

# Balancing Blood Chemistry Diet Phase I

## The History

This diet plan is designed to assist your body in its ability to create and maintain “balanced body chemistry.” Dr. Melvin Page’s Phase 1 and Phase 2 diet is not only extremely successful in decreasing inflammation in the body, but also in many cases successful and essential in controlling blood sugar imbalances. At the Page Clinic, blood chemistry panels were done every three to four days on all patients. Dr. Page based his diet plan from the research of Doctors Price and Pottenger. The phase 1 and Phase 2 diets were validated when Dr. Page observed the blood chemistry panels of thousands of his patients normalized without any other intervention. Many of today’s popular diets are based on Dr. Page’s work. Dr. Page emphasized removing refined carbohydrates such as sugar and processed flour from the diet and *empowering the patient to make the necessary lifestyle changes*.

The Page Food Plan was developed not because Dr. Page was trying to create a diet but simply because he noticed certain foods upset the body chemistry more than others. His food plan was developed on the glycemic index encouraging patients to eat unlimited quantities of green leafy vegetables.

Dr. Page’s treatment and philosophy is simple and logical.

1. The harmful effects of the use of white sugar and refined carbohydrates can’t be ignored.
2. The harmful effects of using chemical additives and other food preservatives for the sake of “shelf life” upsets body chemistry
3. Using whole food vitamins concentrates, minerals and digestive enzymes to supplements daily food intake might be necessary
4. That milk is not the perfect food for everyone

“Why does modern medicine find it so hard to look at, and accept, many of these simple truths?”  
-Dr. Melvin Page 1968

If you would like to learn more about the history of the diet, please refer to:

- a. [http://www.drkaslow.com/html/page\\_fundamental\\_food\\_plan.html](http://www.drkaslow.com/html/page_fundamental_food_plan.html)
- b. *Pottenger’s Cats: A Study in Nutrition* by Francis Marion Pottenger
- c. *Nutrition and Physical Degeneration* by Dr. Weston A. Price
- d. *Root Canal Cover-up* by Melvin E. Page

## Most Important Steps

- First and most important step is to remove all grains. No rice, bread, pasta, quinoa, oats, or anything else of the like
- The second step is to consume protein in small amounts frequently. It is best if you have some protein at each meal. Both animal and vegetarian sources of protein are beneficial on this diet. When choosing meat products try to include a variety over the course of time and always try to find the healthiest options available, i.e. free range and organic, whenever possible. Eggs for most people are an excellent source of protein. With all of the above, the way in which they are prepared is important. The closer to raw or rare the better. Always opt for the least amount of fat or oil as a cooking method (grilled, broiled, steamed, soft boiled, slow cooked, or poached).

- The third step is to increase your intake of vegetables. ***Eat more, more, and more!*** This is one area where most everyone can improve their diet and it is an especially important area for you. Always look for a variety, although make the green leafy type your preference. This includes spinach, chard, beet greens, kale, broccoli, mustard greens, etc.
- The fourth step is to eliminate pasteurized milk products. Organic is ok in small amounts, but please don't confuse it with RAW

#### General Guidelines on Eating

- Food eaten closest to their raw state have the best digestive enzyme ability
- Raw unfiltered honey, agave nectar and Stevia are the only choice to replace refined sugars
- You can eat an unlimited amount, however, a general rule of them is as follows:
  - Sedentary person; /5 grams per pound of body weight (BWT)
  - Moderate active person - .7 grams (BWT)
  - Athletic person – 1.0 gram (BWT)
  - Ill person - .7 gram (BWT)
- Please as far as possible insure that the vegetables you consume are organic. Also, the method of preparation is important. Raw is preferred with lightly steamed or sautéed as your second choice for all the vegetables.
- Use only raw butter or olive oil to sauté.
- When eating salads, do not eat iceberg lettuce. Use lettuces with a rich green color, sprouts and raw nuts. Don't make salads your only choice for veggies
- Take fluids longer than one hour before or further than two hours after a meal
- Water is best. Avoid all soda. Coffee in small amounts. Decaf herbal tea
- Limit fluid intake with meals to no more than half a cup
- Don't let the absence of grass-fed, free range or organic produce stop you from following the plan. Consuming protein and vegetables that do not fall into these categories are still far better than eating grain products
- If it's not on the list, then you can NOT eat it!

## **PHASE 1 FOOD PLAN FOR BALANCING BODY CHEMISTRY**

<b>VEGETABLES</b> Large amounts	<b>VEGETABLES</b> Moderate amounts	<b>VEGETABLES</b> Small amounts	<b>Miscellaneous</b> Small amounts
<hr/> Asparagus Bamboo shoots Bean Sprouts Beet Greens Broccoli Cabbages Cauliflower Celery Chards Chicory Collard Greens Cucumber Endive Escarole Garlic Kale Kohlrabi Lettuces Mushrooms Mustard Greens Parsley Radishes Raw Cob corn Salad Greens Sauerkraut Spinach String Beans Summer Squashes Turnip Greens Watercress Yellow Squash Zucchini Squash	<hr/> Bell Peppers Bok Choy Stems Chives Eggplant Green Onions Okra Olives Pickles Pimento Rhubarb Sweet Potatoes Tomatoes Water Chestnuts Yams <hr/> <b>FRESH HERBS</b> <hr/> Unlimited Amount <hr/> <hr/> <b>MEAT</b> <hr/> Chicken Beef Fish Bison Turkey Duck Eggs <hr/>	<hr/> Acorn Squash Artichokes Avocado Beets Butternut Squash Carrots Jicama Leeks Onion Pumpkin Rutabagas Turnips Winter Squashes	<hr/> Butter, Raw Caviar Cottage Cheese, Raw Sheep and goat cheese, Raw Dressing- Olive Oil/Vinegar/Apple Vinegar only Jerky Coconut Milk, Raw Almond Milk, Raw Milk, Raw Kefir, Raw (liquid yogurt) Nuts, Raw (except Peanuts) Oils- Vegetable, Olive, coconut ( no Canola) Preferable cold- pressed Raw Coconut <hr/> <hr/> <b>BEVERAGES</b> <hr/> Beef Tea Bouillon- Beef, Chicken Herbal (Decaffeinated) Teas Filtered or Spring Water <hr/> <hr/> <b>LEGUMES</b> <hr/> <hr/> <b>NONE</b>

\*How to make your own coconut milk: 1 can raw coconut milk, 3 cups purified water, blend on high for one minute, pour into glass jar/container, refrigerate for up to 5 days

## Balancing Blood Chemistry Diet Phase 2

### The History

This diet plan is designed to assist your body in its ability to create and maintain “balanced body chemistry.” Dr. Melvin Page’s Phase 1 and Phase 2 diet is not only extremely successful in decreasing inflammation in the body, but also in many cases successful and essential in controlling blood sugar imbalances. At the Page Clinic, blood chemistry panels were done every three to four days on all patients. Dr. Page based his diet plan from the research of Doctors Price and Pottenger. The phase 1 and Phase 2 diets were validated when Dr. Page observed the blood chemistry panels of thousands of his patients normalized without any other intervention. Many of today’s popular diets are based on Dr. Page’s work. Dr. Page emphasized removing refined carbohydrates such as sugar and processed flour from the diet and *empowering the patient to make the necessary lifestyle changes*.

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- b. *Pottenger’s Cats: A Study in Nutrition* by Francis Marion Pottenger
- c. *Nutrition and Physical Degeneration* by Dr. Weston A. Price
- d. *Root Canal Cover-up* by Melvin E. Page

### Most Important Steps

- First and most important step is to remove all pasta, bread and cereal i.e. all flour products, absolutely all grains, including white rice from your diet. Quinoa, brown rice, and and sprouted grains are your next best friend.
- The second step is to consume protein in small amounts frequently. It is best if you have some protein at each meal. Both animal and vegetarian sources of protein are beneficial on this diet. When choosing meat products try to include a variety over the course of time and always try to find the healthiest options available, i.e. free range and organic, whenever possible. Eggs for most people are an excellent source of protein. With all of the above, the way in which they are prepared is important. The closer to raw or rare

the better. Always opt for the least amount of fat or oil as a cooking method (grilled, broiled, steamed, soft boiled, slow cooked, or poached).

- The third step is to increase your intake of green vegetables. Eat more, more, and more! This is one area where most everyone can improve their diet and it is an especially important area for you. Always look for a variety, although make the green leafy type your preference. This includes spinach, chard, beet greens, kale, broccoli, mustard greens, etc. Please as far as possible insure that the vegetables you consume are organic. Also, the method of preparation is important. Raw is preferred with lightly steamed or sautéed as your second choice for all the vegetables. Use only raw butter or olive oil to sauté. When eating salads, do not eat iceberg lettuce. Use lettuces with a rich green color, sprouts and raw nuts. Don't make salads your only choice for veggies.
- The fourth step is to eliminate pasteurized milk products. Organic is ok in small amounts, but please don't confuse it with RAW

#### General Guidelines on Eating

- Food eaten closest to their raw state have the best digestive enzyme ability
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  - Sedentary person; /5 grams per pound of body weight (BWT)
  - Moderate active person - .7 grams (BWT)
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- Use only raw butter or olive oil to sauté.
- When eating salads, do not eat iceberg lettuce. Use lettuces with a rich green color, sprouts and raw nuts. Don't make salads your only choice for veggies
- Take fluids longer than one hour before or further than two hours after a meal
- Water is best. Avoid all soda. Coffee in small amounts. Decaf herbal tea
- Limit fluid intake with meals to no more than half a cup
- Don't let the absence of grass-fed, free range or organic produce stop you from following the plan. Consuming protein and vegetables that do not fall into these categories are still far better than eating grain products
- If it's not on the list, then you can NOT eat it!

## PHASE 2 FOOD PLAN FOR BALANCING BODY CHEMISTRY

<b>VEGETABLES</b> Large amounts	<b>VEGETABLES</b> Moderate amounts	<b>VEGETABLE</b> Small Amounts	<b>Miscellaneous</b> In small amounts
<hr/> Asparagus Bamboo shoots Bean Sprouts Beet Greens Broccoli Cabbages Cauliflower Celery Chards Chicory Collard Greens Cucumber Endive Escarole Garlic Kale Kohlrabi Lettuces Mushrooms Mustard Greens Parsley Radishes Raw Cob corn Salad Greens Sauerkraut Spinach String Beans Summer Squashes Turnip Greens Watercress Yellow Squash Zucchini Squash	<hr/> Bell Peppers Bok Choy Stems Chives Eggplant Green Onions Okra Olives Pickles Pimento Rhubarb Sweet Potatoes Tomatoes Water Chestnuts Yams <hr/> <b>VEGETABLES</b> Moderate Amounts <hr/> Acorn Squash Artichokes Avocado Beets Brussel Sprouts Butternut Squash Carrots Jicama Leeks Onion Pumpkin Rutabagas Turnips Winter Squashes	<hr/> Celeriac Chickpeas Cooked Corn Horseradish Jerusalem, Artichokes Kidney Beans Lentils Parsnips Pinto beans Peas Popcorn Potatoes Seeds, Sprouted Soybeans Sunflower Seeds <hr/> <b>FRUITS</b> Limited Quantity On Limited Basis <i>(Snacks only)</i> <hr/> Apples Berries Grapes Papaya Pears pineapple Prunes, Fresh <hr/> <b>Grains</b> <hr/> Brown rice Quinoa Sprouted grains	<hr/> Butter, Raw Caviar Cottage Cheese, Raw Sheep and Goat Cheese, Raw Dressing- Oil/Vinegar/Apple Cider only Jerky Goat Cheese Apple Cider Vinegar Almond Milk, Raw Milk, Raw Yogurt, Raw Kefir, Raw (liquid yogurt) Nuts, Raw (except Peanuts) Oils- Vegetable, Olive, coconut ( no Canola) Preferable cold- pressed Raw Coconut Raw Honey <hr/> <b>BEVERAGES</b> <hr/> Beef Tea Bouillon- Beef, Chicken Herbal (Decaffeinated) Teas Filtered or Spring Water Red Wine only (3 glasses max/ day) or 10 glasses per week <hr/> <b>DESSERT</b> <hr/> Plain gelatin only <hr/> <b>FRESH HERBS</b> Unlimited Amount <hr/> <b>MEAT</b> <hr/> Chicken Beef Fish Bison Turkey Duck Eggs