

MPB

DIET RULES
*Preparatory to
All Bloods*

printed by

PAGE FOUNDATION INC.

*(a non-profit organization devoted to
research and teaching in body chemistry)*

FOR THE FOUNDATION ASSOCIATES

Purpose of
DIETARY RESTRICTIONS
Before Bloods

+

Your blood analyses are made for the purpose of learning about you as an individual, about your response to the substances used to increase your bodily efficiency. Comparison of each blood test with the previous tests guides us in the next step of treatment. Our goal is to achieve satisfactory blood balances as quickly as possible, with as few bloods as possible, and at the least expense. This is to your advantage, and to this end your understanding and cooperation are of assistance.

Since bloods are taken for the purpose of getting information, the dietary conditions preceding the blood should be the same for each blood. The only variable should be the tablets or injections used. If such is the case, then any changes in the blood are the result

of treatment. By this means the effectiveness of treatment can be correctly evaluated step by step, until your individual endocrine formula has been established.

A high protein diet does not affect our calcium, phosphorus and blood sugar levels. It does provide the essential elements for good nutrition. A few people, however, find meat three times a day difficult to handle. In such instances, some modification of the diet under the doctor's direction may be permitted. Commercial glucose, dextrose, and sucrose are added to many foods. From our point of view, they are chemically as disastrous as sugar and should be avoided at all times. Molasses, honey, corn syrup, and sugar substitutes do affect our blood sugar levels. Therefore it is recommended that they be omitted until an individual's endocrine formula has been fully established. Fruit dried, fresh or frozen, contains natural sweet. This and alcohol often affect our blood sugar levels. Coffee is believed to stimulate the anterior pituitary, which has an influence upon blood sugar levels. Therefore, fruits, alcohol, and coffee should be eliminated for three days prior to bloods, and should not be used in excess the

fourth day prior to bloods. Since dietary errors occur easily through misunderstanding, a written record of everything you eat and drink preceding all bloods saves time, expense, and confusion.

When satisfactory blood levels have been achieved, then blood checkup periods will be determined according to individual needs. It is expected that most patients will overcome the need for some or all of the substances provided. We attempt to anticipate the time when reduction in dosages will occur, and arrange for blood tests to establish progress in this regard.

Supplemental or inhibitory substances can be used successfully to improve bodily efficiency when needed, but the maintenance of a corrected diet in the presence of increased ability to use the food should eventually reduce or eliminate the need for these materials. Just as "too little" of a substance reduces efficiency, "too much" or "too long use" may be equally unsatisfactory. Since response time differs with each individual the dates for dosage reduction can only be established through blood tests. This is your safeguard for continuance of efficient body chemistry.

DIET *for* 3 DAYS PRIOR TO ALL BLOODS

Meat
Fish
Eggs
Fowl

Any amounts of the above foods are allowed.

Use Liver once weekly.

Sanka
De-Caf
Weak Tea

Limited amounts of the above beverages.

asparagus	lettuce
beans (green)	mushrooms
broccoli	olives (ripe)
brussels sprouts	onions
cabbage	okra
cauliflower	pickles (dill)
celery	sauerkraut
cucumber	squash
eggplant	tomatoes
greens (all kinds)	nuts
peas	watercress

Any quantity desired.

Rice
Corn
Whole Wheat
Oats, Rye

The above whole grains can be served as breads, cereals, or vegetables.

No fruit, sugar, milk, alcohol or cheese.

Use natural C either in tablet or injection form for these three days as there will be a lack of this due to the elimination of fruit for this interval.

5 prunes daily, raw or cooked without sweetening.

No juices of any kind.

SPPCO 9-54

Copyright 1954