



THE
Innovative Medicine
Diet Plan

A Guide for Optimal Healing through Eating



*"Let food be thy medicine
and
medicine be thy food."*

- Hippocrates

This diet program is similar to the program provided to patients at the world renowned *New York Center for Innovative Medicine*. Before starting any diet, you should speak to your doctor. Do not rely on the information in this plan as an alternative to medical advice from your doctor or other professional healthcare provider. If you have any specific questions about any medical matter, you should consult your doctor or other professional healthcare provider. This diet plan is not intended to diagnose, treat, cure, or prevent any disease.



WELCOME

The Importance of Diet in Healing

Diet is an essential component of any treatment, whether conventional, alternative, or through an advanced Innovative Medicine approach. Without proper fuel and nutrition, your treatment and resultant outcome may become jeopardized. One of the key phases to any successful treatment plan is restoring the body's natural terrain.

What does terrain mean? When we speak about terrain, we are referring to your inner environment. One critical factor of this inner environment is pH balance. When the body's terrain is too acidic it can create an environment for pathogens to flourish and grow, and for toxins to accumulate. Effective correction of the dynamics within this vast matrix that composes the inner environment of the body is paramount to correcting the chronic recurring health problems perplexing our society, and diet plays an important role.

Whenever we have a polluted terrain, there will always be:

- Compromised immune functioning
- Poor function of the organs
- Opportunistic organisms that will take advantage of impaired biological tissue milieu and acidic environment

By maintaining a diet focused on alkaline food, we can help shift the terrain in the body to a more neutral state, allowing the body to perform its natural protective functions that we all inherently possess. The goal of your diet should be to bring your pH to a neutral level – not too acidic and not too alkaline. However, due to our normal modern diets that are heavily focused on dairy, sugar, and meat, a majority of us are too acidic.

Although this diet plan may seem strict, it is advised you establish and maintain a healthy relationship with food while understanding the fundamental importance of sticking to the dietary guidelines. Food is necessary for energy production, helping the body perform necessary metabolic functions. However, it can also be used as a tool to help improve the function of your organs and help support a healthy immune system.



NOTES FROM DR. SZULC
MEDICAL DIRECTOR, NYCIM

“Our internal biological environment is composed of many complicated systems that are regulated primarily on the basis of pH or acid/base makeup and temperature. All essential enzymatic and metabolic functions such as the Krebs cycle, which is how cells manage energy, can only function in an optimal pH and temperature environment. Our internal temperature remains relatively constant at 98.6 degrees Fahrenheit unless we have a fever or are hypothermic. This leaves pH as the main regulating tool for our internal environment.

Most disease and illness is created and functions optimally in acidic environments. Our body's ability to regulate itself and function properly breaks down when our internal environments are too acidic. Cancer and a huge host of other immune system malfunctions and degenerative diseases occur in acidic environments. Acidic environments are also optimal for promoting the growth of pathogenic microbes. Shifting towards a more alkaline environment when we are overly acidic is essential to restoring health and internal balance.”



EATING SMART

Your Recommended Healing Diet

It is important for the bulk of your diet to come from whole plant-based foods. This includes all leafy greens & vegetables, nuts, seeds, legumes, whole grains (*brown rice, quinoa, amaranth, buckwheat, millet, and oats*) and fruit.

Here is a general list of what to eliminate, avoid, and eat freely:

FOODS TO ELIMINATE

- Dairy (cheese, milk, yogurt, butter)
- Pork/Red meat
- Prepackaged food (chips, boxed cereal, granola bars, popcorn, pretzels, crackers, protein bars)
- Alcohol
- Caffeine (found in coffee, sports drinks, tea)
- Protein shakes/powders
- Sugar (*unless it is from a natural source like fruit*)
- Frozen food
- Canned food
- Packaged bread, cookies, bagels, & muffins
- All fried foods

FOODS TO AVOID *limit to 2-3 times per week*

- Meat, Protein; you may choose from the following (*2-3 times per week max*):
 - Organic free-range chicken or turkey
 - Wild caught fish
 - Pasture raised eggs (boiled or poached only)
- Orange and grapefruit (*too much can overstimulate your liver during the detox process*)
- Honey
- Stevia

FOODS TO EAT *in moderation*

- Water: *Drink at least 2 liters (around 8 cups) of filtered water every day – add fresh lemon juice for combined benefits*
- Vegetables
- Fruits
- Nuts, seeds, legumes and whole grains
 - Brown rice
 - Quinoa
 - Amaranth
 - Buckwheat
 - Millet
 - Oats

See a complete list of foods on next page »

OTHER GUIDELINES

- Eat fresh, natural foods - try and avoid eating leftovers (*nutrients diminish greatly and bacteria begins to grow*)
- Do not microwave food
- Chew your food very slowly
- Avoid drinking any type of liquid with your meals (*slows down digestion*)
- Avoid eating fruit in the evenings (*the best time is in the morning*)
- Always wash fruits and vegetables before eating or cooking them even if they are organic
- Eat with gratitude and satisfaction (*savor each bite without remorse, guilt or regret*)
- Eat an amount that makes your stomach feel half-full (*this will be enough to achieve satiety*)

THE CHINA STUDY AND A CASE FOR A PLANT-BASED DIET

While we know you have a number of different dietary options and plans, we'd like to make the case for you to adopt a more plant-based diet. "[*The China Study: The Most Comprehensive Study of Nutrition Ever Conducted And the Startling Implications for Diet, Weight Loss, And Long-term Health*](#)" is a book that is based on one of the largest comprehensive studies of human nutrition ever conducted, launched via a partnership between Cornell University, Oxford University, and the Chinese Academy of Preventative Medicine, with data collected over a span of 20 years. The book shows multiple, peer-reviewed animal studies, in which researchers discovered that they could actually turn the growth of cancer cells on and off by raising and lowering doses of casein, the main protein found in cow's milk. In addition to cancer and heart disease that respond to a whole foods, plant-based diet, their research showed it may also help protect you from diabetes, obesity, autoimmune diseases, bone, kidney, eye, and brain diseases. In all, the 419 page book makes a very compelling argument that we humans are much healthier when we minimize meats and processed foods, and focus on fruits, vegetables, and all plant-based foods.





EATING SMART

Foods to Eat

To some, the elimination of foods like dairy, red meat, sugar, and frozen and canned foods may seem extremely **prohibitive**. This simply isn't true, and after you see how many foods are available for you to eat, you'll have a new appreciation for this diet plan. Some of these are superfoods you may have never heard of, but we want to take a worldly and interesting approach to expose you to new foods that will benefit your health.

Here is a more detailed list of foods that you may eat:

listed in alphabetical order

- Acai
- Almonds
- Amaranth
- Apple cider vinegar
(raw, unpasteurized)
- Apples
- Arugala
- Asparagus
- Avocado
- Bananas
- Barley
- Bee pollen
- Beet Kvass
- Beets
- Bell Peppers
- Berries
- Black Garlic
- Blackberries
- Blueberries
- Bone Broth
- Brazil Nuts
- Broccoli
- Broccoli Rabe
- Brown Rice
- Brussel Sprouts
- Buckwheat
- Buddha's Hand (Fo Shou)
- Burdock Root
- Cabbage
- Cacao
- Camu Camu
- Cantaloupe
- Carambola (Star Fruit)
- Carrots
- Cashews
- Cauliflower
- Celery
- Chaga Tea
- Chard
- Cherimoya
- Cherries
- Chia Seeds
- Chicory Root
- Cinnamon
- Cocoa
- Coconut Flour
- Coconut Oil
- Cranberries
- Cucumbers
- Dandelion
- Dandelion Green
- Dark Chocolate
- Dates
- Dragon Fruit
- Eggplant
- Endive
- Figs
- Flaxseeds
- Garlic
- Ginger
- Goji Berries
- Green Beans
- Green Peas
- Hemp Milk
- Hemp Seed
- Jackfruit
- Jerusalem Artichoke
- Jicama Root
- Kefir
- Kelp (Arame)
- Kimchi
- Kiwano
- Kiwi
- Kombucha
- Konjac Root
- Leeks
- Lemon
- Lentils
- Lettuce
- Lucuma
- Maca Powder
- Macadamia Nuts
- Mango
- Mangosteens
- Millet
- Mulberries
- Mung Beans
- Mushrooms
- Mustard Greens
- Nectarines
- Oats
- Oca
- Okra
- Olives
- Onions
- Oranges
- Papaya
- Parsnip
- Peaches
- Pepper
- Pickles
- Pineapple
- Pistachios
- Plums
- Pomegranate
- Pumpkin
- Pumpkin Seeds
- Quinoa
- Radishes
- Rambutan
- Raspberries
- Rutabaga
- Sauerkraut
- Scallion
- Seaweed
- Shallot
- Spinach
- Spirulina
- Squash
- Strawberries
- Sweet Potato
- Tomatoes
- Turmeric
- Turnip
- Walnuts
- Watercress
- Watermelon
- Wheatgrass
- Yacon Root
- Yams
- Zucchini





EATING CLEAN

Avoiding Toxic Pesticides

The following is a list from the Environmental Working Group (EWG) that does regular pesticide testing. The **'Dirty Dozen'** is a compilation of the most highly contaminated sprayed fruits and vegetables available at supermarkets. The **'Clean Fifteen'** includes the produce with the least amount of pesticides found.

THE DIRTY DOZEN

1. Strawberry
2. Apple
3. Nectarine
4. Peach
5. Celery
6. Grapes
7. Cherries
8. Spinach
9. Tomatoes
10. Sweet bell peppers
11. Cherry tomatoes
12. Cucumbers

**Leafy Greens and hot peppers have recently been found to carry toxic pesticides. Remember to always peel the skin off any fruits and vegetables.*

THE CLEAN FIFTEEN

1. Avocados
2. Sweet Corn
3. Pineapples
4. Cabbage
5. Sweet peas, frozen
6. Onions
7. Asparagus
8. Mangos
9. Papayas
10. Kiwi
11. Eggplant
12. Honeydew melon
13. Grapefruit
14. Cantaloupe
15. Cauliflower

Cleaning Your Produce

We recommend that you wash your produce before you cook it due to bacteria, parasites, and pesticides. Even if the vegetables are organic, there is always a risk of contamination with bacteria and parasites that occurs during transport. These organisms are microscopic and can't be seen by the naked eye. Cooking them at high temperatures does not guarantee that they will be destroyed. One study found that 9 out of 10 pre-cut ready to eat salad greens available at grocery stores had protozoan parasites on them.

FRUIT & VEGGIE WASH

- 1 tablespoon lemon juice
- 1-tablespoon salt
- 2 tablespoons distilled white vinegar
- 1-cup cold tap water

Mix all ingredients together into a spray bottle. Spray vegetables or fruit right before eating or cooking and then rinse with water.





A ZEN DIET

Mental Attitudes and Emotions

An often forgotten part of any diet is the mental attitudes and emotions a patient is carrying during the diet. Negative attitudes and emotions affect our internal pH levels because they are considered to be acidic. When we burden ourselves with negative attitudes, we stimulate certain neurotransmitters that build up in the brain and eventually are metabolized into acids. Negative attitudes also stimulate the sympathetic nervous system (*fight or flight response*).

As Dr. Thomas K. Szulc (*Medical Director of the New York Center for Innovative Medicine*) states:

“Our autonomic nervous system is like the bridge between our energetic aspects (thoughts, emotions) and our physical bodies. It has two major components: sympathetic and parasympathetic. The sympathetic nervous system is the part of our nervous system that keeps us alert, active and in work mode. It is also responsible for the flight or fight response which is associated with stress, anxiety and depression. The parasympathetic nervous system is the rest and relaxation response. It’s the part of the nervous system we experience when we are calm, relaxed and at ease. These two aspects of our autonomic nervous system are supposed to be in balance and in harmony with one another. They are the rest/work or yin/yang aspects of ourselves. The cells of our body excrete toxins and waste material when the body is in a more parasympathetic state. When we are overly stressed and filled with negative emotions we are in a sympathetic state and hinder the cells ability to excrete waste products. Waste material and toxins are considered acidic and a build up of them causes an overly acidic internal environment. Nicotine and caffeine stimulate the sympathetic nervous system in addition to being acidic themselves.”



WHAT YOU CAN DO

We can consciously stimulate the parasympathetic nervous system through proper breathing and relaxation exercises. One such breathing exercise advocated by NYCIM is the Buteyko Breathing Method. The method is a strategy to retrain dysfunctional breathing based on the theory that many diseases result from an abnormal breathing pattern. To be more specific, conditions such as asthma, high blood pressure, sleep apnea, panic disorders, high blood pressure, etc. are believed to be the body’s responses (*a defense mechanism*) to hyperventilation or in simple terms; over-breathing.

» [Learn more with a short guide on the Buteyko Method](#)



GET ANSWERS

Frequently Asked Questions (FAQ)

Will I be able to get enough protein?

Yes. One of the myths of modern nutrition is that high levels of protein are good for us and are needed for muscles and recovery. Your body only needs 8-10% of your daily calories to come from protein. In fact, prominent athletes such as Serena and Venus Williams, Tom Brady, and Olympian Carl Lewis all eat plant-based diets with little to no animal protein.

With the dramatic increase of meat consumption in the U.S. and other developed nations over the past century, we now as a society consume anywhere from three to five times more protein than needed for optimal health. For most people, daily intake should be approximately 30 to 70 grams of protein a day, and from high quality sources. As a reference, green peas have approximately 8 grams of protein per cup. Over consumption of protein, especially animal protein, increases carcinogenic activity and is associated with numerous health risks.

“Can a world-class athlete get enough protein from a vegetarian diet to compete? I’ve found that a person does not need protein from meat to be a successful athlete. In fact, my best year of track competition was the first year I ate a vegan diet.”

- Carl Lewis, US track and field athlete; nine-time Olympic gold medalist



DID YOU KNOW?

Diets that are rich in animal protein cause people to excrete more calcium than normal through their kidneys and increase the risk of osteoporosis. Countries with lower-protein diets have lower rates of osteoporosis and hip fractures.

Will I gain weight from this diet?

No. Most actually experience weight-loss due to the elimination of all processed foods and limited amount of animal protein which in turn reduces the acidity of the body. Again, the main goal is to get your body back to a natural state of healing. This diet plan emphasizes that weight-gain or weight-loss should not be your greatest concern initially. Restoring your health is of paramount importance, and that is the goal of this diet.

Can I have yogurt since it has probiotics?

Probiotics are indeed important, but it is recommended that you receive them from other foods such as organic sauerkraut, organic kombucha, organic kefir, organic apple cider vinegar, or organic beet kvass. Most yogurts have refined sugar and other additives, and the quality of probiotic cultures may be compromised. You may also be prescribed a high-quality probiotic supplement if necessary.

Can I have cheese if it's organic?

Dairy creates a great deal of mucus within the body, making the detox process of eliminating toxins and improving your lymphatic system more difficult. Too much mucus results in a sluggish lymphatic, digestive, and respiratory system. Your body absorbs 80% of its nutrients via the small intestine. Too much mucus can build up in the intestines creating an accumulation of gunk within the folds of the intestinal walls. This eventually leads to malabsorption and digestive issues. Most commercial cheeses are also filled with heavy metals to help them age faster. Heavy metals wreak havoc on the body and can disrupt the function of your nervous system.



GET ANSWERS

Frequently Asked Questions (FAQ)

Can I have alcohol if I'm at a party or a special event?

We recommend abstaining from any form of alcohol while healing. As you detoxify, the aim is to improve the function of your organs of elimination (liver, kidneys and lymphatic system). Alcohol can interfere with this process by putting a strain on your liver.

Do I have to stay away from gluten?

Unless you have a gluten-allergy or sensitivity, this diet plan doesn't necessarily enforce "*gluten-free*." This term has become very trendy over the past decade creating a lot of misinformation. Just because a label says "gluten-free" does not mean that it's healthy. It is advised you incorporate a variety of healthy organic grains into your diet. These include quinoa, barley, millet, chia seeds, farro, amaranth, spelt, oats, brown rice, and buckwheat. Stay away from prepackaged breads, muffins, cookies, bagels, and cereals.

Can I have decaffeinated coffee?

While this plan does ask that you avoid caffeine during your treatment because it puts a stress on your adrenal glands and dehydrates you, "*decaffeinated*" coffee may actually be worse for you than regular coffee. One of the primary methods to decaffeinate coffee is through the addition of chemical solvents, and recent studies suggest it may have a harmful effect on bone density and your cardiovascular system.

Can I have chocolate?

While a small amount won't significantly impact your progress, you should stay away from as much sugar as possible. Sugar increases the acidity within your body, which in turn works against our efforts to bring you back to a more neutral state.

Why do I have to limit animal protein so much?

Animal protein creates an acidic environment and multiple studies suggest that people who consume animal protein compared to plant protein have a higher risk of mortality and an increase in cardiovascular diseases. Animal protein is considered a carcinogen and puts stress on the kidneys, as well as speeds the aging process.

How am I going to be able to get enough calcium without consuming dairy?

Approximately one-third of calcium found in milk is actually absorbed by the body. Green vegetables such as kale, mustard greens, bok-choy, spinach, and broccoli have a much higher percentage of bioavailable and absorbable calcium. Replace your dairy intake with fresh green vegetables and legumes and you will receive all the calcium your body requires.



*Worry more about 'processed-free',
rather than gluten-free.*

NOTES FROM DR. SZULC

"At the present time, milk is a processed food. Milk is pasteurized, homogenized, and has antibiotics and hormones as well as other substances that are fed to the cow. I strongly advise everybody to limit consumption of milk products.

Cows pass along these foreign substances into the milk we drink. I have even heard of cases where people have gone into anaphylactic shock from drinking milk in which the cow was treated with penicillin, and the person was allergic to penicillin."



KEEP LEARNING

Resources

There are some great resources that provide wonderful recipes and cooking ideas to implement your Innovative Medicine Diet Plan in creative and delicious ways.



Purchasing Organic Food

Where you can find quality sources of organic food.

- **Local Harvest**
Local Harvest connects people looking for good food with the farmers who produce it.
- **Thrive Market**
Organic brands delivered to your door for less.

Recipes and Cookbooks

Recipes and meal ideas for healthy eating and for dietary limitations.

- **Forks over Knives**
Videos and resources on how and why to transition to a whole-food, plant-based diet.
- **Center for Nutrition Studies**
Promoting optimal nutrition through science-based education, advocacy, and research.
- **Simply Quinoa**
Simple and healthy recipe ideas.
- **Elena's Pantry**
Easy, healthy and Paleo based recipes.
- **The Physician's Committee for Responsible Medicine**
Recipes that show how a vegetarian diet is the optimal way to meet your nutritional needs.

Books & Literature

Enlightening readings on food, nutrition, and diet.

- **Schnitzer-Intensive Nutrition**
A secret book that is highly recommended by Dr. Szulc.
- **The China Study**
The most comprehensive study of nutrition ever conducted and the implications for health.
- **The Gerson Therapy**
A proven nutritional program for cancer and other illnesses.

*"You have to
love yourself.
That's the
single most
powerful
thing. Out
of that
springs:
How are
you eating?"*
- Nia Peeples



INNOVATIVE MEDICINE

HEALTH HARMONY BALANCE

"In order to restore balance to our bodies and achieve optimal health and wellness, we need to be very conscious of what we put in our bodies and the mental attitudes and emotions we promote. By eating more alkaline foods such as fruits and vegetables, promoting positive mental attitudes and consciously learning to relax, we can greatly affect our health in positive and affirming ways."

- Thomas K. Szulc, MD

www.innovativemedicine.com