

INFUSE Your Diet Guide To Better Health

This guide is your foundation for vibrant health, decreased pain & inflammation, improved brain function and optimal resilience.

Based on the latest research, this diet has something to offer for everyone. Whether you suffer from low energy, frequent colds & flu's, hormonal imbalances, weightgain, mood imbalances, chronic pain and fatigue or auto-immune conditions, eating according to these guidelines will help you. Guaranteed.

The foods are arranged on a spectrum: the more you eat on the green side of the spectrum, the better you'll feel, both physically and mentally. **Green:** use liberally; **Yellow:** use in moderation (eat small amounts of these ingredients once a day or, ideally, just a couple times weekly), **Red:** completely avoid for best results.

HOW MUCH TO EAT

Oil & Fats
15% of dietary intake



Fruit or Starch
20% of dietary intake



Organic Veggies
40% of dietary intake



Protein
25 % of dietary intake



Bloodsugar
Eating in these proportions ensures a steady energy throughout the day without mid-afternoon crashes, fatigue, anxiety, cognitive difficulties, dizziness, nausea, and hunger/ food cravings resulting from reactive hypoglycemia (low bloodsugar levels) due to high sugar/ carbohydrate intake

Calories
There is no target quantity of calories by design; as long as your diet is made of wholesome foods, the body will match calorie intake and energy used until optimal weight is achieved.

Reduce your exposure to (neuro)toxins and hormone disrupters



1. Eliminate all foods containing GMO ingredients.

GMO (Genetically Modified Organisms) technology creates unstable combinations of plant, animal, bacteria and viral genes that do not occur in nature and disrupt our biochemistry.

The following ingredients (found in most processed food) are presumed GMO unless specified as non-GMO (look for product seal): canola, corn, soy, sugar beets (meaning all sugar unless labeled differently), cotton, papaya, zucchini and summer squash.



2. Say bye to pesticides

Pesticides have been linked to a wide range of human health hazards, ranging from short-term impacts such as headaches and nausea to chronic impacts like cancer, reproductive harm, and endocrine disruption.

Start by eliminating the 12 most contaminated fruits & vegetables. Download the "dirty dozen" app by the Environmental Working Group and reduce your exposure by 80%. Or go 100% organic and get an organic / CSA (Community Supported Agriculture) box delivered at your doorstep and cut costs by bypassing grocery stores.



3. Never ever eat products containing these...

Monosodium Glutamate (MSG, E621), Sodium Nitrate (E250), BHA/BHT (E320), Sulphur Dioxide, Potassium Bromate (E924), aspartame, (High Fructose) Corn Syrup, sucralose (Splenda), agave and trans fats (aka "partially hydrogenated oils"). Download the handy shopping guide from the resource section of our website.

4. Screen for potential food sensitivities & nutrient deficiencies.

Work with a holistic healthcare practitioner to identify foodsensitivities (e.g. gluten, dairy, soy) and nutrient deficiencies. While these guidelines have proven to improve health in general, it is recommended to obtain personalized advice tailored to your situation.



WHAT TO EAT

	Beverages	Organic Veggies	Oil & Fats	Nuts*, Seeds*, Legumes** Dairy	Protein	Starch & Grains	Fruit	Spices & Flavorings	Sweeteners	Cooking
POWERFOOD (Green)	high quality green tea, diluted coconut milk, water with lime/lemon, mineral water in glass, organic raw kombucha	cilantro, bok choy, brussels sprouts, fennel, celery, asparagus, broccoli, cauliflower, kal collards, spinach, avocado, cucumber, cabbage, radishes, leeks, green onion, zucchini, lettuce	pastured egg yolks, krill oil, grass-fed red meat fat and marrow, coconut oil*, sunflower lecithin, EVO olive oil, avocado oil, chocolate and cocoa butter	Coconut, organic hemp seeds, chia seeds, crushed flax Raw pecans, walnuts, almonds, hazelnuts, macadamia, sunflower and pumpkin seeds. sprouted legume, hummus	Organic grass fed whey isolate, organic Collagen Protein, grass-fed ruminants (beef, lamb, goat, bison, elk), pastured eggs* and gelatin, colostrum	sweet potato, yam, carrot, pumpkin, butternut squash cassava, plantain	blackberries, cranberries, lemon, lime, raspberry, strawberry, avocado, blueberries, pomegranate	70% organic cacao, apple cider vinegar, sea salt, ginger*, cilantro, parsley, coffee*	stevia	raw or not cooked, lightly heated
SUSPECT (Yellow)	filtered water, water with lime/lemon, green tea, fresh coconut water tap water with lime/lemon, water with muddled fruit, fresh brewed iced tea – unsweetened, fresh nut milk	eggplant, peppers, tomatoes,	fish oil	non-organic grass-fed ghee or butter, organic grass-fed cream organic grass-fed full-fat raw milk or yogurt	low-mercury wild fish such as anchovies, haddock, petrale sole, sardines, sockeye salmon, summer flounder, trout	Resistant starch powder (potato starch, plantain flour, Hi-maize® starch)	tangerine, grapefruit	oregano, turmeric, rosemary, lavender, thyme	xylitol, erythritol, sorbitol, maltitol and other sugar alcohols	steamed al dente, UV oven, baked at 350°F or below
TOXIC (Red)	Freshly squeezed fruit juice, raw milk, bottled ice tea – no sugar added, coconut water (bottle/box), bottled nut milks pasteurized milk soy milk, packaged juice, diet drinks, soda, sweetened drinks, aspartame drinks, sports drinks	corn (fresh on the cob) all other corn except fresh, soy, canned veggies	palm oil, palm kernel, pastured bacon fat non-GMO soy lecithin duck and goose fat, grain-fed butter safflower, sunflower, canola, peanut, soy coltseed, corn, and vegetable oils, heated nuts margarine and other artificial trans-fats, oils made from GMO grains, commercial lard	non-organic grass-fed full-fat raw milk or yogurt, grain-fed ghee skim or low-fat milk, fake butter, pasteurized non-organic milk or yogurt all cheese, powdered milk, factory dairy, dairy replacer, condensed or evaporated milk, conventional ice cream	wild caught seafood, clean whey isolate* pastured pork, chicken and turkey factory farmed eggs† heated whey, factory-farmed meat high-mercury or farmed seafood, GMO soy protein, cheese and other pasteurized or cooked dairy (except butter)	rice*, fresh or frozen organic corn on the cob potatoes (white, purple, new) oat*, buckwheat*, quinoa*, amaranth* millet, rye, other starch wheat, GMO corn	apple, apricot, cherries, kiwi, figs, nectarine, orange, peach, pears, plums, lychee, honeydew pineapple*, passion fruit, bananas*, dates*, grapes*, guava*, mango*, melons*, papaya*	cinnamon, all-spice, cloves*, organic prepared mustard with no additives garlic*, black pepper*, paprika*, nutmeg* onion, table salt, mustard seed tofu, tamari, miso commercial dressings, spice mixes and extracts, MSG, yeast, caseinate, textured protein, bouillon and broth, hydrolyzed gluten, anything labeled enzyme modified flavoring or seasoning	non-GMO dextrose, glucose, raw honey maple syrup, coconut sugar white sugar, brown sugar, agave, cooked honey fructose*, fruit juice concentrate, agave*, high-fructose corn syrup* aspartame (NutraSweet), sucralose (Splenda), acelsulfame potassium	simmered, boiled, poached, lightly grilled (not charred) sous vide, crock pot broiled, barbequed stir fried burnt, blackened, charred, deep fried, microwaved

* Sources of Omega 3 & 6 and plant based protein
** Source of plant protein & fiber. Have to be cooked to deactivate anti-nutrients (lectin, phytic acid)

*Suitable for heating

† They protein should be cold processed and cross-flow microfiltered (CFM). People who are sensitive to dairy should use isolate over concentrate.

*The lower down the list, the higher the sugar content.

* Beware, these items often harbor toxic mold species. It's best to use fresh, high-quality options whenever you can.

* Very high glycemic index