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## Nutrition Recommendations for the general public 9-22-10

1. Try to get 20 minutes/day of sun exposure to skin without sunscreen
2. Avoid anything artificial. Best to eat ingest and be exposed to only things that God made. Minimize use of processed foods.
3. Be careful with cleaning products-"7<sup>th</sup> generation" products are reliable-available at Giant Eagle or [www.Giam](http://www.Giam) on the internet-natural product catalog company
4. **½ hour of exercise/d is really a good investment**
5. Drink water as your main fluid-a good filter system is a good idea-Purionics is good whole house system -but pricy, Brita filters are a good choice for filter at the source
6. Avoid environmental toxins-pumping gas, smoking, certain vaccinations(containing thimerisol)
7. Attempt to follow a whole food organic diet-see Dirty Dozen for priorities
8. Eat low glycemic diet-reduce simple sugars and simple carbohydrates-AVOID-white sugar, white flour
9. **Avoid** high fructose corn syrup
10. Eat free range grass fed meat/eggs/milk
11. Use and consume Bone Broth-see recipe
12. Take a good multivitamin  
Empower plus-truehope.com-at a dose of 4 pills/d is a good choice  
Dr. Amen has a website and product line that is very good-an has a good MVI
13. EFA-omega 3-1000mg(fish oil) Nordic Naturals-ProOmega is a good balance
14. Consider vit D(25(OH)vitD-is the appropriate level to get drawn) and if low supplement under your doctors supervision, or supplementation of 1000IU/d is reasonable
15. Consider use of codliver oil-provides EFA 1000mg and vit A and D-normally I would look at Vit A and D levels before beginning supplementation(I take this)

***For people who have some general concerns these recommendations might help you to better understand what is occurring and if further treatment might be helpful***

16. Consider a trial of food elimination if suspicious  
Casein -1mo no dairy, check all packages-if no change reintroduction after a month casein free would be best able to give indication of a negative reaction
17. General food elimination diet, lamb, rice and water for two weeks , if you feel better-this is pretty suspect. Then reintroduce food categories one at a time-with at least 4 days between introduction. Carefully watch timing and any symptoms.
18. There is a urine test available from Great Plains Lab that can test for evidence of inability to digest casein and gluten
19. There is blood testing for celiac disease-and formal confirmation requires an intestinal biopsy-most people do not have the formal autoimmune celiac disease, inability to digest with poor enzyme function and is "gluten sensitivity"
20. Consider a trial of digestive enzymes if you have symptoms suggestive of any concern about tolerance (Kirkman Labs 1800-245-8282-enzyme complete is a good broad spectrum choice)To be taken with the 1<sup>st</sup> couple bites of the meal, some benefits of taking between meals also. After a month would expect some evident benefit.