

## The Importance of Maintenance

You're feeling better! Your troublesome symptoms are not there to pester you any more! You can go back to life as usual... right? Now that you have made such gains in your health and vitality, it's easy to think that you can fudge a little... and then a little more... until you may find yourself right back where you started.

Once you have achieved the weight loss you desired, eased the stress to your adrenal glands or overcome the problems with your gut, it's important to continue with the changes you made to accomplish these goals. It is no small thing to conquer a lifelong carb addiction...but appetite control can be simple when your body is receiving the nourishment it craves.

We recommend to all of our patients that they continue to nourish themselves well, by:

1. Beginning each meal with a fat or a protein... rather than shocking the pancreas with a load of carbohydrates.
2. Focusing on veggies (75% of your plate) and protein (25%) plus some compound carbohydrates (whole grains) on occasion and fruits for snacks.
3. Allowing natural, healthy fats in your diet. These include olive oil, avocados, coconut oil, butter (organic, grass fed is best), fish oil and nuts. Avoid hydrogenated fats and highly processed vegetable oils.
4. Avoiding sugar and refined starch (things made from flour or white potatoes) If an item from the grocery store shelf has over 5 grams of sugar, put it back. Also avoid artificial sweeteners.

We also recommend a basic supplement maintenance plan to assure that you are getting all the nutrients that are so hard to get from our depleted modern foods. An excellent long term program to provide the most vital nutrients would include daily: **6 Catalyn** (a thorough all round natural food concentrate), **3 Organically Bound Minerals**, **4 Tuna Oil** capsules, **Vitamin D** (usually 4000 to 6000 units) and **Iodine** (usually 3 mg. To 12.5 mg)

A very adequate maintenance program such as this will cost under \$60.00 a month and will go a long way toward preventing future health problems and retaining the vitality and benefits of your original program.

If you have a particular health issue or weakness that you would like to take care of, you may want to add to the basic maintenance program a product specific to your concerns. For example, **Cardio Plus** for the heart, **Diaplex**, **Gymnema** or **Glysen** for the pancreas and blood sugar management, **Thyroid Response**, **Thyroxal** or **Thyrophin** for the thyroid or **Adrenal Response**, **Adaptocrine** or **Adrenal Complex** for the adrenal glands.

Most patients like to set up a regular maintenance visit with the doctor, to make sure they are retaining their health gains. These can be from two to six times a year. Others enjoy the convenience of having a maintenance box of supplements shipped once a month, to avoid having to make a trip to the office... and then setting up appointments as needed. We are happy to set an automatic shipment to help you continue in good health!

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