

Dr. Ettinger's Basic Daily Program for Health and Well-Being!

This is what I would consider a BASIC nutritional supplement program. It is based on 20 years of personal experience and research. I feel it is of the utmost importance to provide our bodies with adequate nutrition, and believe me; we are not getting it from our food. This program provides low-calorie high-quality protein, essential fatty acids, vitamins, minerals, phyto-nutrients, and antioxidants.

Disclaimer: Always consult with a healthcare professional before using any nutritional supplement or starting any nutritional program.

7:00 am – Breakfast* Protein Shake

- 1 scoop (CAOH) Whey Protein Isolate Powder
- 1 capful (CAOH) Liquid Power Multi-V multi vitamin/mineral
- 1 fl. oz. each (CAOH) Organic Goji Fusion and Mangosteen Elixir
- 1 heaping tablespoon (CAOH) Ultra Supreme Greens powder
- 2 heaping tablespoons CAOH Lecithin Granules
- ½ cup combined frozen strawberries and blueberries (I like Trader Joe's – they are organic).
- 6-8 oz. water or juice

Put in a blender and blend into a yummy shake. (I make my daughter, Maile, a smaller one - she l-o-v-e-s the Goji and Mangosteen combo.)

To be taken with the shake - 3 (CAOH) Ultra Omega 3, 6, 9.

10:00 am and 3:00 pm (Snack)

- Snack* 3 oz. protein (ex: a few almonds are good, or a hard-boiled egg) with a few sticks of celery or 1 cup of above-ground vegetables. This combo burns fat and gives you tons of energy.

12:30 pm

- Lunch* – 5 days a week it's low fat, high fiber, high protein, low glycemic index foods; 2 days it's whatever you want, within reason.
- 1 (CAOH) Power C capsule (Ester-C w/bioflavonoids and rutin)
- 1 (CAOH) Power E Complex (400 IU Vitamin E w/mixed tocopherols)

6:00 pm

- Dinner* – 5 nights a week it's low fat, high fiber, high protein, low glycemic index foods; 2 nights it's whatever you want, within reason.
- 1 (CAOH) Power C capsule (Ester-C w/bioflavonoids and rutin)

10:00 – 10:30 pm (optional)

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- 1-2 caps (CAOH) Calm Magnesium
- 1 tablespoon (CAOH) Liquid Complete B+ Advanced Formula.

I also take other supplements as needed, and plant based enzymes with large meals.

Yours in good health!

Marcus Ettinger BSc, DC

*All meals and supplements are taken with 1 – 2 (CAOH) Super Power Digestive Enzymes.

Some examples of low glycemic foods

(*) = Recommended and high fiber

Low-fat yogurt, naturally sweetened 14 Peanuts 15 *Artichoke 15 *Asparagus 15 *Broccoli 15 *Cauliflower 15 *Celery 15 *Cucumber 15 *Eggplant 15 *Green beans 15 *Lettuce, all varieties 15 Low-fat yogurt, artificially sweetened 15 *Peppers, all varieties 15 *Snow peas 15 *Spinach 15 *Young summer squash 15 *Tomatoes 15 *Zucchini 15 Soy beans, boiled 16 *Cherries 22 *Peas, dried 22 Milk, chocolate 24 *Pearl barley 25 *Grapefruit 25 Spaghetti, protein enriched 27 *Kidney beans, boiled 29 *Lentils green, boiled 29 Apricots (dried) 31 Fettuccine 32 Chickpeas 33 Rye 34	Vermicelli 35 Spaghetti, whole wheat 37 *Apples 38 *Pears 38 Tomato soup, tinned 38 *Plums 39 Carrots, cooked 39 Apple juice 41 Wheat kernels 41 Spaghetti, white 41 *Black-eyed peas 41 *All-Bran 42 *Peaches 42 Chickpeas, tinned 42 Oranges 44 Lentil soup, tinned 44 Carrot juice 45 Pineapple juice 46 Rice, instant 46 *Grapes 46 Multi grain bread 48 Rice, parboiled 48 Baked beans, tinned 48 Whole grain 50 *Barley, cracked 50 *Yam 51 *Kidney beans, tinned 52 *Lentils green, tinned 52 *Kiwi fruit 53 Bananas 54 *Sweet potato 54
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