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Divide daily doses equally between 2 or 3 meals. Always take nutrition after eating.

Never take more than half a daily dose at one time.

Do not take pills dry.

Never make up the next day for a missed day.

If you have burning or upset stomach, discuss with the doctor immediately.

If you experience any increase of symptoms, or any problems once starting nutrition, do not delay in discussing these things to determine the need for changes in products and doses.

Do not pay attention to dose on bottles. These are not therapeutic doses.

These nutritional supplements are not a treatment for any specific condition or disease. All nutrition is advised in relation to reflexes that fail in your CRA exam, as outlined by Dr. Versendaal.

CRA testing uncovers weak reflexes in their order of importance. Your first test will show us the most important imbalance. Subsequent tests will address the next most important imbalances. Many times the results you are seeking are not reached with the first or second tests. Patience and persistence are the key to this system working.

Re-test date should not be missed. This will prevent your program from being interrupted. It is always better to come in for re-test early than late to avoid an interruption in your program.

Our program is based on a 12-week cycle. This is the reason for a test every 11 weeks. Sometimes the eleven week interval is too long and problems may occur. These problems usually present themselves in a reversal of progress -DO NOT BE ALARMED - call to discuss the situation and a course of action will be decided.

The more difficult your case, the more dramatic your responses will be when changes in therapy or dosage are needed.

Do not be alarmed when any negative response occurs - call immediately to discuss any problems. Do not change your program on your own - do not delete any nutrition or change doses on your own.

Do not add any vitamins, minerals or herbs to your program - this will confuse your program. Your CRA program is based on your body's ability to handle nutrition.

If you are on more than 6 Ges-Cid, it is better to take one every hour. This stimulates digestion (6 or under - divide equally with meals).

If you are planning or trying to get pregnant discuss with me immediately.

As your level of health improves, your ability to take nutrition will increase. It is best to take only what you need.

CRA programs supply what the body needs and can utilize.

If you are on Immuplex and Sago C, avoid dairy products.

If you are on a fluid reflex therapy, avoid water and use Celestial Seasonings Lemon Zinger Tea. To make this tea use two tea bags in a quart of spring water. Keep refrigerated (it spoils if left out). It is ready to drink in three hours.

Protein must be eaten within 30-60 minutes of waking. There are 6 grams of protein in an egg or in each ounce of meat, fish or poultry.

Optimum protein intake is 3-5 oz. (depending on weight) every three hours.

Peanuts and peanut butter are not a source of complete protein - they are not a nut but a legume. Almond butter is a good source of protein. Cashews are not a nut but in a category all their own.

When following guidelines for quantities of nutrition (CRA program) follow the doses carefully - remember too much of a good thing can be harmful.

Ground meat should not be frozen - buy beef cubes or rump roast. Cut, grind and cook immediately. Mold grows in ground meat as soon as it is ground.

The following eight guidelines are not included if following the Paleolithic Diet

*Eat 4 oz. of plain yogurt before bedtime.

*Fruits are best when eaten 30-40 minutes after protein. To lose weight do not eat carbohydrates after 2:00 PM. This does not apply to children (under age 18).

*All carbohydrates are high glycemic index foods (high sugar content) they should be eaten before 2:00 PM to avoid any stress on the pancreas. Anyone prone to headaches (not sinus) should follow this rule.

*Breakfast carbohydrates should be ½ cup of whole oats (McCann's oatmeal) - cook only in water. Midday carbohydrate should be ½ cup of brown rice (brown rice cooked), ½ cup potato (white or sweet) or 2 oz. dry pasta. We suggest non-gluten rice pasta.

*To lose weight have only one serving of fruit a day. If your weight is normal you may have a second serving between lunch and dinner. If prone to carbohydrate addiction discuss with me the best time for carbs.

*Popcorn is a high glycemic index food and should not be eaten after 2:00 PM.

*Corn is a carbohydrate and should not be considered a vegetable.

*Bake potatoes - do not boil.

Butter is a very healthy food and should be used sparingly - one 1/4" pat a day. This is a perfect lubricant for the body.

Cholesterol is absorbed in the bowel - the cleaner your bowel the less chance fat has to be absorbed into the bloodstream and then carried throughout the body.

Margarine is not to be used. It does not break down and is usually a soy product, which is never to be used.

Soy products should never be used. They are not pH balanced and confuse the liver.

All refined, white and processed foods are anti-nutrients. An anti-nutrient is a food that is not only an empty calorie food providing no nutrition but requires energy to be eliminated.

White flour, dairy, refined foods, melted cheese, salad dressings and fried foods are congestants which pollute the bowel, causing a mucous build that slows down elimination. This is what gives the fats in your food the time to be absorbed.

Sugar is a problem - avoid all forms as much as possible.

Canned food, frozen food, packaged food, prepared foods, dried or instant food should be avoided. Use only as originally intended - for emergencies.

"Replacement" foods or foods from concentrate are not natural foods and should be avoided.

Sea salt should be used daily (¼ tsp. per day).

Apples are to be avoided as they can overstimulate the liver. If you are healthy, they are fine.

Oranges and bananas should be eaten together because they balance each other chemically.

Dried fruits should be avoided. If you want to have them they should be boiled and kept in the refrigerator in their own syrup.

Grapes can cause many problems and should be avoided. The problem is that they start to spoil the minute they are picked.

Tomatoes are not vegetables. They are a fruit and should only be used on occasion (never to be used by anyone with arthritic symptoms). Cooked tomatoes are particularly bad, especially sauces that are cooked for long periods of time.

Vegetables should be taken three ways each day - raw, cooked and juiced.

We do not suggest a vegetarian diet for anyone. If you are or are thinking of being a vegetarian request a metabolic type test to determine if you can be a vegetarian. Less than 10% of society tests to be a vegetarian.

Alcohol is to be avoided because it stresses the body. It causes dehydration, negative reactions in the liver and makes the body non-electric.

Sprouts are not to be used.

Carbonated drinks should be avoided because they deplete digestive enzymes. The phosphoric acid in soda can diminish bone density.

For excellent digestion, add chlorophyll to the diet: take 3 oz. water and a pinch of as many leafy greens as possible. Suggested greens are watercress, celery tops, spinach, romaine or arugula.

Do not drink with meals. Any liquid taken with food dilutes digestive enzymes. It is best to take any fluid 20 minutes before and after your meal.

Any foods made with leavening (yeast, baking soda or baking powder) should be avoided as they cause fermentation in the bowel and can damage stomach lining.

Frying foods denatures protein.

It is always best to eat a variety of foods - rotating them to avoid eating the same foods day after day. Four-day rotations are best for very sensitive systems.

Do not stand, watch TV, drink, read or have upsetting conversations while eating. Avoid extremely hot or cold foods (this is important for people on Ges-Cid or anyone who has a hiatal hernia).

The less done to food the better it is.

NEVER FAST.

Take NO vitamins except those on your CRA program.

Drink diluted juices until 2:00 PM.

Drink herbal tea from 2:00 PM on.

Use as many organic products as possible.

Eat no more than 30 grams of protein at a time (3-5 oz.).

Avoid artificial sweeteners.

Drink coffee black/organic (not after 10:00 AM). Once cup daily is best.

Eat protein every 3-4 hours, or more often if needed. Discuss this with me.

Eat 1 oz. of protein for every 10 lbs (use what should be your proper weight).

Avoid milk, it is a congestant. For those following the Paleo Diet, this is not an issue.

Have 2 tbs. of olive oil every day.

Do not eat fruit with protein.

Eat plain yogurt at bedtime. Plain yogurt is the only type of yogurt suggested. The reason is that any flavor, sugar or fruit added to yogurt kills the “friendly” bacteria that is present in yogurt. Yogurt is not a food that should be used as a mealtime protein. A 6 oz. serving of yogurt has 7 grams of protein. Foods rich in protein have 6 or 7 grams per ounce. Translation: to eat enough yogurt to be beneficial as a meal you would need to eat 18 ounces of yogurt to equal the protein of 3 oz. of meat, fish, chicken or cheese. The only benefit of eating yogurt is the introduction of “friendly” bacteria in the digestive system - that is why we suggest yogurt at bedtime. If you are following the Paleo Diet, this does not apply.

No iceberg lettuce. Use romaine and as many greens as possible. Iceberg lettuce contains an opiate that slows down bowel function.

Eat two large salads each day (greens should fill your hands).

Broil, bake or grill meat, fish or chicken- no frying.

Eat as many single ingredient untouched foods as possible.

Ask the question “WAS IT ALIVE?”. If not, don’t eat it.

If you can’t pronounce it, don’t eat it!

No rhubarb, cranberry, honeydew, grapefruit, grapes or apples.

Yes to bananas, apricots, peaches, pears, cantaloupe, berries, cherries, pineapple, watermelon, papaya, mango, kiwi and oranges.

Avoid smoked and dried foods.

No pork products.

Many packaged foods have ingredients that are not listed. The law is if it's not 10% of the gross weight of the product an ingredient does not have to be listed. The FDA does not test all foods (less than .01%!) So companies take risks.

Salad dressing should be 2 or 3 tablespoons olive oil with 1 or 2 tablespoons grated cheese. Use no lemon or vinegars - this makes a change in the beneficial alkalinity of the salad.

Cottage cheese can be used to replace eggs, meat, fish or chicken. If you are following the Paleo Diet, this does not apply.

Fluids should be taken on a regular, consistent basis. Three ounces of fluid every 30 minutes is the general rule. We prefer diluted juices until 2:00 PM and herbal tea from 2:00 PM to bedtime. Use orange juice (12 oz.) with water (24 oz.) from 8:00 AM to 2:00 PM. Lemon Zinger tea, use water (1 gallon) with 8 tea bags. It is best to make this every night to use the next day (keep in refrigerator all night). Always dispose of any unused tea at the end of each day.

Freezing food kills the enzymes. Enzymes occurring naturally in foods aid our body in the digestive process.

Our diet is not the Atkins diet. The diet we use is based on balance. Many diets confuse the system causing weight loss in the beginning which will only backfire by depleting the body of nutrients. Our methods are designed to alter your habits and create stable body chemistry. Diet books and other programs are depending on people not doing them.

For the first fruit serving of the day, we suggest banana with orange juice because it doesn't create an imbalance of pH. Another fruit each day at the same time is good but this should be a different fruit each day on a four day rotation. If you are trying to lose weight still do the orange juice and banana. If your weight is good, you may have a second serving before 2pm.

A great lubricant and chemistry balancer is olive oil. This is a good system to retrain the bowel and return it to normal function.

3 tablespoons of olive oil 3 oz. of orange juice

Pour the olive oil into the orange juice. Let the oil rise to the top and then drink in one gulp. If you suffer from constipation, use 3 oz. of freshly squeezed and strained grapefruit juice (this is the only occasion for which we will suggest the use of grapefruit juice). This should be done every night (10pm is best).

Following these suggestions will eliminate stresses on the body that challenge the immune system. In other words the more of these suggestions you follow the stronger your immune system will be.

Avoid black pepper, it doesn't leave the body.

We expect that you will not take any supplement, nutrition or herb that is not part of your program. Since the question does come up we would like to say under no circumstances should any calcium in the forms “glutamate” or “carbonate” be taken.

There are many people talking about pH of the body these days. As usual the information given is incomplete and confusing. I have been using pH information for over 25 years and all of our dietary and nutritional advice is about balancing pH. Emanuel Reveci is the doctor who discovered the importance of pH balancing and I have had the distinct pleasure of knowing him personally as my mother-in-law and wife were both under his care. Additionally, I have studied with a doctor trained by Dr. Reveci. The pH of the body must swing between an acid state and alkaline state at different times of the day. Any person selling a product saying that the product will keep your body alkaline is illustrating how little they know about using this very valuable tool in understanding body chemistry.

Gluten: there are many valuable websites available online. Our diet is essentially gluten free; however, the oatmeal can be an issue for people who are gluten intolerant. This can be decided on an individual basis. I believe gluten leads to degeneration of the small intestines even when a person is not gluten intolerant. Therefore, as a prevention I suggest eliminating or limiting gluten intake. For those following the Paleo Diet, this is not an issue.

We suggest using as much organic food as possible.

Always ask yourself before ingesting anything “Was it alive?” This is the ultimate question posed by Charlotte Gerson, whose father was Dr. Max Gerson. Dr. Gerson developed a natural, holistic therapy for degenerative disease. We ask our patients to eat foods of natural ingredients. One-ingredient foods are the best (meaning when you look at the ingredients there is one). Regarding ingredients: if you can’t pronounce it, you can’t eat it.

Water is to be used in our program but not by itself. Water is an inorganic substance - meaning it was never “alive”. We ask you to add juice or make herbal tea. Fluids are the key! I know people say “drink water, drink water” but I say NO water - and the difference is amazing. Fluids should be taken rhythmically every 30 minutes to 60 minutes. Fluids should not be taken with meals and not more than 4 ounces at a time. We can test each individual for proper timing and amounts.

Love yourself where you are and learn to trust your inner guidance. “It is good to feel good!”