

The Page Food Plan

Welcome to a food plan—not a diet—crafted by Dr. Page at the Page Clinic in Florida to balance blood chemistry, stabilize blood sugar, and ease immune and inflammatory stress. Inspired by Drs. Weston Price and Francis Pottenger, it's backed by detailed blood chemistry panels. Focus on quality food, eaten smartly, to boost physical and emotional health and prevent diseases like heart disease or arthritis. Change can be hard—candida, blood sugar spikes, and hormonal shifts may test willpower—but fortify your body, and resolve strengthens. Here's the plan.

Key Principles of Food Selection

- **Proteins:** Small, frequent portions (3-4 oz) of free-range, organic meat, fish, fowl, or eggs. Avoid pork due to toxins. Cook close to raw—grill, steam, or sauté—to preserve nutrients.
- **Vegetables:** Unlimited, favoring green leafy types (spinach, kale) over starchy ones (potatoes, sweet potatoes). Raw or lightly cooked with butter or olive oil is ideal. Skip iceberg lettuce and vegetable juices.
- **Fruits:** Limited to one type at a time, on an empty stomach. In **Phase 1**, avoid sweet or tropical fruits; stick to fresh, organic options over juices.
- **Carbohydrates:** Ditch refined carbs (sugar, white flour, bread, pasta). Whole grains like rye or oats are okay sparingly at dinner in **Phase 2**. Starches—grains, rice, potatoes—are the first to go; they spike blood sugar and stress hormones.
- **Fats:** Embrace olive oil, raw butter, and nuts for essential fatty acids. Avoid hydrogenated fats like margarine.
- **Milk Products:** Eliminate pasteurized cow's milk products. Raw butter's fine; raw goat or sheep milk products are better. Skip soy and rice milk.
- **Sweeteners:** Raw Tupelo honey or Stevia only—no artificial sweeteners or table sugar.
- **Liquids:** Drink 8+ glasses of water daily, plus herbal tea. Avoid soda, coffee (until recovered), and fruit juices. Limit alcohol to red wine with meals.

Eating Habits

- Depending on your cravings you may need to eat 5 small meals daily to steady blood sugar, curb cravings, and ease digestion.
- Chew thoroughly to enhance digestion and appetite control.
- Keep fluids minimal during meals (<4 oz), avoiding ice-cold drinks. Take liquids 1 hour before or 2 hours after eating.
- Once cravings are under control, you're encouraged to decrease the hours in the day you eat. This introduces intermittent fasting, a practice where you limit eating to a specific window (e.g., 8 hours, like 10 AM to 6 PM), fasting for the rest (e.g., 16 hours). It can boost fat burning, improve insulin sensitivity, and support cellular repair, complementing the plan's goals. Start gradually—shorten your eating window by an hour or two as you feel ready.

Phases of the Plan

- **Phase 2 (Starting Place):** Simply – Eat protein and vegetables, limited fruits, sprouted grains, and raw dairy (e.g., cottage cheese, kefir). Occasional indulgences are fine if you stick to the plan long-term.
- **Phase 1 (Accelerates Healing and Weight Loss):** A detox phase. Focus on low-carb veggies (3-9% carbs), proteins, and fats. Exclude grains, sweet fruits, and most starches to starve candida and reset blood sugar. Quick craving fix? Try nuts, seeds, avocado, or coconut oil.

Why Change Feels Hard—and How We'll Fix It

- **Candida Overgrowth:** This yeast fuels sugar cravings and may cause bloating or fatigue. Cutting starches and sweets starves it naturally.
- **Blood Sugar Swings:** Starches and sugars create a rollercoaster, crashes spark cravings, fixes lift mood. Proteins and fats break the cycle.

- **Hormonal Imbalance:** High insulin and cortisol from unstable glucose disrupt hormones. Steady eating fixes both.
- **Food Sensitivities:** Gluten, dairy, soy, corn, eggs, peanuts, sugar, and nightshades (e.g., tomatoes) can inflame silently, even without allergies. Cut the 14 inflammatory foods (see Whole30.com) for a month to ease the burden.

Your First Steps

1. **Food Diary:** Track what you eat for a week—simple entries like “eggs” or “spinach.” Log sleep and bowel movements, too. Pick 3-4 health concerns (e.g., fatigue, bloating, mood swings) and rate them 1-10 daily. Missed a day? Recall what you can, trends beat perfection.
2. **Ditch the Starches:** Start with Phase 1. Eliminate grains, pasta, bread, rice, and potatoes. Focus on one meal (like breakfast) to de-starch first.
3. **Drop Sensitivities:** Cut the 14 inflammatory foods. Gluten, for instance, can trigger joint pain or fatigue even without celiac disease—track symptoms to confirm.

Moving Forward

- **Timeline:** Small wins (less bloating) may show in 2 weeks; bigger shifts (energy, hormonal balance) take months. Aim for a 9-month vision, celebrating daily victories like “No sugar crash today!”
- **Slip-Ups:** They happen—no shame. A stronger body forgives faster. Get back on track.
- **Supplements:** May be needed for mineral balance if veggie intake lags—let’s discuss.

Resources

- **Meal Ideas:** Whole30.com or NomNomPaleo.com for starch-free recipes.
- **Safer Living:** EWG.org for cleaner household products.

Common Questions

- **Candida Signs?** Cravings, brain fog, digestive issues. Starve it with Phase 1—testing's an option if unsure.
- **Gluten Trouble?** Inflammation can simmer without celiac. Track symptoms to see.
- **Toughest Part?** Tell me what feels hard—we'll tackle it together.