



MCDANIEL MEDICAL INSTITUTE

### Zeta Dietary Laws

It is very important to realize that Zestful Wellness cannot be achieved by consuming Zeta Aid™ by itself.

One must make the sole commitment to alter their self destructive behavior. This doesn't mean that we won't falter, however if you are attempting to rid your body of toxins and disease, we must stay the course. Zestful Wellness is living life to the fullest. **"You can't buy your health, you have to earn it."**

1. Learn the language: In order to understand the scientific principles behind the Wellness process, we must understand (in the simplest form) the language of science. Our blood must flow freely and be balanced with proper ratios of electrolytes. Our bodies function is electrical and must maintain the proper internal terrain in order to function. This is known as Life Force.
2. We must consume only fresh organics "food" and not chemicals or what is known as "processed" foods.
3. Avoid consuming all canned items. All canned foods can be high in heavy metal content.
4. Do not cook or consume foods prepared on or in any aluminum. Stainless steel or glass preferred. No Teflon or non-stick surfaces should ever be used.
5. Limit, if not eliminate, red meat including pork that has been fed soy and other forms of substances. The animal should not consume meat by-products, chemical growth stimulants (steroids), hormones or antibiotics. Processed meats or "sandwich meats" especially those containing nitrites should never be consumed.
6. Limit, if not eliminate, dairy products especially cow's milk and processed cheese products.
7. Increase consumption of fresh fish. Canned tuna should be avoided.
8. Limit, if not eliminate, bread products made from processed wheat or grains.
9. Limit, if not eliminate, alcohol.
10. Do not use artificial anything such as artificial sweeteners or flavorings.
11. Consume only Distilled or Reverse Osmosis water ONLY. The average person should consume at least 3 pints to ½ your body weight in ounces per day (150lb = 75oz.). Urine should be observed and be colorless and orderless.
12. No soft drinks especially "diet soda's".
13. Prepared or bottled dressings and condiments should be avoided or eliminated unless homemade with fresh ingredients.

In summation, to achieve and maintain Zestful Wellness, we must support the internal terrain of the human body by sustaining Electrophoresis (life force). We recommend a diet that is not only fresh from the garden, but is high in vegetables, fruits, fish, grains, and legumes as well as low in red meats.