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## **The Page Fundamental Diet Plan Starting Your Journey To Health**

This diet plan is designed to assist your body in its ability to create and maintain “balanced body chemistry”. Dr. Melvin Page’s Phase 1 and Phase 2 diets are not only extremely helpful, but in many cases essential to control blood sugar imbalances as well as all other types of imbalanced body chemistry. At the famous Page Clinic, blood chemistry panels were done every three to four days on all patients. Dr. Page based his diet plan on the research of Drs. Price, Dr. Lee and Dr. Pottenger, who showed the relationship of diet to health, both physical and emotional. The diet plan was proven true when blood chemistry panels of thousands of his patients normalized without any other intervention. Many of today’s popular diets are based on Dr. Page’s work. Dr. Page emphasized removing refined carbohydrates (such as sugar and processed flour) and cow’s milk from the diet. Notice that the percentage of carbohydrates is indicated on the attached food list. Dr. Page felt that it was not only important to eat quality proteins and fats, but quality carbohydrates as well.

The longer you are on this diet and the more closely you follow it, the easier it will be to stick to it. This will result in your feeling and looking so much better than you did with your old way of eating. As you become healthier, your cravings for those foods, which are not the best choices for you, will actually diminish. Old habits are hard to break though, so take your time in changing your diet habits so that you don’t slip back into your old way of eating. However, if this happens, let us know as soon as possible so we can assist you in determining what is upsetting your body chemistry. Nutritional supplements may be needed to assist you to get back on track by reducing cravings, etc.

### **Foods To Eat And Not Eat**

**Proteins:** Eat small amounts of proteins frequently. It is best if you have some protein at each meal. It need not be a large amount at any one time; in fact, it is best if you stick to smaller amounts (<2-4 ounces of meat, fish, fowl, or eggs) at a time. Both animal and vegetarian sources of protein are beneficial. Choose a variety of meat products and try to find the healthiest options available, i.e. free range, antibiotic free and/or organic, whenever possible. Eggs, for most people, are an excellent source of protein. Eat the whole egg, the lecithin in the yolk is essential to lower blood fat and it improves liver and brain functions. With any protein, the way in which you prepare it is critical. The closer to raw or rare the better. Remember, any time meats and vegetables are heated

over 110 degrees Fahrenheit, crucial enzymes are damaged and lost. Avoid frying. Grilled, boiled, steamed, soft boiled, or poached is best.

**Vegetables:** Eat more, more, more!!! This is the one area where almost everyone can improve his or her diet, and it is an especially important area for you. Always look for a variety, although make the green, leafy type your preference. This includes spinach, chard, beet greens, kale, broccoli, mustard greens, etc.

As stated above for proteins, the quality of your produce (fresh and organic preferred) and the method of preparation are critical. Raw is preferred with lightly steamed or sautéed as your second choice for all vegetables. Use only butter or olive oil to sauté. When eating salads, try not to eat iceberg lettuce, rather use lettuces with a rich green color, sprouts and raw nuts. Don't make salads your only choice for veggies.

**Fruits:** Most people wrongly try to drink their fruits. Fruit juice is loaded with the simple sugar, fructose, which is shunted into forming triglycerides and ultimately stored as fat. Without the fiber in the fruit, juice sends a rapid burst of fructose into the blood stream. When you do eat fruit, only eat one type of fruit at a time on an empty stomach. Avoid the sweetest fruits/tropical fruits, except papaya, which is very rich in digestive enzymes (fruits from colder climates are preferred). Eat only the highest quality, fresh and organic when possible.

**Carbohydrates:** This is a very tricky area. Most people have one classification for carbohydrates when in reality there are really 3 different types – complex, simple, and processed. Unfortunately, for most patients suffering with imbalance problems, almost any carbohydrate is a no-no. It is a physiological fact that the more carbohydrates you eat the more you will want. Craving carbohydrates is a symptom of an imbalance, so you can use this craving to monitor your progress. Overall, eat vegetables as your carbohydrate choice and limit grains (even the whole grains can be trouble). When you do eat whole grains, only have them in moderation, and only at dinner. If you start the day with carbohydrates, you are more likely to crave them throughout the day, and then you'll eat more and it's down hill from there. Absolutely stay away from white breads (100% rye only bread is the least of the evils), muffins, cookies, candies, crackers, pasta, white rice and most baked goods.

There's another dark side to carbohydrates that's never talked about much – the connection to weight gain, elevated cholesterol and triglycerides, heart disease, and cancer. You don't even need to know the details to get the idea how much trouble carbohydrates can be.

**Wheat and Grains:** There has been a goodly amount of debate regarding grains. Whole, unprocessed grains can be rich sources of vitamins and minerals, but with soil depletion and the special strains of grain that modern agriculture has developed, it isn't clear what nutrients remain. The two predominantly used grains in this country are genetically engineered and have 5 times the gluten content and only 1/3 of the protein content of the

original wheat from which they were derived. This high gluten content is to blame for many patients' allergic reactions. When scholars have studied disease patterns and the decline of various civilizations, many of the degenerative diseases developed when cultivation of grains became a major part of their diet. Chemicals naturally found in certain grains, lack of the appropriate enzymes, and the carbohydrate content of grains make them a source of trouble for many individuals. My opinion at this time is to minimize grains such as wheat and barley. Unprocessed rye, rolled oats and brown rice can be considered on occasion to give you more variety. Some of the Danish and German brown breads like pumpernickel seem to be nutritious. Essene bread is a source of raw wheat and is a good source of minerals, vitamins and protein and is recommended. If you could get your hands on a flour mill I would recommend buying organic wheat berries and milling your own flour unless you can find a source of organic fresh-milled flour. I recommend buying a bread maker. This way you can control the ingredients of any bread you might eat. I still recommend that breads be eaten in small quantities and they should not be mixed with meats in the same meal. Also, a good way to decrease the glycemic index of bread so that it doesn't cause rapid increases in blood sugar is to butter your bread or do it the Italian way and dip the bread in pesto (olive oil and basil).

**Sweeteners:** Use only a *small* amount of raw Tupelo honey or Stevia as sweeteners. Absolutely NO Nutra-Sweet, corn syrup, or table sugar. Although Dr. Page did not allow raw cane sugar, it does provide the nutrients to aid in its metabolism. If you cheat, be smart and use only small amounts with a meal. Remember that sugars, or any sweetener, should never be in a meal that contains meat.

**Fats:** The bad news is you probably do not get enough of the right fats in your diet. So, please use olive oil (cold pressed, first press, extra virgin), walnut oil, flax seed and grape seed oils. These are all actually beneficial, as long as they are cold-pressed. When cooking use only raw butter and olive oil – they are the only two oils safe to cook with. Avoid all hydrogenated and partially hydrogenated fats! They are poisons to your system! Never eat margarine again! Also, avoid peanut butter. Eat all the avocados and raw nuts you desire.

If you think eating fat will make you fat, think again. When you eat fat, a chemical signal is sent to your brain to slow down the movement of food out of your stomach. As a result, you feel full. It is not surprising that recent research is showing that those who eat “fat-free” products tend to actually consume more calories than those who eat foods that have not had their fat content reduced (low-fat usually means high sugar/high calories). In addition, fats are used not only for energy, but also for building the membrane around every single cell in your body. Fats also play a role in the formation of hormones, which of course, make you feel and function well. It is far worse to be hormone depleted from a low fat diet than it is to over-eat fat. The sickest patients we see are the ones who have been on a fat-free diet for a long period of time. Like carbohydrates, choose your fats wisely – this program is not suggesting fried or processed foods.

**Milk Products:** Forget *pasteurized* cow milk products (milk, certain cheeses, sour cream, half & half, ice cream, cottage cheese and yogurt). If you only knew all the potential

problems from pasteurized milk, you would swear it off forever. Dr. Page found out that milk was actually more detrimental than sugar for many people (man is the only mammal that continues to drink milk after weaning). Avoiding dairy will make it much easier for you to attain your optimal level of health and hormonal balance. Raw butter and Kefir (liquid yogurt), however, are excellent sources of essential nutrients and vitamins. Raw goat and sheep cheeses and milk products are great alternatives because their genetic code and fat content is apparently more like humans. I'd still be cautious with these, however.

There has been a lot of hype about using soymilk and rice milk to replace dairy. While they sound like healthful alternatives, what they really are is highly processed foods that are primarily simple carbohydrates. You're better off doing without these as well. Of course Vitamite®, Mocha Mix®, and the other dairy substitutes are highly processed nutrient-depleted products that, honestly, should not be considered a food.

**Liquids:** Spring water is best, ½ your weight in ounces per day, and herbal tea. Avoid all soda. No coffee until you are fully recovered, if then. Fruit juices are forbidden because of their high fructose content and dumping of sugar into the blood stream. An occasional small glass of vegetable juice with a meal or fresh pressed cider or orange juice is probably okay, but spring water really is best.

If you enjoy wine or beer and still insist, there are some guidelines. First, drink only with meals. Red wine has less sugar and more of the beneficial polyphenols than white wines. Most of the good foreign beer is actually brewed and contains far more nutrients than the pasteurized chemicals called beer made by the large commercial breweries in the United States. Less is better. Occasionally, rather than regularly is better. Because coffee and alcohol force you to lose water, you will have to drink more water to compensate.

The most important life giving substance in the body is water. The daily routine of the body depends on a turnover of about 8 glasses of water per day. In the process, your body loses a minimum of 6 glasses per day, even if you don't do anything. With movement, exercise, and sugar intake (that's right), etc. you can require up to over 15 glasses of water per day. Consider this, the concentration of water in your brain has been estimated to be 85% and the water content of your tissues like your liver, kidney, muscle, heart, intestines, etc. are 75% water. The concentration of water outside of the cells is about 94%. That means that water wants to move from the outside of the cell (dilute) into the cell (more concentrated) to balance out things. The urge water has to move is called hydroelectric power. That's the same electrical power generated at hydroelectric dams (like Hoover Dam). The energy made in your body is in part hydroelectric. I just know you wouldn't mind a little boost in energy.

**Eat smaller amounts more frequently:** Eating a smaller amount reduces the stress of digestion on your energy supply. Eating small meals conserves energy. Give your energy generator a chance to keep up with digestion by not overwhelming it with a large meal. The average mealtime in the United States is 15 minutes. In Europe, the average mealtime is 1 to 1 ½ hours. Little wonder, why Americans suffer such a high rate of

digestive disorders! When digestion is impaired, yeast overgrowth, gas, inflammation, food reactions, etc. are the result.

Another reason for eating smaller meals is to prevent the ups and downs of your blood sugar level, so you end up craving less sugar. As mentioned earlier, you can overwhelm your digestive capacity. You can also overwhelm your body's ability to handle sugar in the blood. Since the body will not (or should not) allow the blood sugar level to get too high, insulin and other hormones are secreted to lower the blood sugar. Often times, the insulin response is too strong and within a short period of time insulin has driven the blood sugar level down. As a result of low blood sugar, you get a powerful craving for sugar or other carbohydrates. You then usually overeat, and the cycle of ups and downs, yo-yo blood sugar results (depression and the lack of energy are all part of this cycle). Eating a small meal again will virtually stop this cycle.

Eating smaller meals also has advantages for your immune response to ingested food. It turns out that a small amount of food enters the blood without first going through the normal digestive pathway through the liver. As a result, the body sees this food not as nourishment but as a threat and you will stimulate an immune reaction. Normally, a small immune reaction is not even noticed, but if a large amount of food is eaten (or if a food is eaten over and over again) the immune reaction can cause symptoms. Over time, disease develops.

By eating smaller amounts, the size of the reaction that occurs is small and inconsequential. A large meal, and thus a large assault of the immune system, could cause many symptoms of an activated immune system including fatigue, joint aches, flu-like symptoms, headaches, etc. This reaction was called the Metabolic Rejection Syndrome by the late nutritional pioneer Arthur L. Kaslow, M.D. Through thousands of his patient's food diaries; he compiled a list of high-risk foods that is much the same as Dr. Page's.

**Important Note:** When in doubt, don't eat it. If it isn't on the list, wait and ask the doctor or nutritionist on your next visit. The Page Diet plan is designed to help you to optimal health just as it has for tens of thousands of Dr. Page's patients, many of whom are in their later years without signs of degenerative diseases such as heart disease, arthritis, cancer, osteoporosis, etc. It is not intended to make you suffer or sacrifice, in fact, quite the opposite, as you will be delighted with the physical and emotional improvements you experience from the food your body was designed to run optimally on. And what you eat or drink at the occasional party or evening out is not going to be significantly harmful to your nutritional balance in the long run, so you can enjoy it.

Lastly, as with all things that are beneficial to your health, it's hard to start, but the longer you use this diet, the greater the benefits you will realize from it. Relax, and enjoy the process and benefits!!!

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### **Protein Calculator**

Each of your meals must include some protein. The easiest sources are meat, fish, poultry, or eggs. (Count 2 eggs as equal to 3 oz.). Vegetarians must combine proteins carefully and consistently using a different calculation! An easy way to calculate the amount of protein you need is to divide your ideal body weight by 15 to get the number of ounces of protein to be consumed each day. This is not a “high protein diet”. Like many people, you already eat this much protein during a day, but you eat it mostly in 1 or 2 meals instead of spreading it out evenly over 3-5 meals. If you are more physically active, eat more protein.

90 lb. IBW = 6 ounces a day or  $1\frac{3}{4}$  - 2 ounces of protein per serving.  
105 lb. IBW = 7 ounces a day or  $1\frac{3}{4}$  -  $2\frac{1}{3}$  ounces of protein per serving.  
120 lb. IBW = 8 ounces a day or 2 -  $2\frac{1}{3}$  ounces of protein per serving.  
135 lb. IBW = 9 ounces a day or  $2\frac{1}{2}$  - 3 ounces of protein per serving.  
150 lb. IBW = 10 ounces a day or 3 -  $3\frac{1}{3}$  ounces of protein per serving.  
165 lb. IBW = 11 ounces a day or  $3\frac{1}{3}$  -  $3\frac{3}{4}$  ounces of protein per serving.  
180 lb. IBW = 12 ounces a day or  $3\frac{3}{4}$  - 4 ounces of protein per serving.  
195 lb. IBW = 13 ounces a day or 4 -  $4\frac{1}{3}$  ounces of protein per serving.  
205 lb. IBW = 14 ounces a day or  $4\frac{1}{3}$  -  $4\frac{3}{4}$  ounces of protein per serving.  
215 lb. IBW = 15 ounces a day or  $4\frac{3}{4}$  - 5 ounces of protein per serving.

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### **Spring Water Calculator**

Take your body weight and divide by 2. This is the amount of ounces of spring water that you should be drinking daily. It will provide valuable immunologic support and nutrients and it will curb your appetite.

## *Phase I food plan for balancing body chemistry.*

### MEAT FISH FOWL EGGS VEGETABLES

(No limit on vegetable serving size. Follow protein calculator for meats)

<b>Vegetables</b> 3% or less carbs	<b>Vegetables</b> 6% or less carbs	<b>Vegetables</b> 7 – 9% carbs	<b>Miscellaneous</b> In limited amounts
Asparagus	Bell Peppers	Acorn Squash	Butter, Raw or Organic
Bamboo Shoots	Bok Choy Stems	Artichokes	Caviar
Bean Sprouts	Chives	Avocado	
Beet Greens	Eggplant	Beets	Dressing – (Olive oil
	Green Beans	Brussels Sprouts	with fresh squeezed
Broccoli	Green Onions	Butternut Squash	lemon juice or apple
Cabbages	Okra	Carrots	cider vinegar)
Cauliflower	Olives	Jicama	
Celery	Pickles	Leeks	Salt – Iodized Sea Salt
Chard		Onion	(only a pinch)
Chicory	Pimento	Pumpkin	
Collard Greens	Sweet Potatoes	Rutabaga	Organic Jerky such as
Cucumber	Tomatoes	Turnips	venison or non-
Endive	Water Chestnuts	Winter Squash	commercial homemade
Escarole	Yams		
Garlic			Nuts and Seeds
Kale			Organic Raw only. (no
Kohlrabi			peanuts). Sunflower,
Lettuces			Almond, Pumpkin,
Mushrooms			Walnut, Pecan,
Mustard Greens			etc. (Soak almonds over
Parsley			night for easier
Radishes			digestion.
Raw Cob Corn			
Salad Greens			Oils- Raw Cold Pressed
Sauerkraut			or Extra Virgin Olive
Spinach			Oil and Organic Flax
String Beans			Oil only.
Summer Squash			
Turnip Greens			Beverages – Hot or cold
Watercress			non-caffeinated herbal
Yellow Squash			teas, organic beef or
Zucchini Squash			chicken bouillon,
			Spring Water

☺ Foods eaten closest to their raw state have the best digestive enzyme ability, so steam veggies only 4 minutes and 20 minutes for root veggies like carrot, beet, turnip.

☺☺ Take fluids more than one hour before or more than two hours after meals.

☺☺☺ Limit fluid intake with meals to no more than 4 ounces.

XXXX No processed grains, white flour, sugar, sugar substitutes.

## ***Phase II food plan for balancing body chemistry.***

### **MEAT FISH FOWL EGGS VEGETABLES**

(No limit on vegetable serving size. Follow protein calculator for meats)

#### **Vegetables** 3% or less carbs

Asparagus  
Bamboo Shoots  
Bean Sprouts  
Beet Greens  
Bok Choy Greens  
Broccoli  
Cabbages  
Cauliflower  
Celery  
Chards  
Chicory  
Collard Greens  
Cucumber  
Endive  
Escarole  
Garlic  
Kale  
Kohlrabi  
Lettuces  
Mushrooms  
Mustard Greens  
Parsley  
Radishes  
Raw Cob Corn  
Salad Greens  
Sauerkraut  
Spinach  
String Beans  
Summer Squash  
Turnip Greens  
Watercress  
Yellow Squash  
Zucchini Squash

#### **Vegetables** 6% or less carbs

Bell Peppers  
Bok Choy Stems  
Chives  
Eggplant  
Green Beans  
Green Onions  
Okra  
Olives  
Pickles  
Pimento  
Rhubarb  
Sweet Potatoes  
Tomatoes  
Water Chestnuts  
Yams

#### **Vegetables**

7 – 9% carbs  
Acorn Squash  
Artichokes  
Avocado  
Beets  
Brussels Sprouts  
Butternut Squash  
Carrots  
Jicama  
Leeks  
Onion  
Pumpkin  
Rutabagas  
Turnips  
Winter Squash

#### **Vegetables** 12 – 21% carbs On limited basis (Only 2 – 3 X / week Celeriac Chickpeas Cooked Corn Grains, Sprouted Horseradish Jerus. Artichokes Kidney Beans Lima Beans Lentils Parsnips Peas Popcorn Potatoes Seeds, Sprouted Sunflower Seeds

#### **Fruits** Limited Quantity on limited basis (Snacks only) Apples Berries Grapes Papaya Pears Prunes, Fresh Fig, Organic

#### **Miscellaneous** In limited amounts

Butter, Organic  
Caviar  
Cottage Cheese, Organic  
Dressing – Cold Pressed  
or Extra Virgin Olive  
and Organic Flax Seed  
Oil only with fresh squeezed  
lemon juice or apple cider  
vinegar.  
Organic Jerky such as  
venison of non-commercial  
homemade.  
Kefir, Organic  
Plain Yogurt, Organic  
Nuts and Seeds, Raw  
organic if possible. (No  
peanuts). Sunflower,  
Almond, Pumpkin,  
Walnut, Pecan. (Soak  
almonds overnight for  
easier digestion).  
  
Oils – Raw Cold Pressed  
or Extra Virgin Olive Oil  
and Organic Flax Seed Oil  
only. (No Canola oil)  
  
**Beverages** – Hot of cold  
non-caffeinated herbal teas,  
organic beef or chicken  
bouillon, Spring Water

☺ Foods eaten closest to their raw state have the best digestive enzyme ability, so steam veggies only 4 minutes and 20 minutes for root veggies like carrot, beet, turnip.

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XXXX No processed grains, white flour, sugar, sugar substitutes.