

## Health Improvement Chart

Choose a higher level for better health (and to lose more weight). In all cases, prefer organic foods.

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Category	Level 1	Level 2	Level 3
<b>Sugar</b> (including corn syrup, “cane juice,” other deceptive names)	Avoid foods with added sugar	Avoid even more, especially processed foods (check labels)	Eliminate foods with added sugar (check labels)
<b>White flour</b> (also known as “enriched flour,” or “wheat flour”), or processed starch	Reduce proportion	Switch to “whole wheat” (which is a mixture of white flour and “whole grain” wheat flour)	Eliminate processed grains (incl. white rice).  “Whole grains” only.
<b>Fat/Oil</b> (Particularly processed oils like corn, canola, safflower, etc., and high-fat foods like nuts/seeds, coconut, avocados, olives)	Reduce (If using oil, consider only cold/expeller pressed olive or avocado oil)	Avoid	Eliminate
<b>Milk/dairy</b> (This is also a <b>fat/oil</b> issue)	Reduce	Avoid	Eliminate
<b>Meat/eggs/fish</b> (This is also a <b>fat/oil</b> issue)	Reduce proportion of diet to max 25%.	Reduce proportion of diet to max 15-20%.	Reduce proportion of diet to max 5-10%. Or eliminate altogether (take vitamin B12 suppl).
<b>Vegetables, fruit, beans, whole grains, potatoes</b>	Increase proportion of diet to 75%	Increase proportion of diet to 80-85%	Increase proportion of diet to 90-100%
<b>Chemicals in food</b>	Reduce	Avoid	Eliminate
<b>Chemicals in personal care products</b>	Reduce	Avoid	Eliminate
<b>Water</b>	Prefer filtered or bottled.	Only filtered or bottled.	Berkey* filtered (the best filter). Or bottled water.
<b>Salt</b> (increases cravings for unhealthy foods)	Avoid/eliminate. If using salt, use sparingly, and prefer unprocessed**; the label “sea salt” is often meaningless, a deceptive label for refined salt.		
<b>Supplements</b>	Add anti-inflammatory. Add vitamins D3, C (w/o sugar).	Add superfood powders.	Add other things as desired.
<b>Vegetable juice</b> (carrot, celery, greens, veggies, V8 low sodium, etc.)	Add	Add more	Add even more
<b>Fasting</b>	Eat only during 8-hour window	Periodic 24-hour fasts, water only.	Periodic multi-day fasts, water only.

\*www.berkeyfilters.com.

\*\*Celtic Sea Salt is real, evaporated ocean water, with a full/balanced set of healthy minerals - www.celticseasalt.com.

By John Malki. I’m not a physician, nor giving medical advice; you are responsible to find a relevant expert, physician or otherwise. I’m sharing my experience of what helped me.