



**Health Enhancers /  
Healthy Aging**

**Health Diminishers /  
Premature Aging**

*Balance your eating:  
Protein, Carbohydrates  
and Fats*

Processed Foods and  
High Carbohydrate Meals

*Eat Frequently  
(3 meals and 2 snacks)*

Skipping Meals

*Exercise at least 3 Times  
per week*

Sedentary Lifestyle

*Cut Down on Stimulants*

Caffeine, Sugar,  
High Glycemic Foods

*Manage Your Stress*

Stress-producing Cortisol  
and Adrenaline

*Balance Your Hormones*

Hyperinsulin Diet, Stress

*GMP Balanced  
Supplement Support*

Self-prescribed vitamins  
which create other  
vitamin deficiencies

## The Biological Rejuvenation Anti-Inflammatory Food Schedule

Foods to Enjoy		Foods to Avoid	
Chicken	Tapioca	Red Meats	Alcoholic Beverages
Turkey	Buckwheat and Gluten-free products	Cold Cuts	Soda, Sweetened Beverages, Citrus
Lamb	Clear, vegetable-based broth	Frankfurters, Sausage, Canned Sausage	Dried Fruit
All Legumes	Homemade Vegetarian soups	Canned Meats	Fruit Drinks, Ades
Dried Peas	All vegetables, preferably fresh, frozen or freshly juiced	Eggs	Citrus
Lentils	Unsweetened Fruit or Vegetable Juices, Water, non-citrus herbal tea	Milk	Strawberries
Cold Water Fish (Salmon, Halibut, Mackerel)	Cereals made from Rice, Corn, Buckwheat, Millet, Soy, Potato Flour, Tapioca, Arrowroot or gluten-free flour-based products	Cheese	Cereals made from Wheat, Oat, Spelt, Kamut, Rye Barley, Amaranth, Quinoa or gluten containing products
Unsweetened, Live Culture Yogurt	Unsweetened fresh, frozen or water packed canned fruits, excluding citrus and strawberries	Ice Cream	Margarine, Shortening, Unclarified butter
Rice Milk	Cold / Expeller pressed, unrefined Olive or Sunflower Oils	Cream and Non-dairy Creamers	Refined Oils
Nut Milks	Ghee, Sunflower, Sesame, Flax, Pumpkin and Squash Seeds	All gluten containing products, including gluten containing pasta	Peanuts
Soy Beverages	Salad dressings made from allowed ingredients	Canned or Creamed soups	Salad dressings and spreads
White or Sweet Potatoes	Almonds, Cashews, Pecans, Walnuts	Creamed Vegetables or Vegetables served in casseroles	
Rice		Coffee, Tea, Cocoa, Postum	

## Index of Alkaline Foods

Category	Lowest Alkaline	Low Alkaline	More Alkaline	Most Alkaline
<b>Herbs and Spices</b>		Herbs (most)	Spices / Cinnamon	Baking Soda
<b>Fruits</b>	Oranges, Apricots, Bananas, Blueberries, Pineapples, Raisins, Currants, Grapes, Strawberries	Lemons, Pears, Apples, Avocado, Blackberries, Cherries, Peaches, Papayas	Grapefruit, Cantaloupe, Honeydew, Citrus, Mango, Dewberries, Loganberries	Limes, Nectarines, Persimmons, Raspberries, Watermelon, Tangerine
<b>Vegetables, Beans, Legumes</b>	Brussels Sprouts, Beets, Chives, Okra, Turnip Greens, Squash, Lettuces	Potatoes, Bell Peppers, Mushrooms, Cauliflower, Eggplant, Pumpkins, Collard Greens	Kohlrabi, Parsnip, Garlic, Kale, Parsley, Endive, Mustard Green, Ginger Root, Broccoli	Lentils, Yams, Onions, Daikon, Taro Root, Sea Vegetables, Burdock, Sweet Potatoes
<b>Nuts, Seeds, Sprouts &amp; Oils</b>	Avocado Oil, Seeds (most), Coconut Oil, Olive Oil, Linseed Oil	Primrose Oil, Sesame Seed, Cod Liver Oil, Almonds, Sprouts	Poppy Seeds	Pumpkin Seeds
<b>Grains &amp; Cereals</b>	Oats, Quinoa, Wild Rice			
<b>Fowl</b>				
<b>Meat, Fish &amp; Shellfish</b>				
<b>Eggs</b>	Duck Eggs	Quail Eggs		
<b>Dairy</b>				
<b>Beverages</b>	Ginger Tea	Green or Mu tea		
<b>Sweeteners</b>	Suscanat	Rice Syrup	Molasses	
<b>Vinegar</b>		Apple Cider		

## Index of Acid Foods

Category	Lowest Acid	Low Acid	More Acid	Most Acid
<b>Herbs and Spices</b>	Curry	Vanilla	Nutmeg	Pudding, Jams, Jellies
<b>Fruits</b>	Guava, Dried Fruits, Figs, Dates, Persimmon Juice	Plums, Prunes, Tomatoes	Cranberries, Pomegranate	
<b>Vegetables, Beans, Legumes</b>	Spinach, Fava Beans, Kidney Beans, String Beans, Chutney, Rhubarb	Tofu, Pinto Beans, White Beans, Navy Beans, Adzuki Beans, Lima Beans, Chard	Green Peas, Peanuts, Snow Peas, Legumes (other), Carrots, Chickpeas	Soybeans, Carob
<b>Nuts, Seeds, Sprouts &amp; Oils</b>	Pumpkin Seed Oil, Grape Seed Oil, Sunflower Oil, Pine Nuts, Canola Oil	Almond Oil, Sesame Oil, Safflower Oil	Pistachio Seeds, Pecans	Hazelnuts, Walnuts, Brazil Nuts
<b>Grains &amp; Cereals</b>	Millet, Kasha, Triticale, Amaranth, Brown Rice	Buckwheat, Wheat, Spelt, Semolina, Tef	Corn, Rye, Oat Bran	Barley
<b>Fowl</b>	Wild Duck	Goose, Turkey		Pheasant
<b>Meat, Fish &amp; Shellfish</b>	Vension, Fish	Lamb, Mutton, Elk, Shell Fish	Pork, Veal, Mussels, Squid	Beef, Lobster
<b>Eggs</b>	Chicken Eggs			
<b>Dairy</b>	Cream, Yogurt	Cow Milk, Goat Milk, Aged Cheese, Soy Cheese	Casein, New Cheeses	Processed Cheese, Ice Cream
<b>Beverages</b>	Kona Coffee	Black Tea	Coffee	Beer
<b>Sweeteners</b>	Honey, Maple Syrup		Saccharin	Sugar, Cocoa
<b>Vinegar</b>	Rice Vinegar	Balsamic Vinegar		White Vinegar

## Glycemic Index

Category	Low Glycemic Index	Medium Glycemic Index	High Glycemic Index
<b>Breads, Grains, Pastas</b>	Linguine, Multigrain Bread, Macaroni, White Spaghetti, Meat Filled Ravioli, Whole Wheat Spaghetti, Protein enriched Spaghetti, Barley, Bulgur, Chickpeas, Hominy, Parboiled Rice, Rye, Pumpnickel Bread, Rye Bread, Whole Rye, Vermicelli, Durum	Whole Meal Bread, Rye Flour Bread, Macaroni & Cheese, Hamburger Bun, Pita Bread, Brown Rice, Cornmeal, Coucous, Sweet Corn, Amylose, Gnocchi, Rice Vermicelli, Croissant	Baguette, Brown Rice Pasta, Instant Rice, Bagel, White Bread, Whole Wheat Bread, Millet, White Rice, Kaiser Roll, Dark Rye Bread
<b>Fruits</b>	Bananas, Kiwi, Grapes, Oranges, Peaches, Plums, Pears, Apples, Dried Apricots, Grapefruit, Cherries, Plums, Strawberries, Strawberry Jam	Pineapples, Raisins, Apricots, Mangoes, Fruit Cocktail, Canned Apricots, Apricot Jam, Cantaloupe, Mangoes, Papaya	Dried Dates, Watermelon
<b>Snacks</b>	Potato Chips, Chocolate, Banana Cake, Peanuts, Fruit Bread, Pound Cake, Sponge Cake	Mars Bars, Ryvita, Wheat Crackers, Popcorn, Oatmeal Cookies, Shortbread Cookies, Rye Crackers, Stoned Wheat Thins	Pretzels, Jelly Beans, Graham Crackers, Vanilla Wafers, Kavli Crackers, Saltines, Water Crackers
<b>Cereals</b>	Porridge, All Bran	Shredded Wheat, Oatmeal, Mini Wheats, Museli, Oatbran, Bran Chex, Cream of Wheat, Frosted Flakes, Grapenuts, Life, NutriGrain	Rice Krispies, Cornflakes, Weetabix, Puffed Wheat, Cheerios, Corn Bran, Corn Chex, Crispix, Grapenuts, Flakes, Puffed Rice, Rice Chex
<b>Cakes, Biscuits</b>		Croissants, Shortbread, Unsweetened Muffins, Dansh Pastries, Angel Food Cake, Bran Muffins, Blueberry Muffins	Rice Cakes, Wafer Biscuits, Doughnuts, Waffles
<b>Potatoes, Root Crops</b>	Sweet Potatoes, Yams	New Potatoes, Boiled Potatoes, Beets	Parsnips, Baked Potatoes, Instant Potatoes, Potato Chips, Mashed Potatoes
<b>Vegetables</b>	Green Peas, Carrots (cooked), Green Beans, Peppers, Spinach, Tomatoes, Artichokes, Asparagus, Broccoli, Cauliflower, Celery, Cucumber, Lettuce		
<b>Legumes</b>	Baked Beans, Chickpeas, Haricot Beans, Butter Beans, Lentils, Kidney Beans, Soy Beans, Baby Lima Beans, Black Beans, Brown Beans, Butter Beans, Navy Beans, Pinto Beans, Red Lentils		
<b>Dairy</b>	Low-Fat Milk, Fruit Yogurt, Skim Milk, Soy Milk, Low-Fat Yogurt	Low Fat Ice Cream	Ice Cream
<b>Sugars</b>	Lactose, Fructose	Table Sugar, Sucrose	Maltose, Glucose, Honey
<b>Beverages</b>	Grapefruit Juice, Pineapple Juice, Unsweetened Apple Juice, Agave Nectar	Soft Drinks, Colas, Orange Juice	Gatorade