



## Good Foods to Eat and The 10 Bad Foods

Below are recommendations from Dr. Joel Wallach and Dr. Peter Glidden that **EVERYBODY** should add and/or **MUST eliminate** from their diet.

### GOOD FOODS:

- Eggs
  - To cook eggs you may:
  - **Poach;** This is his number one choice because the water never reaches a temperature greater than 212 degrees.
  - **Scramble** with butter over very low heat and only until they are just setting up. If you can hear them cooking it's too hot.
  - **Soft boil** with the yolk still runny. Some call them "2 minute eggs"
  - **Raw Eggs** are okay **BUT** you must increase your vitamin B. This can be done by taking the D-Stress capsules or Ultimate Daily tablets.
- Salt
- Dairy
- Fish
- Chicken
- Pork
- Lamb
- Beef—rare/medium rare
- Veggies
- Fruit
- Mixed, Salted Nuts—no peanuts
- Nut Butters—no extra sugar

- Rice
- Millet
- Pure Buckwheat (Isn't wheat).
- Beans
- Couscous (made from pearl millet only).
- Quinoa
- Corn
- Coffee, Tea, Green tea, Red wine.
- 4-8, 8oz glasses of filtered water each day. Avoid soft plastic bottles.
- Lard (yes, lard!)

Any carbohydrate (except oatmeal -see below) that is "Gluten Free" is OK.

20,000 ORAC (Oxygen Radical Absorbance Capacity) points of antioxidants daily.

Here is a list of foods and their ORAC values – [CLICK HERE](#)

Below are some of Youngevity's products and their ORAC values. These are the primary ones that Dr. Wallach recommends.

- **Beyond Tangy Tangerine** – 5745 per 2 scoop serving
- **Beyond Tangy Tangerine 2.0** – 8000 per 2 scoop serving
- **Immortalium** – 10,500 per 4 tablets
- **Cell Shield RTQ** - 15,800 per 2 capsules
- **Triple Treat Chocolate** – 16936 per piece

ORAC FAQ Flyer – [CLICK HERE](#)

### **10 BAD FOODS:**

1. **Wheat**
2. **Barley**
3. **Rye**
4. **Oats, Oatmeal** – even if it says that it's gluten free
5. **Fried Food** – nothing fried! You should boil, broil or bake and never more than medium rare.
6. **Oils** – Yes, this includes Olive Oil! NO canola, NO coconut, etc... If it has OIL in the name don't use it. This also includes anything made from oil, like salad dressing. Dr. Wallach recommends using salt and lemon juice as a salad dressing. No margarine or combo spreads. No mayonnaise. Nothing made from oils.

7. **No burned fats** – If you grill your food, try to have something between the food and the fire (like aluminium foil) so the juice doesn't drip onto the flame and deposit dangerous things on the meat.
8. **Any nitrates added to meat** – (ie: deli meats) tell your butcher NO NITRATES or NITRITES!
9. **No carbonated drinks** of any kind within one hour before, during or one hour after meals.
10. **Skin** of a baked potato (or yam, or sweet potato). If you boil a potato, you can eat the skins.

If you would like a detailed webinar on the 10 Bad Foods by Dr. Glidden, please **email** Darren and he'll provide you the free link.

**If you would like the above list in a printable format – [CLICK HERE](#)**

### HERE ARE SOME THINGS THAT DR. WALLACH SAYS YOU SHOULD DO:

- **Salt your food to taste** – To properly digest your food you need stomach acid and salt helps in the creation of stomach acid.
- **Use Butter** - Margarine is simply oil in a solid state. If you cook with butter, make sure the heat is low enough that the butter doesn't turn brown in the pan.

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**Elizabeth** | March 3, 2014 at 6:45 pm

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