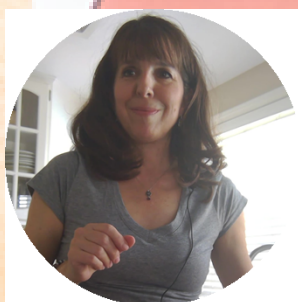


ACUPUNCTURIST'S ESSENTIAL GUT PROGRAM

IT'S ALL ABOUT YOUR GUT! HEALTHY GUT HEALTHY BODY SYSTEM

**Natural Remedies
to Heal Crohn's Disease, Ulcerative Colitis, Irritable
Bowel, GERD, & More Without Drugs or Side-
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Michele Arnold-Pirtle
Doctor of Acupuncture Medicine

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A BALANCED ACUPUNCTURE MEDICINE APPROACH

TIME TESTED
OVER MANY
PEOPLE.

IT'S ALL ABOUT YOUR GUT!

These healthy rules apply to children as well as adults. They are meant to be followed for a healthy lifestyle. It is not just what you eat, but how you eat. Once you are in remission stage, continue to add in more and more nutritious foods. The Acupuncture healthy food rules will help you achieve longer lasting, good digestion, and metabolism.

APPLY LESSON #1: ACUPUNCTURE HEALTH RULES

FOOD IS DOSE DEPENDENT

Most food can be used therapeutically depending on quantity (dose dependent), frequency, season, and needs of the person.

EAT SLOW CHEW WELL

Chew food thoroughly, eat slowly, it takes 20 min. for your stomach to know it's full.

ENJOY SUNSHINE

Enjoy the sunshine 2-3 X per week; don't burn! This is important for natural vitamin D.

CROWD OUT JUNK

Crowd out eating processed refined sugars, high fructose corn syrup, Agave, polyunsaturated vegetable oils, corn oil, soybean oil, canola oil, safflower oil, cotton seed oil, & grains such as white flour and most white rice products.

EAT 3:1 RATIO

Coffee, black tea, sugar, meats, milk, and grains are considered concentrated foods, and are acidic.

Counteract by eating alkalizing fruits, vegetables, green tea, and dark leafy greens.

FOLLOW 80/20 RULE

Fill your plate with 80% dark leafy greens and vegetables, 20% proteins and good fats.

Stop eating when you're 80% full. Leave a little on your plate.
Don't go back for seconds

DRINK BETWEEN MEALS

Do not drink large amounts of liquid with meals. Not only does liquid dilute stomach acid and make it harder for your stomach to break down food. It also overwhelms the spleen Qi. It is best to drink a small cup of warm tea, miso soup, or broth with meals than cold iced water.

EAT REAL FOOD

Eat only organic Non-GMO foods. Consume Non-GMO organic soy only in traditional Asian forms of Tofu, Miso, Tempeh, Natto, or Tamari.
Read Labels!

EAT THE RAINBOW

Most meals should provide a balance of 5 flavors (bitter, sweet-bland, spicy, salty, and sour), natures (warming, cooling, cold, or hot), plus have the array of five colors (red, green, orange-yellow, purple-dark, white-tan).

PORTION CONTROL

Use portion control. Use Your fist, and hand to size portions.
Meat portion is the size of your fist.

POSITIVE OUTLOOK

Positivity can only help. Find ways to help you deal with stress more effectively, like a hobby.

MOST FOOD SHOULD BE WARM

80% cooked, 20% raw for those with healthy digestive function.
For those with poor digestion, keep cold and raw foods to no more than 5 %.

EAT IN A CALM STATE

Take time out for relaxation. Enjoy meals in a calm state, don't eat standing up or while working or reading.

MOVE YOUR BODY

Walk at least 10,000 steps per day equal to 5 miles.

DON'T EAT LATE

Don't eat 3 hours before bedtime.

SLEEP WELL

Regular sleep patterns; go to bed and wake at the same times every day.