

9 Simple Steps to Optimal Health

TRIAD Wellness Program

3 Phases x 3 Steps

I. TRIAD Diet Program:

1. **EAT whole, unprocessed foods** (90 percent or more as plant food, if not all plant food).
2. **EAT** at least half your food intake as **vegetables**.
3. **ELIMINATE** all **dairy products** or eat from the Basic Elimination Diet (BED) for at least one month.

II. TRIAD Exercise Program:

4. **DO** a half-hour minimum of daily **aerobic exercise**.
5. **DO strength training** (circuit training) fifteen to thirty minutes, three to four days per week.
6. **DO flexibility training** (tai chi, yoga, Pilates, stretching) ten to sixty minutes daily.

III. TRIAD Mind-Body:

7. **BE thankful** for five minutes, morning and evening.
8. **SIT quietly** for fifteen to sixty minutes daily.
9. **IMAGINE your ideal health** and life daily for five to fifteen minutes. Think about what you want, not about what you don't want. Write it down. Picture it!

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Basic Elimination Diet (BED)

Vegetables

Alfalfa Sprouts
Artichoke
Asparagus
Avocado
Beans (string)
Beets
Bok Choy
Broccoli
Brussels Sprout
Cabbage
Carrots
Cauliflower
Celery
Chard
Collard Greens
Cucumber
Daikon Radish
Endive
Escarole
Jicama
Kale
Kelp
Kohlrabi
Leeks
Lettuce
Mushrooms
Mustard Greens
Okra
Onions
Parsnips
Radishes
Rutabaga
Seaweed
Snow Peas
Spinach
Squash
Sweet Potato
Swiss Chard
Taro

Turnips
Water Chestnuts
Yams
Zucchini

Fruit

Apples
Apricots
Banana
Blackberries
Blueberries
Grapes
Kiwi
Mango
Melon
Nectarine
Papaya
Peaches
Pears
Pineapple
Plums
Pomegranate
Prunes
Raspberries
Strawberries
Watermelon

Grains

Amaranth
Buckwheat
Millet
Cream of Rice
Puffed Rice
Rice Brown
Rice Bread
Rice Cakes (plain)
Rice Cereals (plain)
Rice Milk
Rice Pasta
Rice White
Quinoa

Beans/Legumes

Dried Beans
Dried Peas
Edamame
Lentils
Miso
Soy Milk
Tempeh
Tofu (Soy Bean)

Nuts and Seeds

Almonds
Almond Milk
Flaxseeds
Hazelnuts
Pecans
Pumpkin Seeds
Sesame Seeds
Sunflower Seeds
Walnuts

Animal Foods (optional)

Beef
Chicken
Lamb
Pork
Poultry
Turkey
Wild Game
Cod
Halibut
Mackerel
Salmon
Sole
Trout
Tuna

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