# The Page Foundation

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The Purpose of Blood Tests

Dietary Instruction

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### THE PURPOSE OF BLOOD TESTS

The bload stream is the transportation system of the bady; it carries needed supplies to all areas upon demand. What better means could we find for estimating the efficiency of the badily economy than by sampling the materials on this conveyor belt?

Our initial blood test gives us the "status quo". Checkup bloods after glandular supplementation has been given tells us of the chemical changes effected by their use. However, food, drink, and drugs, also have their influence upon glandular activity and the blood content. It is for this reason that the diet of our potients must be so exact, and that the record of the diet is so important.

Our basic blood test on the restricted diet only, gives us a basis for evaluating the good or bad effect of future treatment. If later bloods show better balance the treatment is good. But — let us make this a "big but" — we must be assured that this changed blood balance is due to what was prescribed, not due to something eaten by the patient.

I'm sure you are all aware that in scientific research only one variable can be added at a time if its effectiveness is to be evaluated by resulting changes. So it is with us. We must be the sole source of the variables during the blood testing period, otherwise the results mislead us in deciding upon treatment. If we are misled your progress is retarded, and your cost is increased.

Na Sugar No Cheese
No Milk No Alcahol Na Fruit Juices

Each year we add to our knowledge of treatment and dietary influences, so each year we poss on to you the results of our progress that you also may benefit, that our bloods may tell us more, and results be achieved with greater rapidity.

Remember, a diet containing all things needful — nothing harmful — is the source of your building material. Your blood, uninfluenced by dietary variations, registering only the changes in treatment, is our guide for working aut the farmula to give you the most efficient body chemistry possible.

Adequote building materials — maximum resistance — that is your armour against disease. 100% co-operation on your part is essential if we are to guide you effectively to achieve results with a minimum of expense.

When the patient first comes in we want a blood without any previous dietary discipline. Often this blood will reflect the conditions which pertained habitually with him.

He is then put an the Eskima diet with ar without one of the supplementary diets. The next blood test will show the difference which a change in diet alone can make. It also tells what further changes in the blood chemistry remain to be made. It sets up the problem for us.

If at this time we have found no great impairment of the carbohydrate mechanism we can relax restrictions on the diet still further.

But at no time during treatment must any foods be eaten which contain sugar such as pie, cake, puddings, or any drinks such as soft drinks or alcoholic drinks unless special permission is given.

No juices are to be drunk except after special permission.

No milk or milk products are to be eaten with the exception of butter without special permission.

It is not necessary or desirable to forga breakfast before a blood as we want the blood to reflect the working conditions.

Since we find impairment of the carbohydrate mechanism of the body the most general disability, we often start our patients ofter the first blood has been taken, on a rother restricted diet as regards carbohydrates. The most restricted is what we call the "Eskimo Diet". It consists of meot, fish, fowl and eggs and nothing else. Such a diet is easy for some people and very difficult for others depending a great deal upon the digestive mechanism of the individual. However it is an adequate diet as it furnishes everything the body needs particularly for short periods of time. The Eskimos live very well on such a diet and Stefansson and others have proved that we can live very well an such a diet for long periods of time. There is a great difference in people however. If the hydrochloric acid of the stomach is lacking or of insufficient quantity, this nearly exclusive protein and fat diet causes distress. It is our proctice to add to the Eskimo diet supplementary carbohydrotes.

#### No. 1 Dietary Addition

Our **Number On**e supplementary diet contains bath row and cooked 5% corbohydrate vegetables as follows:

asparagus	cucumber	okra
beans (green)	eggplont	pickles (dill)
broccoli	greens	sauerkrout
brussel sprauts	(all kinds)	squash
cabbage	lettuce	tomatoes
cauliflower	mushraams	tomata juice
celery	olives (ripe)	watercress
brussel sprauts cabbage cauliflower	(all kinds) lettuce mushraams	squash tomatoes tomata juice

#### No. 2 Dietary Addition

After the second blood test we may enlarge the diet by adding other vegetables containing a higher percentage of carbohydrates such as:

beets	peas
beans	potatoes (white or sweet)
corrots	turnips
corn	rutabagas

# No. 3 Dietary Addition

This addition consists of groins such as whole wheat, out meal, rice, rye, nuts, etc.

## No. 4 Dietary Addition

This consists of fruit in limited omaunts, the same amount every doy. This should be one orange per day or its equivalent, i.e., one-half gropefruit, one apple, a peach, dish of strowberries, 4 prunes (raw or cooked) but no melons as these change the gravity of the urine and we lose valuable information regarding the endocrine treatment. Far two days prior to blood tests no fruit or coffee is allowed.