

PHASE I & II FOOD PLAN

“Balanced Body
Chemistry”



Support for the Patient “Food as Medicine”

By Curt G. Hamilton C.C.N.

Note to the patient: This food plan is designed to balance body chemistry and help the body to return to normal function. The principles and guidelines found in these two diets were based on the great work of Francis M. Pottenger M.D. and Weston A. Price D.D.S. Dr. Page emphasized the complete and absolute removal of refined carbohydrates, (such as sugar and processed flour) as well as cow’s milk from the diet due to its pasteurization and resultant damage to the milk proteins. You might look at this diet and feel a bit overwhelmed by the fact that there are no “carb foods” listed that you crave. There is a wonderful herb that has been used in India for centuries called “Gymnema” that has proven

effective in knocking out cravings for bread, pasta, candy, colas and so on. It is available from your clinician and may help keep you on the right track. As you spend some time on this diet you will likely find it becomes easier and easier and you start to feel and look better and better. Please, stick with this closely and see if you don’t reap the same benefits as those thousands of patients did at the Page Clinic. We would love to hear about your successes!

Note to the clinician: The Phase I and II diet was developed by Dr. Melvin Page, a dentist who owned and operated the famous “Page Clinic” in Florida. Blood chemistry panels were done every 3-4 days on patients who were

chronically ill and the resulting data showed that thousands of patient’s blood panels normalized with no other intervention.

In supporting patient’s with chronic illness, a good rule of thumb is start with the Phase I diet and stay there until great improvement in blood chemistry and symptoms are noted, then progress to the Phase II diet. Eventually, once a patient’s health has returned to normal, then a gradual transition to the lower carb Mediterranean Diet is usually possible. As long as the health of the patient is maintained and they are feeling good they can enjoy the tasty and healthful parameters of the lower carb Mediterranean Diet.

Phase I Food Plan

VEGETABLES

3% or less carbs

Asparagus
Bamboo Shoots
Bean Sprouts
Beet Greens
Bok Choy Greens
Broccoli
Cabbages
Cauliflower Celery
Chards
Chicory
Collard Greens
Cucumber
Endive
Escarole
Garlic
Kate
Kohlrabi
Lettuces
Mushrooms
Mustard Greens
Parsley
Radishes
Raw Cob Com
Salad Greens
Sauerkraut
Spinach
String Beans
Summer Squashes
Turnip Greens
Watercress
Yellow Squash
Zucchini Squash

VEGETABLES

6% or less carbs

Bell Peppers
Bok Choy Stems
Chives
Eggplant
Green Beans
Green Onions
Okra Olives
Pickles
Pimento
Rhubarb
Sweet Potatoes
Tomatoes
Water Chestnuts
Yams

VEGETABLES

7- 9% carbs

Acorn Squash
Artichokes
Avocado
Beets
Brussels Sprouts
Butternut
Squash
Carrots
Jicama
Leeks
Onion
Pumpkin
Rutabagas
Turnips
Winter Squashes

MISCELLANEOUS

In Limited Amounts

Butter
Caviar
Cottage Cheese
Dressing - Oil / Cider Vinegar only
Jerky-no additives

Nuts, RAW (except Peanuts)
Oils – Butter, Coconut oil, Olive,
Sesame Seed Oil, Macadamia Nut Oil,
(no Canola oil)
preferably cold-pressed

BEVERAGES

Beef Tea
Bouillon - Beef, Chicken (no MSG)
Herbal (Non-caffeine) Teas, Green Tea
is an excellent choice. (*Don't worry
about the small amount of caffeine in
green tea unless you find you cannot
tolerate it.*)
Filtered or Spring Water

DESSERT

Plain Gelatin only

MEAT & PROTEIN

**You can enjoy meat within these
guidelines:**

- Portion size is the size and thickness of your palm. Eat twice this portion of vegetables or more.
- There is no limit on serving size generally speaking, but be balanced.
- Fowl, (chicken, turkey etc.)
- Red meat, grass fed if at all possible. If you are not able to get free range organic choose leaner meats.
- Cold Water Fish
- Eggs, Organic and free range if at all possible.

Phase II Food Plan

VEGETABLES

3% or less carbs

Asparagus
Bamboo Shoots
Bean Sprouts
Beet Greens
Bok Choy Greens
Broccoli
Cabbages
Cauliflower Celery
Chards
Chicory
Collard Greens
Cucumber
Endive
Escarole
Garlic
Kate
Kohlrabi
Lettuces
Mushrooms
Mustard Greens
Parsley
Radishes
Raw Cob Com
Salad Greens
Sauerkraut
Spinach
String Beans
Summer Squashes
Turnip Greens
Watercress
Yellow Squash
Zucchini Squash

VEGETABLES

6% or less carbs

Bell Peppers
Bok Choy Stems
Chives
Eggplant
Green Beans
Green Onions
Okra Olives
Pickles
Pimento
Rhubarb
Sweet Potatoes
Tomatoes
Water Chestnuts
Yams

VEGETABLES

7- 9% carbs

Acorn Squash
Artichokes
Avocado
Beets
Brussels Sprouts
Butternut
Squash
Carrots
Jicama
Leeks
Onion
Pumpkin
Rutabagas
Turnips
Winter Squashes

VEGETABLES

12 - 21%carbs

(On Limited Basis Only 2 -3 X/ wk)

Celeriac
Chickpeas
Grains, Sprouted
Horseradish
Jerusalem Artichokes
Kidney Beans
Lima Beans
Lentils
Parsnips
Peas
Popcorn, (if tolerated. Best to avoid if not sure.)
Potatoes
Seeds, Sprouted
Soybeans
Sunflower Seeds

FRUITS

In Limited Quantity -On Limited Basis (Snacks only, preferably between meals)

Apples
Berries
Grapes
Papaya
Pears
Prunes, Fresh

MISCELLANEOUS

In Limited Amounts

Butter
Caviar
Cottage Cheese
Dressing - Oil / Cider Vinegar only
Jerky-no additives
Kefir (liquid yogurt)
Milk, Raw if at all possible. Watch for food allergy to dairy!
Nuts, Raw (except Peanuts)
Oils – Butter, Coconut oil, Olive (no Canola), Macadamia Nut Oil, preferably cold-pressed

BEVERAGES

Beef Tea
Bouillon - Beef, Chicken (No MSG)
Herbal (Non-caffeine) Teas, Green Tea is an excellent choice.
Filtered or Spring Water
Red Wine only (3 glasses max)

DESSERT

Plain Gelatin only

MEAT & PROTEIN

You can enjoy meat within these guidelines:

- Portion size is the size and thickness of your palm. Eat twice this portion of vegetables or more.
- There is no limit on serving size generally speaking, but be balanced.
- Fowl, (chicken, turkey etc.)
- Red meat, grass fed if at all possible. If you are not able to get free range organic choose leaner meats.
- Cold Water Fish
- Eggs, Organic and free range if at all possible.



“Let food be your
medicine and your
medicine be your
food”
- Hippocrates



Final thoughts

By Curt G. Hamilton C.C.N.

Here are some important guidelines in maximizing your program:

- Raw foods contain more nutrients and enzymes than overcooked foods and are important in this program. Roughly 50% of your diet should be raw. This lends toward much better health and body function. So remember, do not overcook your foods.
- Meats should be cooked no higher than medium ideally. (Use caution in meats susceptible to bacteria like ground round)
- Fluids- Larger amounts of fluids should be consumed one hour before meals or two hours after. Cold fluids should certainly not be consumed with meals. A little

hot Green tea is a good choice. This helps insure better digestion and nutrient absorption.

- No margarine, processed oil, grains, cereals, white flour, sugar, fruit juices or sugar substitutes. Stevia is an exception.
- You should drink water as primary beverage and at least 1/2 your body weight in ounces. Example 150 pound man=75 ounces of water.
- Eating for Your Blood Type- some patients report great success when eating according to their blood type. You might consider giving it a try and see if it is beneficial for you.