

**EAT TO LIVE RESOURCES**  
by Tracy Neisent, tracy-atty@cox.net  
Destiny Christian Center 7/6/08

**TELEVISION SHOWS:**

(I record these on my TiVo & watch them while I work out.)

**Know The Cause** (daily show) -  
10:00 a.m. KOPX ION (Ch 62; Cox 17; DS 181)  
Host Doug Kaufman is a researcher who wrote a book, *The Germ That Causes Cancer*. He believes all cancer and most health issues relate back to fungus in our bodies from consuming too much sugar and fungus-contaminated grains in our diets. See also his website at [www.knowthecause.com](http://www.knowthecause.com).

**Alternative Health** (weekly show) -  
11:00 a.m. Tues. KTBO TBN (Ch 14; Cox 23; DS 260)  
Doctor of Naturopathy, Valerie Saxion, explains various natural ways of preventing and treating disease.

**Extraordinary Health** with Jordan Rubin (show is every other week) - TBN Tues. 6:30 p.m.  
Jordan Rubin, author of *The Maker's Diet* and *Perfect Weight America*, is on a tour of American, helping families clean out their refrigerators and pantries and replace the processed foods with healthy, whole foods.

**FINDING ORGANICS LOCALLY:**

**SuperTarget** (on Penn & Memorial and north Norman on I-35)  
- has a great variety of organic seasonal produce for the best prices in the City. They also have organic eggs, cheese, Stoneyfield farms yogurt, pizza, frozen veggies, frozen fruits, soups, crackers, convenience foods, organic meats, etc. By far, your dollar will go farther for organics at SuperTarget.

**SuperWalmart**  
- has a small amount of organic produce (nothing near the variety at Target) and they also have organic crackers, soups, cereals, Stoneyfield farms yogurt, etc.

**The Health Food Center** (on Penn and I-240) and **Akins** (63<sup>rd</sup> and North May, and on Memorial)  
- both have huge selection of organic produce and about every organic food you will be able to find. I think the Health Food Center is a little cheaper than Akins.

**Farmer's Market**  
Saturdays, April 19 - November 1, 2008 (approx.)  
8 a.m. - 1 p.m. at the OSU-OKC Horticulture Pavilion  
400 N. Portland Ave. in Oklahoma City  
Wednesdays, May 7 - September 24, 2008 (approx.)  
9:30 a.m. - 1:30 p.m. in Downtown OKC at Couch Park  
(on Couch Drive, between N. Broadway and N. Robinson)

**WEBSITES:**

**[www.knowthecause.com](http://www.knowthecause.com)**

Doug Kaufman's website. You can purchase books on the Fungus Link to cancer. [My favorite segments - go to Shows, then watch Penny's Testimonial (breast cancer survivor treated with diet and natural anti-fungals) and watch Tullio Simoncini, MD (Italian doctor treating cancer by treating it as a fungus - amazing video of colon cancer reduced to 1/3 its size in a couple of days of treatment.)]

**[www.perfectweightamerica.com](http://www.perfectweightamerica.com)**

Companion website to the Perfect Weight America book by Jordan Rubin. You do not have to buy the book to use the website. You must "sign up" (for free) to access the resources, but the information is pretty neat. Mean plans, recipes, daily text message or email reminders, a daily video to watch to encourage you and to show you how to do the "FIT" exercises which burn 3x more calories than aerobic exercise.

**[www.vitacost.com](http://www.vitacost.com)**

Discount vitamins, supplements, organic packaged foods, organic juice, natural soaps and shampoos, natural cleaning products, etc. You can order a catalog if you'd rather look at it on paper instead of clicking around online. They have so many items that it is really overwhelming. Products are at least 30% off of retail and often 50% of what I can buy them for at Akins. If you want to follow the Perfect Weight America supplement regimen, you'll save a lot by ordering online. Shipping is only \$4.99 and there is no sales tax!

**[www.betterhealthstore.com](http://www.betterhealthstore.com)**

On occasion they have better sales on the Garden of Life products (Maker's Diet/Perfect Weight America supplements). They also have better deals on organic nuts and dried organic fruits. Once you order from them, you get emails with 10% off coupons and info about sales.

**HEALTH CONSULTANTS**

Keith D. Bishop, HealthNutRx.com  
Pharm., Clinical Nutritionist, Health Coach, 936-3333  
9612 N. May Avenue, Oklahoma City, OK 73120  
Health Screenings, Nutritional Counseling for Disease Mgmt, Cancer Care

Stacy Gee, PharmD, Innovative Pharmacy Solutions,  
1716 S Kelly, Edmond, OK 330-3619  
Weight Mgmt, Body Fat Assessment, Health Screenings, Cancer Care, Natural Hormone Replacement

**BOOKS**

*The Maker's Diet & Perfect Weight America*, both by Jordan Rubin

*What Would Jesus Eat?* by Don Colbert, M.D.

## EAT TO LIVE - TRACY'S DIET PLAN

DISCLAIMER: I am NOT a doctor. Please consult with your doctor before beginning a diet or exercise regimen.

**Day 1:** Only eat apples and drink water all day. If you don't like apples, try grapes, cherries, oranges or watery fruit (not bananas). If you can handle this for 2 days, that's even better!

<b>STAGE 1 - (FIRST 4 WEEKS)</b>		
	<b>EAT:</b>	<b>DON'T EAT:</b>
<b>Veggies</b>	All vegetables except potatoes and corn	Potatoes, corn (this is a grain, not a vegetable), mushrooms
<b>Fruits</b>	Any berries and any variety of apples. (Always eat w/ a protein - yogurt w/ berries, apples w/ nuts, etc.)	Any fruits other than berries or apples.
<b>Proteins (at least 1 source w/ every meal)</b>	Nuts (1/4 c.), organic raw or cultured dairy, organic eggs, organic lean meat (3 oz. portion of red meat or chicken - size of a deck of cards), wild-caught fish (up to 6 oz. portion), beans	Peanuts (they are not a nut!) Farm-raised fish Conventional meats or dairy (loaded with hormones and antibiotics)
<b>Grains</b>	NONE!	Bread, wheat, rice.
<b>Sweeteners</b>	Stevia or Xylitol	Sugar, honey, high fructose corn syrup, artificial sweeteners (Splenda, NutraSweet, "pink stuff")
<b>Fats</b>	Butter, extra virgin olive oil, coconut oil	Hydrogenated or partially hydrogenated oils, margarine
<b>Beverages</b>	Filtered water (1/2 oz. per pound you weigh), green tea	Soda, diet soda, fruit juice, sports drinks, vitamin water, flavoring packets for water, etc.
<b>Other</b>	Vitamins, fish oil, probiotic	Chemical preservatives, artificial colors or flavors, MSG, anything that is not food and that you can't understand on a label

1<sup>st</sup> thing in the morning: 2 cups of water with the juice of a whole, fresh-squeezed lemon.

Snacking: If you are used to "snacking," eat a healthy snack, but do not eat more frequently than every 3 hours.

Between meals: 1/2 oz. of water (ONLY) per pound of body weight (example: 150 lb man drinks 75 oz of water).

<b>STAGE 2 - MAKE IT A LIFESTYLE!</b>		
<b>Add honey or other natural sweeteners along with organic grains and all types of fruit. However, I suggest that one week a month, you go back to the strict diet plan and eliminate the grains.</b>		
	<b>EAT:</b>	<b>DON'T EAT:</b>
<b>Veggies</b>	All vegetables Sparingly: organic potatoes, organic corn and mushrooms	
<b>Fruits</b>	All fruits. (Always eat w/ a protein - yogurt w/ berries, apples w/ nuts, etc.)	
<b>Proteins (at least 1 source w/ every meal)</b>	Nuts (1/4 c.), organic raw or cultured dairy, organic eggs, organic lean meat (3 oz. portion of red meat or chicken - size of a deck of cards), wild-caught fish (up to 6 oz. portion), beans	Peanuts (they are not a nut!) Farm-raised fish Conventional meats or dairy (loaded with hormones and antibiotics)
<b>Grains</b>	All organic whole grains- Ezekiel 4:9 breads, cereals, tortillas; oats (steel-cut preferably); brown rice and wild rice	White rice, white bread
<b>Sweeteners</b>	Stevia or Xylitol, raw honey, agave nectar	Sugar, honey, high fructose corn syrup, artificial sweeteners (Splenda, NutraSweet, "pink stuff")
<b>Fats</b>	Butter, extra virgin olive oil, coconut oil	Hydrogenated or partially hydrogenated oils, margarine
<b>Beverages</b>	Filtered water (1/2 oz. per pound you weigh), green tea	Soda, diet soda, fruit juice, sports drinks, vitamin water, flavoring packets for water, etc.
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**Cheating!** One meal per week, eaten within 1 hour.