

The Longetarian Diet

(Rev 4-30-15)

“Longetarian” = Longevity & Centenarian

Recommended Daily Food Choices for a Lifetime of Good Health

The Longetarian Diet was developed by examining the diets of people in different cultures across the earth that naturally live long and healthy lives to 100 years or more – and who are physically and mentally fit. We call them the “longetarians”! Your daily goal is to follow the basic diet plan of the “longetarians” by using this Longetarian Diet. We used Quantum Reflex AnalysisSM to test the organ/gland food effect of many types of food that the longetarians commonly eat. QRASM testing was used to determine the overall effect of these foods on the body’s biofield. Our overall results closely match the diets of the longetarians regarding the most beneficial foods to eat.

The Longetarian Diet features a large amount of starch (i.e. whole complex carbs such as rice, beans, potatoes, yams, etc.) as part of the daily diet. Although the types of starch varied per culture, all the longetarians we studied commonly consume large amounts of starch daily. This diet is also high in vegetables and fruits and low in fat, animal products and includes no refined oils.

When refined oils are consumed, QRASM testing of the liver and gallbladder points especially showed an adverse effect. Therefore, the Longetarian Diet specifically excludes all refined oils (i.e. olive oil, canola oil, coconut oil, sesame oil, etc.) and foods made with oils. By its nature, oil is a refined food (missing its whole food matrix) and is mostly pure fat. Research shows that consuming oils (even organic ones) on a regular basis can increase fat deposition, promote arterial plaque and thus, promote heart disease.

This diet allows a complete protein serving (i.e. organic fish) 5 to 7 times per week. Red meat (high in saturated fat) is recommended only once per month (or less).

Once a first morning urine pH of 6.4 to 7.0 (green zone on the test strip) is continuously maintained for two weeks or more, overall mineral nutriture is usually in an optimal range. Then a protein dish may be consumed less frequently: about once every three days.

The daily dietary goal of the Longetarian Diet is to eat about 60% specific starches (complex carbs), 30% vegetables/fruits, 3 - 6% protein, 3-5% fat, 2-4% misc.

A+ Foods – Recommended Foods

The “A+” foods in this section are highly recommended.

- **Specific Starches** (sweet potatoes, purple potatoes, beans, grains) **(About 60% of your daily diet)**

Choose your favorite types of starches (unrefined, complex carbohydrates) from the list below and eat them as 60-70% of your daily diet – *just like the longetarians do!*

- Whole grains, such as organic farro (an ancient whole wheat) as a cooked grain or pasta, whole oats, brown rice, organic red quinoa
- Starchy vegetables, such as organic purple potatoes, yams, purple yams, sweet potatoes, small “yellow” potatoes, small red potatoes, “oca” potatoes (small, multi-colored potatoes are sometimes difficult to find).
- Legumes, such as organic beans, such as pinto beans, black beans, cannellini beans, navy beans. Also organic peas and brown lentils. (Use whole beans you cook yourself or if using canned beans, please be sure it is organic with no added oils, fats or chemicals. Added salt is fine.)

Limit refined grains (such as white bread, white rice, and white pasta) as much as possible. Limit carbohydrates that are heated above boiling temperature (212° F.), such as bread or crackers.

- **Vegetables** (green and yellow vegetables) **(About 30% of your daily diet)**

Choose your favorite vegetables and eat them as about 30% (cooked or raw) of your daily diet.

- Highly recommended: one or two fresh made salads daily (made with organic romaine lettuce, tomatoes, onions, avocado, sea salt, optional vegetable/herbal dressing)
- Also highly recommended: heirloom carrots (multi-colors), broccoli, broccoleaf (leaves from broccoli), arugula, green leafy lettuce, red leafy lettuce, red cabbage, zucchini, cremini mushrooms (must cook these mushrooms)

Your goal is to eat about 50% of your veggies **as raw** (and most of your fruits as raw) each day. Enjoy eating vegetables in a variety of rainbow colors, such as dark green, yellow, red, and orange vegetables.

- **Fruit** (organic, fresh, raw) (1 to 2 servings per day)

Choose one to two servings of fresh, raw, organic fruit per day, especially excellent for breakfast.

- Low carb fruit (eat any time - before or after 3 pm): organic strawberries, blueberries, cranberries, lemon; frozen organic fruit (for convenience and quick accessibility to make smoothies)
- Higher carb fruit (eat only after 3 pm): organic bananas, oranges, peaches

For most fruit choices, one serving will fit in the palm of your hand - or make the fruit into a delicious smoothie. Avoid fruit juices. Avoid coconut milk (high in saturated fat).

- **Dairy or Dairy Substitutes**

If desired, you may choose these dairy or dairy substitutes:

Greek Yogurt (0 - 3 times/week): Choose nonfat Greek yogurt (plain, 3/4 cup) or other plain, nonfat Greek yogurt, not flavored varieties such as chocolate (which have added sweeteners).

Cheese (0 - once a week) (organic preferred): brie, Swiss cheese, cheddar cheese (one small piece – about 1 oz.). Do not consume if you suffer from heart disease or any chronic disease. Cheese must be aged 9 months or more.

Rice Milk (dairy substitute) (1 – 3 servings/day): organic rice milk (it's easy to make it yourself). Avoid soy milk, coconut milk and almond milk (including organic varieties). Avoid most nut milks (eating excessive nuts can cause weight gain). The preferred nut is English walnuts which have more Omega 3 fatty acids than Omega 6 fatty acids.

Organic rice milk usually scores well for calcium, vitamin D, and B-12 content, but has a poor amount of protein. If you do drink rice milk often, then add a lean, protein-rich food such as 1/2 cup cooked legumes (beans) to your daily diet plan, or some cooked organic red quinoa. Avoid coconut milk (which contains saturated fat).

Be sure all rice milk products are free of added sugar, preservatives, cholesterol and oil. Many plant foods are rich sources of calcium, such as leafy greens like kale, collard greens and turnip greens as well as organic tofu and organic tempeh.

- **Animal Protein**

If desired, choose one serving of complete protein 5 to 7 times per week as follows:

Fish (5 - 7 times per week). You may include fresh fish (such as wild-caught cod, halibut, salmon) or shellfish (such as shrimp, clams, lobster) in your diet up to 3 times per week (3 to 4 oz. per serving).

Poultry: Not recommended. Avoid eating chicken and turkey (even organic).

Red Meat (once per month). Ideally, limit eating red meat to only one serving per month or less (a good choice is free-range, grass-fed bison) (3 – 4 oz. per serving).

Non-Meat Protein options (may be eaten often) (organic preferred): For quality protein, choose legumes such as beans, peas, brown lentils or tofu. Eat these together with organic rice for good protein utilization.

- **Culinary Herbs** (1 to 2 teaspoons/day or more)

Culinary herbs (fresh or dried) are rich sources of many beneficial phytonutrients and plant hormones. They add flavor without extra calories, fat or salt. Include 1 to 2 teaspoons (or more) of organic herbs each day.

High Quality Turmeric: add 2 capsules to each meal that contains starch or vegetables. Open caps and mix into food.

High Quality Cinnamon (Vietnamese cinnamon preferred): add 1/8 teaspoon to any fruit or fruit dish at the time that you consume it. Simply mix it into the fruit.

Good herb choices in general: (organic preferred) chipotle, fennel, caraway seed, oregano, thyme, cayenne powder, paprika

Good flavorings to add to food: Organic tofu, organic sweet miso (unpasteurized, high in salt, so use small amounts), unpasteurized organic soy sauce (high in salt, use sparingly).

- **Beverages**

Recommended daily beverages:

- Purified Water (distilled preferred – which is the closest to rain water)
 - Also acceptable: purified spring water, purified bottled water
- Hot grain beverages (such as organic rice milk or organic barley milk)
- Hot herb tea (such as cinnamon, thyme, rosehips, bilberry or caraway), especially good at mid-afternoon.
- Herbal tea (such as agrimony).

It is not necessary to drink large amounts of water every day. Simply drink when you feel thirsty.

It is best to avoid coffee, but if you choose to drink it, drink no more than 1 cup daily (including decaffeinated). (1 cup = 8 ounces).

- **Alcoholic Beverages**

Natural wines. The longest-lived peoples often drink wine daily, especially with their dinner meal. You may opt not to drink wine but if you choose to, drink in moderation (1/2 to 1 drink per day). One drink is approximately 5 ounces of wine.

Quality Beer. Unless you can find unpasteurized beer (sometimes brewed on site at a restaurant), then avoid most beer (which often contains a mixture of undesirable chemicals and has been pasteurized). Drink no more than ½ to 1 bottle, one or two times per week.

- **Concentrated Sweeteners**

You may use 1 to 2 tablespoons of high quality fruit juice concentrate (such as black cherry concentrate or pomegranate concentrate) or 1 tablespoon of raw honey per day, which is especially delicious if mixed with nonfat Greek yogurt as a snack. [Avoid these if you are trying to lose weight.]

- **If your weight is the normal range:**

Feel free to eat as many whole grains, organic vegetables, organic legumes (such as beans and peas), and organic fruits as you want. You may eat more calorie-dense foods such as avocados and a small amount of nuts, but limit them to keep your weight under control.

Limit your avocado intake to no more than 2 ounces per day (about ¼ avocado). Limit seeds and nut intake, including walnuts, flaxseeds, pecans, pistachios, sunflower seeds, filberts (hazelnuts) and macadamia nuts, to no more than 1 ounce per day.

- **If you want to lose weight:**

Get creative with delicious vegetable recipes! The more vegetables you eat daily (including dark green, yellow, red, or orange vegetables), the better!

Limit calorie-dense foods such as cooked whole grains that are in the form of breads, crackers, cold cereals. Also limit dried fruits, nuts and seeds.

Avoid most refined or concentrated sweeteners. They concentrate a lot of calories into small amounts of food. To feel full and satisfied – and curb your hunger – focus on eating high-fiber, cooked whole grains such as oatmeal, brown rice, vegetables and whole fruits. You may eat more – but find you weigh less!

Mostly avoid fruit and vegetable juices since they are missing their fiber (i.e. they are not a whole food) and tend to provide higher amounts of sugar with less satiety than whole fruits and vegetables.

- **Artificial Sweeteners**

Don't do it! Artificial sweeteners have not been proven to aid weight loss. They contain questionable ingredients, such as sucralose.

“C- Foods” – Not Recommended

“C-” foods are not recommended – but this list gives some guidelines if your food choices are limited at certain times.

- **Refined Fats and Oils**

Avoid consuming ALL vegetable oils, including olive oil, canola oil, flax oil, sesame oil and other vegetable oils (even organic ones). They are concentrated, refined foods that are high in fat which can congest the liver and gallbladder. It may be somewhat difficult at first, but try to remove all oils OUT of your daily food routine (or at least severely limit them to 1 teaspoon or less daily), especially if you are trying to lose weight. All oils contain concentrated calories. After an “Oil Free Holiday” for 90 days, many people have lost their taste for a high fat diet.

- **Alcoholic Beverages**

Hard liquor. Hard liquor is not recommended at all (such as vodka, gin, whiskey, etc.)

- **Refined Sweeteners**

Avoid refined sweeteners such as barley malt, corn syrup, rice syrup as well as fructose and high fructose corn syrup (often found in soft drinks).

- **Salt and High-Sodium Foods or Condiments**

Raw salt is an important nutrient in your diet. But salt your food sparingly - avoid adding too much salt to food. The goal is not to exceed 1,200 to 1,500 mg of sodium per day, depending on age. Avoid highly salted, pickled and smoked foods as well as salty nuts.

- **Refined Grains**

As much as possible, limit foods containing refined grains (such as white pasta, white bread and white rice). Choose organic, whole grains instead. Avoid all foods cooked over the boiling point (212 deg. F), such as cakes, cookies, crackers and most breads.

“F Foods” – Avoid These

“F” foods have a high content of saturated fat, hydrogenated fat, cholesterol and/or sodium. These foods may significantly compromise your personal health goals.

Avoid or limit the following choices to less than once per month.

- **Animal Fats, Tropical Oils, Processed Refined Oils**

Avoid butter, coconut oil (even organic), palm kernel oil, lard, chicken fat, palm oil, cocoa butter, chocolate (which typically contains cocoa butter), margarine, hydrogenated and partially hydrogenated vegetable oils, fractionated oil and shortening.

- **Red Meat and Organ Meats**

Avoid eating red meat and organ meats very often. You may eat them once/month only. This includes fatty meats (such as organic bacon or organic salami) and organ meats. Completely avoid processed meats (hot dogs, bologna, non-organic bacon).

- **Whole and Low-Fat Dairy Products**

Avoid most cheeses (including raw and organic), cream, cream cheese, half-and-half, ice cream, milk, sour cream and most yogurt – or eat them rarely. You may eat Greek style yogurt (strained, fat-free Greek yogurt) several times per week.

- **Nuts**

Avoid eating too many nuts on a regular basis, including coconuts or coconut flakes. Eating small amounts of nuts (1 oz. or less per day) are acceptable (especially recommended are organic English walnuts).

- **Salt Substitutes**

Avoid salt substitutes such as potassium chloride.

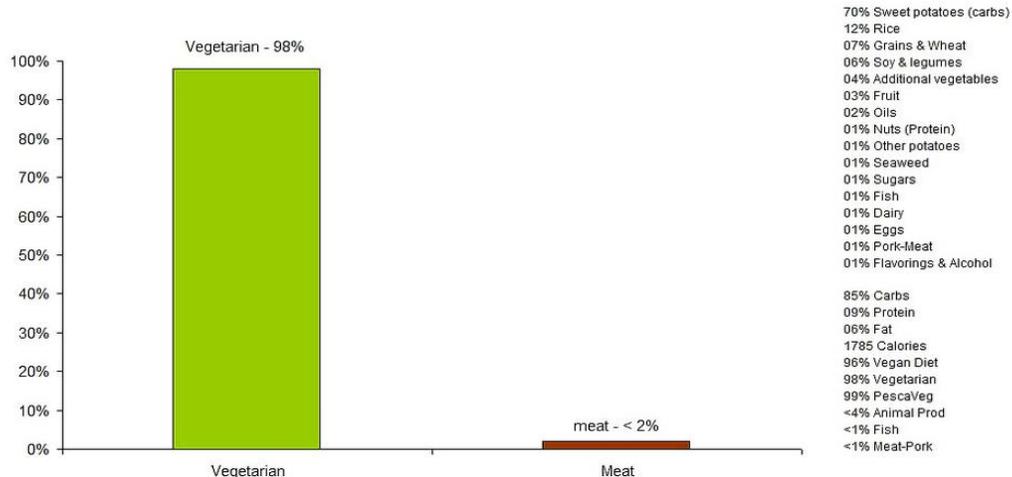
- **Miscellaneous**

Avoid most egg yolks, egg whites, deep-fried foods, non-dairy whipped toppings, rich desserts and pastries, roasted nuts, highly heated chips and salty snack foods.

Diet of the Centenarians

DIET OF THE OKINAWAN CENTENARIANS

The Diet of the Japanese Okinawan Centenarians is 98% Vegetarian



(Note: This is the diet of only those that lived over 100+ Years old, not just those of the Okinawa Island Population in General who ate differently but did not live as long.)

SOURCE: ACTUAL SCIENTIFIC DATA - Study: "The Diet of the World's Longest-Lived People and its Potential Impact on Morbidity and Life Span"
PEER-REVIEWED SCIENTIFIC JOURNAL: Annals of the Academy of Sciences - Volume 1114: 434-455 (2007).

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