

## 10-Day Diet

As I have stated extensively in my book, *Kristina Amelong's Ten Days to Optimal Health*, the following program is based on the research of Dr. Weston A. Price, as well as on many years of dedicated practice by alternative health practitioners throughout the world. I know that this dietary program will assist you in attaining your health goals. I assist clients to apply its principles at the Optimal Health Center each and every week. It works. Foods do assist our bodies to heal.

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**Water.** Drink reverse osmosis water, or another source of clean water, all day long. Ideally, drink a half cup every half hour. For those of you who are drinking raw milk, you may replace some of the water with a half cup to two cups of milk. For those of you who have hypothyroidism as part of your health struggle, you may want to drink orange or cherry juice in place of some of the water.

**Breakfast.** Eat breakfast soon after arising every day. It is important that it consist of fruit, protein, and fat.

**Fruit.** Eat fruit or drink tropical fruit juice throughout the day, 5 to 10 minutes before a meal.

**Small meals.** Eat a small meal every 2 to 4 hours. This means that you will be eating 5 to 8 meals per day.

**Non-starchy vegetables.** Eat non-starchy vegetables 1 to 4 times daily. Organic (pesticide-free) is best. Non-starchy vegetables include raw sauerkraut, broccoli, celery, peppers, tomatoes, zucchini, onions, spinach, salad greens, kale, spaghetti squash, cauliflower, bok choy, collard greens, and more.

**Protein.** Eat 5 to 25 grams of protein every 2 to 4 hours. Proteins may include non-commercial, grass-fed meat such as beef or buffalo, ostrich, elk, raw dairy products, safe fish, organic chicken, organic turkey, or pasture-raised eggs. It is essential that you eat some animal protein each time you eat.

**Healthy fats.** Eat healthy fats throughout the day. Healthy fats include, but are not limited to, grass-fed butter, grass-fed butter oil, grass-fed meat, ocean-caught fish, fish oils, coconut oil, grass-fed ghee, avocados, pasture-raised eggs, olive oil, nuts, and seeds. Eat nuts and seeds in small amounts only.

**Food with high enzyme content.** Eat foods that have a high enzyme content. These include raw dairy, raw or lightly cooked non-commercial meats, and lacto-fermented food and drinks such as yogurt, kefir, raw cultured vegetables, and kvass.

**Soups made with bone broth.** Eat soup that has been prepared using soup bones.

**Raw dairy.** Eat raw dairy products.

Kristina Amelong  
Optimal Health Center  
2158 Atwood Avenue, Madison, Wisconsin 53704  
Office Hours: M-F 9:00 AM to 3:00 PM CST  
Phone: (608) 242-0200