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Healthy Eating Hand out

1. Youtube videos

- a. Sugar: the Bitter Truth, from UCSF medical school
- b. Dr. Mercola interviews Dr. David Perlmutter in 2014
- c. CBC the Fifth Estate episode on sugar from Fall 2013, excellent and informative

2. Healthy Eating

- a. Lots of healthy fats, as much as you want, if our cells make energy from fat this reduces inflammation. (No trans fats!!)
 - i. extra virgin olive oil - minimum ¼ cup per day
 - ii. coconut oil minimum - 2 Tbsp per day (refined is OK won't taste coconut)
 - iii. organic butter, organic cream, full fat organic cheeses
 - iv. wild caught fish and omega 3 supplements
 - v. free range eggs
 - vi. grass fed meats/chicken
- b. protein at least 50 grams, preferably 75 grams per day
- c. carbohydrates limit to 60 gm per day, 80 gm max, please see hand out on carb counting. The less grams of carbs you consume, your cells will convert to making energy from fats.
 - i. refined/added sugars in foods limit to less than 16 gm per day (No sugar or fructose in any form are toxic to the liver.)
- d. Lots of water - at least 1 quart, preferably 2 quarts per day or more.
- e. Lots of non-starchy veggies! Goal is 4 cups per day. (Most green and non starchy veggies have minimal to no carbs.)
- f. Gluten must be eliminated because it is very inflammatory.
- g. No GMO grains or beans, these are treated with extra Roundup.

3. Books

- a. Grain Brain by David Perlmutter, MD
- b. Primal Body, Primal Mind by Gedgaudas
- c. Paleo diet books: Paleo Primer by Mardsen and Whitmore