



White Flint Medical & Natural Healing Center

Providing comprehensive health care since 1982

Dr. Robert Rifkin
Chiropractor

Fellow of:
Acupuncture Society
of America

Society of Medical
Acupuncture

Member of:
International Chiro-
practic Association

Maryland Chiropractic
Association

Diplomat:
National Board of
Chiropractic Examiners

Dr. Binh Nguyen
Chiropractor

Diplomat:
National Board of
Chiropractic Examiners

Certified Conditioning
Specialist

Ling Liu, NCCAOM
Acupuncturist

Gregory Arms, CMT
Massage Therapist

DIETARY GUIDELINES

1. Follow the "Food Recommendations" that are in the Food Recommendations link.
2. Highest quality foods are:
 - a. Sprouted foods (alfalfa, mung, soy, lentil etc.)
 - b. Raw nuts and seeds
 - c. Whole grains (brown rice, millet, whole wheat etc.)
 - d. Vegetables and fruits
3. Limit animal protein (meat, fish, eggs and dairy) to 3 meals per week or less.
4. Eat only whole foods (foods in an unaltered state).
5. Eat organic (pesticide free) foods as much as possible.
6. Use proper cooking utensils (glass, stainless steel and iron). Avoid aluminum and non-stick cookware.
7. Do not overcook foods. Charring foods creates carcinogenic compounds and destroys vitamins and minerals.
8. Avoid sugar substitutes (saccharine, Splenda and Nutrisweet). Use Stevia, Agave, and Xylitol.
9. Minimize salt intake.
10. Drink at least two 8 ounce glasses of filtered water per day.
11. Practice the following eating habits:
 - a. Eat only when you are hungry. Do not eat until you are totally full.
 - b. Chew your foods well.
 - c. Do not eat when upset or angry.
 - d. Do not drink liquids especially cold ones at mealtime.
 - e. Eat dairy products sparingly (see dairy sheet).
 - f. Avoid fried foods.
 - g. Do not eat within 2 hours of bedtime.
 - h. Avoid city water. Drink distilled or reverse osmosis filtered water.
12. Exercise three times per week (weights, stretching and aerobics).

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We can treat over 2,000 different conditions using:

- Chiropractic
- Acupressure
- Exercise Rehab
- Massage.
- Physical Therapy
- Chinese Herbs
- Acupuncture
- Nutritional Counseling