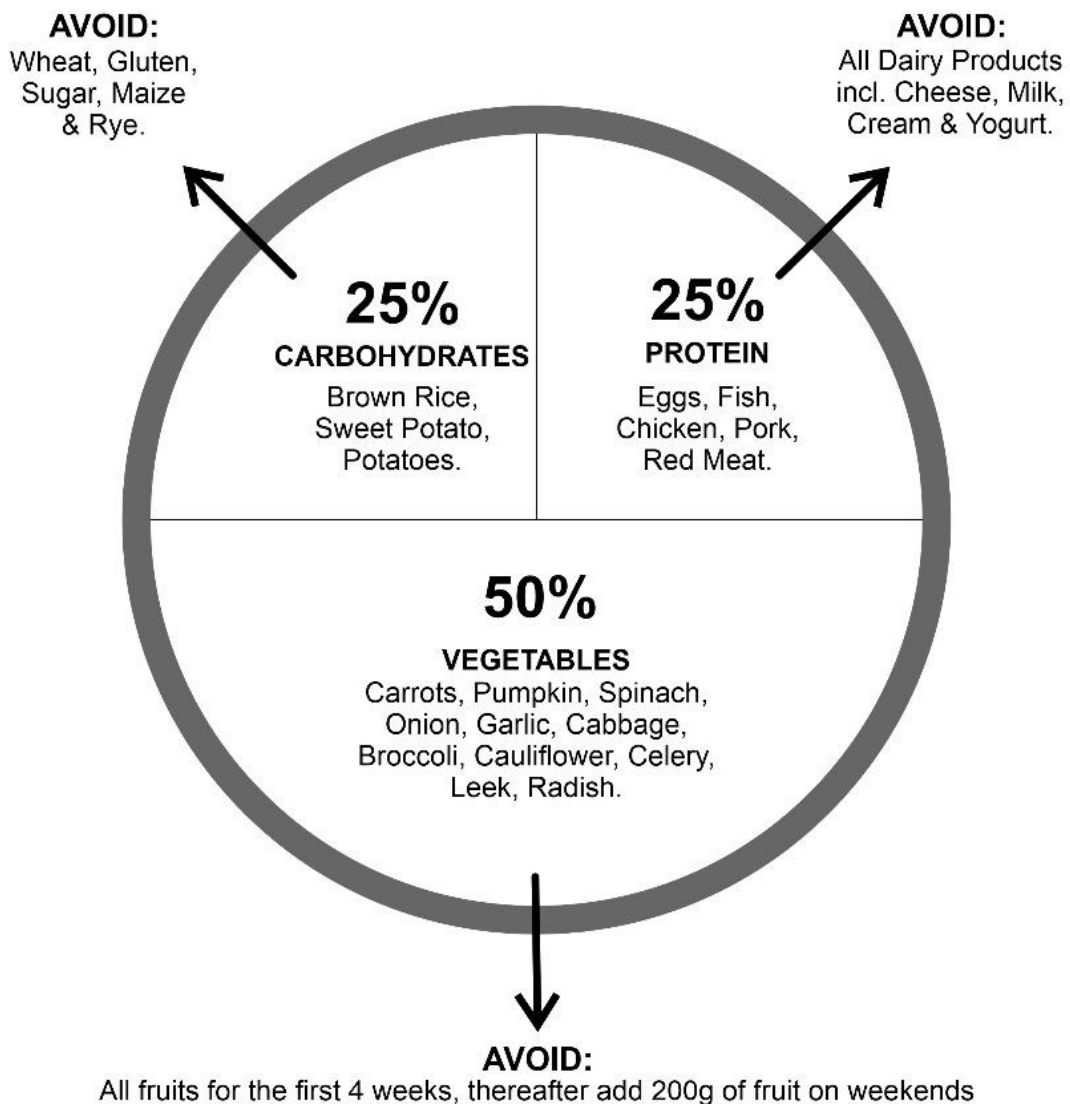


3.

GENERAL DIET & PRACTICE

MEAL PLAN:

- * Chew your food properly. Digestion starts in the mouth.
- * Start your meal plan, herbs & vitamins at the same time.
- * Meals set out as in diagram below; breakfast can be high protein.
- * Drink 2L of water per day (this does not include your herbal teas).



EXAMPLE: 7:00am - Breakfast 13:00pm - Lunch 18:00pm - Dinner
If you get hungry in-between meals, this means your food portions are too small!!!!

Balanced Eating Plan for Optimal Well-being

In today's fast-paced world, a balanced eating plan is the cornerstone of a healthy lifestyle. It's more than just food; it's a strategic approach to fueling your body with the nutrients it needs for sustained energy, stable blood sugar levels, and overall well-being. In this guide, we'll explore the rationale and benefits behind an eating plan structured to consist of 25% meat or protein, 25% starch (potato or sweet potato), and 50% vegetables for lunch and supper.

The Protein Component (25%):

Protein is often referred to as the "building block" nutrient for a reason. It plays a crucial role in maintaining and repairing body tissues. Your body is in a constant state of renewal, with cells and tissues being broken down and rebuilt. Protein provides the essential amino acids needed for this regenerative process, making it a fundamental part of your diet.

But protein offers more than just tissue repair; it's a reliable source of energy. When included in your meals, it ensures a steady supply of this vital nutrient. Unlike quick-burning carbohydrates, protein delivers energy at a more measured pace. This means that, throughout the day, you experience a consistent level of vitality, without the energy spikes and crashes associated with sugary or starchy foods.

Moreover, protein promotes a feeling of fullness and satiety. It does so by influencing the release of hunger hormones, helping you stay satisfied for more extended periods. By reducing the likelihood of overeating or indulging in unhealthy snacks between meals, protein supports your overall well-being.

The Starch Component (25%):

Starchy foods, such as potatoes or sweet potatoes, form the second segment of this balanced eating plan. Starches are complex carbohydrates, a category that stands in contrast to simple carbohydrates like sugars and refined grains. What sets them apart is the time it takes for your body to digest them.

Slow digestion is a significant advantage when it comes to maintaining stable blood sugar levels and ensuring a consistent release of energy over time. This measured release helps you avoid the rollercoaster of energy highs and lows that often accompany simple sugars. By consuming starch in the right proportions, you create a buffer against those erratic energy fluctuations that can lead to undesirable cravings.

A balanced portion of starch serves as a reliable energy source, especially useful during extended stretches between meals. It prevents the familiar afternoon slump and the tempting lure of sugary snacks to boost your energy. By choosing starch in its natural form, like potatoes or sweet potatoes, you also benefit from additional nutrients and dietary fiber, enhancing the overall health benefits of this component.

The Vegetable Component (50%):

Vegetables occupy a significant portion of this eating plan, accounting for half of your meal. There's a good reason for this. Vegetables are a nutritional powerhouse, packed with a wide array of vitamins, minerals, and dietary fiber. They represent a natural source of essential nutrients, beneficial for maintaining your overall health.

Fiber, in particular, plays a pivotal role in this component. It ensures the gradual release of glucose into your bloodstream, which, in turn, keeps your blood sugar levels stable. The result? A consistent source of energy that lasts for hours. This steady release minimizes the occurrence of cravings and sudden dips in energy, allowing you to maintain focus and productivity.

The **high fiber** content also contributes to the feeling of fullness and satisfaction, reducing the temptation to overeat or snack on unhealthy options. In addition, the diverse nutrient profile of vegetables supports various bodily functions, from immune system health to promoting a well-functioning digestive system.

In summary, this balanced eating plan is much more than just a meal; it's a holistic approach to nourishing your body for sustained energy, stable blood sugar levels, and overall well-being. By incorporating the right proportions of protein, starch, and vegetables, you create a well-rounded meal that supports you in every aspect of your life. It empowers you to make informed dietary choices, promoting a healthier lifestyle and enhanced well-being.

This eating plan optimizes the availability of essential nutrients, ensuring that you receive the necessary building blocks to maintain your body's health and vitality. It provides a powerful strategy to take control of your dietary decisions, fostering a comprehensive approach to wellness, and aiding you in making informed choices about your health.

Incorporating this balanced eating plan into your daily routine can offer a wide array of benefits, such as sustained energy, stable blood sugar levels, and feelings of fullness that reduce the temptation of unhealthy snacks. Moreover, this approach to meal planning provides the essential nutrients your body needs to maintain and repair tissues, a crucial aspect of your overall well-being.

In a world where the pace of life keeps accelerating, a well-structured eating plan isn't just another diet; it's your blueprint for sustaining the health and vitality necessary for facing the challenges of each day.

Iridologists can leverage the balanced eating plan, consisting of 25% meat or protein, 25% starch, and 50% vegetables for lunch and supper, as a valuable tool in their practice. This eating plan provides Iridologists with an effective means to support their patients' overall well-being.

By recommending this structured eating plan based on the patient's individual health profile assessed through iridology, Iridologists can offer a tailored approach to nutrition. For example, if an Iridology assessment reveals signs of digestive issues or blood sugar imbalances in a patient's iris, the Iridologist can emphasize the importance of including more vegetables and starches in their diet to promote stable blood sugar levels and support digestion.

The protein component aids in addressing muscle health and ensuring the patient's sustained energy. If Iridology findings suggest weaknesses or imbalances related to

the muscular system, the Iridologist can recommend a slightly higher protein intake, focusing on lean meat sources to assist with muscle repair and growth.

Furthermore, the inclusion of protein for breakfast, such as 3-4 eggs, aligns with an Iridologist's goal to provide patients with guidance that promotes vitality and reduces mid-morning energy slumps. This approach stabilizes blood sugar levels and offers a sense of fullness that helps prevent unhealthy snacking.

By integrating the structured eating plan into their practice, Iridologists can further personalize their recommendations and empower their patients to make informed dietary choices based on their unique iris assessments. This holistic approach enhances the overall health and well-being of the patients, aligning with the principles of iridology and promoting a balanced lifestyle.