil, avocado oil) fats.
13. Sugar and caffeine cravings can be controlled with L-Tyrosine and L Glutamine.
14. Salt and carbohydrate cravings are conquered with L-Tryptophan and 5 HTP
15. Fat cravings are susceptible to fish oil and phosphatidylserine.
16. Protein deficiencies and stress can be ameliorated by GABA.

CLEARFIELD MEDICAL GROUP (Mini Fasting) DIET - Rules of This Road

The Mainstays of The Clearfield Medical Group Diet: Stone Age Food Substitutions

Salt: Powdered garlic, powdered onion, lemon juice, lime juice, lemon crystals, lemon pepper free of salt, cayenne pepper, chili powder, commercially available salt-free spice mixes, black pepper, cumin, turmeric, ground cloves, oregano, ground allspice, celery seeds, coriander seeds, ground cardamom seeds, or any spice or combination of spices can be used to replace salt. Do not use any of the so-called "light" salts or potassium chloride salts because chloride, like sodium, is undesirable when it comes to your health.

Vinegar: Substitute small amounts of vinegar with lemon or lime juice (fresh or reconstituted from fresh).

Butter/Fat: Replace butter, margarine, shortening, lard etc. with olive oil, flaxseed oil, walnut oil, canola oil, or avocado oil. Olive oil has a wonderful flavor and is high in the health promoting monounsaturated fats but generally has a poor omega-6 to omega-3 fat ratio (13:1). The same situation exists for avocado oil, and these two oils should be frequently complemented by or blended together with other oils containing better (lower) omega-6 to omega-3 ratios such as flaxseed (0.24), canola (2.0) or walnut (5.1) oils.

Sugars: Concentrated sugars of any kind even natural sugars (honey, maple sugar, date sugar), were not a staple component in most pre-agricultural diets. Sugars should be obtained primarily from fruits and vegetables and not from concentrated sources. That being said, fruit purees, flavored with lemon juice and spices (cinnamon, nutmeg, mint leaves, ginger, vanilla, and other spices), can be used in recipes to add sweetness to sauces, condiments, and desserts.

Alcohol: Alcoholic beverages were clearly not a component of true Stone Age diets, and should be limited to an occasional glass of wine, beer or spirits as a part of your "open meals." Wine, as long as it does not contain salt (as most cooking wines do), can be used to marinate meats and add flavor to many cooked dishes. When wine is used in this context, the amount of added alcohol and sugar is negligible. Red wine contains a number of health promoting phytochemicals and antioxidants.

Cereals: Nut flours (almond, pecan, walnut, hazelnut, etc.) can be made in food processors or can be purchased at some health food or specialty stores and can be used to thicken sauces or to add flavor to condiments. Use sparingly as they have the potential to unbalance diet and disrupt health when they are used excessively or in combination with oils, honey, dried fruit or fruit purees.

Portion Size Tips

1. **As a General Rule-Eat Till You Are Full**
2. **"Rule of Hand" If You Need Help**
 - a. **Protein**-amount of food is the size of palm
 - b. **Fruit, vegetables**-amount of food is quantity you can cup in your hand

CMG:What to Eat Outline

Construct meals by choosing items via our “Chinese Menu” System

A (Protein) B (Complex) and C (Fats).

Column A	Column B	Column C
<i>Protein</i>	<i>Carbohydrate</i>	<i>Fats</i>
Grass Fed Beef (trim fat)	Fruits (See Detailed What to Eat)	<i>Oils:</i>
Lean poultry (white meat, skin removed)	Vegetables (See Detailed)	Olive
Eggs	Gluten Free Grains (See Detailed)	Avocado
Other Meats	Nuts (See Detailed)	Walnut
Rabbit, Goat, Organ		Flaxseed
Game Meats	<i>Herbs and Spices</i>	Canola
Lamb, Bison, Rabbit	Allspice	Coconut Oil
Coldwater Fish	Basil	
Salmon, Sardines,	Bay Leaf	<i>Butters</i>
Trout, Halibut	Cayenne	Ghee, Pumpkin
	Caraway	Squash
	Cardamom	
	Celery	<i>Beverages</i>
	Chili Powder	Water
	Chives	Fresh Veggie
	Cinnamon	Juices
	Cilantro	Seltzer
	Cocoa	Dairy:
	Cumin	Rice, Hemp, Nut Milk:
	Curry-Red, Yellow, Green	Almond, Coconut
	Dill	
	Dry Mustard	Caffeine Free:
	Fenugreek	Coffee, Tea
	Garlic	
	Ginger	<i>Sweeteners</i>
	Marjoram	
	Mint	
	Nutmeg	
	Paprika	
	Parsley	Stevia
	Pepper	Xylitol
	Poppy Seeds	
	Rosemary	
	Tarragon	
	Thyme	
	Turmeric	
	Sea Salt	

Detailed What to Eat

Column A

Meat, Poultry, Fish

Beef

Grass Fed Beef
Flank Steak
Lean Veal
Chuck Steak
London Broil
Hamburger (7% fat or less)

Poultry

Chicken Breast
Turkey Breast
Game Hen Breasts

Eggs

Only if not allergic

Organ Meats

Beef, Lamb, Pork, Chicken:
Livers, Tongues, Marrow

Game Meats

Alligator, Ostrich, Bear, Pheasant
Bison (Buffalo, Quail, Caribou
Kangaroo, Venison, Muscovy Duck
Rattlesnake, Elk, Reindeer
Wild Turkey, Wild Boar

Fish

Halibut, Salmon
Sardines, Trout
Bass, Perch, Bluefish,
Cod, Red Snapper, Eel Scrod
Grouper, Striped Bass
Haddock, Sunfish
Tilapia, Trout, Mackerel
Turbot, Mullet, Walleye
Northern Pike, Orange Roughy
Shark
Abalone, Mussels, Clams
Oysters, Crab, Scallops
Shrimp, Lobster

Column B

Fruits, Nuts, Veggies

Fruits (Low Glycemic)

Apple, Apricot
Avocado, Bananas, Blueberries
Raspberries, Strawberries
Grapefruit, Boysenberries
Cherries, Cranberries,
Gooseberries

Nuts and Seeds

Almonds, Cashews, Pumpkin
Seeds, Sesame Seeds, Brazil Nuts
Sunflower Seeds, Walnuts, Pecans

Vegetables

Artichoke, Asparagus, Mushroom,
Mustards Greens, Beet Greens,
Onions, Beets, Parsley,
Bell Peppers, Parsnip, Broccoli,
Peppers (white/black only),
Brussels Sprouts, Pumpkin
Cabbage, Radishes
Carrots, Cauliflower, Celery,
Rutabaga, Seaweed, Collards,
Spinach, Cucumber
Squash (all kinds), Dandelion
Swiss Chard
Eggplant, Endive, Green Tomato
Turnip Greens, Kale, Turnips,
Kohlrabi, Watercress, Lettuce

Column B'

Gluten Free Starches

Starches (GF)

Amaranth, Buckwheat
Arrowroot, Brown Rice
Gluten Free Millet
Sweet Potato, Yams
Quinoa, Peas
Tapioca, Taro
Wild Rice, Yucca

Soups

Bone Broth
Clear Vegetable Broth

Column C

Fats and Oils

Olive
Avocado
Walnut
Flaxseed
Canola
Coconut Oil
Butters
Ghee, Pumpkin
Squash

CMG What Not To Eat

Protein

Conventional Beef, Pork Luncheon Meats,
Canned Meat and Fish
Dried/Salted Meat and Fish
Hot Dogs, Sausage,
Bacon, Eggs, Shellfish
Sausage, Tuna
Mackerel

Starches

White Potatoes
Gluten Containing:
Baked Goods,
Cereal, Flour
Wheat, Rye, Barley
Spelt, Malt
Soy, Oats, Corn
Yeast

Vegetables

Canned, Creamed
Prepared with:
Cheese Butter Sauce
Night Shades
Tomatoes, Potatoes
Eggplant, Paprika
Peppers (Black and
White OK
Corn
Soybean Based Veggies

Breakfast-As per Examples or
Online Menu Choices,

Snack

Fruits

High Glycemic Fruits:
Pineapple, Raisins
Dates, Watermelon
Allergenic Fruits:
Any sensitive to.
i.e. Citrus, Mango
Canned, or w Sulfites
Jams, Jelly, Syrup
Sweet Fruit Drinks

Soups

Canned and Creamed
Clear soups w Gluten
Barley, Wheat,
Pasta
MSG or Yeast
Containing

Beverages

Cow's Milk
Caffeinated Coffee,
Tea
Fruit Juices
Soda, Alcohol

Fats, Nuts, Oil

Margarine Shortening
Refined Oils
Unclarified Butter
Salad Dressing
Peanuts Nuts/Butter w
Excess Fat/Sugar
Dry Roasted Nuts

General Outline

Lunch-As Per Examples or Online
Menu Choices

Snack

Dinner-As Per Online Menu,
Capsule Pack

Sweeteners

Brown Sugar, Honey
Molasses, Fructose
Maple Syrup, Artificial
Sweeteners

Condiments

Salt, Soy, Mayo
Balsamic/Rice Vinegar
Salsa, Chili Pepper
Pepper Flakes, Paprika

Dairy Foods

All processed foods
made with dairy
products
Cheese
On dairy creamer
Skim Milk Spreads
Powdered Milk
Frozen Yogurt
Ice Milk
Low Fat Milk
Ice Cream
Whole Milk
Yogurt (Greek OK
Limited)

Mix and Match Meal Charts

Breakfast

1 Protein (Column A), 1 Carbohydrate (Column B), 1 Fat (Column C)

Protein (A)-Almonds, Egg whole (scramble or poached), Nut butter, sunflower seeds (no salt), Greek yogurt (plain)

Fruit (B)- (1/2 cup)-apple, blueberries, cranberries, grapes, pear, raspberries, strawberries

Fat (C)-All fruit spread, Cinnamon (1/2 tsp) Flaxseed (1 T), Salsa (1/4 c), Turkey bacon (2 slices)

Snacks (2 Daily)

(10 AM and 3-4 PM)

Snack #1 (Pick One) Fruit and Yogurt, Nuts, Trail Mix (nuts only), Hummus and raw vegetables, Hard-boiled egg, fruit, Turkey and Chicken, Tomato or Vegetable Juice, Smoothies,

Snack #2- Grill in' Zucchini

3 1/2 ounces zucchini

1 t sea salt

1 t pepper

1 t lemon juice

Cut zucchini into thin slices; place a grilling pan over medium heat

Place zucchini slice on pan

Add salt, pepper, and lemon juice. Cook until tender.

Lunch

Salads

1 Protein (Column A), 1 Carbohydrate (Column B), 1 Fat (Column C)

A. Meat, Fish, Chicken, Vegetarian Protein

B. 3 Fruits and Vegetables

C. 2 Tbsp. Dressing,

Salads

A. Protein- Grilled chicken (3 ounces), Chickpeas (1/2 c), Deli turkey (3 ounces), Egg (hard boiled) (1 ounce), Flank steak (3 ounce), Salmon fillet (3 ounce), Shrimp (3 ounce)

B. 1 Green (2 Cups), Arugula, Baby greens, Cabbage, Iceberg, Romaine, Spinach

1-2 Fruit/Vegetables-(1/2 c) asparagus, beets, bell peppers, blueberries, broccoli, cauliflower, celery, cucumbers, grapes, mushrooms, onions, peas, radishes, raspberries, red cabbage, roasted red peppers, strawberries, sun dried tomatoes, squash, tomatoes
C. Dressing (2 T)- Caesar, French, Italian, Lemon Juice, Olive Oil, Ranch, Raspberry vinaigrette, Salsa, Vinegar, Almonds, Avocado, Cranberries, Olives, Sunflower seeds, Walnuts

Or

Wrap

1 Protein, 1 Vegetable, (Lettuce as a wrap), 1 Fat (Condiment)

Wrap "Lettuce" as a wrap

Protein-Chicken, Egg, Ham, Hummus, Nut butter, Roast beef, Salmon fillet, Tofu (Broiled), Tuna (in Water), Turkey, Turkey bacon

Vegetables-Peppers, Basil, Carrot slices, Celery, Cucumbers, Onions, Pickles, Romaine lettuce, Spinach, sprouts, tomatoes, zucchini slices

Condiments-(1 T) All fruit spread, Avocado, Barbecue sauce, Roasted garlic, Honey mustard, Oil and vinegar, Mustard, Pesto, Salsa, Tomato sauce, Vinaigrette (low fat)

Snack #2 (3-4 PM)

Snack #2- Grilled' Zucchini (recipe above)

Dinner

1 Protein (Column A), 1 Carbohydrate (Column B), 1 Fat (Column C)

Protein- Beef (96%) Lean (3 oz), Chicken breast (3 oz), Chickpeas (1 ½ oz), Eggs (1), Salmon (3 oz), Shrimp (3 oz), Tofu (1/2 c), Tuna (3 oz), Turkey cutlet (3 oz), Veggie Burger (1 patty), White fish (tilapia, cod, haddock, or halibut, 3 oz)

Carbohydrate- 1/2 cup Asparagus, peppers, broccoli, Brussels sprouts, carrots, cauliflower, collards (or other greens), eggplant, green beans, mushrooms, onion, peas, tomatoes, spinach, winter squash, zucchini

Seasonings- Basil, Chili flakes, Cilantro, Coriander, Cumin, Curry, Dill, Ginger, Mint, Oregano, Paprika, Parsley, Poultry, Rosemary, Taco seasoning, Tarragon, Thyme

Fat-(1-2 T)-Barbecue sauce, Broth (low sodium), Honey mustard, Lemon juice, Oil and Vinegar Salsa, tomato sauce, white wine

Sample Day Plan

Breakfast

Mix berries with 4 ounces Greek yogurt (flavored). Sprinkle with flaxseed or lecithin (1 Tablespoon).

Lunch

Mix 1 cup lettuce. 2 cups spinach or baby greens, top with 3 ounces grilled chicken, ½ cup carrots, 1 tomato. Add 2 T low fat raspberry vinaigrette,

Dinner

3 ounce ground beef browned with taco seasoning (cumin, chili powder and paprika), add ½ salsa. Place in corn tortilla. Add ¼ cup tomatoes, ½ cup lettuce.

Side Dish: ½ c steamed broccoli, ½ c mandarin oranges

Snack 1 Fruit, nuts, vegetables

Snack 2

Frozen Cappuccino

1 c. crushed ice

5 drops of peppermint stevia

5 drops of chocolate stevia

5 drops of Valencia orange

1 c. of coffee

Mix in blender until smooth. Pour into glass and serve

Sample Day Plan 2

Breakfast

1 egg (boiled, poached, scrambled), 2 slices turkey bacon,

Add ½ orange

Coffee, tea, or water

Lunch

1 tsp Dijon mustard on Lettuce Leaf Wrap.

3 ounces protein (low sodium turkey, roast beef, ham)

3 sl. Tomato

Side dish: 1 apple with ¼ cup raw walnuts

Dinner

3 ounce chicken breast

½ c frozen peas, ½ c green beans, ½ c. carrots, , 1 c. any berries

Snack 1

Strawberry Flower

4 Large strawberries or 6 small

1 T. cinnamon

1 pkg. stevia

Slice strawberries and place on a plate shaped like a flower. Mix cinnamon and stevia and sprinkle over the strawberries.

Snack 2

Fruits, nuts, Vegetables

Clearfield Medical Group Ultimate Snack List

1. Almonds and Nuts (Pumpkin Seeds, Sunflower Seeds, Avocado)
2. Spinach and Other Greens
3. Oatmeal (slow cooked)
4. Eggs
5. Turkey or Other Lean Meat
6. Peanut Butter
7. Berries
8. Olive Oil
9. Low-sodium V8
10. Beef or turkey jerky
11. Bell-peppers with Avocado
12. Asparagus / broccoli wrapped in prosciutto
13. 1 handful of nuts (any kind, raw – unsalted)
14. Can of tuna with lettuce wraps
15. 1 to 2 hard-boiled eggs
16. Celery
17. Protein shake
18. Plain Greek yogurt with berries
19. Carrots with hummus
20. Cucumber, Zucchini & Broccoli w/humus
21. Smoked salmon w/cream cheese
22. Pumpkin seeds
23. Any lean meat
24. Any vegetable (except corn and potato)

Tip: Avoid foods made with dough, bread. Never fry. Bake boil, broil, grill, steam, or use a plant based spray. **Avoid:** Cake, candy, pastry, sugar, potato chips, pretzels, snack food, regular soda, beer, wine liquor.

Clearfield Medical Group Ultimate Lifestyle Plan

Aids and Tricks of the Trade

With proper education concerning diet and nutrition, along with a little discipline, *all would be right with the world*. If our bodies functioned as nature intended, many of the thousands of dietary and organ function aids on the market would be unnecessary, they are anyway, and the multibillion dollar diet aid industry would wither away.

In the real world, we all need help. We at CMG scour the globe searching for the best combination of nutrients, appetite and craving suppressants, glucose support, meal plans for specific hormonal imbalances, hormone replacement therapies, adequate sleep in short those items that will restore and keep us well.

Support Supplements

Weight control and maintaining a healthy lifestyle is multifaceted. Our recommendations tackle the toughest areas to conquer including blood sugar stabilization, hunger, craving control, and fatigue. Our Big 4 include:

1. CMG Metabolic Support (Purelean Pure Pack)

Supports healthy glucose metabolism, lipid utilization, and weight management as part of a healthy lifestyle with a reduced calorie diet and regular exercise.

2. Hunger Suppress (Xymogen)

Low Leptin levels result in overfeeding and suppression of energy expenditure, along with reduction in thyroid, reproductive and immune hormones. Leptin administration corrects these metabolic alterations as well as improving reproductive function and normalizing lipid and glucose metabolism.

3. CMG Appetite Control (Appe-Curb)

Neurotransmitters (brain "hormones" to correct imbalances associated with cravings. 4 major ingredients are present to break the addictive cycle of sugar, caffeine, carbohydrate, and salt addictions.

4. CMG Energy Support (hGH with IGF-1)

Growth Hormone deficiency results in central fat accumulation, loss of muscle mass, higher risk of cardiovascular disease, and an all over marked decline in patient quality of life.

Our HGH drops are homeopathic blend of mineral, plant, and tissue substance that stimulate the body's natural restoration capabilities by activating natural cell repair and restoration and produces a protein chain recognized by the body as natural GH.

5. Fiber Supplement (Fibromin-Apex Energetics, MCT Oil, or WellbetX with Mulberry)

Fiber supplements support the colon, sugar metabolism, and lipid metabolism by providing a spectrum of insoluble fibers.

Diets Specific for Hormonal Imbalances

Certain conditions require specific food regimens. Specialized diets include:

1. Thyroid Enhancement Diet
2. Testosterone Enhancement Diet
3. Menopause Support Diet

These programs are available online via our website www.clearfieldmedcialgroup.com

Bio-identical Hormone Restoration

Bio-identical hormone balance is often critical to allow normal functioning metabolism. Natural hormones including DHEA, testosterone, estrogen, progesterone, thyroid and growth hormone are measured and restored to physiologic levels. Adequate insulin and Vitamin D levels are also critical components of a healthy body.

Hormone replacement is are a mainstay in our wellness regimen. Link to our Bioidentical Hormone Replacement Programs for Men and Women.

Sleep

Sleep is essential for hormonal balance, muscle strength, and weight control. Sleep deprivation is inflammatory leading to increased cortisol and insulin production resulting in belly fat deposition.

Melatonin, the hormone responsible for our circadian (daily) rhythm is touted as the "sleep" hormone. Melatonin resets our internal clock, hence it is to be taken 2-3 hours **before** bedtime.

A safe cocktail of (**3 mg Melatonin, Vitamin D3 5,000 IU and Magnesium Taurate 200-400 mg**) 2-3 hours prior to bedtime is effective in most cases. Adequate sleep is essential for effective weight loss.

Other aids include a tea comprised of Chamomile, Valerian Root, and Passionflower and our favorite commercial product Rescue Remedy (*Bach Flower* remedy).

Depleted Serotonin levels are also associated with insomnia. L-Tryptophan 50-100 mg or 5-HTP 500 mg/day, our carb craving remedy is also effective in insomniacs

Medications

Specific FDA approved medications prescribed on an individual basis if indicated:

- a. Phentermine often combined with low dose Prozac-Appetite Suppressant
- b. Topiramate-Changes the way food tastes
- c. Qsymia (Phentermine and Topiramate combo)
- d. Belviq (Lorcaserin)-neuroreceptor triggers feelings of satiety
- e. Contrave (Bupropion and Naltrexone)

Diagnostic Testing

1. The Basics

Laboratory testing is part and parcel of our evaluation. We need to know some fundamentals including CBC, Comprehensive Metabolic Profile, Lipid Panel, Thyroid function including TSH, free T3, Thyroid antibodies and reverse T3, Vitamin D, Insulin, Hemoglobin A1c, c Reactive Protein, our inflammatory marker, homocysteine, a marker for B vitamins and folic acid, and male or female hormone levels.

2. Advanced Testing

Health concerns such as arthritis, parkinson's, alcoholism/substance abuse, behavioral disorders, cancer, cardiovascular concerns, chronic fatigue, macular degeneration, diabetes, immune disorders, multiple sclerosis, stroke and osteoporosis are associated with nutrient imbalances.

Drug induced nutrient depletion, such as CoEnzyme Q 10 deficiencies commonly found in patients taking the statin drugs Zocor, Lipitor, Crestor and their generics, with subsequent muscle cramping as a presenting symptom, are easily detected with micronutrient testing.

Other than diet, factors, such as biochemical individuality, cardiovascular integrity, genetic predisposition, absorption and metabolism, age, disease conditions and medications, need consideration to see the whole picture.

GI Health-Stool Testing

a. **GI Effects** by Genova Diagnostics screens for gut pathogens, measures inflammatory and digestion markers, and tracks beneficial gut flora.

b. **Bacterial Overgrowth of the Small Intestine/SIBO** by Genova Diagnostics is a non-invasive breath test to detect bacterial overgrowth in the small intestine. (SIBO) is a common gastrointestinal disorder that often underlies chronic gastrointestinal symptoms of maldigestion and malabsorption, including bloating, gas, diarrhea, irregularity, and abdominal pain.

Nutritional Testing

a. **Micronutrient Testing** by Spectracell evaluates 32 different vitamins, minerals, and antioxidants. It calculates carbohydrate metabolism and provides an overall antioxidant and immune function score.

b. **Food Sensitivities** by Genova Diagnostics— measures IgG and IgA immune reactions to 90 foods. It tests for reactions to cooked, raw, and modified foods, as these can affect the immune system differently.

Lifestyle Testing

a. **Cardiometabolic Risk Factors** by Boston Heart Diagnostics contains markers that have predictive value for cardiovascular disease and type 2 diabetes.

B. Genetic Testing-Healthy Weight DNA Insight TM by Labrix is a comprehensive weight-related genetic test, offering a unique combination of nutrigenetic, medication and general health information that enables us to make specific recommendations on issues in order to help achieve or maintain a healthy weight.

Our Goal: Strive for “Tony the Tiger” status of Frosted Flakes fame. Those who achieve an optimal level of nutrient fitness, while being mindful of excess nutrient intake, report they feel “**Great!**”

Injectables

Or

"We Have A Shot For That"

1. Fat Burning: Weekly Injections: Vitamin B12 is required for the production of red and white blood cells, the manufacture of substances for correct cell functioning and nutrient metabolism. B-12 improves cognitive function in the elderly, decreases the risk of Parkinson's Disease, improves energy and immune function, and increases one's ability to withstand stressful situations.

The M.I.C. components burn and clear fats from the liver, while reducing cholesterol. M.I.C. is a good source of methionine, which cannot be made by the body and is necessary for the production of choline. It is also a good source of inositol, which the body does not make in sufficient quantities for weight loss.

2. Glutathione: Glutathione, the most powerful anti-oxidant in the body, plays a critical role in energy production, cognitive function, skin, hair and nail appearance, blood sugar control, control of chronic inflammation, and immune function. It is an excellent liver detoxification agent and works superbly for hangovers.

Given intravenously, it enhances weight loss and aids in muscle building. It also comes as liquid and a rub on cream. Rarely, itching is a side effect easily eliminated with 35 mg. of zinc daily.

Glutathione is also available in a liposomal liquid and transdermal gel.

3. The Peptides-Dr. Clearfield's "Holy Grail"-HGH Precursors

Growth Hormone, often referred to as the "missing link" in terms of energy restoration, mental clarity, weight control, normalizing skin tone, enhancing sexual desire and even smoothing cellulite, is the missing link in any anti-aging program. Unfortunately HGH interferes with natural hormone production, creating dependency, is extremely expensive, and in certain circles, is of questionable legality.

Growth Hormone is a combination of 191 amino acids (think of 191 Legos put together in a specific order), or building blocks, linked in sequence.

Dr. Clearfield's all natural "Holy Grail" is a combination of these building blocks that are 70- 90% as effective as Growth Hormone without the stigma, dependency and expense of Human Growth Hormone

Weekly Homework Assignments⁽¹³⁾

(See Weekly Homework Assignment Supplement for Details)

Each week we assign “homework” to round out your body, mind and spirit. We look at life goals, as opposed to just “weight” goals, to integrate the diet with an improved lifestyle.

Week 1: Goals

We set short and long term goals in 5 areas: Family, Spirituality, Physical Well Being, Education and Finances

Week 2: Self Identification

Rate yourself in 16 categories on a scale of 10 (perfect) to 1 (abysmal) in sixteen different life categories. Return to this and repeat the exercise every 4-8 weeks.

Week 3: What Did You Do To Make Your Life Great?

Pretend it is six months in the future. Describe your actions that resulted in your new found state of contentment?

Pretend it is New Year's Eve 5 years in the future. What actions resulted in your new found state of contentment?

Week 4: What actions will you take in the next week, next month, and next year, to achieve your goals?

Specifically outline a plan of action for the the next week, month, and year to achieve your goals.

Week 5: The Bucket List

What do you want to experience before moving on to another dimension.

Week 6: Sit Right Down and Write Yourself a Letter

Write a letter to yourself. Outline your goals, and how you proposed to achieve them. Re do the Self Identification quiz. How this changed? What has improved? What has regressed? Address and stamp an envelope to yourself. Place it in a prominent location. Mail it to yourself in 6 months.

Week 7: Sit Right Down and Write Yourself a Another Letter

Repeat Week 6's assignment but use five years out as the time frame for review.

Week 8: Review Your Goals from Week 1.

Make new goals for the next 8 week cycle. Identify three new patterns that will help you stay on track and continue reaching your goals.

Clearfield Medical Group Ultimate Recipes

Healthy Breakfast

Omelet

2 egg whites or substitute
¾ tsp. Water
¼ tsp. Olive oil
1 ½ tsp skim milk

Preheat nonstick skillet to 350°. In a bowl, mix egg substitute, water, oil and milk till frothy. Place in skillet. Reduce heat when eggs bubble. Allow uncooked portion to run out. When cooked, fold ends. Add mushrooms, onions, tomatoes as desired.

Broiled Grapefruit

½ grapefruit
1/2 tsp. Honey/syrup (unsweetened fruit juice)

Slice open grapefruit. Add dash of red wine. Broil for ten minutes.

Waffles

2-3 egg whites, substitutes.
1 cup buttermilk, pear, raspberry or apricot juice)
1 c. whole wheat flour
2 tsp. Olive oil
2 tsp. Baking powder
1/8 tsp. Salt
1 tbsp unsweetened fruit jelly

In a mixing bowl, combine flour, salt baking powder and baking soda. Add milk, oil. Blend until mixed. Fold beaten egg whites into mixture. Bake in non stick waffle iron.

French Toast

2 egg whites
1/3 c. skim milk (or juices)
1 tsp. Vanilla extract
1/8 tsp cinnamon

Preheat nonstick skillet. Combine ingredients. Dip bread into mixture. Cook in skillet u

Healthy Dinners

Citrus Grilled Salmon

1/2-cup lime juice (about 2 limes)
2 tbsp olive oil
1/2 tsp salt
1/2 tsp black pepper
4 salmon steaks (1-1/2 lbs total, each 3/4 thick)
1/4-cup green onion, chopped
1 tbsp fresh lemon juice
1 tbsp water
1/4 tsp honey
Yields: 4 Servings

1. Combine lime juice, oil, salt and pepper in a small bowl. Place salmon in a shallow dish. Pour 1/4-cup lime juice mixture over fish, turn over to coat. Refrigerate for 10 minutes, turning once. Save remaining mixture for sauce.
2. Heat grill to high, or prepare charcoal grill with hot coals. Position the grill rack 6 inches from heat.
3. Stir green onion, lemon juice, water, and honey into saved lime juice mixture.
4. Place salmon on greased grill rack. Drizzle with half of lime juice mixture from marinade dish. Grill over hot coals on covered grill 2 minutes per side or until cooked through.
5. Serve with green onion sauce.

Couscous Salad with Apricots and Almonds

1-cup celery, finely chopped
1-1/4 to 2 cups carrots, grated (about 1/2 pound)
2 cups pitted apricots, quartered
2 jalapeños, seeded and minced
1 tbsp lime or lemon juice
2 cups whole wheat couscous
1/2 tsp salt
2 cups boiling water

Vinaigrette:

1/4-cup brown rice vinegar
3 tbsp fruit sweetener
2 tbsp extra-virgin olive oil
1 tbsp ginger, freshly grated
Salt to taste
1/4-cup lightly toasted, slivered almonds, 3/4-cup parsley, chopped, Cilantro
Yields: 8 Servings

1. Combine celery, carrots, apricots, jalapeños, and lime or lemon juice. Set aside.
2. In another bowl combine couscous and salt. Pour boiling water over couscous, cover, and set aside for 5 minutes. Do not let it sit for much longer than 5 minutes or couscous will stick together.
3. Combine vinaigrette ingredients: vinegar, fruit sweetener, olive oil, and ginger. Pour over celery-apricot mixture. Fluff couscous with a fork. Combine with celery-apricot mixture. Add salt to taste. Just before serving, mix in toasted, slivered almonds, and chopped parsley or cilantro.

Italian Chicken Salad in Lettuce Cups

5 cups cooked chicken breast, cubed
1 cup red and yellow bell pepper, thinly sliced
3/4-cup red onion, thinly sliced
1/4-cup fresh parsley, chopped
1/4-cup almonds, slivered
3/4-cup light Red Wine Vinaigrette Dressing
(reduced fat and calorie)
Salt and fresh, ground black pepper
12 butter lettuce leaves

Yields: 6 Servings

1. Toss chicken, bell peppers, onion, parsley, and almonds in a large bowl, add enough dressing to coat evenly.
2. Season with salt and pepper.
 1. Drizzle with remaining dressing. Spoon chicken salad in lettuce pieces and serve.

Three Bean Medley

1/2-pound fresh green beans, washed and cut
1 15-oz. can red kidney beans
1 15-oz. can garbanzo beans
1/4-cup fresh parsley, chopped
2 rounded teaspoons Dijon mustard
1/2-cup light Red Wine Vinaigrette dressing
Salt and fresh, ground black pepper
Yields: 8 Servings

1. Steam (or boil) fresh green beans until tender.
2. Drain and rinse green beans with cold water, set aside.
3. In a large bowl, combine mustard and vinaigrette dressing. Whisk together.
4. Add kidney beans, garbanzo beans, green beans and parsley to the dressing.
5. Season with salt and pepper to taste.

Dreamy Fruit Salad

1 8-oz., low-fat vanilla yogurt
1/3-cup orange juice
1 tsp cinnamon, ground
2 medium apples, chopped
2 cups seedless grapes, halved
Yields: 6 Servings

1. Mix yogurt, orange juice and cinnamon in large bowl with wire whisk, until well blended.
2. Add remaining ingredients, mix lightly.
3. Cover and refrigerate until ready to serve.

Savory Spring Salad

6 cups gourmet salad greens
1 cup arugula, trimmed
2 Roma tomatoes, chopped
2 tablespoons feta cheese, crumbled
Dressing:
2 tablespoons fresh lemon juice
2 tablespoons honey
1-tablespoon olive oil
Salt and pepper to taste

Yields: 4 Servings

1. Dressing: Whisk together juice, honey, olive oil, salt and pepper.
2. Salad: Combine greens, add chopped tomatoes and feta cheese; and then drizzle with the salad dressing.

Nutty Wild Rice

2 6.2-ounce packages of quick cooking
long-grain and wild rice (do not use a flavor packet if included)
2 cans low sodium vegetable broth
1/3-cup toasted pine nuts
2/3-cup dried cranberries
2 tablespoons fresh basil, chopped
1 teaspoon lemon rind, grated
1-teaspoon salt
Yields: 6 Servings

1. Combine rice and broth in a large saucepan; bring to a boil.
2. Cover, reduce heat and simmer for 20 minutes, or until rice is tender.
3. Remove from heat and stir in remaining ingredients.

Seasoned Baby Carrots

2 pounds baby carrots
1-tablespoon butter
2 teaspoons fresh basil, chopped
1 tablespoon fresh chives, chopped
1 tablespoon lemon rind, grated
1 fresh lemon juice
1/2 teaspoon salt
1/2 teaspoon pepper
Yields: 6 Servings

1. Steam carrots by your method of choice. (Steamers are a good method.)
2. Transfer carrots to a large bowl, add remaining ingredients; toss well and serve.

Quick and Easy Tuna Burgers

1 12-oz. can of tuna packed in water, drained
1/4-cup onion, diced
1/4-cup celery, diced
2 eggs
3/4-cup light cheddar cheese
2 English muffins, sliced
Lettuce
Tomato
Pepper, to taste
Yields: 4 Servings

1. Mix first five all ingredients together in medium-size bowl and sprinkle with pepper.
2. Pack tuna mixture into a 1/2-cup and shape into small round patties.
3. Spray medium skillet with nonstick cooking spray and transfer patties to skillet.
4. Cover and cook patties on medium-high for approximately 8–10 minutes, turn patties over and cook uncovered until golden brown, about 5 minutes. (While patties are cooking, slice and toast the English muffins.)
5. Serve burgers open-faced with lettuce and tomato, and enjoy.

Lemony Shrimp Toss

2 quarts water
8 cups baby spinach
1 lb. shrimp, shelled and deveined
1 cup flat leaf parsley

1/3-cup olive oil
1/4–1/2 tsp. crushed red pepper flakes
1 lemon
1 package of spring mix or European salad blend.
Yields: 6 Servings

1. Bring 2 quarts of water to a boil; add spinach, shrimp and parsley and cook for 1–2 minutes, until shrimp is done. Drain.
2. Finely grate and juice the lemon into a large bowl, and mix with olive oil and crushed red pepper flakes.
3. Add spinach, shrimp and parsley to mixture.
4. Toss and serve over spring mix or European salad blend and enjoy!

Chicken Spring Salad

1/2 cup lite balsamic vinegar dressing
1 tablespoon lemon juice
1/2 teaspoon salt
1/8 teaspoon freshly ground pepper
1 1/2 pounds chicken cutlets
2 tablespoons olive oil, divided
6 cups loosely packed spring salad mix
2 ounces Ricotta salata
(Ricotta salata found in the gourmet cheese section of your supermarket or in Italian delicatessens)
Yields: 4 Servings

Combine 1 tablespoon dressing with the lemon juice, salt and pepper in a shallow bowl. Toss in chicken to coat. Let stand 15 minutes. Pat chicken dry.
Heat 1 tablespoon oil in a 12" skillet over medium-high heat. Add half the cutlets; cook 3 to 4 minutes per side, until golden and cooked through. Transfer to plate; repeat with remaining cutlets.

When ready to serve, toss greens with remaining dressing. Arrange salad on plates, and top with chicken. Top salads off with shave shards of cheese over each salad.

Paleo Desserts

1. Citrus Salad

Citrus is at its peak in the winter months, making it a natural holiday treat. Gather together a variety of citrus, including Ruby Red grapefruit, Oro Blanco grapefruit, navel oranges, and tangelos. Cut each fruit into segments, dropping the cut pieces into a bowl.

At this point, you can add some pomegranate seeds and juice, a drizzle of honey or brandy, or a pinch of sugar. You can also leave the citrus as-is. Chill for several hours before serving.

Presenting the citrus in beautiful cut glass bowls ups the sophistication of this dessert.

2. Dark Chocolate and Roasted Nuts

Chocolate and nuts are flavorful and packed with nutrients. Choose a nut that's low in Omega-6 fatty acids, such as macadamias, hazelnuts, almonds or pistachios. I like to buy raw nuts and toast them. adding sea salt and good olive oil at the end of the roasting time.

Buy the highest quality chocolate you can afford, since it needs to stand on its own. A few of my favorites are Green and Black's 85%, Scharffen Berger Extra Dark 82%, and Amadei 9.75

To serve at the end of a meal, buy a couple of bars of chocolate and break them into big pieces.

Scatter them on a wooden platter or cutting board with the nuts and place in the middle of the table. A glass of good port would go beautifully here as well.

3. Pears and Stilton

There's nothing like a perfectly ripened pear to finish a holiday meal. Bosc, d'Anjou and Bartletts are all excellent to serve on their own. Simply rinse, dry and slice the pears just before serving.

Blue cheese makes a natural counterpoint to the crisp sweetness of the pears. Stilton is a favorite blue cheese, and Humboldt Fog is a great domestic option.

4. Apples and Cheddar

Along the same lines, apples and cheddar cheese naturally go well together. Choose apples that are uncoated, firm and fresh – you want to avoid any fruits with soft spots. Pink Lady and Fuji apples have been delicious recently. Favorite cheddar cheeses include Black Diamond, Grafton and Cabot Clothbound Cheddar.

5. Pear Ginger Sorbet

A refreshing sorbet is the perfect finish to a rich holiday meal. This can be made with no added sugar if you prefer. As it is, there's very little sugar, which means you get the full flavor of pear without any cloying sweetness.

6. Roasted Pineapple with Vanilla and Rum

Roasting a pineapple brings out the natural sweetness of this tangy tropical fruit. When choosing a pineapple, pluck a leaf from the top. If it comes off easily, smell the bottom of the fruit. If you get a good blast of sweet pineapple, you know it's ripe.

Trim the top and bottom off the fruit, then cut along the sides to remove the rough skin. Cut the fruit in quarters lengthwise, then remove the core from each quarter. Cut each quarter into two or three slices lengthwise to create long spears of pineapple.

Heat some butter in a large skillet over medium heat. When the butter foams, add the pineapple and a split vanilla bean, scraping the seeds out of the bean pod before adding it to the pan. Cook the pineapple on all sides until it's soft and slightly browned, about 20 – 25 minutes.

Add a dash of rum to the pan and toss everything together for another minute. Turn the pineapple onto a platter and serve with a fork and knife. This dessert is also delicious with a dollop of freshly whipped cream or coconut milk ice cream – in which case you'll need spoons!

7. Winter Compote

Compote is basically a stew of fruit with wine, citrus zest, and sugar. Several winter fruits are so sweet that you can make compote without adding the sugar.

I've written instructions for prune and kumquat compote inspired by a recipe from Alice Waters. But you can get creative here. Compote recipes abound online and you can easily use whatever winter fruit is available where you live – persimmon, figs and dates all come to mind.

12 kumquats, sliced thin and seeded

1 pound dried prunes

1 cup sweet white wine

1 ½ cups water

½ cup crème fraiche (optional)

Place all ingredients except the crème fraiche in a medium saucepan. Simmer over low heat, stirring occasionally, until the prunes are plump, about 30 minutes. Let everything cool, then serve at room temperature with a dollop of crème fraiche. If you're avoiding dairy, you can sprinkle some chopped toasted nuts instead.

8. Papaya Halves with Lime

Papaya is a delicious tropical fruit that contains loads of digestive enzymes. Its thick juicy flesh, a pleasure to slurp down, is low in acidity, making it a perfect counterpart to freshly squeezed lime juice.

Simply halve the papayas and scoop out the glistening black seeds. Taste a seed; they're edible and you can add them on top of the fruit if you like the flavor. Sprinkle the fruit all over with lime juice.

Pass toppings for each person to add to their dessert: toasted unsweetened coconut flakes, chopped toasted macadamias or chopped crystallized ginger all make nice additions. Serve in beautiful bowls with spoons.

9. Clementines

Clementines are at their peak in December and early January. These tiny oranges are easy to peel and contain no seeds, unlike their cousins the satsumas and tangerines. A big bowl of

these beautiful orange fruits makes a festive centerpiece and dessert all in one. Nobody will complain if you pass a bar of dark chocolate at the same time.

10. Greek Yogurt Parfaits

Full fat Greek yogurt is creamy and packed with protein, healthy fats and calcium. Empty a couple containers of yogurt into a bowl and whisk it to lighten it up. Drizzle some honey and whisk to blend.

Serve the yogurt in parfait glasses or glass bowls layered with your choice of toppings: fresh winter fruits, chopped toasted nuts, roasted cocoa nibs, bee pollen, minced crystallized ginger, candied orange peel, or toasted unsweetened coconut flakes. Better yet, set everything out in bowls and let your guests make their own parfaits.

11. Dried Apricots and Figs Dipped in Dark Chocolate

Dried fruit is naturally sweet – so much so that I don't eat too much of it. When dipped in dark chocolate, it looks elegant on the table and a little goes a long way. One piece of this "candy" is enough to end your holiday meal.

Choose plump dried apricots and figs; you want to avoid dried fruit that's very old and dehydrated to the point of being too hard to eat.

Melt your favorite dark chocolate in a bowl set over a pot of lightly simmering water, stirring occasionally. Once the chocolate is melted and easy to stir, remove the pot to a towel on your counter.

Dip half of each piece of dried fruit into the chocolate, then place it carefully on a sheet tray lined with parchment paper or. Leave the fruits in a cool place (refrigerate if you must) until the chocolate is set. Carefully pick each piece off the tray and place on a pretty serving platter or dish.

12. Chocolate Almond Cups

Servings: Not enough once people taste them!

Ingredients:

- 100% Pure Almond Butter (You have to first make this yourself)
- 100% Unsweetened Chocolate
- Coconut Sugar
- Grapeseed Oil

Ingredients:

1. Almond Butter – To make this, you need Almonds that have been through the food processor to a butter consistency.
2. 100% Unsweetened Chocolate
3. Coconut Sugar
4. Grapeseed Oil – or your preference
5. A Mold to create the chocolates.

6. Double Boiler

7. A Pot

Melt the chocolate in a double boiler while melting the Oil and Coconut Sugar in another pot. Continuously stir the sugar to dissolve.

Once chocolate is melted, add in the liquid and stir. Remove from the stove and fill your mold partially. Roll small ball size pieces of Almond Butter and place in the mold. Cover the rest of the mold to the top with chocolate. Place in refrigerator for about 20 mins.

CMG Ultimate Lifestyle Adult Beverages

LOW CARB ALCOHOLIC BEVERAGES

Margaritas

Wet the rim of your glass and dip into Margarita salt. Combine 1 jigger of tequila, 1/4 cup water, 1/4 teaspoon orange extract, 2 tablespoons lime juice, 1 tablespoon artificial sweetener and a small handful of ice. You can either have it all blended together or served over the ice.

Long Island Iced Tea

Put into a shaker 1/4 ounce tequila, 1/4 ounce gin, 1/4 ounce rum, 1/4 ounce vodka, 1/4 ounce triple sec, 1 ounce sugar free sour mix and a dash of diet coke. Shake briefly and serve with lots of ice in a tall glass.

White Russian

In a Mixing bowl pour in 1/4 cup of strong brewed coffee. Blend in 1/4 cup AGAVE or other sugar alternative and 1 teaspoon vanilla. Cool in the freezer for a few minutes. Mix in 4 ounces of vodka, 4 ounces of brandy and 1/4 cup low carb milk. Serve and enjoy.

LOW CARB BEERS

- 1. Amstel Light** - 12-ounce serving of Amstel Light has 95 calories and 5 grams of carbs.
- 2. Bud Select** 99 calories and 3.1 grams of carbs, Bud Select is great choice for dieters.
- 3. Coors Light** - 102 calories and 5 grams of carbs.
- 4. Corona Light** - 109 calories and 5 grams of carbs.
- 5. Miller Lite** 3.2 grams of carbs
- 6. Beck's Premier Light.** 65 calories and 3.9g carbs

LOW CARB WINES

Barton & Guestier

Cabernet Sauvignon ('02) 5 oz 1.70 g

Chardonnay ('02) 5 oz 1.10 g

French Tom Cabernet Sauvignon ('02) 5 oz 1.30 g

French Tom Chardonnay ('02) 5 oz 1.10 g

French Tom Merlot ('01) 5 oz 1.40 g

Ecco Domani

Cabernet Sauvignon ('01) 5 oz 4.00 g

Chianti ('01) 5 oz 3.60 g

Merlot ('01) 5 oz 4.05 g

Pinot Bianco ('96) 5 oz 3.50 g

Pinot Grigio ('02) 5 oz 3.15 g

Riunite-Lambrusco 5 oz. 98 calories, 3 gm carbs.

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