

Audiobook Supplemental Material

108 Pearls

to Awaken Your
Healing Potential

Mimi
Guarneri,
M.D.



HAY HOUSE, INC.

Carlsbad, California • New York City
London • Sydney • New Delhi

APPENDIX A



THE MEDICAL SYMPTOM/TOXICITY QUESTIONNAIRE

The Toxicity and Symptom Screening Questionnaire identifies symptoms that help to identify the underlying causes of illness, and helps you track your progress over time. The first time you complete this questionnaire, rate each of the following symptoms based upon your health profile for the past 30 days. After your first time, record your symptoms for the last 48 hours *only*.

POINT SCALE: Assign yourself points according to the severity and frequency with which you experience symptoms:

- 0 = Never, or almost never, have the symptom
 - 1 = Occasionally have the symptom, effect is not severe
 - 2 = Occasionally have the symptom, effect is severe
 - 3 = Frequently have the symptom, effect is not severe
 - 4 = Frequently have the symptom, effect is severe
-

KEY TO QUESTIONNAIRE: Add individual scores, and then total each group. Add each group score for your grand total.

Optimal: <10 • Mild Toxicity: 10–50 • Moderate
Toxicity: 50–100 • Severe Toxicity: 100+

Grand Total: _____

DIGESTIVE TRACT

- ___ Nausea or vomiting
- ___ Diarrhea
- ___ Constipation
- ___ Bloating feeling
- ___ Belching or passing gas
- ___ Heartburn
- ___ Intestinal/stomach pain

Total: ___

EARS

- ___ Itchy ears
- ___ Earaches, ear infections
- ___ Drainage from ear
- ___ Ringing in ears, hearing loss

Total: ___

EMOTIONS

- ___ Mood swings
- ___ Anxiety, fear, or nervousness
- ___ Anger, irritability, or aggressiveness
- ___ Depression

Total: ___

ENERGY/ACTIVITY

- ___ Fatigue, sluggishness
- ___ Apathy, lethargy
- ___ Hyperactivity
- ___ Restlessness

Total: ___

EYES

- ___ Watery or itchy eyes
- ___ Swollen, reddened, or sticky eyelids
- ___ Bags or dark circles under eyes
- ___ Blurred or tunnel vision (does not ___ include near- or far-sightedness)

Total: ___

HEAD

- ___ Headaches
- ___ Faintness
- ___ Dizziness
- ___ Insomnia

Total: ___

HEART

- ___ Irregular or skipped heartbeat
- ___ Rapid or pounding heartbeat
- ___ Chest pain

Total: ___

JOINTS/MUSCLES

- ___ Pain or aches in joints
- ___ Arthritis
- ___ Stiffness or limitation of movement
- ___ Pain or aches in muscles
- ___ Feeling of weakness or tiredness

Total: ___

LUNGS

- ___ Chest congestion
- ___ Asthma, bronchitis
- ___ Shortness of breath
- ___ Difficulty breathing

Total: ___

MIND

- ___ Poor memory
- ___ Confusion, poor comprehension
- ___ Poor physical coordination
- ___ Difficulty in making decisions
- ___ Stuttering or stammering
- ___ Slurred speech
- ___ Learning disabilities

Total: ___

MOUTH/THROAT

- ___ Chronic cough
- ___ Gagging, frequent need to clear throat
- ___ Sore throat, hoarseness, loss of voice
- ___ Swollen or discolored tongue, gum, and/or lips
- ___ Canker sores

Total: ___

NOSE

- ___ Stuffy nose
- ___ Sinus problems
- ___ Hay fever
- ___ Sneezing attacks
- ___ Excessive mucus formation

Total: ___

SKIN

- ___ Acne
- ___ Hives, rashes, or dry skin
- ___ Hair loss
- ___ Flushing, hot flushes
- ___ Excessive sweating

Total: ___

WEIGHT

- ___ Binge eating or drinking
- ___ Cravings for certain foods
- ___ Being overweight
- ___ Being underweight
- ___ Compulsive eating
- ___ Water retention

Total: ___

OTHER

- ___ Frequent illness
- ___ Frequent or urgent urination
- ___ Genital itching or discharge

Total: ___

APPENDIX B



Guide to the Elimination Diet

Many people notice that they feel bad after eating. Others note that they have fatigue, gas, bloating, arthritic pain, or brain fog. Sometimes it is easy to associate the food with the reaction, and sometimes it isn't. Reasons for confusion include food combinations, the quantity consumed, and the total "load" of reactive foods, antibodies, and toxins in the body. To address the problem, you may follow a dietary program designed to clear the body of foods and chemicals that you may be allergic or sensitive to and then experimentally test foods one at a time.

By first eliminating known or suspected foods, you allow your body's detoxification machinery, which may be overburdened or compromised, to recover and begin to function efficiently again. This also allows the immune system to "quiet down" and reduce the production of antibodies to foods, thereby reducing inflammation.

I strongly suggest that you try the elimination diet if you have a high score on the Medical Symptom/Toxicity Questionnaire that I use in my practice (see Appendix A) or have arthritis, mental fog-giness, fatigue, skin rashes, or gastrointestinal symptoms.

The Setup

There are two phases to this diet: a four-week elimination phase and a two-to-four-week challenge phase.

Elimination Phase

During this four-week phase, you remove certain foods from your diet. You can eliminate one or more food categories at a time. I suggest that if you are very symptomatic, you eliminate *all* of the most common food irritants—dairy, gluten, corn, soy, tree nuts, citrus, and egg. Some people may also need to eliminate shellfish.

To determine which foods to eliminate, start with the most common allergens. Alternatively, you might ask your doctor to order blood tests or get clues from your nutrition diary. For example, people frequently feel that they can't live without certain foods, such as dairy or wheat. The food category you crave the most is commonly the offending one.

Be sure to eliminate not only the food itself but also any other foods that may include that ingredient. Dairy, for example, includes all milk, cream, cheese, cottage cheese, yogurt, ice cream, frozen yogurt, and butter. It even includes milk chocolate. If a food contains butter or whey as an ingredient, it's also off-limits.

If you are eliminating gluten, remember that it is in wheat, spelt, rye, barley, malt, and cereals. Condiments such as ketchup, mayonnaise, and mustard all contain vinegar that frequently comes from wheat or corn and so will contain trace amounts of gluten. You have to read the labels carefully. You will be surprised how many foods contain wheat, soy, or corn. If you are sensitive to oats, avoid them unless the package specifies they are gluten-free.

Eliminate all foods from the chosen category or categories for two weeks. If your symptoms improve during the four-week period, you know you have a sensitivity to one or more of the eliminated food or category of foods. Now the question becomes, which one(s)? To find out, you carefully add foods back into your diet, one at a time, to see which may trigger symptoms.

For example, for one day, eat some dairy. Then wait 48 hours for your body to respond. If your symptoms return, you know that dairy is a culprit. Now pick another category, such as gluten. Eat gluten-containing products for one day, and then wait for your body to respond. Keep a journal of how you feel.

Most often, individuals on the elimination diet report increased energy, mental alertness, decrease in muscle or joint pain, and a general sense of improved well-being. Many people lose weight. However, some people report some initial reactions to the diet, especially in the first week. This can include caffeine withdrawal headaches and other “Herxheimer-type” reactions. These are hangover-like symptoms as the body metabolizes and detoxifies accumulated toxins. Symptoms you may experience in the first week can include changes in sleep patterns, lightheadedness, headaches, joint or muscle stiffness, and changes in gastrointestinal function. If this occurs, try to keep going. Your body will detoxify, and you will begin to feel better. Your doctor will want to see you at the end of the month to evaluate the changes in your health. Although, dairy gluten, soy, corn, and egg are the most common allergens, some individuals are sensitive to citrus, shellfish, and tree nuts.

Challenge Phase

During the challenge phase, foods are systematically added back into the diet and careful notes are made about the appearance of any symptoms. Again, track your symptoms in your food journal. You will introduce a new food every 48 hours, assuming you feel well. Here’s the general process: select the food you want to challenge. Eat the test food at least twice a day and in a fairly large amount. Often, an offending food will provoke symptoms quickly—within 10 minutes to 12 hours. Signs to look for include: headache, itching, bloating, nausea, dizziness, fatigue, diarrhea, indigestion, anal itching, sleepiness 30 minutes after a meal, flushing, or rapid heartbeat. Sometimes you won’t notice symptoms until the next morning: puffy eyes, can’t get out of bed, brain-fog, more typing errors than usual. If you are unsure, take the food back out of your diet for at least one week and try it again. Be sure to test foods in a pure form: for example, test milk or cheese or wheat but not macaroni and cheese that contains milk, cheese, *and* wheat!

Tips for the Elimination Diet

- If you have symptoms after eating some foods, remember, it is not a death sentence! Your experience during the elimination diet is *information*, and with it, you are empowered to choose what you want to eat and how you want to feel. Sometimes, sharing a piece of birthday cake with someone special is completely worth gas, bloating, and baggy eyes!
- People whose food sensitivities are related to intestinal permeability or inflammation may be able to incorporate small amounts of allergenic foods in four to six months. People who have autoimmune cross-reactions to foods should minimize exposure their whole lives.
- Ideally, you eliminate *all* sources of potentially allergenic foods. This means that you must read labels carefully! However, life happens—people forget to tell you what ingredients they used, waiters are wrong, and so on. Don't sweat it—do the best you can. If you are exposed to *a lot* of allergens, you may want to extend the elimination phase a little longer. Eat a wide variety of foods, and do not try to restrict your calorie intake. Use the opportunity to try new ingredients and venture into new ethnic restaurants; this is a journey of self-exploration and discovery!
- Avoid any foods that you know or believe you may be sensitive to, even if they are on the “allowed” list.
- Plan your meals. Eat regular meals. Eat simply. Cook simply.
- Cook extra chicken, sweet potatoes, rice, and beans, etc., that can be reheated for snacking or another meal.
- Get in the habit of using leftovers for the next day's meal or part of a meal—e.g., leftover broiled salmon and broccoli from dinner as part of a large salad for lunch the next day.

- The first two to three days are the hardest. It's important to go shopping for foods you are allowed to have.
- Be sure to snack to keep your blood sugar levels normal and stable. Carry food with you when you leave the house. That way, you will have what you are allowed and not be tempted to stray off the plan.
- Try to eat *at least* three servings of fresh vegetables each day. Choose at least one serving of dark green or orange vegetables (carrot, broccoli, winter squash) and one raw vegetable each day. Vary your selections.
- Buy organic produce when possible. Select fresh foods whenever you can. If possible, choose organically grown fruits and vegetables to reduce your exposure to synthetic pesticides and chemical residues. Wash fruits and vegetables thoroughly.
- If you are consuming coffee or other caffeine-containing beverages on a regular basis, slowly reduce your caffeine intake rather than abruptly stop it; this will prevent caffeine-withdrawal headaches. For instance, try drinking half decaf/half regular coffee for a few days, then slowly reduce the total amount of coffee.
- If you are a vegetarian, consume more beans and rice, quinoa, seeds, nuts, amaranth, teff, millet, and buckwheat.
- If you select animal sources of protein, look for free-range or organically raised chicken, turkey, or lamb. Cold-water fish (e.g., salmon, sardines, mackerel, and halibut) is an excellent source of protein and omega-3 essential fatty acids. To select low-mercury, sustainable fish, check out www.seafoodwatch.org or download the Seafood Watch mobile app.

- During this time, you may want to augment your diet with an organic, freeze-dried, powdered greens and protein supplement. (We like Greens First.) Hemp and pea protein are great, and few people are allergic to these foods.
- Remember to drink at least two quarts of filtered water each day. If you hate plain water, add trace mineral drops, make herbal iced tea, or consider bubbly water.
- Consider taking a break from strenuous exercise to allow the body to heal more effectively without the additional burden imposed by exercise. This is a great time for yoga, walking, and hiking. Adequate rest and stress reduction is also important to the success of this program.

If you find no improvement within four to six weeks, it is possible that you do not have any food allergies. It is also possible that you have food allergies, but there another factor is complicating the picture, and you'll need to consult with your doctor.

Elimination Diet Guidelines

Foods to Include	Foods to Exclude
Whole, low-sugar fruits and unsweetened juices	High-sugar fruits such as oranges; fruit juices with added sugar
Dairy alternatives such as rice, almond, hemp, coconut milk	Dairy made with cow's milk, including cheese, cottage cheese, cream, yogurt, butter, ice cream, and frozen yogurt; nondairy creamers
Nongluten grains and starch, including rice (all types), millet, quinoa, amaranth, teff, tapioca, buckwheat, potato flour (Note that some gluten-free grains have a high glycemic load. If you are trying to lose weight, minimize carbohydrates.)	Grains with gluten, wheat, corn, barley, spelt, rye, triticale, oat
Animal protein: fresh or water-packed canned fish, wild game, lamb, duck, organic chicken and turkey, and organic, free-range eggs	Animal protein: pork, beef/veal, sausage, cold cuts, canned meats, frankfurters, shellfish
Vegetable protein: split peas, lentils, mung beans, and legumes of all kinds (black, white, Northern, cannellini, and pinto beans; fresh and frozen peas)	Soybean products (soy sauce, soybean oil in processed foods, tempeh, tofu, soy milk, soy yogurt, textured vegetable protein)
Nuts and seeds, including coconut, pine nuts, flaxseed, walnuts; sesame, pumpkin, and sunflower seeds, hazelnuts, pecans, almonds, cashews; nut and seed butters (Some individuals have nut sensitivities. If you cannot find the source of your symptoms, consider the elimination of all nuts except pine nuts and coconut.)	Peanuts and peanut butter
Vegetables: all raw, steamed, sautéed, juiced, or roasted (except corn) (If you have arthritis, avoid nightshades: tomatoes, potatoes, eggplants, peppers, paprika, salsa, chili peppers, cayenne, chili powder.)	Corn and creamed vegetables.

<p>Oils: cold pressed olive, ghee, oils from avocado, grapeseed, coconut, organic butter</p>	<p>Nonorganic butter, margarine, shortening, processed oils (most canola, soy, vegetable, safflower oils), processed salad dressings, mayonnaise, and spreads</p>
<p>Drinks: filtered or distilled water, decaffeinated herbal teas, seltzer, mineral water</p>	<p>Drinks: alcohol, coffee, caffeinated beverages, soft drinks</p>
<p>Sweets (sparingly): Manuka honey, coconut crystals; dark chocolate with >60-70% cacao (dairy free)</p>	<p>Refined white and brown sugar, high-fructose corn syrup, evaporated cane juice, agave nectar</p>
<p>Condiments: vinegar and all spices, including salt, pepper, basil, carob, cinnamon, cumin, dill, garlic, ginger, mustard, oregano, parsley, rosemary, tarragon, thyme, turmeric</p>	<p>Processed and high-sugar condiments, including ketchup, relish, chutney, soy sauce, barbecue sauce, and teriyaki</p>

Substitutions and Alternatives

Cow's milk	Rice, hemp, coconut, almond, or homemade nut milk (1/2 cup raw nuts or seeds with 1 cup water, blended until smooth; or soaked and pressed)
Cheese	Rice and almond brands: read labels and look for casein-free brands. Nutritional yeast adds a similar richness
Eggs (for baking)	Egg replacer (EnerGE brand is one. Note that these are not the same as egg substitutes, which may still contain eggs). Applesauce, mashed banana. Or blend 1 tablespoon of flaxseed in blender with 1/4 cup water and allow to thicken
Peanut butter	Nut butters made from almonds, cashews, macadamia, walnut, pumpkin, hazelnut, or sesame (tahini)
Breading	Grind any allowable rice cracker or nuts and use as breading
Ice cream	Coconut or rice ice cream (vanilla), frozen bars of 100% fruit juice, berry sorbets
Soda	Seltzer and juice, water, diluted juice
Jams	100% all-fruit jams (read label carefully)
Sugar	Brown rice syrup; stevia, maple syrup, honey; fruit juice concentrate (Mystic Lake Dairy or Wax Orchard, for example)
Pasta	Gluten-free pastas (quinoa, rice, buckwheat, buckwheat, spinach, lentil), buckwheat udon noodles, cellophane noodles made from bean threads, shirataki noodles made from yam
Wheat bread	Rice cakes, rice crackers, nut crackers, gluten-free breads, nonwheat tortillas. (Remember that oats, spelt, and rye contain gluten, so read labels carefully on products labeled "multigrain.")
Wheat cereals	Gluten-free cereals, puffed rice, puffed millet, cream of rice, gluten-free hot cereal
Wheat flour	Rice, quinoa, amaranth, millet, teff, arrowroot; nut and seed flours. Use in combination (at least 3) to replace the full amount of wheat flour and add 1/2 teaspoon xanthan gum per cup

Elimination Diet Shopping List



Fruits

Apples, applesauce
Apricots (fresh)
Bananas
Blackberries
Blueberries
Cantaloupe
Cherries
Coconut
Figs (fresh)
Grapefruit
Huckleberries
Kiwi
Kumquat
Lemon, lime
Loganberries
Mangos
Melons
Mulberries
Nectarines
Papayas
Peaches
Pears
Prunes
Raspberries
Strawberries

Vegetables*

Artichoke
Asparagus
Avocado
Bamboo shoots
Beets and beet tops
Bok choy
Broccoflower
Broccoli
Brussels sprouts
Cabbage
Bell peppers
Carrots
Cauliflower
Celery
Chives
Cucumber
Dandelion greens
Eggplant
Endive
Kale
Kohlrabi
Leeks
Lettuce: red leaf
or
green leaf,
or Chinese
Mushroom
Okra

Onions
Parsley
Potato
Radicchio
(red leaf chicory)
Sea vegetables:
seaweed, kelp
Snow peas
Spinach
Squash
Sweet potatoes
Swiss chard
Tomato
Watercress
Yams
Zucchini

*If you have arthritis,
avoid nightshades,
which are denoted by
italics.

Herbs, Spices, and Extracts

Any and all!
Particularly
rosemary, basil,
oregano, turmeric,
saffron, garlic, and
cinnamon

Gluten-Free Grains and Breads

Amaranth
Breads, any gluten-free varieties
Buckwheat
Millet
Quinoa
Rice: brown, white, wild Teff

Cereals and Pasta

Buckwheat noodles
Cream of rice
Puffed rice
Puffed millet
Quinoa flakes
Rice pasta
Rice crackers/rice cakes
Dairy Substitutes
Almond milk
Coconut milk
Hemp milk
Rice milk
Oils
Coconut
Flax
Ghee
Olive

Animal Protein

Fresh ocean fish (e.g., Pacific salmon, halibut, haddock, cod, sole, pollock, tuna, mahi-mahi.
Lamb
Poultry: free-range chicken, turkey, duck
Water-packed canned tuna (watch for added protein from soy)
Wild game

Nuts

Any nut but peanut

Vinegars

Apple Cider
Balsamic
Red wine
Rice
Tarragon
Ume plum

Sweeteners

Agave nectar
Coconut crystals (preferred)
Fruit sweetener (100% juice concentrate)
Manuka honey
Molasses
Rice syrup
Stevia

Condiments

Mustard (made with apple cider vinegar)

Beverages

Fruit or vegetable juices, unsweetened (dilute with water before drinking)
Herbal tea (noncaffeinated)
Mineral water
Spring water

Baking Supplies

Arrowroot /xanthan gum
Baking soda
Flours: rice, teff, quinoa, millet, tapioca, amaranth, potato, tapioca
Pure vanilla extract

Elimination Diet Menu Ideas



Here are some ideas to stimulate your own creativity:

Breakfast: Consider eating “dinner” foods—there’s no reason not to enjoy a savory soup in the morning! Feel free to add protein powder drinks, leftover chicken, fish, and such to your breakfast menu.

- Cooked whole grain (brown rice, buckwheat, teff, or quinoa) served with fresh or frozen fruit. You can add a bit of coconut oil or flakes, ghee, manuka honey, and/or cinnamon. To boost protein, mix in nuts or have a protein-powder drink. Chia seeds add extra omega-3.
- Home-fried potatoes: Cut onions, peppers (a nightshade), broccoli, mushrooms, and other vegetables of your choice into small pieces and sauté in coconut oil or ghee. Cut prebaked potatoes (be aware that potatoes are nightshades and high on the glycemic index) into cubes and add to vegetables. Add salt, pepper, herbs, and spices such as rosemary and turmeric.
- “Fried” brown rice: Use the recipe above, substituting brown rice for the potatoes to decrease glycemic load.
- Toasted rice or lentil flax bread with coconut oil or ghee. Spread it with 100 percent fruit jam, or apple or pear butter. Add fresh fruit, herbal tea.
- Fruit smoothie: Blend rice or coconut milk with fruit such as organic berries, bananas, pears, pineapple, mango, or papaya. Add fish oil as desired. Add fiber

to your smoothies with gluten-free oats, hemp, flax, chia, or psyllium seeds as desired. Not only does fiber improve digestion and lower cholesterol and blood sugar, it also helps you feel more satiated.

- Brown-rice pancakes topped with apple butter, apple sauce, or sautéed apples.
- Gluten-free oatmeal or amaranth or other gluten-free cereal (read label carefully) with fresh fruit (bananas, berries, pears, apples, etc.) and rice or coconut milk.
- Half a cantaloupe filled with blueberries, or half a papaya with unsweetened coconut yogurt.

Lunch or Dinner:

- Large salad with baked chicken or fish.
- Baked salmon plus steamed or oven-roasted vegetables with cooked quinoa or baked sweet potato or quinoa salad. Can also add a salad with vinaigrette dressing.
- Fruit salad with coconut or pine nuts. Serve with protein and rice crackers.
- Broiled or poached halibut, baked winter squash sprinkled with cinnamon and ghee, mixed green salad with vinaigrette dressing, and mocha rice squares and fruit for dessert.
- Brown rice and grilled chicken, steamed greens, baked potato or sweet potato.
- Halibut salad: Mixed greens of your choice, leftover halibut cut into chunks, vinaigrette dressing. Serve with baked potato with ghee.
- Chicken breast sprinkled with garlic powder and tarragon, steamed asparagus or broccoli, brown or wild rice or kasha, ghee or olive oil.

- Quinoa with lentil or vegetable soup.
- Quinoa salad with leftover chicken or fish.
- Quinoa salad with kale and bean soup.
- Broiled fresh tuna steak topped with herbs, brown-rice pasta with olive oil and fresh tomato sauce, steamed kale or collard greens tossed with olive oil and garlic and vinegar, mixed greens salad with vinaigrette dressing. Fruit for dessert.
- Tuna salad: Canned tuna mixed with vinaigrette or eggless mayonnaise, fresh fruit.
- Roast organic turkey breast or broiled bean burger, brown or wild rice, steamed vegetable, salad with vinaigrette. Baked apple or poached pear.
- Turkey salad: Leftover turkey breast, mixed greens, other fresh vegetables, lemon or oil and vinegar, rice crackers, fresh fruit or cup of soup.
- Brown-rice pasta primavera (vegetables added to pasta), mixed greens salad with vinaigrette, rice pudding topped with berries.

Snacks:

- Baby carrots and cucumbers with baba ganouj or hummus.
- Snap peas
- Fennel
- Half a pint of fresh organic berries
- Vegetables dipped into guacamole (jicama is especially good)
- Baked apple
- Poached pear

- Fresh-squeezed vegetable juice (great option when out and about)
- Fresh fruit
- Crunchy veggie sticks: carrots, cucumbers, sweet peppers (nightshade), celery, jicama
- Papaya with organic plain yogurt
- Baked sweet potato with plain yogurt



APPENDIX C



Mediterranean Diet Test

The following 14-point Mediterranean diet score was used in the Prevención con Dieta Mediterránea (PREDIMED) trial, which was a randomized trial to assess the role of the Mediterranean diet in preventing heart disease. It is a good benchmark for heart-healthy eating. Give yourself one point for each criterion that you meet. Ideally, your total score should be 9 or higher.

Questions	Criteria
1. Do you use olive oil as a main culinary fat?	Yes
2. How much olive oil do you consume a day (including oil used for frying, salads and out-of-house meals)?	≥4 tbsp
3. How many vegetable servings do you have a day? (1 serving = 200g [consider side dishes as half a serving])	≥2 (≥1 portion raw or as a salad)
4. How many fruit units (including natural fruit juices) do you eat a day?	≥3
5. How many servings of red meat, hamburger or meat products (ham, sausage, etc.) do you eat a day? (1 serving = 100–150g)	<1
6. How many servings of butter, margarine or cream do you have a day? (1 serving = 12 g)	<1
7. How many sweet or carbonated beverages do you drink a day?	<1
8. How many glasses of wine do you drink a week?	≥7 glasses*

9. How many servings of legumes do you eat a week? (1 serving = 150g)	≥3
10. How many servings of fish or shellfish do you eat a week? (1 serving = 100–150g of fish or 4–5 units or 200g of shellfish)	≥3
11. How many times per week do you consume commercial sweets or pastries (not homemade), such as cakes, cookies, biscuits or custard?	<3
12. How many servings of nuts (including peanuts) do you consume per week? (1 serving = 30g)	≥3
13. Do you preferentially choose chicken, turkey or rabbit meat instead of veal, pork, hamburger or sausage?	Yes**
14. How many times a week do you eat vegetables, pasta, rice or other dishes seasoned with sofrito (sauce made with tomato and onion, leek or garlic and simmered with olive oil)?	≥2
Total Score:	

*Be careful how you interpret the alcohol question. New guidelines recommend a maximum of one drink per day for men and a maximum of four drinks per week for women. The body sees alcohol as sugar and is packed with calories.

**The consumption of animal products has many undesirable side effects. Every time you consider eating an animal product, you must ask yourself what the animal ate. For example, milk from a cow that is treated with steroids and hormones is not desirable. Processed foods and animals farmed and raised on feedlots such as those in the United States are not part of the traditional Mediterranean diet.

© Martínez-González MA, García-Arellano A, Toledo E, Salas-Salvadó J, Buil-Cosiales P, Corella D, et al. (2012) A 14-Item Mediterranean Diet Assessment Tool and Obesity Indexes among High-Risk Subjects: The PREDIMED Trial. *PLoS ONE* 7(8): e43134. doi:10.1371/journal.pone.0043134. This is an open-access article distributed under the terms of the Creative Commons Attribution License, which permits unrestricted use, distribution, and reproduction in any medium, provided the original author and source are credited.



APPENDIX D



Glycemic Index and Glycemic Load

Food	Glycemic Index	Serving Size	Net Carbs	Glycemic Load
Bean sprouts	25	1 cup (104g)	4	1
Peanuts	14	4 oz (113g)	15	2
Carrots	47	1 large (72g)	5	2
Grapefruit	25	1/2 large (166g)	11	3
Apples	38	1 medium (138g)	16	6
Oranges	48	1 medium (131g)	12	6
Popcorn	72	2 cups (16g)	10	7
Sugar (sucrose)	68	1 tbsp (12g)	12	8
Watermelon	72	1 cup (154g)	11	8
Honey	55	1 tbsp (21g)	17	9
Ice cream	61	1 cup (72g)	16	10
White bread	70	1 slice (30g)	14	10
Oatmeal	58	1 cup (234g)	21	12
Bananas	52	1 large (136g)	27	14
Low-fat yogurt	33	1 cup (245g)	47	16
Spaghetti	42	1 cup (140g)	38	16
Raisins	64	1 small box (43g)	32	20
Brown rice	55	1 cup (195g)	42	23
Baked potato	85	1 medium (173g)	33	28
Potato chips	54	4 oz (114g)	55	30
Macaroni and cheese	64	1 serving (166g)	47	30
White rice	64	1 cup (186g)	52	33
Snickers Bar	55	1 bar (113g)	64	35
Glucose	100	(50g)	50	50

To make better choices, select most of your food from the left column in the following food categories.

Breads

Low GI: 55 or less (good choice)	Moderate GI: 56–69	higher (avoid/limit)
100% whole-grain bread Barley kernel bread Rye kernel bread Whole-wheat kernel bread	100% whole-wheat bread Corn tortillas, wheat tortillas Cracked-wheat kernel bread Hearty 7-grain bread Oat bran bread Pita bread Whole-wheat spelt bread Whole-grain pumpernickel	Baguettes English muffins Gluten-free white bread Hamburger buns Middle Eastern flatbread Rice bread Wheat bagels White bread

Breakfast Cereals

Low GI: 55 or less (good choice)	Moderate GI: 56–69	High GI: 70 or higher (avoid/limit)
All-Bran Fiber One Oat bran Rice bran	Bran Chex Kashi Go LEAN Kashi Good Friends Kellogg’s Mini-Wheats Nutrigrain Oatmeal (slow cook) Raisin Bran Toasted muesli Whole-wheat Special K	Bran Flakes Cheerios Chex (rice or corn) Corn Bran Cornflakes Corn Pops Cream of Wheat Granola Grape-Nuts Oatmeal (instant) Puffed Wheat Rice Krispies Sugary cereals Shredded Wheat Total

Cereal Grains (cooked)

Low GI: 55 or less (good choice)	Moderate GI: 56–69	High GI: 70 or higher (avoid/ limit)
Barley, pearled or cracked	Basmati rice	Jasmine white rice
Brown rice	Cornmeal	Millet
Buckwheat	Couscous	Parboiled rice
Buckwheat groats	Long grain rice (boiled 10 minutes)	Quick-cooking rice
Bulgur (cracked wheat)	Rolled barley	White rice
Quinoa		
Whole kernel rye		
Whole kernel wheat		

Dairy

Low GI: 55 or less (good choice)	Moderate GI: 56–69	High GI: 70 or higher (avoid/ limit)
Organic plain low-fat or nonfat yogurt	Low-fat or nonfat fruit yogurt	Frozen yogurt
Organic milk		Tofu frozen dessert

Fruit

Low GI: 55 or less (good choice)	Moderate GI: 56–69	High GI: 70 or higher (avoid/ limit)
Apple	Apple juice (unsweetened)	Canned fruits in syrup
Berries, frozen or fresh	Banana	Dates
Cherries	Cantaloupe	Fruit cocktails
Grapes	Carrot juice (fresh)	Fruit juices with added sugar
Grapefruit	Grapefruit juice (unsweetened)	Raisins
Orange	Kiwi	Watermelon
Peach	Mango	
Pear	Orange juice (unsweetened)	
Plum	Papaya	
	Pineapple	

Legumes

Low GI: 55 or less (good choice)	Moderate GI: 56–69	High GI: 70 or higher (avoid/ limit)
Baby lima beans Black beans Black-eyed peas Chickpeas (garbanzo beans) Kidney beans Lentils Mung beans Pinto beans Romano beans Soy beans Split peas	Navy beans	Baked beans (canned) Broad beans Navy beans (pressure cooked >25 minutes)

Pasta

Low GI: 55 or less (good choice)	Moderate GI: 56–69	High GI: 70 or higher (avoid/ limit)
Fettuccini, egg-enriched Lentil pasta Quinoa pasta Spaghetti (whole wheat) Spinach pasta	Capellini Macaroni (boiled 5 min) Rice noodles, dried Spaghetti (cooked al dente) Udon noodles	Gnocchi Spaghetti (boiled more than 20 minutes)

Vegetables

Low GI: 55 or less (good choice)	Moderate GI: 56–69	High GI: 70 or higher (avoid/ limit)
Asparagus	Beets	Instant potatoes
Broccoli	Green peas	Russet potato
Brussels sprouts	Sweet corn	New potato
Bok choy	Sweet potato	French fries
Cabbage	Yam	Winter squash
Carrots		Pumpkin
Cauliflower		
Eggplant		
Dark leafy greens		
Romaine lettuce		
Mushrooms		
Green peas		
Peppers		
Snow peas		
Spinach		
Summer squash		
Tomatoes		
Tomato juice		
Zucchini		

Snacks

Low GI: 55 or less (good choice)	Moderate GI: 56–69	High GI: 70 or higher (avoid/ limit)
Nuts and seeds, including almonds, peanuts, and walnuts	Breton wheat crackers Protein bars Rye crispbread crackers	Breakfast cereal bars Candy Chocolate (especially sweetened milk chocolate) Cookies Corn chips Jelly beans Melba toast Muesli bars Popcorn Potato chips Pretzels Rice cakes Saltines Sports drinks (Gatorade)

Sweeteners

Low GI: 55 or less (good choice)	Moderate GI: 56–69	High GI: 70 or higher (avoid/ limit)
Coconut crystals	Glucose Honey Sucrose	Maltose

APPENDIX E



The Calming Power of Mantra

The mantra is a tool for calming the mind. *Mantra* stands for a word or short phrase that you repeat silently to yourself. The mantra works fast; it has the power to calm and steady your mind, stop you from reacting too quickly, and stop panic and fear. This skill is thousands of years old. St. Francis of Assisi used to repeat, “My God and my all.”

Once you choose your mantra, silently repeat it as often as possible throughout the day. I use my mantra all day long, when I need it and when I don’t (except when I need my full attention on a project). Don’t wait until you feel stressed to use it. By using your mantra during nonstressful times, it will be available for you when you need it.

When to Use Mantra Repetition

You can use your mantra throughout the day, such as in the following situations:

- Standing in lines
- Being questioned by an authority such as a customs agent
- While on hold on the telephone
- When under stress while driving
- During arguments or disagreements with others
- While waiting for the elevator

- Prior to a job interview
- Before speaking in public
- Before answering the phone
- When sick and dealing with pain, illness, or surgery
- Before meals, to eat slowly
- Before sleep to help with insomnia

Use your mantra during daily tasks (mechanical ones that don't require your full attention). It is nice to play your mantra as background music in your home if it is available. (Check out iTunes and type in your mantra; it may have been put to music.)

- Washing dishes, sweeping, vacuuming, dusting
- Gardening and watering plants
- Dressing, bathing, showering
- While exercising—any repeated exercise where no special equipment is needed.

Use your mantra to calm unwanted emotions, such as:

- Ruminating and intrusive thoughts
- Fear
- Frustration
- Anger or rage
- Greed, resentment
- Worry
- Anxiety

Use your mantra to quiet yourself and bring attention into the present moment.

Mantra Repetition for Rapid Relaxation

Many of the following mantras were used by Jill Bormann in her PTSD research.

Mantra (pronunciation)	Description
Om mani padme hum (Ohm Mah-nee Pahd-may Hume)	An invocation to the jewel (Self) in the lotus of the heart
Namo Butsaya (Nah-mo Boot-sie-yah)	I bow to the Buddha
My God and my All	St. Francis of Assisi's mantra
Maranatha (Mar-ah-nah-tha)	Lord of the Heart [Aramaic]
Kyrie eleison (Kir-ee-ay Ee-lay-ee-sone)	Lord, have mercy
Jesus, Jesus or Lord Jesus Christ	Son of God
Hail Mary, full of grace; the Lord is with you [me]	Catholic rosary
Lord Jesus Christ, Son of God, have mercy on us [me]	Jesus prayer
Rama (Rah-mah)	Eternal joy within (Gandhi's mantra)
Om namah shivaya (Ohm Nah-mah Shee-vah-yah)	An invocation to beauty and fearlessness
Om prema (Ohm Pray-Mah)	A call for universal love
Om shanti (Ohm Shawn-tee)	An invocation to eternal peace
So hum (So Hum)	I am that Self within
Barukh atah Adonai (Bah-rookh At-tah Ah-doh-nigh)	Blessed art Thou, King of the Universe
Ribono shel olam (Ree-boh-no Shel O-lahm)	Master of the Universe
Shalom (Shah-lohm)	Peace, wellness
Sheheena (Sha-khee-nah)	Feminine aspect of God
Allah (Ah-lah)	The Supreme Being
Allahu akbar (Ah-lah-oo Ah-bahr)	God is greatest
Bismallah ir-rahman ir-rahim (Beese-mah-lah Ir-rah-mun Ir-rah-heem)	In the name of Allah, the merciful, the compassionate
Wakan Tanka (Wah-Kah Tahn-Kah)	Great Spirit
Om Namō Narayani	I surrender to the Divine

APPENDIX F



Homeopathy First-Aid Kit

Homeopathy can be used in acute situations for self-limiting complaints such as those following an injury, or for more chronic conditions such as depression. Remedies to treat acute infection are used more frequently and are of lower potency. The usual dose is 3 to 5 pellets or tablets in a single dose on or under the tongue. Your health-care provider can guide you on the dosing that is best for you.

When taking a homeopathic remedy made of pellets, do not touch the remedy with your hands. Avoid consuming coffee or mints, and have a clean mouth. Take your remedy about 30 minutes before or after eating. Certain remedies, like Arnica, come in a cream form and can be applied topically.

Arnica (mountain daisy)

- The first remedy to give for accidents of any type
- Always the first remedy for head injury
- Use before and after surgery to support healing
- Use to help reduce pain and swelling
- Use topically for bruises on unbroken skin

Hypericum (St. John's wort)

- Great remedy for nerve injuries, especially fingers and toes
- Considered the “arnica” of the spinal column
- Use for surgical incisions
- Use for nerve pain

Ruta graveolens (rue, bitterwort)

- Best for ligamentous and tendon injuries
- Used for sprains after Arnica

Symphytum (Symphytum officinale)

- Excellent for fractures
- Especially good for nonunion fractures

Belladonna (deadly nightshade)

- Classic remedy for strep throat
- Use when intense heat, redness, throbbing and swelling
- Use for fever
- Use for earache

Oscillocochinum (heart and lung of duck)

- Use to treat and prevent influenza: 1 capful, three times daily
- Dose 1 capful daily if exposed to flu in the family
- Dose 1 capful weekly during flu season to prevent

Ipecac (ipecac root)

- Use for persistent nausea and vomiting
- Helpful for morning sickness
- Use for gastroenteritis, food poisoning (after using Nux vomica)

Nux vomica (poison nut)

- A remedy for those who are overindulgent or excessive
- For quick, active, nervous and irritable Type A personalities

- For people who are oversensitive to noise and who crave stimulants, drugs, and alcohol
- Use for hangovers and toxic exposures

Chamomilla (German chamomile)

- Use when your chief symptoms are emotional
- Used frequently in restless, irritable, whining, colicky children
- Commonly used for teething pain and earaches

Rhus tox (poison oak)

- Use for skin rashes, especially poison ivy
- Use for burns, such as sunburn
- Use for strained joints or tendons

Ledum (marsh tea)

- Use for puncture wounds produced by bites or sharp instruments
- Excellent for insect bites
- Helpful before getting injections

Calendula (pot marigold)

- Use topically for open cuts
- Use on infected skin
- Use for irritating rashes, including diaper rash

