

# INTRO HOLISTIC EATING GUIDE

**"The food you eat can be either the safest and most powerful form of medicine or the slowest form of poison."**

**— Ann Wigmore**

# WELCOME



**My name is Dr. Schilling, my team and I have been helping people across the county regain their health and improve their quality of life. We use Integrative Medicine, Emotional Re-patterning, IV Therapy, Direct Primary Care, and Brain-Based Wellness to resolve the root cause of health concerns. Our team has created this Holistic Eating Guide to help you be the most successful within your lifestyle change. This food guide works with your body's "bio-rhythm" and allows you to shape your meals based on the ideal time frame for optimal digestion. By following this guide, you will enjoy more energy, reduced inflammation, pain, and better health.**

**Enjoy the guide & reach out with any questions!**

# secoya<sup>®</sup>

## HEALTH FOOD GUIDE

		Enjoy	Avoid
<b>FRUITS</b>	Breakfast/ Lunch	Apples, fresh or frozen berries, cherries	All other fruits and fruit juices
<b>VEGETABLES</b>	Any time	All fresh steamed, sauteed, raw, juiced or roasted vegetables	Corn, creamed vegetables, white & red potatoes
<b>GRAINS</b>	Breakfast Lunch	Rice, oats, quinoa, amaranth, tapioca, buckwheat	Wheat, spelt, kamut, corn, rye, barley; all gluten-containing products
<b>BREAD/CEREAL</b>	Dinner	Products made from rice, oat, buckwheat, millet, tapioca, arrowroot, amaranth, quinoa	Products made from wheat, spelt, kamut, corn, rye, barley; all gluten-containing products
<b>LEGUMES</b>	Dinner	All beans, peas, and lentils unless otherwise indicated	Soybeans, tofu, tempeh, soy milk, other soy products
<b>NUTS &amp; SEEDS</b>	Dinner	Almonds, cashews, walnuts; sesame (tahini), sunflower, and pumpkin seeds; butters made from these nuts and seeds (raw is always best)	Peanuts, peanut butter, pistachios; any nut roasted with peanut oil
<b>MEAT &amp; FISH</b>	Dinner	Wild-caught salmon, organic chicken, turkey, wild game, lamb, free range eggs, grass fed beef	Beef, pork, cold cuts, frankfurters, sausage, canned meats, shellfish, tuna, freshwater fish
<b>DAIRY &amp; MILK SUBSTITUTES</b>	Dinner	Milk substitutes such as rice milk, almond milk, oat milk, coconut and other nut milks, organic butter	Milk, cheese, cottage cheese, cream, yogurt, ice cream
<b>FATS</b>	Anytime	Cold-exPELLER pressed olive, flax, sesame, walnut, pumpkin or almond. Organic pressed coconut oil, organic butter	Margarine, shortening, seed oils, processed (hydrogenated) oils, mayonnaise, spreads, soybean/canola oil, peanut oil, other vegetable oils
<b>BEVERAGES</b>	Anytime	Filtered or natural artesian waters, herbal or green tea, coconut water, kombucha	Soda pop or soft drinks, alcoholic beverages, coffee, black tea, other caffeinated beverages
<b>SPICES &amp; CONDIMENTS</b>	Anytime	All spices unless otherwise indicated.	Chocolate, ketchup, mustard, relish, chutney, soy sauce, BBQ sauce, all other condiments and store-bought sauces
<b>SWEETS</b>	Anytime	Stevia and 80% dark chocolate	White or brown refined sugar, honey, maple syrup, corn syrup, high fructose corn syrup, candy; desserts made with these sweeteners

# THANK YOU

We are happy that you're an individual that is striving to feel their best. If we can help you in any way, please don't hesitate to contact us.

Our mission is to end unnecessary suffering and the cycle of "sick care" and managing symptoms. Our obsession is to provide root-cause permanent solutions to health challenges.

Knowledge is power! We would love to empower you with information about your or a loved one's health concerns.

Give our team a call at (651) 738-7800 or email us at [heal@secoyahealth.com](mailto:heal@secoyahealth.com).

Warmly,

*Dr. Schilling and Team*