

FOOD & LIFESTYLE

THE ORIGINAL THREE-PAGE RECORD

This is a list of foods and lifestyle habits I've been following. I try to maintain a balanced lifestyle and eat foods that fuel my body in the best way possible. I spend a lot of time researching healthy, nutrient-dense ingredients and making informed choices about what I eat. I avoid processed foods, cook most meals from scratch, and try to choose organic ingredients whenever possible.

01 DO NOT EAT

- Fast food
- Fried food
- French fries
- Candy
- Soda
- Ice cream
- Alcohol
- Hot wings
- Nachos
- Burritos
- Pastries
- Cakes
- Box cereal
- White pasta
- Energy drinks
- Some dairy
- Ketchup
- Dressings
- Mayo

EAT

DRINKS

- Coffee
- Tea – green tea, black tea, chamomile flowers
- Water, S. Pellegrino

02 VEG + PRODUCE

- Spinach
- Radish
- Green onion
- Red onion
- Carrots
- Red green cabbage
- Garlic
- Watercress
- Kale
- Turnip
- Tapioca
- Red beets
- Avocado
- Tomato
- Cucumbers
- Apple
- Blackberries
- Blueberries
- Raspberries
- Cherries
- Plums
- Kiwi
- Broccoli
- Pomegranate
- Pears
- Mango
- Red potato
- Sweet potato
- Purple potato

His original words, categories and preferences, newly typeset. Research commentary is provided in a separate companion.

THE FOOD LIST

BEANS / MUSHROOMS / NUTS / FERMENTS / MEATS

Original categories and page order retained. Lists read down the left column, then the right.

03 BEANS & LEGUMES

- Chick peas
- Black beans
- Red lentils
- Proso millet
- Buckwheat
- Quinoa
- Chia

04 MUSHROOMS

- Wild mushroom mix
- Shiitake
- Reishi
- Golden chanterelles

05 NUTS

- Hazelnuts
- Pecan
- Almonds
- Walnuts
- Brazil nuts[‡]
- Apricot kernels[†]

06 FERMENTATION / FERMENTED FOODS

- Sauerkraut
- Kimchi
- Cucumbers in brine
- Cheeses – Gouda
- Red beets – juice/drink
- Goat cheese

07 SNACK

- Dark chocolate
- Medjool dates
- Nuts

08 MEATS

- Organic whole chicken
- Chicken feet
- Steak / beef grass-fed
- Beef shin/shank
- Bone marrow

[†] **Apricot kernels:** retained as part of the source record; they can release cyanide and should not be used as a snack. [‡] **Brazil nuts:** very high in selenium; see the research companion for context. [FDA](#) · [NIH](#)

FOOD. REST. ROUTINE.

CONTINUED FROM THE ORIGINAL RECORD

09 MEATS – CONTINUED

- Beef liver
- Sockeye salmon – wild caught Alaska
- Lamb
- Venison
- Sardines (bones, skin)

10 STEWS / SOUPS Homemade

11 OTHER

- Cinnamon Ceylon
- Rye bread mix
- Organic butter – unsalted
- Apple cider vinegar – organic
- Pure raw honey
- Maple syrup
- Kolymvari extra virgin oil
- Organic pasture raised eggs
- Moringa oleifera – drumstick tree – “miracle tree”
- Peruvian groundcherry – Aguaymanto
- Himalayan salt
- Black salt

12 LIFESTYLE NOTES

- Sleep – 7–8 hrs
- Dark room
- No electronics
- Walk barefoot on the ground / earth
- Sunlight 10–11am and 4–5pm for 15 min
- Light work in garden
- Gym 3–5x a week
- 3–4 times – red light

13 FEET SOAK

- Epsom salt
- Organic castor oil + rub

14 TOOTHPASTE

- Baking soda + coconut oil + hydrogen peroxide

These are personal notes, not assessed treatment instructions. Red-light timing/device details and toothpaste concentrations are unspecified. The companion discusses evidence and questions to take to a clinician or dentist.