

RANGE C 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.
- Eliminate animal proteins.
- Eliminate wheat products.
- Eat steamed or stir-fried vegetables.
- Eggplant casserole is recommended.
- Add more fruit, but eliminate fruits with small seeds. Check the fruits page to see which fruits have small seeds (figs, strawberries, kiwi, etc.)
- Do not eat fruit after 2 p.m.
- Add agar agar to fruit juice. Let gel and consume.
- Eat at least one pear daily.
- Drink unsweetened peppermint tea.
- Take Calcium Lactate to prevent rapid loss of calcium.

Use the general dietary guidelines to guide you to eating for better health, with the exception of the above Range C dietary guidelines.

Follow these guidelines until your next test which should be in two weeks.