

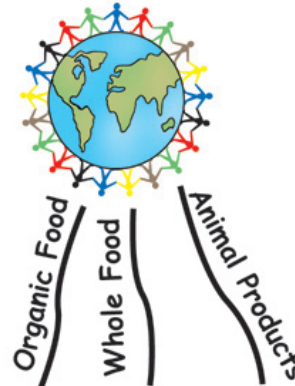
The 'No-Diet' Diet

Roger Williams

Weston A. Price

Biochemical Individuality

Each person is different



METABOLIC TYPING

Proportions

Fine - Tuning

Carbohydrate Type

Mixed Type

Protein Type

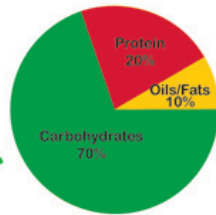
Too much carbs?

Too much fat and protein?

Eat high glycemic carbs.

Drink fresh juice

Digestive enzymes



Diet Plan 1

White meats

Low-fat dairy

Fruits & Vegetables

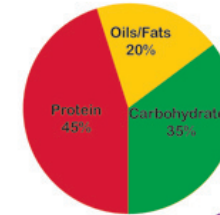
Fatty foods

Low quality carbs.

Junk foods

Listen to your body

Diet Plan 1 & 2



Diet Plan 2

Full-fat dairy

Dark meat

Oily fish

Low glycemic carbs.



Sugar - 'ose'

Sport drinks

Desserts

Sport bars