

# CLEAR Institute's Dietary Recommendations:

1. Foods to Eat:
  - a. Fresh Fruit
  - b. Fresh Vegetables
  - c. Meat (protein)
    - No pork or packaged luncheon meats
    - Avoid meat with growth hormones or antibiotics, especially chicken (organic meat only)
2. Decrease:
  - a. Citrus Fruits and Juices, especially tomato juice, orange juice and other acidic juices
3. Avoid:
  - a. Soda Pop (Including diet)
  - b. Artificial Sweeteners (eg. Nutrasweet, Splenda, Equal, Aspartame, Saccharin, Neotame, Acesulfame, Sucralose, etc.)
  - c. Corn Syrup, High Fructose Corn Syrup, Crystallized Corn Syrup
  - d. Soy Milk and Soy Products
  - e. Pasteurized Milk and decrease Dairy products
  - f. MSG (also known as: Gelatin, calcium Caseinate, Monosodium Glutamate, Hydrolyzed Vegetable Protein (HVP), Textured Protein, Monopotassium Glutamate, Hydrolyzed Plant Protein (HPP), Yeast Extract, Glutamate, Autolyzed Plant Protein, Yeast Food or Nutrient, Glutamic Acid, Sodium Caseinate, Autolyzed Yeast)
  - g. Coffee
  - h. Tea (Herbal teas are okay)
  - i. Alcohol
  - j. Chocolate (Dark chocolate is okay)
  - k. Sugar (Stevia is okay)
  - l. White Flour
  - m. Salt (Sea Salt is okay)
  - n. Chemicals, Processed, Greasy, Fried, Junk Food (French Fries, McDonald's, etc.)
4. Supplements
  - a. FYI – For Your Inflammation (PRN) – Garden of Life (800) 622-8986 – [www.gardenoflife.com](http://www.gardenoflife.com)
  - b. Alpha Lipoic Acid – Metabolic Maintenance – [www.metabolicmaintenance.com](http://www.metabolicmaintenance.com)
  - c. Omega Blue – Young Living (800) 371-2928 – [www.youngliving.com](http://www.youngliving.com) or Omega 3 – NutriWest (800) 443-3333 – [nutriwest.com](http://nutriwest.com)
  - d. Sleep Essence – Young Living (800) 371-2928 – [www.youngliving.com](http://www.youngliving.com)
  - e. Trace Minerals – Trace Minerals Research (801) 731-6051 – [www.traceminerals.com](http://www.traceminerals.com)
  - f. Probiotics or Multi Probiotic – Original Medicine (800) 465-1802 – [www.original-medicine.com](http://www.original-medicine.com)
  - g. Inner Defense – Young Living (800) 371-2928 – [www.youngliving.com](http://www.youngliving.com)
  - h. Vitamin D3 – Douglas Laboratories (888) 368-4522 – [www.douglaslabs.com](http://www.douglaslabs.com) (2000-5000 mg/day)
  - i. Pure Encapsulations Ultra Nutrient (888) 753-2277 – [www.purecaps.com](http://www.purecaps.com)