

Dr. Bek
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Dr. Bek's Holistic, Low-Carb Diet

Emphasize

Fish: (especially wild or canned) salmon, trout, herring, and mackerel

Chicken, turkey, lamb, beef, etc. (organic if possible)

Tofu, beans, lentils, split peas, other legumes

Green leafy vegetables, salads (cucumber, radish, sprouts, cabbage, no nightshades, etc.)

Organic eggs, best poached or soft/hard boiled

One fruit such as an apple/pear, per day

Six ounces of whole cooked grain per day (brown rice, millet, bulgur wheat, buckwheat, quinoa, amaranth, barley, rolled oats)

Two thin spelt or rice cakes per day

Olive, flaxseed, cold-pressed safflower or sesame, coconut oils

Sesame seeds, pumpkin seeds, sunflower seeds, walnuts, hazelnuts, almonds, cashews – not peanuts

Garlic, cayenne, ginger, fresh spices, sea salt

Substitute sweeteners: raw unrefined honey, stevia, xylitol, agave

Avoid

Margarine, all hydrogenated/trans fats, other oils

Corn, potatoes, sweet potatoes, winter squash, carrots, beets (starchy vegetables)

Sweet fruits, jams, jellies, fruit juice, dried fruit

Alcoholic beverages (except dry wines), sodas, vegetable and fruit juices

White rice and all flour products: bread, muffins, cookies, noodles, pasta, cakes, crackers, breakfast cereals

Luncheon meats: hotdogs, etc.

All other dairy products, frozen or flavored yogurt, American cheese, other hard cheeses, etc.

Regular salt

Ketchup, mayonnaise, commercial salad dressing

Breaded or fried foods, refined sugar, artificial sweeteners, refined honey, barley malt, maple syrup and other sweeteners