

RANGE B DIETARY GUIDELINES

- Increase water intake. Drink 1 oz. water per 2 lbs. Body weight daily. No more than 6 oz. per does per 30 minutes.
- Drink half your water quota as 10% mix lemon water (40 oz. maximum). Alternate each dose.
- Eat a bland diet.
- Eliminate salt.
- Condiments without salt are OK.
- Eliminate cheese.
- Decrease proteins.
- Decrease wheat products.
- Eat steamed or stir-fried vegetables.
- Add more fruit, but eliminate fruits with small seeds. Check the fruits page to see which fruits have small seeds (figs, strawberries, kiwi, etc.)
- Add agar agar to fruit juice. Don't wait for it to gel. Add envelope to juice, stir and drink.
- Eat at least one pear daily.
- Drink peppermint tea.

Use the General Dietary Guidelines to help you eat for better health, with the exceptions of the above Range B dietary guidelines.

Follow these guidelines until your next text, which should be in 3 weeks.