
Health Consultant's Diet Plan

by Catherine Phillips

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Toronto-based naturopath **James D'Adamo**, who has treated such celebrities as model Cheryl Tiegs and singer Roberta Flack, is an advocate of healing without drugs. He suggests that you can build your resistance to winter colds and flu by increasing your intake of proteins (e.g., poultry and fish), which the body needs to create antibodies for fighting infection, and complex carbohydrates (e.g., brown rice and legumes), which provide energy.

D'Adamo believes that many foods' nutrients are adulterated by the preservatives and chemicals used in their processing and, unlike nutritionists, he says daily vitamin supplements - in excess of the Recommended Nutrient Intake for Canadians guide—are essential to offset the loss of nutrients in food. Vitamin C supplements are especially necessary, he says, because humans do not have the ability to create the vitamin in their bodies the way animals do. **D'Adamo**, who believes that your blood type affects the amount of nutrients that your body can handle, recommends the following dosages for the average person with type O blood: 1 to 2 grams of vitamin C, plus 10,000 international units of vitamin A and 400 international units of vitamin D to fight infection, and 75 to 100 milligrams of a multi-B vitamin to help boost the body's defenses. Check with your doctor for safe levels of megadose vitamins.



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