**THE CORRECTIVE DIET**

#  Peter Carstens

FOR: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Date: **\_ \_\_/\_\_\_** \_**/**2017\_\_

**\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**SECTION #1: Do this first thing as you wake up.**

 **(Summary of the first 40 minutes since wake up)**

**A. FIRST THING in the morning:**

1. Drink \_\_\_\_\_\_ounces of warm water.
2. 20 minutes later drink the juice of ­­­\_\_\_\_\_\_ lemon(s) (preferably yellow) diluted with an equal amount of warm water.
3. 20 minutes after that drink another \_\_\_\_\_\_ounces of warm OZONATED water.

*Note: The two glasses of water should make up for ¼ of your daily requirement of water but no more than 1 quart total.*

**\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**SECTION #2: Use this section for RAW Vegetables and you can use it for your first and/or second meal of the day.**

**Note: When you do this section for breakfast, make sure it’s after 20 minutes of section #1.**

**B. BREAKFAST at \_\_\_\_\_\_\_AM**.

1. 20 minutes or later you may eat your FIRST MEAL of the day composed of RAW vegetables.
2. The vegetable salad consists of 3 parts: “Vegetables”, “Carbohydrates”, and “Sprouts”.

*Important: eat all ingredients RAW!*

|  |  |  |
| --- | --- | --- |
| **Vegetables (Phytonutrients)***If digestive problems only use 2 or 3 per day* | **Carbohydrates** (for energy) | **Sprouts**(the most nutrient concentrated foods specially enzymes and energy) |
| * Romain Lettuce (NØ Iceberg Lettuce)
* Spinach (not every day)
* broccoli
* celery
* cucumber
* kale, swiss chard
* zucchinni
* pepper (all colors)
* tomatoes
* cilantro
* cabage (red or green)
* cauliflower
* onions
* radish
* parsley, dandelion and other
 | *Raw Vegetables, shredded should be 50% of plate** Sweet Potato (pink)
* Carrot
* Beets
* Kohlorabi
* Jicama
* Zucchinni
 | * *Organic Legumes* (use only a class a day): Lentils or Mung bean, Adzuki bean, chickpeas, or peas.
* *Grains:*spelt, quinoa, buckwheat, millet.
* The grains are lower in proteins and higher in calories excellent for shakes with apple**.**
* **Red Clover**, broccoli, &radish
 |

**NOTE: Additional points to the 3 groups above**

* 1. VEGETABLE PART (for phytonutrients)

All green vegetables. The darker the green the more Chlorophyll they contain.

* 1. CARBOHYDRATES are the source of energy of the body; remember to make it the 50% of your meal. If you have diabetes don’t use beets and use less of this group.
	2. SPROUTS (the most nutrient concentrated foods specially enzymes and energy)

FRUITS: The **Apple** is the only compatible fruit with raw vegetables. Use it as dessert, mashed with sweet potato or activated/sprouted grains (mentioned below) in a blender.

* 1. FATS: Add \_\_\_\_\_ avocado to supply necessary dietary fat.
	2. Nuts and seeds:
		1. \_\_\_\_\_\_Almonds(soak 8 hours or overnight in water in glass container)
		2. \_\_\_ Tablespoon(s) of hulled sunflower seeds, (soak as almonds)
		3. \_\_\_ Table spoon(s) of hulled sesame ground
		4. \_\_\_ Well-heaped tablespoon(s) of ground flax seeds (grind seeds fresh in blender

 keep in freezer).

* 1. DRESSING: *dressing use lemon juice, crushed garlic and a good sea salt (Real Salt), add Peter’s seasoning to make salad more palatable. (Do not use oils, not even Extra Virgin Olive oil cold press)*

**\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**SECTION #3: This is the cook section of the corrective diet. Only use when specified. In case of just doing RAW just repeat section 2without avocado, the almonds and seeds (sesame, flaxseed) for \_\_\_ weeks/month.**

**C. LUNCH at \_\_\_\_\_PM**

Lunch is a cooked meal consisting of 2 parts: “The Base” and a “Vegetable”.

|  |  |
| --- | --- |
| Base | Vegetable |
| * *Tuber* → use potatoes (baked is best, when boiled use little water, when potatoes are done there should be no more water in the pot) or malanga or tiquisque or ñame or any other, except manioc.

*Note: If you need to loose weight eat potatoes often*.* *Grains*→ use millet, quinoa, amaranth, spelt, kamut or buckwheat.

*Note: If concerned about not loosing weight use more grains than tubers you may also use well ripped plantains.* | * A Vegetable → use any lightly steamed vegetable prepared with as little water as possible. Select a different vegetable from day to day. Don’t repeat a vegetable until you have gone through the entire selection offered in your supermarket.

Examples:Broccoli, Cauliflower, Zuchinni, Cabage, Swiss Chard, green beans, peppers. |

**D. LUNCH(Dinner in case of 3 meals) at \_\_\_\_\_PM**

 Fresh fruits ONLY!

1. Use any kind of fruit except oranges, pears, plums, blue berries and mango.
2. Eat as much as desired, but no more than 3 different kinds of fruit.
3. Vary kinds of fruit from day to day.

**\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_SECCION #4**

**E. VEGETABLE JUICE**:

1. Drink \_\_\_\_ quarts per day between meals (no shorter than 30 minutes before and 1 hour after a meal use more if desired).

2. The juice should not contain any fiber.

3. Mix 50% carrot juice with 50% green vegetable juice. (Diabetics may have to replace carrots with green apples to avoid glucose spike)

4. Do not use more than three items in your juice.

5. Use any green leaf vegetable like lettuce, escarole, kale, parsley, cilantro and other herbs.

6. A wheat grass juicer is needed for extraction from all leafy greens – we recommend the Samson juicer.

7. If only a fruit juicer is available extract juice from carrots, celery and cucumbers. This juice is convenient to avoid hunger between meals but will not supply the nutrients as a juice from leafy greens. Use only until a Samson is purchased.

8. Don’t drink juice after 6 PM.

**\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_SECCION #5**

**F.WATER**

1. Drink \_\_\_\_ quarts per day.

2. Always drink water warm no shorter than 20 minutes (when cold 30 minutes) before a meal.

3. After a meal wait for 1 hour before drinking.

4. Drink water every 30 minutes.

5. ONLY drink water or vegetable juice between meals.

**\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_SECCION #6**

**G. Wheat Grass -- Hard Red Wheat Berries (you can buy them at Walmart.com)**

1. Take once per day.

2. Start taking it 30 minutes after breakfast.

**NUMBER OF MEALS: \_\_\_\_\_ PER DAY.**

**Meal Times:**

**First Meal or Breakfast: \_\_\_\_\_\_\_\_AM**

**Second Meal or Lunch: \_\_\_\_AM**

**Third Meal or Dinner: \_\_\_\_\_\_\_\_AM**

**Use directions for\_\_\_\_\_ month than call for new appointment at:**

In case of undesired side effects abandon the recommendation or call: **309-289-2150**

Special Observations:

1. **Number of meals per day One [ ] Two [ ] Three [ ]**

You’ll feel much better with 2 meals instead of 3. Try it!

1. **Don’t eat between meals [ ]**

Eating between meals is suicide, due to the large amount of toxins that are produced. Not even something small should be eaten until around 4 to 6 hours after your last meal.

1. **Avoid all animal products. [ ]**

This includes fish, eggs and dairy. Fish has high concentrations of mercury, plastic particles and other poisonous things. Eggs are a cholesterol bomb; and humans due to a lack of specific enzymes can’t effectively digest dairy. To avoid milk, yogurt, ice cream and especially to cheese is harder sometimes as giving up drinking alcohol and stop smoking. They contain addictive opiomids.

1. **Eat a good breakfast. [ ]**

Breakfast should be the biggest and most nutritious food of the day. We should breakfast as a King, lunch like a prince and dine like a Popper.

1. **Always eat at the same. [ ]**

Eating at variable hours damages the digestive track. The stomach produces gastric juices before a meal and if food does not go in on time what would happen to the stomach acids?

1. **Eat your last meal before 3PM. [ ]**

Eating later tan 3pm interferes with the effective detoxification of your body at night. During the digestion process there is no detoxification, the input of nutrients is preferred by the body to the detoxification and the two processes never occur at the same time.

1. **Do not drink with your meal. [ ]**

If you dilute the gastric acid needed for digestion, the digestion is stopped until the water is absorbed and then digestion can continue. This process around 2 hours and in the meantime the food in the stomach ferments and causes toxins. Drink half a liter of warm water 30 minutes before your meal and one-hour, one hour after.

1. **Avoid the use of:**

**Coffee [ ]** Coffee is highly toxic and irritates your blood, heart, nervous system and brain

**Tea [ ]** Black and Green tea are the same thing, the difference is how they are dried up, but both intoxicate the It makes you 100,000 more acidic than you need to be.

**Alcohol [ ]** Every ounce destroys your brain.

**Processed juices [ ]** they are just sweet water as the nutrients are destroyed in the manufacturing company.

1. **Exercise [ ]**

According to the latest scientific studies at least 30 minutes 5 days a week gives you 90% of the health benefits you need. Do moderate exercise and to bring up your heart rate and respiration. Fast walking but not to the point you are short of breath and can speak appropriately.

1. **Sleep around 7-8 hours per night. [ ]**

Sleeping only 6 hours leaves you with a deficit of 1 hour per night. When you multiply by 3 days in a week, you end up with 7 hours less of needed sleep per week. This will lower your productivity, your immune system, mental state and other things.

1. **Try to go to bed at 9 PM** **[ ]**

We should be sleeping by 10PM. We produce hormones before 12AM that we can’t produce later. One hour of sleep before 12AM is equal to 2 hours after 12AM.

**Other Recommendations:**

1. **Liver and Gallbladder Cleanse [ ]**

Do it a month after starting the Corrective Diet for:

**1 Day [ ] 2 Days [ ] 3 Days [ ]**

**Repeat the treatment every \_\_\_\_ months \_\_ \_times**

1. **Magnesium [ ]**

Use it according to the recommendation in the package for 6 months.

The Magnesium mineral is the most important in our body, is essential for good health of the heart, help against cancer and other 100 illness. Our food sources are generally deficient in Magnesium because our soils caused by the high production and use of foods.

1. **Lemon Fast [ ]**

Drink the juice of \_\_\_lemons with the same amount of water every \_\_\_\_hour \_\_\_times a day. For **\_\_\_** to **\_\_\_\_** days / weeks. Also drink **\_\_\_\_\_\_**quarts of water per day. Drink it every 30 minutes.

1. **Use Kefir [ ]**

Drink water Kefir 4 to 8 oz per day for 6 month or longer. Drink it at least 30 minutes before breakfast.