

Ketogenic PK Membrane-Stabilizing Diet

(See *Membrane Stabilizing Diet Cook Book*, \$19.95 at www.BodyBio.com, for recipes)

A ketogenic (very low carb) diet has been shown to be helpful for many chronic nervous system diseases (and is essential for best results with the Cell-Membrane Repair protocol). Starvation diets are not practical, but high-fat diets are easier because they reduce appetite while providing adequate calories for energy. Although the "Atkins" diet does this, it includes harmful kinds of fat. Also, the amount of protein should balance body needs (which are increased for conditions with chronic inflammation), but too much protein is just burned as carbs and increases metabolic acidosis. (If your gallbladder is gone, see Dr Bradford for instructions!)

The Ketogenic PK Membrane-Stabilizing Diet has essential oils and phospholipids to help repair cell and mitochondrial membranes (and suppressing appetite), with adequate protein, and has low-enough carbs to cause ketosis (duplicating the chemical conditions of starvation without the starvation). This diet does not raise cholesterol or cause weight gain. Coconut oil can also be added to the diet at the beginning, gradually increasing from ½ teaspoon into food at every meal. (Avoid hydrogenated *trans* fats.)

This is the optimum diet for helping to heal chronic nervous system diseases and some other diseases, in addition to a customized BodyBio supplement program. Conditions studied with this kind of program include post-head trauma, post stroke, cerebral palsy, dementia, multiple sclerosis, parkinsonism, seizures, autism, mood disorders, and environmental neurotoxicity.

Foods permitted (recommended if not allergic to them):

- Protein at every meal
- Organic raw seeds and nuts (no cashews)
- Organic cheeses
- Low-carbohydrate vegetables
- Green leafy vegetables at least once daily (no spinach)
- Herbs and spices
- Fresh-squeezed lemon or lime juice with water (can sweeten with Stevia or strawberries)

Other Foods allowed, 2 small servings daily:

- Low-carbohydrate fruit — berries, kiwi
- Legumes (including 100% legume-based pasta)
- Low-carb nutrient-dense desserts (see PK Membrane-Stabilizing recipes in book above)

Completely removed from diet:

- No Grains (bread, pasta, crackers, cookies, pizza, and cereal)
- No Starchy vegetables (carrots, potatoes, sweet potatoes, beets)
- No High-carb fruits (bananas, grapes, pineapple, dried fruit)
- No Fruit juice (except small amounts of organic cranberry unsweetened except for Stevia)
- No Fructose-containing foods (including honey or agave)
- No foods with sweeteners other than Stevia
- No processed foods, MSG, commercial mayonnaise, mustard or salad dressing
- No hydrogenated vegetable oils including soy spread and salad dressings
- No canola oil
- No peanuts or peanut butter
- No spinach (contains oxalates which can cause cell-membrane problems)
- No corn products — chips, popcorn, cornflakes, corn flour (gluten-free products often contain it)