

# Precision Natural Medicine

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## Fresh Start Diet: Anti-inflammatory

Duration: 7 – 10 days

This temporary eating program is designed to help take stress off of your system so as to provide an environment for proper healing and repairing and reduction of inflammation. The foundation of this diet is the Bone-Vegetable Broth—see recipe on page 2. The purpose of this broth is to provide an easy venue for concentrated nutrition and easily assimilated minerals. Drink lots of it during the seven days. It is full of minerals leached from the vegetables and bones. Bone broth also contains glucosamine, chondroitin, and gelatin which helps to support the connective tissues.

### INFLAMMATORY FOODS:

These should strictly be avoided as they can trigger the inflammatory response:

- Nightshades: potatoes, eggplant, tomato, sweet and hot peppers.
- Glutens: wheat, rye, barley
- Sugar, dairy, junk foods, refined/processed foods, caffeine, and alcohol.

When you start this program—STICK TO IT! Don't try it, fall off the horse, then quit. Get back on the horse and continue! Follow the instructions and you will be surprised at how refreshed you feel at the end of the process.

### BREAKFAST FOR EACH OF THE SEVEN DAYS

#### CARROT JUICE

8 ounces

#### BOILED EGGS

2 hard-boiled eggs.

#### COCONUT OIL

1 tablespoon

#### FRESH FRUIT (north of the Mason-Dixon line: blueberries, strawberries, raspberries, etc.)

6oz. Papaya and/or Pineapple would be very good anti-inflammatory choices.

Between breakfast and lunch, drink at least 2 cups of the bone-vegetable broth.

### LUNCH FOR EACH OF THE SEVEN DAYS

#### PROTEIN DRINK

2 scoops of Precision Natural Medicine Protein Complete (chocolate or vanilla) mixed with enough coconut milk, almond milk, or water to your liking.

#### SALAD

Make a chopped salad of fresh raw vegetables and 1 type of nut (any kind except peanuts). Use four of the following vegetables:

**Artichokes, Asparagus, Avocado, Beans, Bean Sprouts, Beets, Broccoli, Brussel Sprouts, Cabbage, Carrots, Cauliflower, Cucumbers, Celery, Endive, Fennel, Fresh Green Peas, Kale, Kohlrabi, Lettuce, Onions, Parsley, Radishes, Spinach, Sprouts (any kind), Turnips.**

Salad Dressing: Use a dressing of ½ cup oil (avocado oil, olive oil, or grapeseed oil), ¼ cup lemon juice, ¼ cup apple cider vinegar and salt to taste. Eat at least EIGHT LEVEL TABLESPOONS or more if you desire.

#### COCONUT OIL

1 tablespoon

#### DESSERT

Fresh fruit (3-4oz) (north of the Mason-Dixon line: blueberries, strawberries, raspberries, etc.)

Between lunch and dinner, drink at least 2 cups of the bone-vegetable broth.

### **DINNER FOR EACH OF THE SEVEN DAYS**

#### PROTEIN

Chicken or Fish (at least 6 oz)

Cook very basic. Baked, boiled or pan fried. Salt, pepper and lemon juice.

#### COOKED VEGETABLES

Select 2 or 3 of the different kinds listed previously and sauté them with olive, avocado, grapeseed or coconut oil. Eat a generous helping of each.

#### COCONUT OIL

1 tablespoon

#### DESSERT

Fresh fruit (3-4oz) (north of the Mason-Dixon line: blueberries, strawberries, raspberries, etc.)

***If you feel hungry after dinner, eat fresh fruits and vegetables and drink bone-vegetable broth.***

### **RECIPE FOR BONE-VEGETABLE BROTH**

Bones, preferably from organic, free range and/or grass fed animals.\*

7 carrots, cut fine

1 small bunch of celery, cut fine

1/3 bunch of parsley, cut fine

Large handful of spinach, cut fine

1 large Vidalia onion, chopped

2 T Apple cider vinegar

salt/pepper, to taste

Cumin and/or Turmeric, to taste

Fill a big crock pot or stock pot ½ full of bones (chicken, turkey, beef and/or fish bones). If using beef bones, roast beforehand for 25 or 30 minutes at about 375 F and then use them to make a stock.

Add vegetables. Cover bones/vegetables with reverse osmosis water. Add a couple tablespoons of apple cider vinegar with the cold water to help draw out the nutrients from the bones. Put it on high heat to bring to a boil, then reduce to low heat so it doesn't do much more than simmer. Add spices. Skim off the "froth" as it arises. Continue to add water as it evaporates. Allow around 4 hours for chicken stock and a minimum of 6 hours for other, tougher bones. If you have time, let it boil for as much as 24 hours. The more it cooks the more minerals you'll leach from the bones and vegetables. Store in the refrigerator to use as needed. Drink it warm.

\*Ask your local butcher for a carcass of chicken or beef bones (many call them "dog bones" or "soup bones"). Many local grocery stores sell "soup bones". You can also keep all the bones from the meat you eat during the week in the freezer until you're ready to use them.