



Answers to Commonly Asked Questions about Medical Foods*

FOOD SENSITIVITIES

Could I be allergic or intolerant to this medical food?

Any nutritional supplement, additive, medical food, or product has the potential to cause an allergic reaction. If you know you are allergic to any of the ingredients contained in any of the medical foods, you should not consume that product.

Can I consume medical foods if I have a sensitivity to rice?

Possibly. The white rice protein concentrate in the products has undergone a process to enhance its nutritional properties and to remove the most common allergy causing components. The result is a highly nutritious rice protein that many rice-sensitive individuals can tolerate. However, everyone's level of sensitivity is different. Discuss possible rice sensitivity with your healthcare practitioner and be alert to any symptoms that may arise from this sensitivity.

Can I consume this medical food if I have sensitivities to gluten and dairy?

Yes. All the products in the program are formulated to be gluten- and dairy-free

I've been told to stay away from nightshade vegetables, why?

Some individuals with osteoarthritis appear to react to the nightshade family of vegetables. If you and your healthcare provider decide that you want to avoid these vegetables, you should avoid tomatoes, cayenne, eggplant, potatoes, and green and red peppers.

My digestive system doesn't handle legumes very well, what can I do?

Legumes are desirable because they are high in protein and fiber, but low in fat. Here are a few suggestions that may increase your tolerance:

1. Increase your intake slowly over the course of 2-3 weeks
2. Soak the beans for ½ hour before cooking them and discard the water.
3. Experiment! You may find certain legumes work better for you than others. For example, lentils are often easier for people to tolerate.
4. Ask your practitioner to recommend an enzymatic aid to take with your meal to support healthy digestion.

Do any of these products contain caffeine or other stimulants?

There is a small amount of caffeine from the natural chocolate flavoring. Each serving with chocolate flavoring contains less than 1/7 of the amount of caffeine you would find in a regular cup of brewed coffee (or slightly more than a cup of decaf). Consuming this particular flavor is a decision best made by you and your healthcare practitioner.

SPECIAL CONCERNS

Can I follow this program if I am diabetic or hypoglycemic?

Probably, but you should make this decision with the guidance of your healthcare practitioner. Together you can discuss integrating this program into your diet and lifestyle.

Can I go on this diet if I am pregnant or nursing my baby?

No. These medical foods have not been tested in these situations so it is not recommended for use at these times.

Is this an appropriate program for children?

No. These medical foods should not be given to infants or children under the age of 12. Nutritional content is based on adult recommended daily intakes (RDIs) and testing in children has not been performed. However, under the supervision of a healthcare practitioner, the products may be appropriate for children or adolescents. Your practitioner must help you decide if and how the products may be used with your child.

Should I discontinue prescription medications while on this program?

No. Medications should be carefully monitored by your healthcare practitioner. Always consult with your healthcare practitioner before you make a decision to change prescription medication.

Can I take supplements while on this diet?

Because these products contain therapeutic levels of carefully selected nutrients to nutritionally support the body, and since some supplements may contain allergens that could interfere with the program's effectiveness, we suggest following the recommendations of your healthcare practitioner.

Can I exercise while I'm on this program?

Yes; however some people find they get better results when strenuous or prolonged exercise is reduced. A reduction in strenuous activity may allow the body to heal more effectively without the physical stress imposed by exercise. Adequate rest and stress reduction are also important to the success of this program.

ADDING MEDICAL FOODS TO YOUR DIET

Will I be hungry on this program?

Depending on any weight goals determined by you and your healthcare practitioner, some caloric restriction may be a part of your program. Your healthcare practitioner may also decide to place you on the program without any caloric restrictions. Even on the lower calorie program, many people experience no increase in hunger. If you experience extreme hunger, discuss possible adjustments in your program with your practitioner.

Do I have to mix medical foods with water?

These medical foods are designed to be mixed with water. However, your healthcare practitioner may suggest other mixing instructions.

What gives medical foods its color?

Medical foods contain significant levels of phytonutrients (plant nutrients), including turmeric, ginger, and specific bioflavonoids to nutritionally support you during the program. These plant compounds provide the pigment that contributes to the overall color and flavor of the product.

There seems to be some “grit” at the bottom of the glass when I consume this product; is that all right?

Medical foods are well blended during manufacturing, but the minerals and phytonutrients may not stay in suspension when you mix the product with liquid. Please be sure to consume the entire serving.

Can I just eat my regular diet while taking the medical food recommended by my doctor?

The diet in this guide eliminates foods that may potentially be an underlying cause of your health problems. Our experience suggests following the diet in combination with the targeted nutritional support provided by medical foods is more effective than using the diet or a medical food separately.

Can I drink coffee and tea?

Regular coffee and caffeinated tea have been eliminated from the dietary program as significant amounts of caffeine can have a negative impact on certain individuals. Decaffeinated coffee still has a small amount of caffeine so consuming this is a decision best left up to you and your healthcare practitioner. Many herbal teas are naturally decaffeinated and can add variety and flavor to your program.

My healthcare practitioner said I might get a headache from discontinuing caffeine while on this program. What should I do?

Discuss the issue with your practitioner. He or she may suggest a natural way to alleviate the pain. Also, be sure to drink plenty of water. If you have any reactions to the medical food or program, discuss them with your healthcare practitioner.

What can I use as a sweetener?

Stevia is a natural, herbal dietary supplement often used as a sweetener that appears to have no negative effects on blood sugar regulation. It is many times sweeter than table sugar. Stevia is found in most health food stores and is available as a white powder or liquid. It can be used in cooking or added directly to foods. However, if you normally crave sweet foods, you should avoid all sweeteners including stevia in order to give your taste buds a chance to appreciate naturally sweet foods such as fruits, carrots, tomatoes, and etc.

Can I use canned vegetables instead of fresh vegetables with this diet?

Fresh and frozen vegetables retain more of their vitamins and generally have less added salt. If they are available, purchase canned vegetables without added salt or fat. Canned beans and legumes are generally acceptable.

What is the best way to wash fruits and vegetables to eliminate pesticide and herbicide residue?

Washing produce in a *diluted* solution of dish soap and rinsing thoroughly works well for some fruits and vegetables. There are also residue-cleaning solutions that can be found in many health food stores.

Can I use salt while I'm on this diet?

Generally we over-salt our food. Try to use salt sparingly or not at all. If you have been advised to restrict your salt intake, look for salt-free products whenever you use canned or processed foods. There are many good salt-free seasonings on the market. Your local health food store offers a variety of these products.

What additional spices or flavorings can I use?

Seasonings can enhance the natural flavors of food without added butter, margarine, or salt. There is an abundant array of herbs and spices that can add flavor and variety to foods. They have practically no calories and can be used in endless combinations. Ask your healthcare practitioner for suggestions or experiment yourself with the list of herbs and spices we have provided on the **Foods to Include** list.

PROGRAM DURATION

How long do I need to remain on this program?

Medical foods are typically used for 10-28 days. In some cases, a patient may be advised to use supplements continually for ongoing care and management of their condition.

How many canisters of medical food will be needed to complete this program?

You will need three canisters to complete the 25–28 day program.

These products seem expensive, why?

Medical foods are made from the highest quality ingredients and manufactured with exacting standards. These products are guaranteed for freshness and potency. Although they may seem expensive, because they can be used as a meal replacement, many people actually find their grocery bills decrease substantially while on the program.

What do I do after I've completed this program?

Your healthcare practitioner should assess your program and progress before deterring the next step. He may recommend taking other supplements or medical foods, making other dietary changes, or continuing to use these products.



Please call your doctor at the Ortman Chiropractic Clinic if you have any additional questions or concerns at (605) 296-3431.