

## NUTRITION RECOMMENDATIONS FOR THE PERIOD OF FLARAXIN APPLICATION

Exclude from the diet of patients with severe animal fats (lard, fatty meats). Intake of protein to the consumption of digestible proteins of vegetable origin (soya, beans, haricot) with low consumption of fish (mainly oceanic species), poultry or rabbit. Advantage is given to steam cooking.

Exclude the use of food prepared using combined fat, consistently monitor the temperature for cooking (to exclude prolonged heating of these foods). In the diet of the patient is preferable to use different varieties of vegetable oils (sunflower, corn, soybean, olive) is better refined.

If possible, expand the vegetable and fruit dishes containing boiled vegetables and fresh fruits in the content of patient diet. Most fresh fruits and vegetables in their natural state are effective antitumor agents but can give difficulties for digesting process. Some fruits can stimulate gassing and better to avoid them in that case.

Marinated (salted, pickled) vegetables and fruits are losing their nutritional value, and sometimes can bring damage to the health.

Reduce consumption of carbohydrates from sugar. Preferred in these circumstances is the consumption of honey 1-2 tea spoons a day. Depending on the form of the disease it can be used by its various types (buckwheat, heather, acacia, lime, etc.). Admission of honey can spread into equal portions during the day. Ways of taking can be different dependent on the doctor recommendations.

Avoid warming up very frequently before cooking. It is better to eat fresh cooked dish and avoid to take too hot 70°C or cold 10-15°C food.

In spring and summer time it is very good time to eat salads, prepared from wild growing or cultivated plants (salad of dandelion, nettle, cucumber, tomatoes, cabbage, carrots, beets, radish, bitter, and artichoke). But if you have problem with digestion of the food then better to avoid fresh salads.

Particular attention is paid to the application of fresh vegetables and fruit juices rightly named "living water."

In the majority of patients the appetite is going significantly worse, which leads to weight loss, so it's extremely important to consider not only compliance with the technological requirements for cooking, but also a great appearance of dishes which causes an irresistible desire to taste this dish.

Treatment success depends largely on the degree of "purity" of the organism. Slugging of the organism does not contributes to the success of treatment, but most often it cause of many illnesses of the human body.

Take in to account possibility of **detoxication therapy** and **additional treatment recommendations**.

The recommendations written by  
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