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ROSACEA TREATMENT CLINIC

3-DAY POTENT ANTI-INFLAMMATORY DIET

Follow this plan for three days.

If you feel you need a change from all the salmon, you may substitute poultry or tofu at some reduction in results.

Breakfast

3 egg omelet and/or 120 to 180 grams salmon, grilled, or you can also use canned salmon and mix a little mayonnaise and freshly squeezed lemon.

½ cup cooked oatmeal (not instant).

2" wedge of cantaloupe or 1/3 cup fresh berries.

240 ml to 480 mL water.

No Juice, No Coffee or Toast.

If you normally drink large amounts of coffee, drink black or green tea to prevent caffeine withdrawal.

Lunch

120 to 180 grams salmon, grilled, or you can also use canned salmon and mix a little mayonnaise and freshly squeezed lemon.

2 cups green salad, made with romaine lettuce or other dark leafy greens. Do not use commercially available dressings, use extra virgin olive oil and fresh squeezed lemon to taste.

1 kiwi fruit or cantaloupe and berries.

240 ml to 480 mL water.

No Juice, No Coffee.

If you normally drink large amounts of coffee, drink black or green tea to prevent caffeine withdrawal.

Day-Time Snacks

1 apple.

60 grams turkey breast or 120 ml plain yogurt with a tablespoon of flaxseed oil.

Small handful of hazelnuts, walnuts or almonds – good sources of fatty acids and folic acid.

Dinner

120 to 180 grams salmon, grilled, or you can also use canned salmon and mix a little mayonnaise and freshly squeezed lemon.

Dark green salad – as per lunch.

Half a cup steamed vegetables, especially asparagus, broccoli, spinach, etc. but not root vegetables, such as potatoes, carrots, beets, parsnips, etc.

Cantaloupe and berries.

240 ml to 480 mL water.

No Juice, No Coffee or Toast.

Before Bedtime Snack (one of the following)

1 pear or apple.

60 grams sliced chicken or turkey breast or 120 ml plain yogurt with a tablespoon of flaxseed oil.

Small handful of hazelnuts, walnuts or almonds – good sources of fatty acids and folic acid.

Optional

If necessary, potentiate the three day plan with antibiotics as prescribed.

1x Suisse Multivitamin (“Ultivite”) Version for Women or Men.

Skincare

As prescribed.

Nutritional Updates

<http://www.treatment-skincare.com/Nutrition-Diet.html>