



Kessinger Diagnostic Centre

www.drkessinger.com

Homeopathic Drops

1 two ounce bottle should last about 25 days

Most people lose about 1 pound per day

Use drops 4 times a day - Early morn, mid morn, late afternoon, late evening

1 hour before meals works well to decrease appetite

Place 10 drops under the tongue and hold there for 3-5 minutes

Do not eat or drink anything within 15 minutes before or after so they absorb well

The first 3 days (while using the drops)

Eat as much as you like for these 3 days to build normal fat stores, and set pace

Focus on high fat content foods, sweets and carbohydrates

The next 20-37 days (40 days is the maximum diet length)

Follow the reduced calorie diet - Completely eliminate Carbohydrates, Sugar & Fat
Stevia is recommended for sweetener

Diabetics should continue eating healthy foods as many times a day as necessary to maintain blood sugar levels. Insulin may need to be adjusted.

The vegetables chosen for this diet are specifically geared for fat burning and pH

Deviating from the vegetables listed may cause your weight loss to stall

Negative foods list is available if you need a change in foods, but foods on that list may cause you to not lose weight that day. Each person is different.

Do not exercise excessively—it will cause you to **not** lose weight

After drops are done... for 3 days follow reduced calorie diet

For 6 weeks limit carbohydrate intake, walk or exercise, begin a healthy eating plan

NO soda or diet drinks, pork, chocolate, fried foods etc.

After the diet a 3-6 week break is required to give the body a rest and is used to reset the metabolism. If more weight loss is desired you may start a new program after 3-6 weeks.

For permanent weight loss eat 6 times a day, small portions, avoid processed foods and eat lots of vegetables and fruits. 8 out of 10 bites of food should be veg or fruit. Limit intake of carbohydrates, and use whole grain, healthy carbs.

Jack Kessinger, DC ND DABCI

Jay Kessinger, DC ND DABCI

Annette Copeland, CNHP

411 Hwy 72 East • Rolla, MO 65401 • (573) 341-8292 • (573) 341-8494 Fax • Email: vkessing@fidnet.com

Kessinger Diagnostic Centre

www.drkessinger.com

NEW YOU

PHYSICIAN DIRECTED
WELLNESS & WEIGHT LOSS PLAN

Our 6 week program is a comprehensive program, designed to fit your weight loss needs on a strictly 100% natural basis.

**SPECIAL
PRICE
\$35.00**

**PER
WEEK**

INITIAL OFFICE VISIT AND TESTING INCLUDES:

- ◆ TOTAL BODY FAT ANALYSIS & MEASUREMENTS
- ◆ NUTRITIONAL AND DIETARY COUNSELING
VITAMINS & MINERALS

A Value
of
\$550.00

OPTIONAL WELLNESS CHECKUP:

\$199.00

- ◆ EXTENDED COMPREHENSIVE PATIENT HISTORY
A complete evaluation emphasizing health as it relates to weight loss.
 - 1) Nutritionally
 - 2) Hormonally
 - 3) Which weight program is best for you?
- ◆ COMPLETE BLOOD PROFILE
Includes cholesterol screening, triglycerides, glucose and all major organ functions (kidney, liver, heart, lungs, etc.) plus vitamin and mineral deficiencies
- ◆ ECG - Cardiovascular Interpretation
- ◆ SPIROMETRY - Lung function testing
- ◆ COMPLETE CHEMICAL & MICROSCOPIC URINALYSIS - *To evaluate the ability of the kidneys to eliminate waste*
- ◆ INDICANURIA EVALUATION
To evaluate the ability of the body to evacuate toxicity

A VALUE
OF
OVER
\$500.00

Jack Kessinger, DC ND DABCI

Jay Kessinger, DC ND DABCI

Annette Copeland, CNHP

411 Hwy 72 East • Rolla, MO 65401 • (573) 341-8292 • (573) 341-8494 Fax • Email: vkessing@fidnet.com

Kessinger Diagnostic Centre

www.drkessinger.com

COSTS AND SERVICES INCLUDED IN WEEKLY VISITS ... @ \$35

PATIENTS WILL BE MONITORED WEEKLY WITH:

- ◆ BLOOD PRESSURE CHECK
- ◆ WEIGHT
- ◆ MEASUREMENTS
- ◆ TEMPERATURE
- ◆ LIFESTYLE COUNSELING



PHASE 1: 23-40 DAYS

- ◆ DIET

PHASE 2: 6 WEEKS

- ◆ NEW YOU LIFESTYLE - Eating Plan and Exercise Program
- ◆ VITAMINS AND MINERALS - Weekly B-12 injections
- ◆ LOCK IN YOUR NEW METABOLISM

PHASE 3: YOU MAY CHOOSE TO:

- ◆ START ANOTHER ROUND
- ◆ CONTINUE ON A WEEKLY BASIS UNTIL YOU REACH YOUR GOAL WEIGHT \$35.00 per visit
- ◆ BEGIN A MAINTENANCE PROGRAM \$35.00 per visit
 - 1) VISIT EVERY 2 WEEKS
 - 2) MONTHLY VISITS

ACHIEVE LONG LASTING RESULTS, FEEL GREAT, LIVE A LONGER, HEALTHIER LIFE!

Jack Kessinger, DC ND DABCI

Jay Kessinger, DC ND DABCI

Annette Copeland, CNHP

411 Hwy 72 East • Rolla, MO 65401 • (573) 341-8292 • (573) 341-8494 Fax • Email: vkessing@fidnet.com



Kessinger Diagnostic Centre

www.drkessinger.com

DIET INFORMATION

Three Kinds of Fat

Structural Fat: Used to protect body organs and arteries, and to keep skin smooth and taut.

Normal Reserve Fat: Used to store energy for immediate use.

Abnormal Fat: Burned only after normal fat stores are depleted. It is not available to the body in emergency energy situations. This is the hard to burn fat.

Typically, when you diet to lose pounds the first fat to be used up are the normal reserves, then the structural reserves. Finally, the body resorts to the abnormal fat stores to find the energy it needs. By this point most people have already gotten so tired and weak that they give up on the diet. Instead of losing the largest stores of fat, they have decreased the important fat that protects their bones and makes their skin look taut, so they look older and more wrinkled. The diet burns the abnormal fat around the hips, thighs, potbelly, and double chin. It releases 2000 calories per day to burn as energy from these places.

An obese person requires more calories to function than a leaner person, because it takes more energy to move around, maintain body temperature and simply exist. If you recall the fat types we discussed in the previous paragraph you will notice that these people are burning their normal stores of fat for energy, and then feeling exhausted until they consume more calories. In addition, each pound of fat requires 1 additional mile of blood vessels. This is why losing only a few pounds can reduce blood pressure immediately.

Treatment

The standard length of treatment is 23 days for an overweight person. Obese patients may stay on the program for 40 days, and then if needed may wait 3-6 weeks and do another round.

For three days they should eat more calories than normal to build up their normal fat stores. These calories should be from high fat foods. Normal fat reserves are required for energy. A small amount of weight gain may occur, but it will come off rather quickly from the abnormal fat stores. After loading your fat reserves, a reduced calorie diet is used during the time that the drops are used to gain the most benefit.

Post Treatment

The first three days after completing the diet, patients must remain on the reduced calorie diet. This will reset the metabolism. The first three weeks post-treatment are crucial to success of a managed weight loss. Carbohydrates and sugar should be avoided during the first three weeks after treatment. Weight during this time may fluctuate if over consumption occurs. Combining fats and starches will cause weight gain. Patients should weigh themselves each morning to manage their weight. Followed correctly, this plan will train your body to use stored fat for energy when it's needed.

The Diet!

Homeopathic Supplement: Place 10 drops under the tongue and hold up to 5 minutes or as long as you can, four times a day, 20 minutes to 1 hour away from meals.

Jack Kessinger, DC ND DABCI

Jay Kessinger, DC ND DABCI

Annette Copeland, CNHP

411 Hwy 72 East • Rolla, MO 65401 • (573) 341-8292 • (573) 341-8494 Fax • Email: vkessing@fidnet.com



Kessinger Diagnostic Centre

www.drkessinger.com

Do not receive any massages, drink any soda or diet soft drinks, eat pork or exercise excessively. The drops help to detox your system. Massages release more toxins into your blood, and sodas and pork add additional toxins. Soda is also very acidic and will cause you to not lose weight, if consumed.

Breakfast:

Tea or coffee in any quantity without sugar. Only one tablespoonful of milk allowed in 24 hours. Stevia may be used as a sweetener.

Snack:

Fruit One apple, orange, or a handful of strawberries or one-half grapefruit.

Lunch:

One item from each category.

1. **Protein** 3.5 ounces of veal, lean beef, chicken breast, fresh white fish, lobster, crab, or shrimp. All visible fat must be carefully removed before cooking, and the meat must be weighed raw. It must be boiled or grilled without additional fat. Salmon, eel, tuna, herring, dried or pickled fish are not allowed. The chicken breast must be removed from the bird.
2. **Vegetable** Vegetables: spinach, chard, chicory, beet-greens, green salad, tomatoes, celery, fennel, onions, red radishes, cucumbers, asparagus, cabbage. Eat enough to feel satisfied.
3. **Carbohydrate** * *Optional** Melba toast or Melba rounds. Less than 4 grams of carbohydrates, and 25 calories. Miracle noodles are allowed in any quantity, because they have no carbohydrates or calories.

Snack:

Fruit One apple, orange, or a handful of strawberries or one-half grapefruit. (you may also use a cucumber, or veggie for a snack)

Dinner :

The same four choices as lunch (above.)

Drinks:

2 liters minimum per day. Coffee, tea, water or mineral water in any quantity. Stevia sweetened drinks are acceptable. Artificial sweeteners are not recommended.

Snacks:

Break cinnamon sticks in half and chew on them
Anise seeds taste like licorice and help freshen breath
Fresh Parsley is a natural diuretic

Apple Cider Vinegar Drink

Use 1 TBSP apple cider vinegar in 3-4oz of water with a few drops of Stevia. If you drink this before a meal it helps digestion and hunger and burns fat. This drink helps to balance pH.

Jack Kessinger, DC ND DABCI

Jay Kessinger, DC ND DABCI

Annette Copeland, CNHP

411 Hwy 72 East • Rolla, MO 65401 • (573) 341-8292 • (573) 341-8494 Fax • Email: vkessing@fidnet.com



Kessinger Diagnostic Centre

www.drkessinger.com

STEP BY STEP DIET

Diet - The Loading Phase

The goal is to eat as many calories as possible, preparing the body for a period of very low calorie intake. These foods should be high in fat. By completely filling all fat stores, the metabolism is convinced that the body is not in a starvation mode. For some it is useful to think this as "bear eating", like a bear preparing for a long winter.

The beginning days are also designed to attack some of the psychological addictions that many have developed over time. By gorging on their favorite foods for several days, patterns and associations are changed while cravings are satisfied. Many find that the first day is almost unbelievable, but find it very difficult to continue to the end of the second day.

Recommended foods:

Fried foods, hot dogs, hamburgers, french fries, corn dogs, onion rings, Mexican food, fried chicken, pork rinds, potato chips, pot pies, pizza, gravy, Macadamia nuts, macaroni and cheese, rich sauces, butter, cheese, ice cream, milk shakes, doughnuts, chocolate, cookies, cakes, candy bars, pies, hot fudge and whipped cream. Avocados, nuts, olive oil and other healthy fats are also acceptable.

Rapid Weight Loss Phase

For many, believing and accepting the rapid weight loss is perhaps the most difficult part of the diet. This isn't surprising, since we've all been taught to lose 1-2 pounds per week, then suddenly a diet claims to produce that type of weight loss every day!

Those who ignore the skeptics and try the Diet find they rapidly lose weight without excessive hunger. Men tend to average a little over a pound per day, while women can expect to lose about 1/2 to 1 pound per day. The weight loss is more dramatic in the beginning and tends to slow during the last week.

In the weight loss phase, a VLCD (Very Low Calorie Diet) replaces the heavy eating. For many, a diet so low in calories seems impossible to achieve; however, thousands of calories are released for energy as fat is burned from areas all over the body and hunger is eliminated.

The most important concept to understand about this phase is how incredibly reactive the body is to any variance away from the eating plan. It is CRITICAL that every part of the Diet is followed exactly. Even the smallest changes can produce large gains in weight and set back additional weight loss for almost 3 days.

Diet Tips

The meals may be broken up and eaten throughout the day, but the daily ration of 2 carbohydrates or 2 fruits can never be eaten at the same time. The chicken breast cannot be substituted with turkey or other fowl, nor does it mean a wing or a drumstick of chicken. If you have a stall in loss you may opt. to do an apple day. Eat nothing but apples, applesauce (no sugar) apple juice etc... with no sugar or artificial sweeteners. Venison has been substituted for meat in some occasions.

Kitchen Scale

To accurately weigh portions, you must have a scale that is accurate to one-tenth of an ounce. Using grams is a more accurate method than ounces (28 grams = 1 ounce).

Jack Kessinger, DC ND DABCI Jay Kessinger, DC ND DABCI Annette Copeland, CNHP

411 Hwy 72 East • Rolla, MO 65401 • (573) 341-8292 • (573) 341-8494 Fax • Email: vkessing@fidnet.com



Kessinger Diagnostic Centre

www.drkessinger.com

While there are many fruits and vegetables that are not on the diet that have equal or lower calories, they cannot be substituted for those listed on the diet. Pimiento peppers, okra, artichokes, pears and turkey are examples of this.

Because of its higher fat content, red meat shouldn't be eaten more than once per day. The diet works for the small elderly grandmother, the same way it does for the giant young linebacker. This happens because the pathway is the same - the dieter is living off their fat reserves instead of the fat that is eaten.

High Carbohydrate Fruits and Vegetables

Fruits and vegetables with high levels of carbohydrates (starches) are not allowed on the Diet. Here is a list of the foods to avoid:

Acorn Squash	Bananas
Carrots	Corn
Mangos	Parsnips
Plantains	Potatoes

Other Foods to Avoid

Foods that are high in sugar and starches should be avoided in maintenance phase. Here is a list of other foods that should be avoided:

Bagels	Beans	Biscuits
Bread	Breaded foods	Brownies
Buns	Cakes	Candy
Canned fruit	Cereals	Chocolate
Cookies	Cool Whip	Corn chips
Corn meal	Cornstarch	Corn syrup
Crackers	Cupcakes	Donuts
Energy drinks	Fast food	Flour
Frosting	Fruit juice	Grains
Granola	Honey	Hot dogs
Ice cream	Ketchup	Kool-aid
Lentils	Maple syrup	Muffins
Oatmeal	Pancakes	Pasta
Pie	Pita bread	Polenta
Popcorn	Processed	Potato chips
Pretzels	Pudding	Rice
Rolls	Soda drinks	Taco shells
Tortillas	Velveeta	White flour
Yams		

Glycemic Index:

Not all carbohydrate foods are created equal; in fact they behave quite differently in our bodies. The Glycemic index or GI describes this difference by ranking carbohydrates according to their effect on our blood glucose levels. A Glycemic Index Chart is available on our website at <http://www.drkessinger.com/images/glycemicindex.pdf>.

Maintenance Eating Plans:

Once this phase begins, you may now eat anything you'd like except starch and sugar. After about 3 weeks, the bodyweight should

Jack Kessinger, DC ND DABCI Jay Kessinger, DC ND DABCI Annette Copeland, CNHP

411 Hwy 72 East • Rolla, MO 65401 • (573) 341-8292 • (573) 341-8494 Fax • Email: vkessing@fidnet.com



Kessinger Diagnostic Centre

www.drkessinger.com

become stable and should not have dramatic swings upward after an occasional intake of excess calories. According to Dr. Simeon, "If no carbohydrates whatsoever are eaten, fats can be indulged in somewhat more liberally and even small quantities of alcohol, such as a glass of wine with meals, does no harm, but as soon as fats and starch are combined things are very liable to get out of hand. This has to be observed very carefully during the first 3 weeks after the treatment is ended, otherwise disappointments are almost sure to occur."

It is important to eat an adequate amount of protein and enough food. A good rule of thumb is to double your intake of protein and triple the amount of calories. Instead of 2 servings of 3.5 oz. (100g), you would have 2 servings of 7 oz. (200g), with a daily target of about 1,500 calories. These numbers would then be adjusted based upon your hunger and daily weight to maintain your weight in the 4 pound target range.

If your weight goes up 2 or more pounds, you must immediately have a Steak Day. Steak Day Tips: Go to the butcher. Buy yourself the biggest, fattest, best marbled cut of meat they have to offer (you don't have to watch the fat now) and if you're not sure which cut is best, ask the meat guy. Take it home and sauté it in oil, butter, garlic, or whatever other seasoning you want. Relish every bite of the steak until you are full. Follow with an apple. You can substitute a tomato for the apple if you prefer. Some have lost as much as 7 pounds of gained inflammation in just one day using this technique.

Read Food Labels!

Next time you're food shopping, carefully read the labels before purchasing anything. It will amaze you just how many products have sugar added to them. Now they may not come right out and call it sugar, but that's exactly what it is. Sugars tend to end in the letters "ose" dextrose, sucrose, fructose etc., but that is not the only way sugars are named.

Frequently Asked Questions

FUNCTION

This weight-loss aid helps reduce the craving for food by making stored fat available for metabolism, thus aiding in the ability to adhere to a rigid diet program. This means people who use this homeopathic are not hungry.

This diet accesses unnecessary fat stored in the body just as it does in early pregnancy. Abnormal fat deposits disappear; the double chin, potbelly and fat around hips and thighs are the first to go. It does not deplete subcutaneous or other essential fat. For many, complexion improves, gaining a natural freshness and healthy glow with a noticeable reduction in fine lines and wrinkles. Most Weight-loss participants see a loss in girth (inches) before they see any substantive drop in the scales. When properly supervised, the result is rapid weight loss and improved body shape during and after treatment.

Scientific evidence suggests that it promotes lipolytic (mobilizes fat) activity. Reshaping of body contour is quickly noticeable in those patients who struggle with fat located in buttocks and hips area. As the drops metabolize stored body fat, about 2000 calories are released, thus allowing for a low calorie per day diet without experiencing fatigue, weakness or hunger.

How does it work?

This product allows the body to mobilize fat and use it as energy for both mother and fetus. This acts as a "fail-safe" mechanism when energy is needed immediately.

Is it safe?

Jack Kessinger, DC ND DABCI Jay Kessinger, DC ND DABCI Annette Copeland, CNHP

411 Hwy 72 East • Rolla, MO 65401 • (573) 341-8292 • (573) 341-8494 Fax • Email: vkessing@fidnet.com



Kessinger Diagnostic Centre

www.drkessinger.com

It is extremely safe. All women experience very high levels during the nine months of every pregnancy with no adverse effects. The homeopathic version used for weight loss has absolutely NO side effects, because it is only a pattern of the original hormone.

Will my metabolism slow down if I'm on a very low calorie diet?

Yes, normally when we cut back our calories and fat, our bodies store fat and our metabolisms slow down. This happens because fat is really a life-saving source of stored energy. When a very low calorie diet is used in conjunction with the weight loss drops, the hormone signals the body to use stored fat for energy, and eliminates excess fat reserves. It's a natural process, so no ill effects on your metabolism will result.

Wouldn't I lose the same amount of weight eating a very low calorie diet without it?

You can lose weight by simply eating fewer calories and fat, but because the body stores fat during times of deprivation, you will most likely lose muscle and bone before fat. This causes cellular metabolism to slow down, so in the long run, it would make gaining weight easier, as well as decrease bone density and muscle mass. By using drops with the low calorie diet, extra fat is mobilized for energy and the rest is eliminated; the low calorie diet is vital in preventing immediate refilling of emptied fat cells. You benefit by preferentially getting rid of excess fat without affecting your bone and muscle.

The diet is very low calorie, will I get hungry?

Because it mobilizes fat and makes it available to the body as an energy source, it naturally reduces appetite. So even though you are taking in fewer calories, your body can access the energy you have stored in fat cells. After about 2 days, many patients notice a significant decrease in their appetite. Overall, most people have plenty of energy and feel good while on the program.

Will it interfere with any medications I am currently taking? What about birth control pills or Depo-Provera injections?

Homeopathic products do not interact with ANY medications, including birth control pills or Depo-Provera, so there are NO side effects.

Will I experience any changes in my menstrual cycle?

Because it's a homeopathic, there are no changes to your menstrual cycle. Likewise, it will not affect your ability to become pregnant, nor will it increase your chances of getting pregnant.

Will this affect Breastfeeding?

The biggest difficulty I would anticipate is the ultra-low calories consumed on Phase 2. You want to ensure that you are fully nourished while breastfeeding so that you can be up to all the demands of new motherhood. You could try using the drops during this time primarily to reduce cravings and help to reset the hypothalamus, but you may want to consume more calories than called for by the VLCD. I'd recommend around 800 minimum up to whatever is needed for you to maintain your goal weight.

What happens if you drink alcohol while on the diet?

The diet is VERY specific about what to eat; people who cut corners will not lose as much weight, if any at all...the chemical composition of everything on the diet is very specific...

When on the diet a user, who has been a drinker, may find that a relatively small amount of alcohol produces the euphoric intoxication feeling. While on the diet, we have had many clients whom have had a small glass of vodka and mineral water with a bit of

Jack Kessinger, DC ND DABCI Jay Kessinger, DC ND DABCI Annette Copeland, CNHP

411 Hwy 72 East • Rolla, MO 65401 • (573) 341-8292 • (573) 341-8494 Fax • Email: vkessing@fidnet.com



Kessinger Diagnostic Centre

www.drkessinger.com

lemon (or vodka and 8 oz of fresh orange juice, this juice will count as one of your servings of juice) and still lost weight, during the initial weight loss phase. Dr. A.T.W Simeons does allow for a glass (8 oz) of wine with dinner during the maintenance phase of the diet (after you stop taking the drops). During the initial weight loss phase of the diet be sure to check sugar content of alcohol, the less the better.

Why are some people calling it the “Weight Loss Cure”?

This diet, with the drops, reprograms your body to use stored fat for energy when calories are reduced for a period of time. Or put another way, it helps you maintain your weight and not regain the pounds you’ve lost.

How much weight can I expect to lose on the program?

On average, our patients lose around 20 lbs. or more per month. Often, people lose 10 to 12 lbs. in the first week. Many people lose a pound a day.

Does the weight loss slow down after the first month?

Many times what we see is a large amount of weight loss in the first month, then a plateau or leveling off. This does not mean that your weight loss has stopped. Typically, inches are being lost continuously while on the program, and after a period of time, patients will experience another large drop on the scale. Weight loss is thus achieved in this stair-step fashion.

Why am I not supposed to exercise?

Because of the amount of fat being deposited into your bloodstream while using the drops, excessive exercise can actually be counterproductive during the program. The body can only process so much fat in a day and excessive exercise can cause too much fat to be released, which can cause the patient to lose no weight. Walking about 20 minutes a day should be acceptable, but each person must monitor their own efforts and determine if it is detrimental or helpful. Exercise also may cause the body to look for sugar to burn instead of fat... which is also counter productive to the diet.

What are homeopathics?

Homeopathic remedies are created based on the idea that “Like treats Like.” For hundreds of years, people have been treated using this philosophy. Homeopathic physicians learned that if you find a substance that causes a specific symptom in an individual, when you reduce it down to minute particles in water, it can cure those symptoms. The final result of this dilution leaves only a “pattern” of the original substance, but because the body knows how to react to the substance, it also recognizes the pattern of it. This works very well in instances where the substance itself causes side effects, because the homeopathic version will not cause side effects.

What if I stop Losing Weight?

Often while using the drops you will reach a plateau where the weight loss seems to stop for a few days. This is normal and will usually work itself out in a day or two, but if you are concerned you may choose to do a urine test. Check with your doctor regarding this test, and the results. Urine Ph levels can affect weight loss and this should be monitored by your health care provider. Often, when weight loss stalls its because of an acid excess in the body. If you have not utilized the vegetables that are recommended, or if you have had soft drinks, or even if you drink too much coffee the body must alkalize those substances. If it is working on alkalizing those substances fat burning will stop until the acid/alkaline balance is restored. Usually increasing water intake and eating the dark green leafy vegetable helps to correct this imbalance.

Jack Kessinger, DC ND DABCI

Jay Kessinger, DC ND DABCI

Annette Copeland, CNHP

411 Hwy 72 East • Rolla, MO 65401 • (573) 341-8292 • (573) 341-8494 Fax • Email: vkessing@fidnet.com



Kessinger Diagnostic Centre

www.drkessinger.com

RECIPES

Strawberry vinaigrette

(Enjoy with Arugula salad)

Ingredients

Strawberries

1 tablespoon apple cider vinegar

1 tablespoon lemon juice

Stevia to taste

Dash of salt

Dash of cayenne (optional)

Fresh ground black pepper to taste

Stevia to taste

Directions

Combine all ingredients in food processor. Puree until smooth. Pour over fresh arugula or green salad. Garnish with sliced strawberries and freshly ground black pepper. Variations: use as a marinade or sauce for chicken.

Makes 1 serving (1 fruit)

Chili

Ingredients

100 grams lean ground beef (less than 7% fat)

1 cup chopped tomatoes

½ cup water

2 tablespoons minced onion

2 cloves garlic crushed and minced

Pinch of garlic powder

Pinch of onion powder

¼ teaspoon chili powder

Pinch of oregano

Cayenne pepper to taste (optional)

Salt and pepper to taste

Directions

Brown ground beef in small frying pan, add onions and garlic. Stir in tomatoes and water. Add spices and simmer slowly until liquid is reduced.

The longer it cooks the more tender and flavorful. Add a little water as needed to prevent burning. Serve with chopped green onion or tomato garnish and salt and pepper to taste.

Makes 1 serving (1 protein, 1 vegetable or fruit)

Phase 3 modifications: Top with cheddar cheese and a dollop of sour cream.

Tomato basil chicken

Ingredients

100 grams cubed chicken

1 cup chopped tomato

¼ cup water or chicken broth

2 tablespoons lemon juice

2 tablespoons chopped onion

Jack Kessinger, DC ND DABCI

Jay Kessinger, DC ND DABCI

Annette Copeland, CNHP

411 Hwy 72 East • Rolla, MO 65401 • (573) 341-8292 • (573) 341-8494 Fax • Email: vkessing@fidnet.com



Kessinger Diagnostic Centre

www.drkessinger.com

1-2 cloves garlic sliced
3 leaves basil rolled and sliced
1/8 teaspoon oregano fresh or dried
1/4 teaspoon garlic powder
1/4 teaspoon onion powder
Cayenne to taste
Salt and pepper to taste

Directions

Lightly brown the chicken in small saucepan with lemon juice. Add garlic, onion, spices and water. After chicken is cooked add fresh tomatoes and basil. Continue cooking for 5-10 minutes. Salt and pepper to taste, garnish with fresh basil.
Makes 1 serving (1 protein, 1 fruit or vegetable)

Citrus fish

Ingredients

100 grams white fish
1 tablespoon minced onion
2 tablespoons lemon juice
Lemon and orange zest to taste
Lemon and orange slices
Chopped parsley
Salt and pepper to taste
Stevia to taste

Directions

Mix lemon juice with zest and a little Stevia. Baste fish with mixture and top with salt, pepper, and lemon and orange slices. Wrap in aluminum foil and place on the barbeque or in oven at 350 degrees. Cook fish for 5-10 minutes or until fish is thoroughly cooked.
Serve with lemon and top with parsley.
Makes one serving (1 protein, 1 fruit)

Crunchy sweet apple chicken salad

Ingredients

100 grams chicken cooked and diced
1 apple diced
3 stalks celery diced
3 tablespoons lemon juice
1/8 teaspoon cinnamon
Dash of nutmeg
Dash of cardamom
Dash of salt
Stevia to taste
Wedge of lemon

Directions

Mix ingredients together, sprinkle with Stevia and cinnamon. Chill for 20 minutes. Serve with a wedge of lemon and enjoy.
Makes 1 serving (1 protein, 1 vegetable, 1 fruit)
Phase 3 modifications: Add chopped walnuts or raw almonds. Mix in low Sugar, Greek yogurt or 1 tablespoon of mayonnaise for a creamier texture.

Jack Kessinger, DC ND DABCI

Jay Kessinger, DC ND DABCI

Annette Copeland, CNHP

411 Hwy 72 East • Rolla, MO 65401 • (573) 341-8292 • (573) 341-8494 Fax • Email: vkessing@fidnet.com



Kessinger Diagnostic Centre

www.drkessinger.com

Lemon Oregano Whitefish Packet w/ Asparagus

100g whitefish
Asparagus (allowed amount)
Juice of one lemon
1 t oregano
Salt/pepper

Preheat the oven to 400F.

1. Snap off woody ends of asparagus and discard.
 2. Tear off a large sheet of non-stick aluminum foil.
 3. In the center of this sheet, place asparagus spears and sprinkle with salt/pepper.
 4. Place whitefish on top of asparagus.
 5. In small bowl, combine lemon juice & oregano, and pour over fish.
 6. Fold up edges and completely seal packet on all sides.
 7. Bake 10-20 mins, until fish flakes.
- Serve.

Green Onion Soup

Green onions (allowed amount)
2 c vegetable broth
1-2 t liquid aminos
1 t parsley
1 t zsweet
1/2 t paprika
1/2 t salt
1/2 t dill
1/2 t thyme
1/8 t cayenne or red pepper flakes
1/8 t celery seed

1. Briefly steam the green onions until tender.
 2. Preheat saucepan over MED heat.
 3. Chop steamed green onions.
 4. In a saucepan, sauté the green onions in a bit of vegetable broth for a couple of minutes, then add the parsley, zsweet, paprika, salt, dill, thyme, celery seed, and cayenne. Sauté 1-2 mins more.
- Add remaining vegetable broth, reduce heat, cover and simmer 20-30 mins.

V8

Tomato (allowed amount)
Juice of half lemon
1 t fresh cilantro, minced
1/2 t zsweet (to taste)
1/4-1/2 t garlic paste (to taste) or 1 clove minced
1/4 t cumin
1/4 t sugar-free Worcestershire

Jack Kessinger, DC ND DABCI

Jay Kessinger, DC ND DABCI

Annette Copeland, CNHP

411 Hwy 72 East • Rolla, MO 65401 • (573) 341-8292 • (573) 341-8494 Fax • Email: vkessing@fidnet.com



Kessinger Diagnostic Centre

www.drkessinger.com

1/8 t celery seed
Salt/pepper (to taste)
Tabasco (to taste)

1. In blender, combine all ingredients and puree until reaches desired consistency.
Place in refrigerator until chilled or serve over ice.

TIP: Depending on the amount of tomato used, you may need to vary most of these amounts according to taste.

Radish Salad

Radishes, sliced (allowed amount)
Lemon juice
1 T dehydrated minced onion
1 T parsley
1-2 t liquid aminos
Salt/pepper (to taste)

In bowl, combine all ingredients and refrigerate 30 mins to 1 hr before serving.

Lemon Ginger Asparagus

Asparagus (allowed amount)
1/2 c water
1/2 T fresh minced ginger root
3 cloves minced garlic
Lemon zest
Black pepper

1. Preheat pan over MED heat.
2. Snap off woody ends of asparagus spears & discard.
3. Snap spears into 2-3 pieces.
4. Add garlic & ginger to the pan & cook for 2-3 mins.
5. Add asparagus & water. Bring to a boil for 5 mins.
6. Remove asparagus and top with lemon rind & pepper.

Steamed Cabbage

Cabbage (allowed amount)
Juice of half lemon
1/2 t spicy mustard
Salt/pepper (to taste)

1. Place cabbage in steamer. Cover and steam 5-10 mins, until slightly tender.
2. In small bowl, combine spicy mustard and lemon juice.
3. Place cabbage in bowl. Add lemon/mustard mix and toss.
4. Sprinkle with salt/pepper.

Serve immediately.

TIP: If you have no steamer available, simply place & cover a strainer/colander over a pot of boiling water.

Jack Kessinger, DC ND DABCI

Jay Kessinger, DC ND DABCI

Annette Copeland, CNHP

411 Hwy 72 East • Rolla, MO 65401 • (573) 341-8292 • (573) 341-8494 Fax • Email: vkessing@fidnet.com



Kessinger Diagnostic Centre

www.drkessinger.com

Lemon Pepper Fish

100g whitefish
Juice of half lemon
1-3 cloves minced garlic
1/2 t black pepper
1/4 t salt
1/4 t cumin powder
1/8 t turmeric

1. Place fish in small bowl. Add garlic, black pepper, salt, cumin, and turmeric. Ensure to coat both sides.
 2. Cover & marinate at least 1 hour in refrigerator.
 3. Preheat oven to 400.
 4. Place the fish in a non-stick baking dish, & cover with the marinade.
 5. Bake 10-20 minutes depending on thickness, until fish easily flakes.
 6. Squeeze with lemon juice.
- Serve.

Greek Seasoning Mix

2 t oregano
1 1/2 t onion powder
1 1/2 t garlic powder
1 t salt
1 t black pepper
1 t parsley
1 t basil
1/2 t cinnamon
1/2 t nutmeg
1/2 t thyme

1. Grind spices in food processor or coffee grinder.
- Store in air-tight container.

Effortless Cream of Chicken Soup

100g cooked chicken
Celery (allowed amount)
1-2 c broth
1 clove garlic
1 T dehydrated minced onion
1/2 t parsley
1/2 t basil
Ground white pepper (to taste)
Salt (optional)

1. Preheat saucepan over MED-HI heat.
2. In food processor, combine all ingredients and pulse until reaches desired consistency.
3. Pour into saucepan and bring to boil.

Jack Kessinger, DC ND DABCI

Jay Kessinger, DC ND DABCI

Annette Copeland, CNHP

411 Hwy 72 East • Rolla, MO 65401 • (573) 341-8292 • (573) 341-8494 Fax • Email: vkessing@fidnet.com



Kessinger Diagnostic Centre

www.drkessinger.com

4.Reduce heat to simmer, cover, and heat 20-30 mins.
Serve.

TIP: For the cooked chicken in this dish, I use the chicken I boiled to make the broth.

I usually start out by adding 1 c broth to the food processor, and then gradually add more broth until it's the soup consistency I prefer.

Chile Chicken

100g chicken
1 T red Chile paste/sambal oelek
1 T ACV
3 cloves minced garlic
1 t oregano
1/2 t cumin
1/2 t granulated sugar substitute
Salt
Crushed red pepper (optional)

1.In zip lock bag, add all ingredients except chicken. Mix.
2.Sprinkle chicken with salt and add the chicken to bag. Seal & shake to coat.
Place in refrigerator to marinate at least 1 hr.

4.Cook chicken on George Foreman or under broiler until done.
Top with crushed red pepper (optional) and serve.

TIP: This tastes great served fresh from the grill with a veggie, or even shredded in tomato soup.

Cinnamon Curry Chicken Soup

100g chicken - cubed
Diced onion (allowed amount)
2 c broth
3 cloves minced garlic
1/2 t curry powder
1/4 t cinnamon
1/4 t pumpkin pie spice
Salt/black pepper to taste

1.In saucepan, combine all ingredients.
2.Bring to a boil.
Reduce heat, cover, and simmer 45 mins.

TIP: The chicken can go straight from the freezer to the saucepan or Crockpot on this one. If frozen, I place the breast in whole, and then when the soup is finished, I cube or shred the chicken. Very flavorful!

Lemon Chicken Soup

100g cooked chicken breast (diced or shredded)

Jack Kessinger, DC ND DABCI

Jay Kessinger, DC ND DABCI

Annette Copeland, CNHP

411 Hwy 72 East • Rolla, MO 65401 • (573) 341-8292 • (573) 341-8494 Fax • Email: vkessing@fidnet.com



Kessinger Diagnostic Centre

www.drkessinger.com

Chopped spinach (allowed amount)
2-3 c broth
Juice of 1 lemon
1 t thyme
Sea salt to taste
Ground white pepper to taste

1. Preheat saucepan over MED heat.
2. Combine all ingredients.
3. Bring to a boil, and then simmer 20 mins.
Serve.

TIP: This is an easy way to use up that boiled chicken you used to make your broth. You can even make this in the Crockpot using uncooked or frozen chicken cut into cubes.

Orange Ginger Chicken

100g chicken - cut into chunks
Black pepper
Orange - cut in 1/4s
2-3 cloves minced garlic
1 T fresh ginger root (about 1/2"-1" long piece, peeled & minced)
1/2 t basil
Juice of half lemon

1. Preheat pan over MED heat.
2. Sprinkle chicken with pepper.
3. Add chicken to pan and stir fry until brown on all sides, about 5-10 mins.
4. Add garlic and cook for 1 min.
5. Squeeze juice of orange quarters over chicken.
6. Peel & separate orange into sections. Add orange sections, ginger, lemon juice, and basil. Stir well.
Cover and simmer for about 20-30 mins. NOTE: This includes your meat and fruit portion for this meal.

Lemon Mustard Broiled Chicken

100g chicken
Juice of 1/2 lemon
1 T spicy mustard
1/2 t black pepper
1/2 t oregano
1/4 t cayenne pepper

1. Preheat broiler.
2. Broil 1 side of chicken 5-10 mins until slightly browned.
3. In small bowl, add the rest of the ingredients and mix well.
4. Spoon mixture onto chicken. Flip over and coat other side.
Broil uncooked side 5-10 mins or until no longer pink.

Jack Kessinger, DC ND DABCI

Jay Kessinger, DC ND DABCI

Annette Copeland, CNHP

411 Hwy 72 East • Rolla, MO 65401 • (573) 341-8292 • (573) 341-8494 Fax • Email: vkessing@fidnet.com



Kessinger Diagnostic Centre

www.drkessinger.com

NOTE: This chicken stays really moist and juicy and full of flavor. Enjoy!

Spicy White Chili

100g cooked chicken breast, shredded
1-4 c broth (depending on how soupy you want it)
4 cloves minced garlic
1/2 t cumin
1/4 t oregano
1/4 t red pepper flakes
1/8 t ground cloves
Tabasco or hot sauce to taste

1. Preheat pot over MED-HI heat.
 2. Add all ingredients except for Tabasco/hot sauce.
Bring to a boil then reduce heat to simmer, cover, & cook 30 mins.
(Continued on Next page)
- Add Tabasco or hot sauce right before serving.

TIP: This is also great fixed in a small Crockpot. Toss everything in and put it on while you're out and come back to great tasting dinner! If using the Crockpot, you can use cut up uncooked chicken (even frozen!). Feel free to add your allowed vegetable to this as well - I usually add chopped onion.

Baked Cajun Chicken

100g chicken
1/2 T milk
1/2 t Cajun seasoning

1. Preheat oven to 350.
 2. In small dish, coat both sides of chicken with milk.
 3. Place chicken in glass baking dish.
 4. Sprinkle top with Cajun seasoning.
- Bake uncovered 20-30 mins until chicken is no longer pink.

TIP: If you would like it even spicier, add a bit of Tabasco or Frank's Red Hot before serving.
This includes 1/2 of your milk portion for the day.

Mock Shake 'n Bake

1/2 c minced dehydrated onions
1/4 t coriander
1/4 t thyme
1/4 t red pepper flakes
1/8 t oregano
1/8 t paprika
1/8 t black pepper
1/8 t salt

Place all ingredients in food processor or coffee grinder.

Jack Kessinger, DC ND DABCI

Jay Kessinger, DC ND DABCI

Annette Copeland, CNHP

411 Hwy 72 East • Rolla, MO 65401 • (573) 341-8292 • (573) 341-8494 Fax • Email: vkessing@fidnet.com



Kessinger Diagnostic Centre

www.drkessinger.com

1. Grind to a powder.
Store in air-tight container.

TIP: Use this as coating on your meat before you cook it. Dampen meat, then coat. This is great on chicken, fish, shrimp, even steak burgers.

Breaded Chicken Cutlets

100g chicken
1 grissini (ground into powder)
1/2 c homemade chicken broth
1/4 t garlic powder

1/4 t paprika
1/4 t poultry seasoning (optional)
1/4 t cayenne (use less if you want them less spicy)
Salt/pepper to taste

1. Preheat pan over MED heat.
2. In small dish, combine grissini powder, garlic powder, paprika, poultry seasoning, cayenne, and salt/pepper. (You could also use zip lock bag.)
3. Add chicken to seasonings and fully coat.
4. Add half of broth and chicken to pan.
5. Cook for approx. 3-4 mins each side depending on thickness of chicken. Keep adding more broth as it cooks off.
Serve immediately.

Fried Chicken Tenders

100g chicken
1 T milk
1 grissini
Seasonings (salt, pepper, paprika, ground red pepper, garlic powder)

1. Preheat oven to 350.
2. Slice chicken breast into 3 tenders.
3. In small bowl, mix milk and any seasonings you prefer.
4. Grind grissini in food processor until it is a powder. (I use my coffee grinder.)
5. Put grissini powder in a separate small bowl.
6. Add chicken to milk mixture and toss to coat well.
7. Then one at a time, place chicken in grissini powder and coat both sides of chicken.
8. Place chicken in glass baking dish and bake 30-40 mins, turning over halfway through.
9. In last 5 mins, turn on broiler and broil 2-3 mins each side.
Serve immediately.

NOTE: Remember that this recipe includes both your meat and grissini portion. As well as your daily allowance of milk.

Jack Kessinger, DC ND DABCI

Jay Kessinger, DC ND DABCI

Annette Copeland, CNHP

411 Hwy 72 East • Rolla, MO 65401 • (573) 341-8292 • (573) 341-8494 Fax • Email: vkessing@fidnet.com



Kessinger Diagnostic Centre

www.drkessinger.com

Chicken "Gravy"

1/2 c homemade broth
1 grissini

1. Add 1/4 c broth to small saucepan and bring to boil.
2. While broth is heating, grind grissini in food processor until it is a powder. (I use my coffee grinder.)
3. Add the powdered grissini to the pan, whisking constantly until dissolved.
4. Still whisking, add remaining 1/4 c broth.
5. Reduce heat to MED and whisk for 3-4 mins, until thickened.

I usually add some salt, pepper, thyme, sage, or poultry seasoning, etc for more flavors. Feel free to add any spices you like.

TIP: I pour this over my boiled chicken that I use to make my broth. This gives it a lot more flavor as boiled chicken is usually pretty bland.

Mexican Chicken Soup

100g cooked chicken, shredded into bite-sized pieces
3-4 cloves minced garlic
1 t cumin
1/2 t onion powder
1/2 t chili powder
1/2 t cayenne (use less if you don't want it as spicy)
Diced tomato
2-3 c homemade chicken broth
1/4 c fresh chopped cilantro (optional)

1. Preheat pot over medium-high heat.
 2. Add garlic, and cook for 3-5 minutes. (Heat until you see little bubbles around the garlic.)
 3. Use a bit of your broth to keep garlic from sticking to the pot, if necessary.
 4. Add tomatoes, chicken broth, and onion powder, cumin, chili powder, and cayenne.
 5. Bring to a boil.
 6. Reduce heat to a simmer, and add chicken.
 7. Simmer for 20 minutes.
- Stir in cilantro, and simmer for 5 minutes more.

TIP: For easy chopping of cilantro and other herbs, use kitchen shears. When using a knife sometimes the leaves of the herbs are difficult to chop. The kitchen shears make this a simple task.

Easy Homemade Broth

100g chicken (you can add more chicken - you just need to track your portions)
Parsley
Onion powder
Garlic
Thyme
Rosemary
Oregano

Jack Kessinger, DC ND DABCI

Jay Kessinger, DC ND DABCI

Annette Copeland, CNHP

411 Hwy 72 East • Rolla, MO 65401 • (573) 341-8292 • (573) 341-8494 Fax • Email: vkessing@fidnet.com



Kessinger Diagnostic Centre

www.drkessinger.com

Basil
Bay leaf
Salt
Black pepper

1. Fill saucepan 3/4 full with water.
 2. Bring to boil.
 3. Add chicken and seasonings.
 4. Boil for 20 mins.
 5. Remove boiled chicken & serve or refrigerate and save for later.
 6. Strain out bay leaf & seasonings.
 7. Let broth cool to room temperature.
 8. Skim fat off surface (if any).
 9. Refrigerate broth.
 10. Once cold, skim the rest of the fat from the top (if any).
- Store in refrigerator or freeze for later use.

TIP: You can add on-protocol veggies such as 3-4 stalks celery (I usually add the trimmings that I don't eat) and 1 onion for more flavor - just be sure to strain them at the end. You can also choose to omit the chicken altogether and just use the celery and onion with the seasonings for a simple veggie broth. OR add your steak trimmings that you've inevitably had to trim from your steaks and add to the broth for a beef broth.

TIP²: I usually freeze the broth in ice cube trays after cooling and skimming all fat. Then after they freeze, I place the cubes of broth in a freezer bag. This makes for easy use when 'frying' up shrimp, chicken, etc. Just toss a broth cube into a pan and let it melt then add your meat, etc. It adds flavor and keeps food from sticking.

Steak (or Chicken) Pizza Iola

100g steak (or chicken)
Tomato (diced)
2-3 cloves minced garlic
1 t oregano
1 t basil
1/4 t chili powder
Black pepper

1. Preheat oven to 350.
 2. Place 1/2 of the diced tomato in casserole dish.
 3. Add meat on top of tomato and top with minced garlic.
 4. In small bowl, toss the rest of tomato with the oregano, basil, chili powder, and black pepper. Place on top of steak.
 5. Cover tightly with aluminum foil or with lid.
- Bake 45-60 mins.

TIP: If using chicken, sear each side for a minute or two in a frying pan with a dash of salt/pepper (until just browned). Then follow with same steps as above.

Garlic Chicken

Jack Kessinger, DC ND DABCI Jay Kessinger, DC ND DABCI Annette Copeland, CNHP

411 Hwy 72 East • Rolla, MO 65401 • (573) 341-8292 • (573) 341-8494 Fax • Email: vkessing@fidnet.com



Kessinger Diagnostic Centre

www.drkessinger.com

100g chicken (400g chicken - 4 servings)
Diced onion
3-5 cloves garlic - unpeeled & left whole
Juice of half lemon
Black pepper to taste

1. Preheat oven to 350.
 2. Heat non-stick saucepan over MED.
 3. Add the onion. Stir constantly until tender. 5-10 mins.
 4. Transfer onions to glass baking dish.
 5. Place chicken atop onions.
 6. Squeeze on lemon juice & sprinkle with pepper.
 7. Place garlic around and on the chicken.
 8. Cover tightly either with lid or aluminum foil.
- Cook for 30-45 mins or until chicken is no longer pink.

Note: You don't have to eat the onions as your veggie (it's primarily for flavor). Just eat the chicken and add veggie of your choice.

Blackened Chicken Salad

100g chicken tenders
1 t paprika
1/2 t onion powder
1/2 t garlic powder
1/4 t oregano
1/4 t thyme
1/4 t white pepper
1/4 t black pepper
1/4 t ground red pepper
Spinach or salad greens (as allowed)

1. Combine all spices and rub on chicken.
2. Grill until no longer pink.

Serve over spinach or salad greens.

Boneless Hot Wings

100g chicken breast tenders
1/4 c vinegar
1/4 c water
1-2 T cayenne pepper
1-2 T chili powder (adjust as needed)

1. In small bowl, mix vinegar, water, and cayenne pepper.
2. Add chicken to marinade and refrigerate for 1-2 hrs.
3. Preheat oven to 350.
4. Add chili powder to a small dish and dip chicken in chili powder.
5. Place on rack in baking pan.

Jack Kessinger, DC ND DABCI

Jay Kessinger, DC ND DABCI

Annette Copeland, CNHP

411 Hwy 72 East • Rolla, MO 65401 • (573) 341-8292 • (573) 341-8494 Fax • Email: vkessing@fidnet.com



Kessinger Diagnostic Centre

www.drkessinger.com

6. Bake 15-20 mins turning halfway through.

Serve immediately with some homemade buffalo sauce or Frank's Original Red Hot Sauce.

Steak Fajitas

Ingredients

- 1 teaspoon salt
- 1/2 teaspoon ground cumin
- 1/2 teaspoon onion powder
- 1/4 teaspoon garlic powder
- 1/4 cup water
- 3 1/2 flat iron steak or top round steak.
- 1 green bell pepper—cored, seeded and cut into thin strips
- 1 medium onion, thinly sliced
- 2 tablespoons fresh lime juice.

Directions

1. In a zip plastic bag, combine the Chile powder with the salt, cumin, onion powder, garlic powder, water. Add the steak, bell pepper and onion, seal and knead gently to coat. Refrigerate for 15 minutes.
2. Heat a large nonstick skillet. Empty the contents of the bag into the skillet and cook over medium heat, stirring occasionally, until the vegetables are crisp-tender and the steak is cooked through, about 6 minutes. Remove from the heat. Serve immediately.

Jerk Turkey Salad

Ingredients

- 3 1/2 oz of turkey breast
- 1 tablespoon Caribbean jerk seasoning
- 1/2 sliced peeled cucumber
- 2 oz chopped fresh pineapple (do not use can pineapple)
- 2 oz strawberries or raspberries
- 1/4 cup sliced celery
- 2 slices of green onion
- 1/4 cup lime juice
- Salt and cumin to taste.

Directions

1. Grill Turkey breast with jerk seasoning until turkey is not longer pink and juices run clear. Remove from grill and cool.
2. Cut turkey into bite-size pieces. Toss together greens, turkey, cucumber, pineapple, strawberries, and green onion.
3. Combine lime juice; add salt and cumin to taste.

Chicken Fajitas

Ingredients

- 1 teaspoon salt
- 1/2 teaspoon ground cumin
- 1/2 teaspoon onion powder
- 1/4 teaspoon garlic powder
- 1/4 cup water
- 6 oz boneless chicken breast cut into 1/2-inch strips
- 1 green bell pepper—cored, seeded and cut into thin strips

Jack Kessinger, DC ND DABCI

Jay Kessinger, DC ND DABCI

Annette Copeland, CNHP

411 Hwy 72 East • Rolla, MO 65401 • (573) 341-8292 • (573) 341-8494 Fax • Email: vkessing@fidnet.com



Kessinger Diagnostic Centre

www.drkessinger.com

1 medium onion, thinly sliced
2 tablespoons fresh lime juice.

Directions

1. In a zip plastic bag, combine the Chile powder with the salt, cumin, onion powder, garlic powder, water. Add the chicken, bell pepper and onion, seal and knead gently to coat. Refrigerate for 15 minutes.

2. Heat a large nonstick skillet. Empty the contents of the bag into the skillet and cook over medium heat, stirring occasionally, until the vegetables are crisp-tender and the chicken is cooked through, about 6 minutes. Remove from the heat.

Grilled Marinated Shrimp

Ingredients

1/4 cup chopped fresh cilantro
1 lemon, juiced
3 cloves garlic, minced
1 teaspoon salt
1 teaspoon ground black pepper or cumin
6 oz large medium cooked shrimp, peeled and deveined with tails attached

Directions

1. In a zip plastic bag, combine the shrimp with the salt, cumin or pepper, Garlic, lemon, cilantro. Seal, and marinate in the refrigerator for 15 min to 1 hour.
2. Preheat grill for medium-low heat. Cook shrimp for 5 minutes per side, or until opaque. Add side of vegetables or salad as desire.

SHRIMP CEVICHE

Ingredients

1 to 2 lbs. shrimp, fresh or frozen, raw or cooked, peeled and deveined, tail-on or off
2 large lemons, freshly squeezed, about 3/4 cup to 1 cup
2-3 large limes, freshly squeezed, about 3/4 cup to 1 cup
1 tablespoon fresh garlic, minced
1 cubanel or other mild to medium pepper, ribs and seeds removed, finely chopped
1 red onion, finely chopped (about 1 cup)
1-3 tablespoons Tabasco or hot sauce (more or less to taste)
4 large tomatoes, chopped (about 2-3 cups)
2 cumpers, peeled and diced into 1/2 inch pieces (about 1.5 cups)
Fresh cilantro, chopped (about 1/2 cup)
Fresh parsley, chopped (about 1/2 cup)
Sea salt and fresh ground black pepper to taste

Directions

Thaw shrimp if frozen. If using raw shrimp, bring a pot of water to boil and cook the shrimp for a minute or two until it turns opaque white and reddish—do not over cook the shrimp as it will be too rubbery in texture. Rinse shrimp under cold water. Combine juices of lemons and limes in a large bowl (not metal) or large Ziploc baggie and add shrimp. Cover bowl or zip baggie and refrigerate for 30 minutes to marinate. Large shrimp could be cut into smaller chunks (remove tails if doing this) to speed up marinade time.

Add to shrimp the Tabasco, garlic, onion and pepper and toss/mix evenly. Return to refrigerator for maybe another 30 minutes to let

Jack Kessinger, DC ND DABCI Jay Kessinger, DC ND DABCI Annette Copeland, CNHP

411 Hwy 72 East • Rolla, MO 65401 • (573) 341-8292 • (573) 341-8494 Fax • Email: vkessing@fidnet.com



Kessinger Diagnostic Centre

www.drkessinger.com

the flavors infuse the shrimp.

Before serving, toss in bowl the marinated shrimp mixture, cilantro, parsley, tomatoes and cucumbers and if needed, add sea salt and black pepper to taste.

BBQ Sauce

- 2 strips of fat-free turkey bacon, chopped fine (or see substitutions)
- 1 small onion, minced
- 1 clove garlic, minced or 1/4 teaspoon garlic powder
- 1 small can (6 oz) tomato paste
- 1 can (12 oz) diet (sugar-free) cola - Stevia-sweetened
- 1/4 cup sugar-free catsup
- 3 T mustard
- 1 Tablespoon Worcestershire sauce
- 1 pinch ground cloves
- Hot sauce to taste
- 1/2 cup of water

Pan-fry the turkey bacon. Add onion and cook over medium flame for about 4 minutes. Add garlic clove and stir. Add the remaining ingredients including the water. Stir. Allow to simmer for 20-30 minutes.

To adjust flavor at this point, use any of the following: vinegar, sweetener (liquid works best,) or hot sauce. Note: sweetener will tone down spiciness.

Makes approx. 10 servings of 1/4 cup with approx 15 - 30 calories, and 1 gram of fiber, depending on products used.

Spicy BBQ Sauce and Marinade

2, 12 oz jars 'EMBASA SALSA MEXICANA'

2/3 cup lemon juice

2 tablespoons

Worcestershire sauce

4 tbs 'Sugar Twin' or sweetener

2 teaspoons Salt

4 teaspoons Chili powder

1/2 teaspoon Tabasco

sauce -- (hot pepper sauce - 1/2 to 1)

1 or 2 dashes garlic powder

The entire thing makes about 220 calories depending on products used but makes a lot of servings.

Hamburgers

Mix garlic and/or beef seasoning into lean ground beef. Form into individual patties and grill. Top with tomato and onion, and serve on or wrapped in lettuce.

Jack Kessinger, DC ND DABCI

Jay Kessinger, DC ND DABCI

Annette Copeland, CNHP

411 Hwy 72 East • Rolla, MO 65401 • (573) 341-8292 • (573) 341-8494 Fax • Email: vkessing@fidnet.com



Kessinger Diagnostic Centre

www.drkessinger.com

Cajun Chicken Salad

Baste sliced chicken breast with Cajun seasoning and grill. Place on bed of lettuce and sprinkle with salt, pepper and lemon juice.

Shish Kabobs

Chunks of chicken or shrimp for lowest calories, onion, tomato chunks or cherry tomatoes, vegetables of your preference on skewer. Season with herbs and lemon juice prior to grilling. Ready in 10 minutes.

Mexican cocktail sauce:

Cold, cooked shrimp
picante sauce or fresh salsa
Tomato Juice - sugar free
cilantro
onion
a little lemon or lime juice

Mix the salsa into the shrimp, until the shrimp are covered. Thin the sauce with the tomato juice and add other ingredients to taste. Use cayenne or Tabasco and add a little Stevia if it is too tart.

Chicken Stir-fry

Slice chicken prior to cooking. Slice preferred vegetables; bell peppers, onions, green beans, cabbage, celery, etc. Stir fry in soy sauce- try Bragg's amino acids if you're also on ph balance diet!

Lettuce wraps

Brown lean ground beef. Mix with (low fat, sugar free) fajita seasoning, sauté various bell peppers- red, green, yellow, and orange- with onion. Wrap in lettuce leaves and voila!

Herb Omelets (Multiple)

This recipe is kind of tricky and involves baking with Melba toast in place of bread. If you're brave, give it a try!

- 1 tablespoon Coconut Oil
- 1/4 cup(s) pepper(s), red, bell, diced
- 1/4 cup(s) scallion(s) (green onions), sliced
- 1 clove(s) garlic, minced
- 10 slice(s) Melba Toast, whole-wheat
- 1/4 cup(s) cottage cheese, low-fat
- 3 egg(s)
- 8 egg white(s)
- 3/4 cup(s) milk, fat-free evaporated
- 1 tablespoon basil, fresh, minced
- 1 tablespoon rosemary, fresh, minced
- 2 teaspoon chives, fresh, minced
- 1 tablespoon parsley, fresh, minced

1. Preheat the oven to 350 degrees. Heat the coconut oil in a skillet over medium high heat. Sauté the pepper and scallions for 6 minutes. Add the garlic and sauté for 3 more minutes.

2. Place the toast slices in a large casserole dish. Combine the remaining ingredients and pour the egg mixture on top of the toast. Add the cooked vegetables. Bake for about 25-40 minutes until the omelet is slightly puffed and set.

Jack Kessinger, DC ND DABCI

Jay Kessinger, DC ND DABCI

Annette Copeland, CNHP

411 Hwy 72 East • Rolla, MO 65401 • (573) 341-8292 • (573) 341-8494 Fax • Email: vkessing@fidnet.com



Kessinger Diagnostic Centre

www.drkessinger.com

Mexican Salsa

Boil red tomatoes and one chili pepper. When tomatoes are soft, pull the skin off. Put the tomatoes and chili pepper in blender with plenty of water and lots of salt. Vary the flavor using any of the following- garlic, sugar, cilantro, onion, thyme, oregano. There are literally hundreds of variations for this and every Mexican Salsa starts here! Can also add hamburger/sausage, parmesan, mushrooms, etc to make an Italian sauce!

No Crust Apple Pie

large glass deep dish baking dish with a lid
Fresh Apples
¼ cup granulated stevia
½ tsp nutmeg
½ tsp cinnamon
¼ cup of water
2-3 small slices of real butter

Mix stevia, nutmeg and cinnamon in a separate bowl.

Slice apples (with or without peel) and layer in glass baking dish with stevia mixture. Fill to about ½ inch from top. Pour ¼ cup water into dish and top with a couple small slices of real butter. Cover and bake at 350° until tender.

Spicy Pasta with Scallops

1 lb. sea or bay scallops, the sea scallops are larger and can be cut in half if desired
olive oil cooking spray
4 cloves fresh garlic, pressed
1 red or green jalapeño chili pepper finely minced
1 medium yellow onion, chopped
1 28 oz. can chopped roma or regular tomatoes or 2 lb. fresh tomatoes, peeled, seeded and chopped
1 roasted red bell pepper, chopped
2 tablespoons rinsed and drained capers
¼ cup white or light bodied red wine
3 ounces tomato paste (1/2 of a 6-oz. can)
½ cup sliced black olives
2 tablespoons chopped fresh basil
½ tablespoon extra virgin olive oil
3 packs Angel Hair Miracle Noodles Pasta
6 tablespoons fresh grated Parmesan or Asiago cheese – optional

Method:

1. Lightly spray a large non stick skillet or Dutch oven with cooking spray and heat on medium for 2 to 3 minutes. Sauté garlic, onions and chilies together until onions become tender.
2. Add tomatoes, roasted bell pepper, tomato paste, wine and salt to onion mixture and bring to gentle boil stirring often. Reduce heat to low and simmer 20 minutes to an hour.
3. Add capers and olives to sauce. Increase heat to medium again and add raw scallops along with their nectar continuing to cook stirring often until scallops are no longer translucent, an additional 5 to 8 minutes.
4. Add olive oil and fresh basil to sauce. Add angel hair to sauce if desired tossing all ingredients together gently. Remove from heat and serve with fresh grated cheese.

Yield: 6 - 1 1/2 cup servings

Jack Kessinger, DC ND DABCI

Jay Kessinger, DC ND DABCI

Annette Copeland, CNHP

411 Hwy 72 East • Rolla, MO 65401 • (573) 341-8292 • (573) 341-8494 Fax • Email: vkessing@fidnet.com



Kessinger Diagnostic Centre

www.drkessinger.com

Lemon Garlic Miracle Noodles *(this is not a weight loss recipe & should be used on maintenance only)*

2-3 bags of Miracle Noodle- Fettuccine or Angel hair pasta
1/3 cup freshly squeezed lemon juice
2 Large garlic cloves minced
1/2 tsp sea salt
1 1/2 tsp agave nectar
1/2 tsp dijon mustard
1 1/2 tbsp olive oil
1/4 cup toasted pine nuts
1/4 cup fresh parsley chopped
Parmesan cheese optional

Calories 143
Total fat 10.7 grams
Saturated Fat 1.2 gr ams
Cholesterol 0 grams
Sodium 325 mg
Total Carbs 12.8g
Dietary fiber 3.6g
Sugars 8.9g
protein 1.3g

In a bowl, whisk together lemon juice, garlic, salt, agave nectar, mustard and oil (starting with 1 1/2 tbsp)

Empty contents of noodles into colander, draining the water that the noodles are packed in.

Boil the noodles for one minute, drain in colander, pat dry with a small hand towel and return to pot.

Toss with lemon dressing, toasted nuts, & parsley.
Season to taste, adding extra olive oil & salt & pepper, if desired.

Grate a small amount of Parmesan cheese on top of the noodles (optional)

Faith is taking the first step even when you don't see the whole staircase
Martin Luther King Jr.

Jack Kessinger, DC ND DABCI Jay Kessinger, DC ND DABCI Annette Copeland, CNHP

411 Hwy 72 East • Rolla, MO 65401 • (573) 341-8292 • (573) 341-8494 Fax • Email: vkessing@fidnet.com



Kessinger Diagnostic Centre

www.drkessinger.com

Jack Kessinger, DC ND DABCI Jay Kessinger, DC ND DABCI Annette Copeland, CNHP

411 Hwy 72 East • Rolla, MO 65401 • (573) 341-8292 • (573) 341-8494 Fax • Email: vkessing@fidnet.com



Kessinger Diagnostic Centre

www.drkessinger.com

Negative Calorie Foods

They burn extra calories! 1 apple = 50 calories, but burns 150!

Apples (un-peeled)	Coriander	Kale	Pineapple
Apricot, Dried	Chickpeas - Garbanzo	Kidney Beans	Pomegranates
Apricot, Fresh	Bottle Gourd, Loki	Kiwi Fruit	Prunes
Artichokes	Chili Green	Kohlrabi	Pumpkin
Asparagus	Chili Red	Lettuce	Quince
Bamboo Shoots	Cloves	Lentils Mung Beans	Radishes
Basil	Chickory	Lime, Lemon	Raspberries
Beans - Green	Chives	Mango	Rhubarb
Beets	Corn	Mint	Sage
Beets - Green	Cranberries	Mushrooms	Sauerkraut
Bitter Melon Bitter	Cucumber	Mustard Greens	Savory
Gourd	Dandelion	Mustard Seeds	Spinach
Blackberries	Dill	Nectarines	Squash
Black Eyed Beans	Endive	Okra	Sweet Potato
Broccoli	Garden Cress	Onion	Strawberry
Brussel Sprouts	Gram Black Chana	Orange	Tangerine
Cabbage	Garlic	Oregano	Thyme
Carrots	Grapes	Papaya	Tomato
Cantaloupe	Grapefruit	Parsley	Turnips
Cauliflower	Guava	Parsnip	Watercress
Celery	Green Onions	Peaches	Watermelon
Cherries	Green Peppers	Pears	Zucchini
Cilantro	Horseradish	Peas Green	Yam

Jack Kessinger, DC ND DABCI

Jay Kessinger, DC ND DABCI

Annette Copeland, CNHP

411 Hwy 72 East • Rolla, MO 65401 • (573) 341-8292 • (573) 341-8494 Fax • Email: vkessing@fidnet.com