



THE
Chiropractic
CENTER

"FEEL GREAT! LIVE BETTER!"

32749 Radio Rd
Leesburg, FL 34788

(352) 460-0577

fax (352) 728-0823

www.thechiropracticcenter.com

Nutrition Reference List

Good foods, Ω -3!!

1. Nuts (not Peanuts)
2. Flax seeds
3. chai
4. hemp seeds
5. Grass fed chicken and meats
6. Ω -3 eggs
7. fresh fish
8. wild game
9. green veggies
10. fruits (all are good)
11. Okay here is one for you.... Dark Chocolate!! Not to much though we don't want an insulin spike
12. Olive oil
13. flax seed oil
14. canola oil is okay
15. Potatoes are the best starch 4:1 ratio
16. coconut oil
17. green tea
18. red wine
19. and if you must drink, drink a stout beer!!

Foods to stay away from!!!

1. Grains!!!!
2. flours
3. corn
4. corn oils \rightarrow ~100:1 ratio, sad thing is, corn oil is used in everything...why is high fructose corn syrup bad for you...humm
5. seeds
6. seed oils
7. Peanuts
8. sugary, high Glycemic index foods
9. grain fed meats, chicken, eggs
10. farm raised fish (all feed grain meal, bad,, very bad)
11. Milk \rightarrow if you like milk you can get the Ω -3 milk which is okay
12. dairy \rightarrow unfortunately our bodies were not designed to drink milk past an infant and it does some funky (medical term) stuff to our body.

Nutrition and supplementation guidelines to better health, disease, and symptom control.

Basic foods that should be incorporated in every diet:

- Nuts
- Fish
- Wild game
- Lean meats
- Green vegetables
- Fruits
- Olive oil
- Coconut oil
- Potatoes
- Chai
- Hemp seed
- Flax seeds
- Butter (Organic/grass fed cows)
- Ginger
- Turmeric
- Garlic
- Other Spices
- Dark chocolate
- Water
- Green tea
- Red wine
- Stout Beer

Basic Supplementation that should be incorporated in addition to diet:

- Multi 1-3/day
- Vitamin D 1000iu-10000iu / day
- DHA/EPA 1-3g/day
- Ca:Mg 1:1 ratio 400mg-1000mg/day
- Proteolytic Enzymes *

Additional supplementation based on need and symptomology:

Additional to Basic:

- GLA (Borage Oil)
- Vitamin B complex

Anti-aging & antioxidant

- CoQ10
- Lipoic acid
- Acetyl-L-carnitine

Arthritis

- Glucosamine Sulfate
- Chondroitin Sulfate
- MSM

Acute Injuries:

- Proteolytic enzymes

Focused

- Ginseng
- Saw palmetto
- Valerian root

Digestion

- Bifidus/acidophilis
- Fiber
- Digestive Enzymes
- Glutamine

Osteoporosis

- Hydroxyapatite

Additional supplementation and quantities:

• Acetyl-L-carnitine	500 mg bid
• ALA	2g/d
• Bacteria	1-2g w/meals
• Cayenne	300-600 mg/day
• Chondroitin Sulfate	1200 mg/d
• Citrus Bioflavonoids	2000 mg/day
• CoQ10	100 mg/day
• Digest enzymes	1-2g w/meals
• Fiber	10-15 g/day
• Garlic	1 g/day (5mg allicin)
• Ginger	2-6 g/d (*extract)
• Gingko	120 mg/day
• Ginseng	200 mg tid
• GLA	200mg-500mg/day (Not rules; pts are individuals)
• Glucosamine Sulfate	1500 mg/day
• Glutamine	4-8g/day
• Lipoic Acid	200 mg bid
• MCH-Cal (Hyd Ap)	1000mg
• MSM	2-8 g/day
• Proantho/GT extract	1-2 caps/day
• Saw Palmetto	160 mg bid
• Turmeric	1-2 g/day (*extract)
• Valerian Root	150-300 mg/b bed
• Vitamin C	500-1000 mg/day
• Vitamin E	400-800 IU/day

Seeds-grams fatty acids per 100 grams

Fatty Acids		Chia	Flax	Pumpkin	Sesame	Sunflower	Watermelon
Common Name	Saturated						
Lauric acid	12:00			0.04			
Myristic acid	14:00	0.03		0.05	0.12	0.05	
Palmitic acid	16:00	2.03	1.8	5.61	4.4	2.8	5.41
Margaric acid	17:00	0.06					
Stearic acid	18:00	0.9	1.39	2.81	2.1	2.2	4.3
Arachidic acid	20:00	0.09					
Behenic acid	22:00	0.03					
Total							
		3.14	3.19	8.51	6.66	5.05	9.71
111	Monounsaturated						
Myristicoleic acid	14:01	0.03					
Palmitoleic acid	16:01	0.03		0.1	0.15	0.05	0.09
Oleic acid	18:01	2	6.87	14.15	18.52	9.36	7.32
Gadoleic acid	20:01	0.05			0.07	0.05	
Total							
		2.11	6.87	14.25	18.74	9.46	7.41
111	Polyunsaturated						
111	Omega 6						
Linoleic acid	18:2n6	5.79	4.32	20.7	21.38	32.63	28.1
111	Total n6	5.79	4.32	20.7	21.38	32.63	28.1
111	Omega 3						
Alpha linolenic acid	18:3n3	17.56	18.12	0.18	0.38	0.07	0
111	Total n3	17.56	18.12	0.18	0.38	0.07	0
Total Poly							
		23.35	22.44	20.88	21.76	32.7	28.1
111	Ratio n6/n3	0.33	0.24	115	56.26	466.14	no n3

Nuts-grams fatty acids per 100 grams

Fatty Acids		Acorns	Almond	Beechnut	Brazilnut	Butternut	Cashew	Chestnut	Coconut	Ginko nut
Common Name	Saturated									
Caproic acid	6:00								0.19	
Caprylic acid	8:00						0.02		2.35	
Capric acid	10:00						0.02		1.86	
Lauric acid	12:00						0.02		14.86	
Myristic acid	14:00			0.06			0.02	0.01	5.87	0.01
Palmitic acid	16:00	2.85	3.2	3.57	9.1	0.9	3.92	0.21	2.84	0.29
Margaric acid	17:00				0.05		0.05			
Stearic acid	18:00	0.25	0.68	1.18	5.79	0.43	3.22	0.01	1.73	0.02
Arachidic acid	20:00				0.16		0.27			
Behenic acid	22:00						0.17			
Lignoceric acid	24:00:00						0.1			
Total		3.1	3.88	4.81	15.09	1.3	7.81	0.23	29.7	0.32
111	Monounsaturated									
Palmitoleic acid	16:01		0.23	0.29	0.23		0.14	0.01		0.08
111	17:01				0.04					
Oleic acid	18:01	15.11	31.9	18.85	24.22	10.35	23.52	0.41	1.43	0.51
Gadoleic acid	20:01			2.76	0.05		0.14	0.01		0.01
Erucic acid	22:01									
Total		15.11	32.13	21.9	24.54	10.35	23.8	0.43	1.43	0.6
111	Polyunsaturated									
111	Omega 6									
Linoleic acid	18:2n6	4.6	12.21	18.39	20.54	33.73	7.78	0.44	0.37	0.58
Gamma linolenic acid	18:3n6									
111	20:2n6									
111	Total n6	4.6	12.21	18.39	20.54	33.73	7.78	0.44	0.37	0.58
111	Omega 3									
Alpha linolenic acid (ALA)	18:3n3			1.7	0.04	8.72	0.06	0.05		0.02
111	Total n3	0	0	1.7	0.04	8.72	0.06	0.05	0	0.02
Total Poly		4.6	12.21	20.09	20.58	42.45	7.84	0.49	0.37	0.6
111	Ratio n6/n3	no n3	no n3	10.8	513.5	3.9	129.7	8.8	no n3	29

Nuts grams fatty acids per 100 grams

Fatty Acids		Hazelnut	Hickorynut	Macadamia nut	Peanut	Pecan	Pine nut	Pistachio	Walnut
Common Name	Saturated								
Caproic acid	6:00								
Caprylic acid	8:00								
Capric acid	10:00								
Lauric acid	12:00			0.08					
Myristic acid	14:00			0.66	0.03				
Palmitic acid	16:00	3.1	5.42	6.04	5.2	4.37	3.21	4.89	4.4
Margaric acid	17:00			0.12					
Stearic acid	18:00	1.27	1.42	2.33	1.11	1.75	1.39	0.46	1.66
Arachidic acid	20:00	0.1		1.94		0.07	0.23	0.04	0.06
Behenic acid	22:00			0.61			0.07	0.04	
Lignoceric acid	24:00:00			0.28					
Total		4.47	6.84	12.06	6.34	6.19	4.9	5.43	6.12
111	Monounsaturated								
Palmitoleic acid	16:01	0.12	0.28	12.98	0.01		0.02	0.46	
111	17:01								
Oleic acid	18:01	45.41	32.01	43.76	23.96	40.59	17.95	22.69	8.8
Gadoleic acid	20:01	0.13		1.89	0.67	0.21	0.8	0.17	0.13
Erucic acid	22:01			0.23					
Total		45.66	32.29	58.86	24.64	40.8	18.77	23.32	8.93
111	Polyunsaturated								
111	Omega 6								
Linoleic acid	18:2n6	7.83	20.62	1.3	15.69	20.63	33.2	13.2	38.09
Gamma linolenic acid	18:3n6						0.05		
111	20:2n6						0.4		
111	Total n6	7.83	20.62	1.3	15.69	20.63	33.65	13.2	38.09
111	Omega 3								
Alpha linolenic acid (ALA)	18:3n3	0.09	1.05	0.21	0.003	0.99	0.11	0.25	9.08
111	Total n3	0.09	1.05	0.21	0.003	0.99	0.11	0.25	9.08
Total Poly		7.92	21.67	1.51	15.69	21.62	33.76	13.45	47.17
111	Ratio n6/n3	87	19.6	6.2	5230	20.8	305.9	52.8	4.19

Oils- grams fatty acids per 100 grams

Fatty Acids		Almond	Apricot kernel	Avocado	Canola	Coconut	Corn	Cottonseed	Flaxseed	Grapeseed	Hazelnut
Common Name	Saturated										
Caproic acid	6:00					0.6					
Caprylic acid	8:00					7.5					
Capric acid	10:00					6					
Lauric acid	12:00					44.6					
Myristic acid	14:00					16.8	0.24	0.8		0.1	0.1
Palmitic acid	16:00	6.5	5.8	10.9	4	8.2	10.58	22.7	5.3	6.7	5.2
Margaric acid	17:00						0.07				
Stearic acid	18:00	1.7	0.5	0.66	1.8	2.8	1.85	2.3	4.1	2.7	2
Arachidic acid	20:00				0.7		0.43				
Behenic acid	22:00				0.4						
Lignoceric acid	24:00:00				0.2						
Total		8.2	6.3	11.56	7.1	86.5	13.17	25.8	9.4	9.5	7.3
111	Monounsaturated										
Palmitoleic acid	16:01	0.6	1.5	2.67	0.2		0.14	0.8		0.3	0.2
111	17:01										
Oleic acid	18:01	69.4	58.5	67.89	56.1	5.8	27.33	17	20.2	15.8	77.8
Gadoleic acid	20:01				1.7						
Erucic acid	22:01				0.6						
Total		70	60	70.56	58.6	5.8	27.47	17.8	20.2	16.1	78
111	Polyunsaturated										
111	Omega 6										
Linoleic acid	18:2n6	17.4	29.3	12.53	20.3	1.8	53.52	51.5	12.7	69.6	10.1
Arachidonic acid	20:4n6							0.1			
111	Total n6	17.4	29.3	12.53	20.3	1.8	53.52	51.6	12.7	69.6	10.1
111	Omega 3										
Alpha linolenic acid (ALA)	18:3n3	0	0	0.96	9.3	0	1.16	0.2	53.3	0.1	0
111	Total n3	0	0	0.96	9.3	0	1.16	0.2	53.3	0.1	0
Total Poly		17.4	29.3	13.49	29.6	1.8	54.68	51.8	66	69.7	10.1
111	Ratio n6/n3	no n3	no n3	13.1	2.2	no n3	46.1	258	0.24	696	no n3

Oils- grams fatty acids per 100 grams

Fatty Acids		Mustard	Oat	Olive	Palm	Peanut	Rice bran	Safflower	Sesame	Soybean	Sunflower	Walnut	Wheat germ
Common Name	Saturated												
Caproic acid	6:00												
Caprylic acid	8:00												
Capric acid	10:00												
Lauric acid	12:00		0.39		0.1								
Myristic acid	14:00	1.39	0.24		1	0.1	0.7			0.1			0.1
Palmitic acid	16:00	3.75	16.67	10.93	43.5	9.5	16.9	4.29	8.9	10.3	5.9	7	16.6
Margaric acid	17:00												
Stearic acid	18:00	1.12	1.05	1.98	4.3	2.2	1.6	1.92	4.8	3.8	4.5	2	0.5
Arachidic acid	20:00			0.42		1.4							
Behenic acid	22:00			0.13		2.8							
Lignoceric acid	24:00:00					0.9							
Total		6.26	18.35	13.46	48.9	16.9	19.2	6.21	13.7	14.2	10.4	9	17.2
111	Monounsaturated												
Palmitoleic acid	16:01	0.22	0.2	1.16	0.3	0.1	0.2		0.2	0.2		0.1	0.5
111	17:01			0.14									
Oleic acid	18:01	11.61	34.9	72.29	36.6	44.8	39.1	14.36	39.3	22.8	19.5	22.2	14.6
Gadoleic acid	20:01	6.19		0.31	0.1	1.3			0.2	0.2		0.4	
Erucic acid	22:01	41.18											
Total		59.2	35.1	73.9	37	46.2	39.3	14.36	39.7	23.2	19.5	22.7	15.1
111	Polyunsaturated												
111	Omega 6												
Linoleic acid	18:2n6	15.33	39.08	9.21	9.1	32	33.4	74.6	41.3	51	65.7	52.9	54.8
Arachidonic acid	20:4n6												
111	Total n6	15.33	39.08	9.21	9.1	32	33.4	74.6	41.3	51	65.7	52.9	54.8
111	Omega 3												
Alpha linolenic acid (ALA)	18:3n3	5.9	1.79	0.79	0.2	0	1.6	0	0.3	6.8	0	10.4	6.9
111	Total n3	5.9	1.79	0.79	0.2	0	1.6	0	0.3	6.8	0	10.4	6.9
Total Poly		21.23	40.87	10	9.3	32	35	74.6	41.6	57.8	65.7	63.3	61.7
111	Ratio n6/n3	2.6	21.8	11.7	45.5	no n3	20.9	no n3	137.7	7.5	no n3	5.1	7.9

