

REVISED

3-4-4 NUTRITIONAL METHOD OF EATING

For more information, contact Cayenne Wellness Center at www.cayennewellness.org :: 818 377 5120



7 PORTIONS OF FRUIT AND VEGETABLES
A WAY OF LIFE ... FOREVER

CHEW WELL LIVE LONG

Research shows that a diet consisting of whole foods which are plant-based, nutrient dense, and low-fat will prevent and often reverse most of the degenerative diseases that are killing us, and becoming more and more expensive to treat through drugs and surgery.

WHAT IS 3-4-4?

Three-four-four (3-4-4) stands for breakfast - lunch - and dinner. Three (3) items to eat for breakfast, four (4) items to eat for lunch, and another four (4) items to eat for dinner. It is an eating plan that is based on obtaining all the vitamins, minerals, other nutrients and phytochemicals necessary for optimum health.

In order to achieve a diet that encompasses all of the above, 3-4-4 was created so that one would not have to think about what particular food provides vitamin K and what particular food source would one obtain potassium. By eating the 3-4-4 way,

you are guaranteed that each day, you have covered the gamut of all the food groups, vitamins and minerals.

How Can I Get Started on 3-4-4?

It's easy, really. 3-4-4 requires no special foods and has no hard to follow recipes. It requires eating 'real food'.

Breakfast: dried fruit, fresh fruit and grain.

Lunch: fresh fruit, green vegetable, orange vegetable and protein/ grain.

Dinner: Same as lunch



3-4-4 HAS MANY HEALTH BENEFITS

Benefits

Kidney Stones



3-4-4 helps protect against kidney stones. The consumption of fruits and vegetables increases urinary citrate, an important inhibitor of calcium stone formation.

Hypertension

3-4-4 helps people with hypertension. 3-4-4 is based on an eating plan rich in fruits and vegetables, legumes and nuts. 3-4-4 follows heart healthy guidelines to limit saturated fat and cholesterol. It focuses on increasing intake



of foods rich in nutrients that are expected to lower blood pressure, mainly minerals (like potassium, calcium, and magnesium), protein, and fiber.

It includes nutrient-rich foods so that it meets other nutrient requirements as recommended by the Institute of Medicine.

Healthy Weight Loss

Combining 3-4-4 with a regular physical activity program, such as walking or swimming, will help you both shed pounds and stay trim for the long term. You can do an activity for 30 minutes at one time, or choose shorter periods of at least 10 minutes each. The important thing is to total about 30 minutes of activity each day. To avoid weight gain, try to total about 60 minutes per day.

BREAKFAST (3) - LUNCH (4) - DINNER (4)

Breakfast

Fresh fruit examples are: banana, melon, orange, apple, pear, nectarine, apricot, kiwi, raspberries, blueberries

Dried fruit examples are: raisins, prunes, dates

Grain example: oatmeal, hot or cold brown rice cereal



Oatmeal and raisins

Black beans and rice



Dinner

Fresh fruit examples are: strawberries, papaya, pear, watermelon

Green vegetable examples are: spinach, collard greens, okra,

Orange vegetable examples are: carrots, yams, acorn squash

Protein and Grain: Examples are: black beans and rice, lentils and millet, salmon and brown rice

Green leafy salad



Lunch

Fresh fruit examples are: strawberries, papaya, pear, apple

Green vegetable examples are: spinach, kale, broccoli, asparagus

Orange vegetable examples are: carrots, yams, acorn squash

Protein and Grain: Examples are: black beans and rice, lentils and millet, chicken and pasta, salmon and rice

Snacks

Eating more frequently throughout the day helps to maintain or even lose weight more effectively than a roller coaster eating schedule of heavy meals followed by hours of not eating. Eating frequently keeps your metabolism more active. Make the most of your snack breaks. Snack examples: Larabar, homemade trail mix of nuts and raisins, popcorn, almond butter and rice cake



HOW TO SHOP AND STOCK YOUR KITCHEN

Shopping List

After being on 3-4-4 for a few days, it really is easy to remember. And because it is easy to remember, shopping is painless.

Breakfast items

Oatmeal, puffed brown rice cereal, raisins, dates, prunes

Lunch/Dinner items

Fruits: 5 different fruits for the week

Green vegetables: purchase 2-3 different green vegetables (broccoli, field greens for salad, and asparagus)

Orange vegetables: purchase 2-3 different orange vegetables (carrots, yams, butternut squash)

Protein: purchase 2 different protein sources - black beans, lentils and tofu

Starch: purchase 2-3 different grain sources - brown rice, millet, pasta

Staple items

Olive oil, sea salt, spices (cayenne pepper, cumin, coriander), onions, garlic, herbs (rosemary, thyme, parsley), grains (brown rice, millet, quinoa pasta), beverages (water, soy, rice or almond milk), nuts (sunflower seeds, walnuts, almonds, cashews, apple cider vinegar)

Prior to being introduced to the center, I suffered from insomnia, loss of appetite, stress and anxiety among other ailments associated with post traumatic stress disorder. In my first session, Dr. Rowley introduced me to 3-4-4 and designed a special treatment plan for me. Within the first week of implementing 3-4-4, I experienced dramatic changes in my mental, emotional, as well as physical wellness. Over the course of the past four months, my overall health has not only improved, but has been enhanced as noted by my medical doctor. I am calmer; I able to get a good nights rest; I look healthier, and I have plenty of energy. The many benefits of 3-4-4 are countless and I feel absolutely superb! All in all, 3-4-4 is simple and is easy to apply. Without question, 3-4-4 will have a profound impact on anyone who incorporates it into their daily life

F.L.
Fontana, CA

