

The Basic Nutritional Experiment

Because dietary stress may be a significant factor contributing to your pain problem, you are asked to make the following changes in your daily intake of foods during your treatment.

FOODS TO INCREASE: Please increase the amount of fresh fruits and vegetables you eat daily. Please try to have at least one fresh fruit and one fresh vegetable daily. Although frozen products are generally acceptable, they should be consumed in addition to the fresh foods recommended. Please try to avoid canned vegetables and canned fruits since these processed foods may have large amount of refined sugar or corn sweeteners, which will likely aggravate your dental problems.

In addition, please increase your consumption of salads to have at least one salad every day, although you may eat salads as often as you wish. If possible, use olive oil and apple cider vinegar dressing rather than commercially prepared dressings, which usually contain large amounts of sweeteners. You may choose any type of oil you wish, although we strongly recommend peanut or olive oil, while asking you to generally avoid corn oil because of the possibility of minor allergies related to corn products. You may also use lemon juice as a form of salad dressing.

Finally, you may wish to increase your intake of fish and seafood, as well as unsweetened fruit and vegetable juices such as tomato, orange, V8, carrot, pineapple, cran-apple, grapefruit, etc.

FOODS TO DECREASE: For ____ days, you are asked to totally avoid the following foods so the doctor may scientifically evaluate the impact of dietary distress on your individual dental problems: Refined sugars, refined carbohydrates, artificial sweeteners, all forms of coffee, all types of colas and caffeinated drinks, white flour products and alcohol.

You may have occasional herbal tea, and use Pero or Postum as a coffee substitute. For a sweetener, you may use up to 2 tablespoons of unprocessed honey daily (read the label to make sure that no refined sugar was added).

Be sure to read the labels of all foods you wish to prepare for your meals. You will be amazed at how often-refined sugars have been added to processed products. In general, if sugar is greater than the 5th most common ingredient on the label, please try your best to totally avoid that food. Also, please note that it is processed, refined sugars that are our concern, not complex carbohydrates such as potatoes and other vegetables, noncomplex sugars such as those found in fruits.

After the initial experimental period, you are strongly suggested to maintain at least an 80 to 90 percent reduction of the foods being recommended to decrease as a very important matter of preventive, dental health. Remember, you are what you eat!!! Junk in, _____?

OPTIONAL FOODS: If you have frequent constipation or other digestive problems, frequent sinus congestion, frequent depression or hyperactivity problems you may also be asked to try a dietary restriction experiment of homogenized milk and red meats for two to four weeks.