



## **DIETARY PROGRAM to HEAL the DIGESTIVE SYSTEM, BALANCE BLOOD SUGAR, REGULATE WEIGHT and REBUILD the ADRENALS.**

My acupuncture teacher told us, "You can get rid of many symptoms with a just a few treatments. But for someone to really be well, they must **learn to use the entire Universe wisely.**"

**HOW YOU EAT, WHEN YOU EAT, and WHAT YOU EAT** are all EQUALLY IMPORTANT.

## **RELAX!!! WHILE EATING!**

**HOW YOU EAT:** GET OUT OF SYMPATHETIC OVERDRIVE -- FIGHT OR FLIGHT -- AND INTO YOUR PARASYMPATHETIC NERVOUS SYSTEM -- REST AND DIGEST.

If you eat on the run, you won't digest your food, and you won't receive nourishment from it. Chewing is necessary to carbohydrate (starch) digestion.

**WHEN YOU EAT -- TIMING IS CRUCIAL:** As much as possible, eat your meals and snacks at around the same time every day -- within a half hour or so. This will stabilize your blood sugar and also give the enzyme-producing organs and stomach a dependable rhythm they can rely on. Knowing when to produce digestive juices and having food arriving on time, the digestive organs are under much less stress, you aren't drawing on your reserves and the adrenals can begin to rebuild.

**Chinese Clock, guidelines:** Energy is available to different organs at different times

7-9 a.m.	<b>Stomach</b>	Optimum time to eat a breakfast that will digest slowly
9-11 a.m.	<b>Spleen/Pancreas</b>	Digestion time
11-1 p.m.	<b>Heart</b>	Optimum time for lunch
1-3 p.m.	<b>Small Intestine</b>	Digestion time
3-5 p.m.	<b>Bladder/Adrenal</b>	Often the time of greatest fatigue and exhaustion. Blood sugar needs a gentle boost with a nourishing, balanced snack, not a quick rise and drop from sugar/caffeine.
5-7 p.m.	<b>Kidney</b>	Optimum time for the evening meal. Don't too eat late. If you do, your Liver will still be helping with digestion and it can't store and clean the Blood as well during Liver time.
1-3 a.m.	<b>Liver</b>	Getting to bed before midnight and into a deep sleep by 1 a.m. allows the Liver to most efficiently filter toxins and used hormones from the blood.

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