



POWERFUL TOOLS FOR GENTLE HEALING

Manufacturing Superior Products:

- ✓ Concentrated for potency
- ✓ CGMP standards assure quality
- ✓ Pharmaceutical grade ingredients
- ✓ Bioavailable for quick assimilation
- ✓ Advanced formulas give gentle healing power

*A Full Spectrum Approach
to Drug and/or Alcohol
Dependence Recovery*



POWERFUL TOOLS FOR GENTLE HEALING

1440 Washington Blvd. #A-2
Concord, CA 94521
(800) 869-8783

Plan Participant Handbook

1440 Washington Blvd. #A-2
Concord, CA 94521
(800) 869-8783

REFERENCE USE ONLY

Pacific BioLogic is providing this information to you with the understanding that it is for your own reference and use. The information in this handbook is not intended to replace the advice of a healthcare provider. Any person with a serious health problem should seek treatment from their healthcare professional. Patients already taking some form of treatment prescribed by a healthcare professional should neither stop taking, nor reduce the dosage of such treatment without the healthcare professional's directions.

GENERAL DISCLAIMER

Information contained in this guide is for educational purposes only. Although we strive to maintain the accuracy of the information herein, we cannot anticipate all conditions under which this information and our products may be used. Considering the constant change in government regulation and ongoing research, the reader is urged to check other sources for all up-to-date information. Pacific BioLogic does not accept responsibility for the results obtained by the application of the information contained in this guide and cannot be held responsible for errors or for any consequences arising from the use of such information.

CAUTION

The use of herbs during pregnancy or while nursing is not recommended unless used with special caution, under medical supervision.

STRUCTURE FUNCTION CLAIMS

The statements presented here have not been evaluated by the Food and Drug Administration. These products are not intended to diagnose, treat, cure, or prevent any disease.

“At our Institute of Addiction Studies, we have been focusing on the relationship between professional counseling, neuro nutrients and the addiction/abuse symptomology for several years. Pacific BioLogic offers a number of products which have been successfully integrated into our research and treatment efforts. Based on actual observed and measured client outcomes, I am pleased to endorse the Pacific BioLogic Addiction Formulas as meaningful treatment components when properly used under appropriate guidance and direction.”

~ *Dr. Michael Meredith, Pharmatox*

“For the past fifteen years I have had the opportunity to use the Pacific BioLogic formulas in my family practice and in an outpatient chemical dependency unit.

The results have been far better than expected. First, the chemical dependency unit patients' mental clarity, sense of well being, group attendance and participation were obviously improved, as noted by myself, the counselors, other recovering patients, the patients' families and the patients themselves. I have had success across the board with all stimulant, benzodiazepine, alcohol and opiate users. Even in my family practice I have much greater success in helping people withdrawing from cigarettes, caffeine and carbohydrate cravings. On occasion I use the Pacific BioLogic formulas in conjunction with other detox medications such as Symetryl, Desipramine, Catapres, Darvon and Nicorette gum, greatly improving the effectiveness of the medications and decreasing the time necessary to use them.”

~ *Dan Headrick, M.D., Chemical Dependency Unit, Hemet Valley Hospital*

“Thank you for introducing us to your nutritional support for addiction recovery. We have been supplying our (most severe) clients with your MORNING and EVENING FORMULAS for several months. They are reporting marked improvements in energy levels, motivation, decrease in Protracted Withdrawal Symptoms, increased tolerance to stress and decreased triggers to relapse.”

~ *Joe McCarty, MS, CDCS, LPC, Program Director, Sound Alternatives*

“I am writing to convey my clinical impression of your products. To date more than 400 of our clients have received your nutritional supplements as adjunctive therapy for cocaine and amphetamine withdrawal. There have been no adverse reactions: the preparations are well tolerated and have been very well accepted by our diverse clientele.

Subjective reports from our clients indicate that MORNING and EVENING FORMULAS are effective in relieving the anergia, anhedonia, and craving associated with stimulant withdrawal. We have been so impressed with these reports that we have incorporated the use of your products into our medication protocols and plan to conduct a double blind, placebo controlled trial to verify their efficacy.

I feel your group has developed a very exciting product with a great deal of potential. I look forward to working with you in the future.”

~ *Gantt Galloway, Research Pharmacist, Haight-Asbury Free Clinics.*

Beverages

1 percent milk or skim milk
buttermilk (occasionally)

chilled sparkling grape juice, apple juice (nonalcoholic)
unsweetened frozen, canned or fresh juice in moderation (one to three 4 oz. Glasses per day)

Condiments

avoid added salt; heavily salted, preserved foods such as ham, bacon, sausage, soy sauce, pickles, herring, and anchovies should be used only occasionally and in small amounts;
avoid monosodium glutamate—sodium has been proven to have a negative effect on the body
virtually all spices, herbs, vinegars, may be used freely in food preparation
avoid sweetened, prepared sauces (e.g., ketchup, barbecue sauce, steak sauce)

Recommended Reading

Baker, Elizabeth and Dr. Elton, *The Uncook Book*
Davis, F., *The Low Blood Sugar Cookbook*
Ewald, E., *Recipes for a Small Planet*
Ford, J., *Deaf Smith Country Cookbook*
Katzen, Molly, *The Enchanted Broccoli Forest*
Katzen, Molly, *The Moosewood Cookbook*
Lansky, Vicki, *The Taming of the Candy Monster*
Lappe, F., *Diet for a Small Planet*
Reuben, Carolyn, *Antioxidants: Your Complete Guide*
Reuben, Carolyn, *Cleansing the Body, Mind, and Spirit*
Robertson, Laurel, *Laurel's Kitchen*
Ross, Julia, *The Diet Cure*
Ross, Julia, *The Mood Cure*

Nutrition Guidelines excerpts from “*The Hidden Addiction and How to Get Free*”; Janice Keller Phelps, M.D. & Alan E. Nourse, M.D., Little, Brown and Company, 1986, ISBN 0-316-70471-7

Plan Participant Handbook

Table of Contents

Plan Participant Letter	Page 2
Limbic Balance Formulas Product Information	Page 3
Grounded Formula Product Information	Page 6
Suggested Dietary Revisions	
<i>Enhancing Limbic Balance Formulas With Diet</i>	
The Diet Program	Page 8
Glycemic Index of Foods.....	Page 9
Menu Ideas.....	Page 11
Other Diet Suggestions.....	Page 12
Recovery Nutrition Guidelines.....	Page 14
Recommended Reading.....	Page 16

Welcome to an opportunity for a lifestyle change!

You are being offered these nutritional products to help you make a positive impact on your health. These are natural vitamins, herbs, and naturally occurring aminos that help stabilize the chaos that dependence to drugs and alcohol cause within the brain and neurological system.

With this special array of supplements, anxiety, confusion, poor mental focus, paranoia, alienation, depression, despair, deep hostility and many other such disturbances are minimized or managed. Pacific BioLogic has created these three formulas to give essential nutritional support to help with a demanding lifestyle.

How does this program work? It is a program designed to nourish your body – to make up for poor eating habits that may have occurred in the past. These nourishing formulas concentrate natural ingredients to allow a person's body to become healthy in a short period of time, often less than four months.

Included is Pacific BioLogic's Suggested Dietary Revisions in an easy to understand format. You might consider this nutritional diet helpful with your lifestyle change.

Why not give The Full Spectrum Protocol a try?

Protein Sources

beans and legumes

cheese of all sorts

plain yogurt

fish of all kinds

meats: lamb, beef, pork, veal, rabbit and so forth. Many people want to limit red meat, since there is evidence linking some red meats to degenerative diseases and cancer. The high fat content is also a negative factor.

nuts and seeds

organ meats: liver, heart, sweetbreads, kidneys. Many people avoid these foods because of their exceedingly high cholesterol content and their possible causative link with coronary artery disease.

poultry: chicken, game hen, turkey, duck, wildfowl

shellfish: crab, shrimp, oysters, scallops, squid, clams mussels

Most foods contain an amount of *fat*, and some contain a great deal. Strive to keep your daily fat intake no higher than 25% of your total calories by simple measures such as trimming all meat of visible fat, avoiding frying or deep-frying, eliminating very fatty foods such as bacon and reducing butter or margarine intake.

Salads

tossed green salad (lettuce, tomato, onion, etc.)

caesar salad

crab or shrimp Louis

Waldorf salad (unsweetened dressing)

cottage cheese with fresh fruit on lettuce

tuna salad, chicken salad, egg salad on lettuce

dressings: oil and vinegar preferable, oil and lemon juice, blue cheese (*avoid* sweet-and-sour dressings, sugar-sweetened dressings such as French dressing, sweetened specialty dressings)

Desserts

fresh fruit and cheese are ideal

unsweetened fruit salads or the fresh fruits alone (e.g., fresh strawberries with synthetic sweetened whipped cream)

unsweetened canned fruit packed in water (*avoid* fruits packed in heavy syrups)

Best advice: Learn to live without desserts for four major meals out of five.

Recovery Nutrition Guidelines

Complex Carbohydrates

Fruits

(dried fruits are too high in sugar to be used regularly)

apples	cherries	mangoes	peaches	prunes
apricots	fruit juices, fresh	melons	pears	raspberries
bananas	grapefruit	nectarines	persimmons	strawberries
blackberries	grapes	oranges	pineapples	tangerines
blueberries	guavas	papayas	pomegranates	

Whole grains, beans and legumes

barley	corn	lentils	pinto beans	wheat
black beans	dried split peas	lima beans	popcorn	wheat germ
black-eyed peas	garbanzo beans	millet	red beans	white beans
bran	gluten flour	navy beans	rye	whole grain
brown rice	grits	oats	sorghum	(breads, cereals,
buckwheat	kidney beans	peanuts	soybeans	crackers, pasta)

Nuts and seeds

(no added salt or additives)

almonds	cashews	poppy	sesame	sunflower
Brazil nuts	filberts	pumpkin	sprouted seeds	walnuts

Vegetables

artichokes	cabbage	greens (collard, lettuce, turnips, beet tops, kale)	parsnips	sprouts (bean, pea, alfalfa)
asparagus	carrots		peppers	
avocados	cauliflower		potatoes, white	sweet potatoes
Beans (green, yellow, snap)	celery	mushrooms	pumpkins	tomatoes
beets	corn	okra	radishes	turnips
broccoli	cucumbers	olives	sauerkraut	vegetable juices, fresh
Brussels sprouts	eggplants	onions, leeks, scallions	spinach	zucchini
	green peas		squash	

Limbic Balance

MORNING and EVENING FORMULAS

700 mg per capsule
MORNING FORMULA



700 mg per capsule
EVENING FORMULA

Limbic Balance MORNING and EVENING FORMULAS are food supplements designed to correct the nutritional depletions caused by drug and/or alcohol dependence. These formulas are the foundation of a flexible, comprehensive program of nutritional therapy. The two products differ in composition, and should be used daily to supply essential amino acids, vitamins and minerals to your system.

Limbic Balance MORNING FORMULA

Limbic Balance MORNING FORMULA encourages production of the alerting neurotransmitters in the limbic system that supports adrenal function, and diminishes oxidative stress. It has a stimulating effect to get your day started right.

Stimulants such as cocaine, amphetamines and other drugs cause amino acid, vitamin and mineral deficits; depleting brain chemicals required for normal mood and energy. Limbic Balance MORNING FORMULA supplements these depleted chemicals.

Limbic Balance EVENING FORMULA

Limbic Balance EVENING FORMULA encourages production of the sedative neurotransmitters in the limbic system that supports insulin action and normalizes prostaglandin metabolism. It has a sedative effect to calm the end of your day and allow restful sleep.

Sedatives such as alcohol, barbiturates, and other narcotics deplete amino acids, vitamins and minerals. Limbic Balance EVENING FORMULA's ingredients induce a natural state of relaxation, sedation, giving you the ability to sleep while restoring these depleted chemicals.

MORNING FORMULA

Supplement Facts	
Serving Size 1 Capsule	
Servings per Container 120	
Amount Per Serving 700 mg	% DV
Vitamin A (beta carotene).....	2833 IU..... 57%
Vitamin D3 (cholecalciferol).....	320 IU..... 80%
Vitamin E (d alpha tocopheryl succinate).....	24 IU..... 80%
Thiamin (Vitamin B1).....	12 mg..... 807%
Folic Acid.....	640 mcg..... 160%
d-Biotin.....	40 mcg..... 14%
Pantothenic Acid (d-calcium pantothenate).....	22 mg..... 219%
Selenium (selenate).....	40 mcg..... 56%
Magnesium (aspartate).....	14 mg..... 4%
Zinc (oxide).....	6 mg..... 40%
Manganese (gluconate).....	2 mg..... 100%
Proprietary Blend	405 mg
dl-Phenylalanine.....*	Aspartic Acid.....*
l-Tyrosine.....*	Pepper extract.....*
St. John's Wort extract.....*	Ginger extract.....*
Para-aminobenzoic Acid (PABA).....*	Octacosanol.....*
Dimethylaminoethanol (DMAE).....*	Boron (amino acid chelate).....*
Rubidium Chloride.....*	
*Daily Value (DV) not established	
Other Ingredients: Capsules of plant origin	

RECOMMENDED DOSAGE:

This is an essential companion formula to the **Limbic Balance Evening Formula**. Take 1-8 capsules in the morning a half-hour before breakfast. For best results, breakfast should be low in carbohydrates and rich in protein to promote dopamine synthesis.

CAUTIONS AND CONTRAINDICATIONS:

- Contains Phenylalanine — Use only as directed.
- Pregnant or lactating women should consult a healthcare provider before using.
- Contains liberal quantities of folic acid, which may mask the neurologic symptoms of vitamin B-12 deficiency.
- Should be used with special caution, under medical supervision, by people taking monoamine oxidase inhibitors (MAO).
- May be necessary to lower the dose of drugs such as tricyclic antidepressants, dopamine receptor agonists (bromocriptine, amantadine), or others acting on the dopamine or norepinephrine systems.

GRAINS ARE SO-SO

Grains are a mixed bag. They are a natural food with plenty of micronutrients and fiber. But they are also high in carbohydrate and, depending on particulars, often high on the Glycemic Index scale. Many grain products — the high-GI grain products — have a metabolic effect that is not different from that of white sugar. Some people can handle them better than others; it depends on individual metabolism, and how sugar-sensitive you are. Best to use grain products in moderation, while favoring other foods as staples (beans, nuts, seeds, fish, vegetables, etc.).

UNDERGROUND VEGETABLES ARE SO-SO

White potatoes, carrots and beets — the veggies that grow underground — are also a mixed bag. They are loaded with nutrients and goodies, but they are high on the GI scale. Some people cannot handle them well. Eat them only in the evening, and then in moderation. Alternative: Sweet potatoes are quite low on the GI scale. Use them instead of white potatoes.

UNSATURATED FATS ARE IMPORTANT

The oily seeds (sunflower, pumpkin) and shell nuts (almonds, walnuts and others) are not just for vegetarians. Everyone should consume some of these foods every day, or use salad dressing made with soy oil, or soy oil mayonnaise. We hear a lot about how we should avoid fats, but seldom mentioned is the *quality* of different fats! Some fats — the unsaturated fats in nuts, seeds and oils — are essential nutrients that many people don't get enough of. We recommend soy oil because it has a good balance of fatty acids, including an important group called "omega-3" fats, along with the more-common "omega-6" fats. Both classes are important for health, but omega-3s are harder to come by.

OMEGA-3 FATS ARE VITAL

The omega-3s are very important for brain function and neurotransmitter metabolism, and to prevent depression! Most vegetable oils have little or no omega-3 fats; soy oil has some. An even better source is flaxseed oil, available at health stores. It is very rich in omega-3s, though some people do not like the taste of it. Dark green leafy vegetables are also a fair source of omega-3s (see following special soup recipe). For non-vegetarians, a great source of omega-3s is oily fish: salmon, herring, sardine, mackerel. If you are not a vegetarian, try to get at least 2 good servings of these foods every week — or more.

Other Diet Suggestions

VEGETABLES ARE GOLD

Grandma was right, but we forget... to eat our vegetables. All vegetables and fruits — green, yellow, orange, red, blue — are rich in protective antioxidant nutrients, fiber, and other factors vital for health. Dark green leafy veggies have the highest density of all these factors (see following special soup recipe). Tomatoes are a special fruit/veggie (technically a fruit, though we think of it as a veggie) with a protective pigment called lycopene. This pigment occurs almost nowhere else but in tomatoes, and it is proving to be one of the most important health protectors. Figure out ways to include more tomatoes and tomato products (juice, sauce, paste, pasta sauce, etc.) into your diet. Here's one idea: spread tomato paste thinly over bread when making a sandwich. Use instead of catsup (catsup has sugar in it.)

FRUITS ARE SILVER

Fruits have many of the same advantages as veggies. However, fruits come with a big load of sugar, which many people may not be able to handle. The solution is to use fruit in moderation: a few pieces per day, or SMALL amounts of juice, diluted with water. (Fruit juices are as sugary as Coke!) Another solution is to choose the fruits with the lowest sugar content and the highest antioxidant value: that is, all of the berries — blueberries, strawberries, raspberries, cranberries (not the kind with sugar added!), blackberries, cherries. All these berries are terrific antioxidant sources, without too much of a sugar “penalty”.

BEANS ARE SUPER

All beans and peas — navy beans, lima beans, kidney beans, white beans, chickpeas (garbanzas), green peas and lentils — though they have quite a bit of carbohydrate, are low or very-low on the Glycemic Index scale, and rich in high-quality protein and other nutrients. Beans are also rich in soluble fiber, which balances blood sugar and cholesterol. Consider ways to make beans a staple in your diet: in Cajun-style cooking (beans with rice), Tex-Mex-style dishes (tortillas with beans, etc.), bean soups and chili, and so forth. If you have problems with intestinal gas from beans, try increasing them more slowly (the body adapts to them, somewhat), or consider using the product “Gastro-Soothe” from Pacific BioLogic.

EVENING FORMULA

Supplement Facts		
Serving Size 1 Capsule		
Servings per Container 120		
Amount Per Serving 700 mg		% DV
Vitamin A (palmate)	518 IU.....	11%
Vitamin C (ascorbic acid)	132 mg.....	220%
Vitamin D3 (cholecalciferol)	83 IU.....	21%
Thiamin (Vitamin B1)	12 mg.....	800%
Riboflavin (Vitamin B2).....	12 mg.....	706%
Niacin (Vitamin B3).....	12 mg.....	100%
Vitamin B6 (pyridoxine hcl)	25 mg.....	1250%
Vitamin B12 (cyanocobalamin)	40 mcg.....	666%
Magnesium (oxide).....	40 mg.....	10%
Zinc (oxide).....	6 mg.....	40%
Chromium.....	25 mcg.....	21%
Proprietary Blend 406 mg		
l- Glutamine	* 5-Hydroxytryptophan.....	*
Niacinamide	* BioPerine	*
Hops flower extract	* Ginger extract	*
Passion flower extract	* Melatonin	*
Chamomile flower extract.....	*	
*Daily Value (DV) not established		
Other Ingredients: Capsules of plant origin		

RECOMMENDED DOSAGE:

This is an essential companion formula to the **Limbic Balance Morning Formula**. Take 1-8 capsules in the evening shortly before bed, or a half-hour before dinner. For best results, dinner should include some carbohydrates to promote serotonin synthesis.

CAUTIONS AND CONTRAINDICATIONS:

- Pregnant or lactating women should consult a healthcare provider before using.
- Should be used cautiously in cirrhosis and other chronic liver disease.
- Should be used with special caution, under medical supervision, by people taking monoamine oxidase inhibitors (MAO).
- May be necessary to lower the dose of drugs such as fluoxetine (“Prozac”), fenfluramine, trazodone or others acting on the serotonin system.

GROUNDED

Supplement Facts

Serving Size 1 Scoop -- Amount Per Serving 9.4 grams

Niacin (as Inositol Nicotinate)	300mg	1500% DV
Pyridoxine (Vitamin B6)	7mg	350% DV
Methylcobalamin (Vitamin B12)	35mcg	15% DV
Magnesium (as Ascorbate and Taurate)	100mg	25% DV
Zinc (as Methionate)	4mg	25% DV
Potassium (as Citrate)	45mg	1% DV
Proprietary Blend	7475mg	
Creatine Monohydrate	* *	
GABA	* *	
Glycine USP	* *	
Glutamine FCC	* *	
Taurine	* *	
Inositol	* *	
MSM	* *	
Betaine, anhydrous	* *	
l-Carnosine	* *	
Lithium Orotate 4%	* *	
Other ingredients:		
Momordica Grosvenor Fructus	* *	
Citric Acid	* *	
Natural cherry flavor	* *	

RECOMMENDED DOSAGE:

The recommended dose is a half-scoop to a level scoop once or twice daily. Adjust the dose up or down depending on individual response.

The pleasant, fruity Grounded can be mixed with water or juice. Most users prefer to take Grounded in the afternoon and evening. Dose can be adjusted as symptoms change or subside. It is always prudent for very young, old or sensitive people to begin with a lower dose and increase gradually.

CAUTIONS AND CONTRAINDICATIONS:

- Not to be used in early stage of stroke, or people who have recently had a heart attack.
- Not recommended if pregnant or nursing.

Menu Ideas

Here are menu ideas that reflect the appropriate morning and evening balance of protein and carbohydrate, with lower Glycemic Index in the morning than the evening.

Breakfast	Lunch	Dinner	Bedtime Snack
Half-cup of orange juice; 2-3 eggs, scrambled, or omelet with onion, green pepper, and tomato; one slice rye or pumpernickel toast with butter	Tuna fish salad sandwich on rye or pumpernickel, with lettuce and tomato (double up on the tuna); fake crab and macaroni salad; one apple	Vegetarian chili with cornbread; one large sweet potato with a dollop of yogurt; huge green salad with light dressing	One apple and a cup of tea with honey
Oatmeal or all-bran cereal (small or medium serving) with cream or milk and one tablespoon of soaked raisins; a handful of shell nuts (almond, walnut, etc.) or sunflower seeds	Hamburger or vegeburger on a whole wheat bun (with mayo if vegeburger); coleslaw	Baked chicken or tofu (small serving); one or two baked potatoes with a dollop of yogurt; huge serving of steamed greens or broccoli	2-3 oatmeal cookies and a cup of tea with honey
Several sausage links (regular, or turkey); 1-2 scrambled eggs; one slice of rye or pumpernickel toast OR one piece of fruit	Protein drink made with soy protein powder, whey protein powder, blueberries, yogurt and ice; a few whole-grain crackers and shell nuts	Baked squash with grated cheese (large serving); tomato soup; steamed carrots with onions	One ripe banana and a cup of skim milk or cocoa
Protein drink made with soy and whey protein powders, strawberries, soaked sunflower seeds, yogurt and ice	Huge Caesar salad with extra turkey or chicken slices; one medium sweet potato with a little butter	Baked salmon (small serving); steamed green beans with onions (huge serving); brown rice with wild-rice pilaf	Two pears, or oranges, or apples; cup of tea
Peanut butter spread liberally on one slice of rye or pumpernickel toast; one cup of full-fat milk	Roast beef; steamed lima beans with onions; huge vegetable salad with oily dressing	Broccoli with a little melted cheese; one large or two medium baked potatoes; chicken with rice soup; dried apricots	Several Triscuits or other crackers with dabs of fruit preserves; cup of tea
Large scoop of cottage cheese with chopped fruit and nuts (more nuts than fruit); one cup of soy milk	Baked fish with butter, lemon, herbs (large serving); steamed green peas with onions; large green salad with oily dressing	Large plate of spaghetti with sauce (meat type or all-veggie); vegetable salad with a few slices of chicken or chunks of tofu, and light dressing	Several cups of popcorn with light butter drizzle (or, better, vegetable oil) and hot-sauce
Grilled ham and eggs; one slice of rye or pumpernickel toast with butter	Huge vegetable salad with avocado, tofu chunks and oily dressing; steamed squash sprinkled with cheese (small serving)	Cajun-style rice with beans (large serving); vegetable salad with light dressing; fruit salad with yogurt	Scoop of ice cream in a half-cantaloupe

Listed by Glycemic Index Number

Glucose (sugar)	100
Potato, baked	98
Carrots, cooked	92
Honey	91
White rice, instant	91
Instant brown rice	88
Instant mashed potatoes	86
Cornflakes	84
Corn chips	72
Mashed potato	72
Whole-wheat or white bread	72
Shredded Wheat cereal	70
Table sugar	65
Beets	64
Rye bread	64
Banana	61
Brown rice	59
Sweet corn	58
All Bran cereal	54
Oatmeal	53
Green peas	51
Ice cream	50
Sweet potato	50
Orange juice	49
Pumpernickel bread	49
Frozen green peas	47
Macaroni	46
Spaghetti, boiled 15 min.	44
Baked beans	43
Orange	43
Pinto beans	42
Pasta	41
Apple	38
Tomato	38
Yogurt, plain	38
Chick peas	36
Milk	34
Kidney beans	33
Spaghetti, boiled 5 min.	33
Peanuts	23
Fructose (honey, fruit)	20

Listed Alphabetically

All Bran cereal	54
Apple	38
Baked beans	43
Banana	61
Beets	64
Brown rice	59
Carrots, cooked	92
Chick peas	36
Corn chips	72
Cornflakes	84
Frozen green peas	47
Fructose	20
Glucose	100
Green peas	51
Honey	91
Ice cream	50
Instant brown rice	88
Instant mashed potatoes	86
Kidney beans	33
Macaroni	46
Mashed potato	72
Milk	34
Oatmeal	53
Orange	43
Orange juice	49
Pasta	41
Peanuts	23
Pinto beans	42
Potato, baked	98
Pumpernickel bread	49
Rye bread	64
Shredded Wheat cereal	70
Spaghetti, boiled 15 min.	44
Spaghetti, boiled 5 min.	33
Sweet corn	58
Sweet potato	50
Table sugar	65
Tomato	38
White rice, instant	91
Whole-wheat or white bread	72
Yogurt, plain	38

What is Grounded®?

- *Grounded* offers a unique combination of vital brain nutrients that act in powerful concert to calm, nourish, and protect the human brain.
- *Grounded* stabilizes and repairs the stressed-out brain, reducing the “need” for alcohol, addictive drugs and foods, and pharmaceuticals.
- *Grounded* promotes the tranquilizing neurotransmitters – the compounds that foster relaxation, poise, and brain-rejuvenating sleep.
- *Grounded* soothes and delivers short-term relief from stress, anxiety and “nerves”. But, unlike conventional sedatives which provide only symptomatic relief, *Grounded* also acts to “mop up” free radicals and neurotoxins, correcting the subtle brain damage caused by stress and addictions.

Grounded can be safely used for adults or children by simply adjusting the dosage, although it is always wise with the very young and very old to proceed with caution. The starting dose for children is one half teaspoon. Start low, and go slow.

All the ingredients are water-soluble and non-toxic.

There are no known interactions between the ingredients in *Grounded*, other natural products, or prescription drugs. *Grounded* should be taken one hour before or after any prescription drugs.

If a dose of *Grounded* is missed, skip the missed dose and return to the regular schedule. Do not take two doses at once. Absorption and action of *Grounded* can occur faster when taken on an empty stomach. Since stomach upset is a possibility, taking *Grounded* with meals is best.

Grounded is non-addictive, and it eases withdrawal from alcohol, prescription and recreational drugs. Withdrawal from prescription and recreational drugs and alcohol also involves lifestyle, diet and other changes.

Suggested Dietary Revisions

Enhancing The Full Spectrum Formulas With Diet

The Diet Program: Simple Version

This suggested diet, in combination with any of Pacific BioLogic’s full spectrum formulas, is designed to rapidly allow a person’s body to become healthier and more balanced in a short period of time (often less than 4 months). For optimal results, keep these simple dietary rules in mind: 1) low carbohydrate in the morning, and 2) high(er) carbohydrate in the evening. This will optimize the positive effects of the Limbic System formulas. Low carbohydrate foods favor the “morning” neurotransmitter dopamine; high(er) carbohydrate foods favor the “evening” neurotransmitter serotonin.

Low carbohydrate foods include meat, yogurt, eggs, cheese, nuts, seeds, soy (tofu), and fats of any kind. (“Seeds” include the oily seeds such as sunflower and pumpkin). High carbohydrate foods include grains and grain products, baked goods, most starchy foods, white potatoes, fruit, fruit juice, vegetable juice, and honey.

We anticipate you will have positive results with your choice, and will take an interest in your health and healthcare needs. All of our products are manufactured in the United States using strict guidelines provided by the FDA.

The Diet Program: Somewhat More-Complex Version

“Low carbohydrate” is a shortened way of saying “low Glycemic Index”, which is the real goal. We focus on the *metabolic effect* of carbohydrates rather than the amount of carbohydrates; namely, to what extent they raise blood sugar and insulin. The Glycemic Index, or GI, is a measure of these metabolic effects. High GI means dramatic spikes of blood sugar and insulin shortly after eating many of the starchy foods and sugars. Low GI means the opposite (no spikes) — typical of most protein foods and fats.

Food that is low in carbohydrate is also very low in GI. Food that has little or no carbohydrate *cannot* raise blood sugar to high levels.

It also happens that some foods fairly rich in carbohydrates have a low-GI, notably beans, pasta, oatmeal, sweet potatoes, and rice. These foods are generally fiber-rich and called complex carbohydrates. Unfortunately, not all foods that are low-GI are low-carbohydrate.

It is OK to include some of these low-GI foods — such as oatmeal — with the “low carbohydrate” morning meal. But if you do so it would be a good idea to have an understanding of the GI principle. It is easier to think in terms of low versus high carbohydrate. Thinking in terms of GI is more complex, but allows a more liberal menu (like oatmeal for breakfast).

Regarding the “high carbohydrate” evening schedule: at this time we actually *want* a somewhat higher Glycemic Index, since that will optimize the action of our products in your system at nighttime. Higher glucose and insulin levels will move competing amino acids aside and allow body-producing amino acids a clearer path to the brain. The evening meal and bedtime snack should be lower in protein and, within reason, higher in insulin-stimulating (high-GI) carbohydrates like grains, potatoes, fruit, honey, crackers and so forth. Build meals around these healthy carbohydrate foods, balanced with smaller quantities of the higher protein and fat foods.

Glycemic Index of Foods (GI)

- ◆ Only foods containing significant carbohydrate have a Glycemic Index (GI); foods such as meats, yogurt, eggs, oily seeds (sunflower, pumpkin), nuts, avocados, fats and oils all have a very low or even zero glycemic index (they are too low to be of concern).
- ◆ In the morning and at noon, the lower the number, the better; emphasize “zero” GI foods (proteins and fats), along with small portions of foods up to around GI of 60. (All beans are low GI.)
- ◆ In the evening it is OK to select foods in the GI range of 70-100, in moderation, balanced with lower GI numbered foods.
- ◆ High numbers do not mean “bad”, but they do mean that that food should be selected more cautiously, in smaller quantities, or at the appropriate time (evening meal, or bedtime).
- ◆ Charts like this have weaknesses. For example, cooking style can make a big difference: slightly undercooked starches (potatoes, grains or pasta with an *al dente* feel, not “mushy”) have a lot lower GI than well-cooked ones. (Note on the right column of this chart the contrast between spaghetti cooked 5 minutes and 15 minutes; the same is true for other starches.) A well-ripened banana has a higher GI than an under ripe one and so forth. The figures on the chart are not precise, but give a general idea.