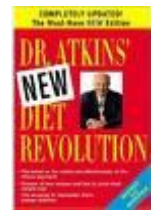


Free Nutrition Guide

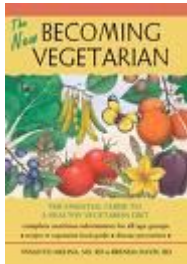
For people suffering from Prostate problems, Kidney Stones and Back Pain

The Theory of Regulated Nutrition

Proper nutrition plays a key role in the cleansing of the organs of the human body. The quality of the products before they enter the stomach is the subject of hygiene today. How precisely these products influence the body is somewhat uncertain, and unsatisfactory to those who want clear results. Everybody knows that **food contains 3 major nutrients: proteins, carbohydrates and fat**. The components of this holy trio add to the calories intake – the energy which the body receives. They also bring to the body many essential substances for its proper functions: minerals, vitamins, trace and other vital elements.



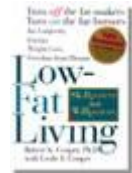
Yet, everyone has heard or read in the press how each of these nutrients has been blamed for this or for that at different times.



As a result of these attacks, many books on nutrition have been published. It is notable that the authors of these books have often contradicted each other.

Those that promote a vegetarian diets rich in carbohydrates, for example in the book "Becoming Vegetarian", have argued against books promoting a low-carb diet, such as "Dr. Atkins' New Diet Revolution" and both of them have attacked the reduced-fat ideas in the "Low-Fat Living Cookbook"

In accordance with the publicity of these books different kinds of new products are arriving in the shops. Low-protein, low-carb and reduced-fat foods are advertised at different times. This confusion of information makes it difficult for people to decide the right choice for them. It cannot be healthy to have low *this* or reduced *that* with minimal *everything else!*



The key to proper nutrition is simple and lies in the Theory of Regulated Nutrition

The Theory of Regulated Nutrition is based on the most substantial scientific research conducted by Dr Simon Allen. At present, a proper way to determine the ideal daily menu is to calculate the necessary quantitative and qualitative proportions of proteins, fats and carbohydrates, vitamins and trace elements in food. Any deficiency of these nutrients may develop the syndrome of malnutrition. A surplus of them, on the other hand, leads, among other problems, to obesity.

If something is good for you, it does not mean more is better! Any excess may result in an imbalance. Regulated nutrition is the key.

The Theory of Regulated Nutrition determines the ideal quantities of nutrients for an individual person so that her or his excretory organs work under the right conditions, thereby strengthening the health and overall well-being of that person.

For Kidney Stones Problems Fine Treatment recommends:

Special nutrition which contains restricted quantity of protein.

This ration is vegetarian. 85% of proteins are vegetable in origin. Decreasing the quota of protein to less than 60g in the daily food allowance is dangerous for health because it produces a negative nitrogen balance in the body.

One of the recommended dishes in the morning is a Porridge meal (also known in American English as hot cereal) which is a simple food made by boiling oats (normally crushed oats, occasionally oatmeal) or another meal in water, milk or both.



For Prostate or Sciatica or Lower Vertebrae Problems Fine Treatment recommends:

Special nutrition which contains an optimal quantity of protein - 90g, of which less than 50% is animal origin.

Such consumption of protein provides the body with all essential amino acids. This quantity and quality of protein is sufficient and patients need not be concerned about undertaking some physical activities. This diet maintains a good immune response of the body to help to prevent colds or virus attacks and is recommended as a general recovery diet.



The nutrition recommendations by Fine Treatment help you include 10 "nutrition commandments" of health & well being into your daily routine. Soon you will be able to prepare and modify your own menus in accordance with the same principles.

Ten "Nutrition Commandments"

1. **Do not add salt to your food.** Only in exceptional circumstances, such as when you are perspiring heavily in a hot weather, sauna or while doing hard exercises, etc., should you add salt to your dish.
2. **Avoid spicy food.** The only spicy foods you can have are canned vegetables like gherkins, onions, cabbage, tomatoes, peppers or mushrooms. You can eat them as a side dish or added to your main plate.
3. **Use mainly vegetables stock** for soups and cooking. Tip: sometimes you can add 2 or 3 tablespoons of fresh chicken stock to your vegetable soup, to taste. Though you can have dishes with aspic for up to 2 times per week.

4. **Boil all kind of meat or poultry before eating or further cooking**, preferably baking and stewing but not frying or roasting. You can add delicious tastes to these meat casseroles using vegetables and herbs while boiling: carrots, onions, bay leaves, coriander roots and parsley stems. Occasionally you can also grill or barbecue raw lean meat or skinned poultry.
5. **Do not roast or fry your fish, shellfish and vegetables**. You must eat them steamed, poached, stewed or baked. They can also be barbecued.
6. **Follow the principle of regular-meals nutrition**. You must have three basis meals: breakfast, lunch and dinner, and little snacks at elevenses and mid afternoon teatime. "Little and often" is a good rule.
7. **Do not use sugar in its pure form**. Your meals contain sufficient quantities of sugar already. Substitute sugar in your soft drinks with lemon, mint, jam or honey.
8. **Vegetable oils must be 30-50%** of your total daily fat intake (where the rest are animal fat). Vegetable oils are oils of sunflower, olive, corn and others.
9. **Do not decrease the necessary quantity of protein** in your daily menu. You will damage your long-term health. Only under exceptional circumstances like severe kidney disease, post-surgical condition or acute condition of various illnesses, should you stay on a low protein diet.
10. **Support your balance of energy** - The correspondence between energy consumed and energy expended. Increase the intake of calories only if you do heavy physical work or exercises.



You will experience significant long-term benefits, if you incorporate these "nutrition commandments" into your everyday nutrition.

Our nutrition and diet information will help reduce swelling in the affected part of your body, however, your diet will not cure you from the problem alone. Only by using Dr Allen's Thermo-Balancing devices (See here: www.finetreatment.co.uk/about-us.html), will the blood flow, in the affected area, be restored and the problem resolved.

As we are experts in Nutrition, we give all our clients more advise to help improve overall health.