**Welcome to the BALi Eating Plan**



**BALi Eating Plan was designed by Roby Mitchell, M.D., aka “Dr. Fitt.”**

“Critter killers-Critter killers are the primary reason you need specific fruits and vegetables. Most medical conditions evolve due to chronic inflammation-your immune system response to critter overgrowth. Chronic inflammation results in "heart attack", strokes, diabetes, high blood pressure, autoimmune conditions, osteoporosis, Alzheimer's, fatty liver disease and more. By saturating your blood with critter killers from certain fruits/vegetables, you keep critters and inflammation to a minimum. The BALi Eating Plan points you towards the foods highest in critter killers. The food list was compiled by me doing laboratory experiments testing which produce extracts were most effective at killing Candida yeast. Follow the BALi Eating Plan to reverse medical conditions and maintain good health.”

**What is BALi?**

The BALi diet is an eating plan than a diet. It’s guidelines and principles are meant to optimize your health, which will most likely result in weight loss as well. The BALi eating plan stands for Basic, Antioxidant/Antifungal, Low insulin.

**Basic:** The first component of the BALi diet is “basic,” where the focus is keeping your body’s pH in balance. The pH in your body is the measure of acid and alkaline in your blood.

**Antioxidant/Antifungal:** The main idea here is that too much sugar or yeast in the diet can cause the body to over-oxidize, which can cause chronic inflammation and result in disease.

**Low Insulin:** Insulin is a hormone that regulates the absorption of sugar. According to “Dr. Fitt”, overproduction of insulin can lead to weight gain because it promotes the growth of fat cells.

**You can find and print out the BALi Eating Plan here:**

<http://drfittinfo.com/index.php/about/articles/103-bali-eating-plan>

**You can learn more about the BALi Eating Plan and why it is superior to other popular eating plans such as Paleo and Mediterranean, here:**

<http://drfittinfo.com/index.php/gallery-categories/first-gallery/104-why-is-bali-superior>

**Where To Begin?**

\*Make the transition easy by starting with BALi choices that are similar to what you already eat. Switch from white potatoes to purple. Use grass fed, hormone free beef. Buy eggs from free-range chickens. Move towards organic produce.

\*Remove sugar, anything “white” and bad grains.

\*Remove the items that you over-indulge in.

\*Have a plan. Pick a day you can sit and plan out your meals and make your shopping list. Pick the best day that week when you will have enough time to "shop and chop". You can even go a step further and pre-make your meals.

\*Double your recipes – Prepare once, eat twice.

**Deciding Whether to Make and/or Eat Snacks and Desserts**

This really depends on the individual. If you are one who would typically binge on a certain kind of snack food then there is a good chance you will binge on a BALi approved snack/dessert. If you are craving sweet and you feel you'd eat the birthday cake at grandma's house, then make and have a BALi alternative readily available. If you can occasionally make a snack/dessert and have a small piece and walk away, then I'd say go for it. If you are going to keep going back for more then I'd say don't do it. I would first ask yourself why you want a sweet dessert/snack. Your answer should help you decide whether or not you should have it. Also, those with children, BALi approved snacks/desserts would be a fantastic way to transition them off of the processed snacks (HFCS, food coloring, MSG, GMO's, etc.). You can address the amount of sweet they are getting in phase two.

\*\*Keep in mind that sweet is sweet. Your brain does not know the difference between honey, stevia, or corn syrup. The sweeter = more insulin. More insulin = more fat.

We know there are health benefits to some of these sweeteners (honey, stevia, xylitol, coconut sugar, black strap molasses) and that is why they are BALi approved "in small amounts".

The BALi goal is to wean yourself off of the sweets to the point you are no longer craving them and/or daydreaming about them. We have to get used to not consuming so many sweet things. The more we eat the good stuff the less we will crave the sweet stuff. \*\*It is the critters asking, craving, and demanding the sweet. Are you willing to feed them?

**Glycemic index (G. I.) vs Glycemic load (G. L.).**

G. I. indicates the effect of blood sugar of a specific food. In general, you want to choose foods with a G. I. below 55.

G. L. Designates to effect of your entire meal on your blood sugar, kind of an average of all the consumables for a particular meal.

**Why "Brown Rice" Is NOT On The BALi Eating Plan When “Brown Rice Pasta” Is?**

"Brown rice" is NOT on the BALi Eating Plan because there are better alternatives (black and red). The "brown rice pasta" IS on the list because there are not that many alternatives and it is important for beginners to have transitional pasta. Eventually, you want to get to a place where you are not wanting, craving, or needing to consume the grains often. The older we get the less grains we need. There are a few better "pasta" alternatives, so for those that can transition right to those better choices, do so.

**There are many BALi approved foods not on the list. If you are not sure if a particular food is BALi approved, ask yourself these questions:**

\*What is its GI number?
\*How dark in color is it?
\*Are there added sugars?
\*Does it have critter/yeast killing potential?
\*What is the protein/fiber?
\*Is it GMO, MSG, Food coloring free?

\*Is the potassium higher than sodium?

**Finding Healthful Foods**

Local Harvest -- This Web site will help you find farmers' markets, family farms, and other sources of sustainably grown food in your area where you can buy produce and grass-fed meats.
[http://m.localharvest.org](http://m.localharvest.org/)

Eat Wild: With more than 1,400 pasture-based farms, Eatwild's Directory of Farms is one of the most comprehensive sources for pastured foods in the United States and Canada.
[http://www.eatwild.com](http://l.facebook.com/l.php?u=http%3A%2F%2Fwww.eatwild.com%2F&h=gAQEGvz9-AQH0s74I4lI9MY4diOhXNiGptkVJ1TCQICXCag&enc=AZO9TLSLYytxQP-voqkMqxstwSctZCQODv9AtQnT2X63Wmq_IKLnwl46PjzVQFg3VS-DQ3uf2dUxGgZXDeMOvrfno0HV0PM92hE9tQwWJzj6epqfPdpBc7SWz7PlhyxTGrM3aShJZMkD2QBgIg4WZ1l8eHI5_Lh_xmuDH5zbM35WwRhT23YXc8S6y7MdRKjP-yo&s=1)

Farmers' Markets -- A national listing of farmers' markets.
<http://search.ams.usda.gov/farmersmarkets/mobile/mobile.html>

Eat Well Guide: Wholesome Food from Healthy Animals -- The Eat Well Guide is a free online directory of sustainably raised meat, poultry, dairy, and eggs from farms, stores, restaurants, inns, and hotels, and online outlets in the United States and Canada.
<http://www.eatwellguide.org/mobile>

FoodRoutes -- The FoodRoutes "Find Good Food" map can help you connect with local farmers to find the freshest, tastiest food possible. On their interactive map, you can find a listing for local farmers, CSAs, and markets near you.
[http://foodroutes.org](http://foodroutes.org/)

**TIPS:**

IF you crave a certain food (pasta, crackers, chips, cakes, cookies, candy, etc.) then there is a HUGE chance that you will over indulge with these foods, even if they are BALi approve. I would STRONGLY suggest you not buy them if this is the case.

I grew up having eggs, hot cereals, cold cereals, pancakes, French toast for breakfast - sandwiches for lunch - meat, potatoes, vegetables, and bread and butter for supper. It took some time for me to reprogram…”there did not have to be specific foods at each meal”. Once I got passed that way of thinking, preparing meals became a whole lot easier. Experiment; have roasted veggies or leftovers for breakfast or even a huge salad. Prepare veggie egg muffins and smoothies ahead of time so you can enjoy these energy-boosting foods for lunch. Sandwiches/wraps, omelets, and/or smoothies for supper? Certainly!

There are times I look at the clock and see it is suppertime and I immediately want to eat but when I drink a glass of water and wait about 15 minutes, most times, I realize I'm not even hungry. If this is the case, I may opt for a nice cup of hot tea with 1 TBSP of coconut oil or a green smoothie.

Know that your body is always craving and needing nutrients. There are two questions I ask myself before eating something, "Is this food going to provide my body with healthful nutrients? Is this food going to feed a toxic environment or support a healthy environment?" I try to have 5-9 cups of veggies and fruits per day (more veggies than fruits). I ONLY stock BALi foods in my home, by doing so I am never tempted to eat something that is not going to serve my body, I never have to read labels (once it's in my home), and I never have to give thought to what I should eat.

Tip: BALify your home. Life will become a whole lot easier, as will achieving your goals to a more healthful lifestyle, by taking this one step.

**Do You Have Any Advice On How To Get Your Mindset Right About Eating Healthy?**

 ***Tips/advise from ‘BALi Approved Recipes’ group members:***

[**Jamie Jo Brown**](https://www.facebook.com/jamie.j.brown1?fref=ufi) My motivation began because what I was eating directly hurt the babe I was nursing. That was 5 years ago. It was easier because it wasn’t just my body I was hurting. Also- focus not on what you're "giving up" but on what you're gaining. Widening your palate to new and healthy foods is weird at first. But it gets easier.

[**Angela Buschman**](https://www.facebook.com/angela.buschman?fref=ufi) One thing that has helped me is this: when I crave bad food I remind myself that it's not me craving it, it's the overgrowth of bacteria that is wanting it so it can stay alive and keep me from feeling good. Do I fail, yes, but I keep going. It's not a race; it's not how I can do better than you. It's how can I make the best decision for my family and me TODAY.

[**Holly B Hall**](https://www.facebook.com/holly.brinkley.75?fref=ufi) Every time I see bread products I see Candida. Every time I see candy I see poor immune system and sickness. Every time I see a "box" of food I see fake food.

[**Nicole Waggoner**](https://www.facebook.com/nnwaggoner?fref=ufi) Sadly, the foods you eat become the foods you crave. Your taste buds will re-set if you stick with BALi. I struggle with cravings and sometimes lose as well. Pinpointing the flavor and texture you're craving is very helpful. For example garlic/spice in a sauce or crunch of fried batter. Then sub with healthy choice. Celery and roasted garlic hummus, for example. Keeping snacks in the car is crucial too. I stock up on non-perishable nuts from the bulk bin then toast some spicy, some sweet, and some vinegary.

[**Lindy Dickson**](https://www.facebook.com/lindy.dickson.7?fref=ufi) So as we journey along and continue to learn more, we continue to evaluate replacements that need to be made in our pantry. We've already made several replacements to become Balified, but still have more replacements to make. Little at a time, and I know one day soon we'll look up and realize we're finally eating fully Bali.

[**Robin Nash**](https://www.facebook.com/robin.nash.319?fref=ufi) I know exactly what this feels like. I loved it for many years as my weight kept creeping up and my will to change kept going down. I remember thinking that the way junk food tasted to me and my emotional connection to it was more than I could conquer. And each time I would start a new diet I knew I would fail so obviously I did. But last year I decided enough was enough and I had to change my whole lifestyle. Not for my husband or my children or even the way I looked but because I was miserable with myself and I wanted to love me again. So I found an exercise program that I loved going to and wouldn't dread doing it. Also got help from folks at Veritas to get my hormones and such sorted out. Which has been the biggest help. BALi eating has been the easiest lifestyle change of all. Cravings for sugar were super hard to overcome for the first month but not anymore. Once I started educating myself on the effects of foods on my body it's hard not to think about that when you're making your choices. But you have to want it for you. No one else. You have to believe that you are worth more than the crap you're putting in your mouth.

[**Kaci Cooper Roach**](https://www.facebook.com/drkaci?fref=ufi) Pinpoint your weaknesses. When are you straying from BALi eating? Do you keep food in your house that you shouldn’t, do you fail to keep healthy snacks, etc. Also, are you using Black Seed Oil and any other supplements you may need? These can help quiet the cravings and hunger!

[**Christy Roberts Dement**](https://www.facebook.com/christy.r.dement?fref=ufi) For me, it was an "awakening"...almost a religious experience (with all due respect, as I am a Christian). I wish I had had only 30 lbs to lose...I had over 100. I would just say that there has to be a complete shift in the mindset... My mantra today is "food is for fueling this great life that I am blessed to live." Food is now fuel to me (though that's not to say that I still don't love to eat)...It's fuel for doing all of the things we have to do and all of the things we enjoy doing!! BUT I also had to realize that it was okay to love myself enough to make an extremely drastic lifestyle change... a change that not only benefited me, but my family....Roby has written plenty on the "how to"... Just believe you're worth the effort!! And...also, identify "trigger" foods and avoid them like the plague. It's okay to say NO!

[**Susan Devitt Morales**](https://www.facebook.com/susan.d.bennett.71?fref=ufi) Having premeasured snack bags of nuts or veggies helps with cravings. You may not think you want that,but once you start eating the healthy snack you forget about the bad stuff you were craving.

[**Tondra Herridge**](https://www.facebook.com/tondra.copelandherridge?fref=ufi) My two cents for what they are worth, is no, there is no miracle pep talk, no miracle speech.....I was in your same position. No self control, no walking away. But.......you know what, I matter. My advice is to slowly start transitioning to better eating. Replace purple potatoes when you would normally have white etc. I know its' hard, but you can do this. Give yourself a pep talk and start making changes. If you eat something you know you shouldn't, don't beat the dog out of yourself, move forward and try again.

[**Amy Moore Throckmorton**](https://www.facebook.com/amysthrockmorton?fref=ufi) Bali + the weapons of mass reduction to clean the excess yeast has me down 25 lbs. It is a struggle for me but SO MUCH HARDER without my body being in proper sync! Get those supplements and food cravings of ALL KINDS will lessen. I have to remind myself to eat. I feel so good and just eat to gibe my body fuel, not for pleasure anymore!

[**Beverly Taylor Bailey**](https://www.facebook.com/beverly.bailey.161?fref=ufi) Just think meat, veggies, salad. Eggs, or steel cut oats, or juicing in the morning! Then you can figure out how to bake treats with almond meal, etc.! Just keep it simple with what you love on the list! Roasted chicken, crockpot chili or soup, make a roast! Eat Greek yogurt with blueberries, sweetened with a few drops stevia and a sprinkle of cinnamon. You have to live what you are eating to be satisfied! Keep apples and almond butter around for a snack, it helps to take care of a sweet tooth!

[**Martin Weisenbarger**](https://www.facebook.com/martin.weisenbarger?fref=ufi) Eating medium chain triglycerides saturates you liver with adenosine triphosphate which shuts off the hunger mechanism at the hypothalamus.

[**Jessica Zamora**](https://www.facebook.com/profile.php?id=23925156&fref=ufi) My motivation was God! I'm not going to get all-religious on you as I'm not perfect AT ALL or by any stretch of the means! But, I knew I would NEVER step into this Paleo or BALi eating without God, so I dove in head first on Ash Wednesday, March 5th of this year! I knew I wouldn't walk away from the foods I loved unless I knew that I was doing it as my Lenton Promise! It wasn't easy, to be honest it was AWFUL! I started with Paleo, and you can't have ANYTHING on Paleo…with that said BALi is a cake walk (without the cake of course)!! I wanted to rock myself in a corner for 2 weeks, and honestly I thought I was going to die! I had a friend in town and I looked her dead in the eye and said "I think you're going to have to take me to the hospital"…my anxiety was BEYOND any of my control! I was literally FREAKING out without sugar, potatoes, rice, bread, etc.! But, I knew I was doing it for Jesus' sufferings so I pushed thru because I had to! (If you aren't religious…think of the pain of someone who passed in your life! Or for the soldiers who fight for our freedom daily! I think of my grandfather's fight with Alzheimers…and after watching The Lone Survivor, which I cried thru the ENTIRE movie, eating right is NOTHING in the grand scheme of things!) Normal people do Paleo for 30 days…it's called Whole30, and I rocked it out for 47 days and then never looked back!! Find your purpose, find what drives you, and drill it in! I also do Crossfit, and the people at my gym are like my 2nd family…they live the lifestyle I live and are my biggest supporters! Find those people for you…if you are always around and out eating with people who eat TERRIBLE you'll do it too! Find your new circle of friends that will support your lifestyle! If you host a party…sorry you get BALi stuff or Paleo stuff at my house…if you don't like it don't show up! With that said, here is my transformation so far! And after seeing [Roby](https://www.facebook.com/roby.mitchell?hc_location=ufi) in Sept…I'm not done…he wants me to lose another 15lbs! It's going to be hard, but I know he's right! Get MAD and ANGRY in the face of unhealthiness and most importantly diabecity! Dr. Hyman has some great books to kick off your journey as well!! Best of Luck, and call on any of us in the forum to find your support system until you can build one where you live and work! XOXO

[**Cheryl V Mitchell**](https://www.facebook.com/cherylvm?fref=ufi) Worry less about "best". Concentrate more on progress, not perfection. What's one thing you can do everyday next week that you're not currently doing?

[**Patricia Murray Holcombe**](https://www.facebook.com/PatriciaMurrayHolcombe?fref=ufi) We all had to start somewhere, and as we go along, we learn more and more. Don't expect yourself to be at the same place as some who have been doing this for a few years. We still don't know it all and are learning each and every day. This is a good resource for meals, but don't forget you can eat a variety of organic raw veggies too. Find a local health food store as a source for your shopping list. If you keep those veggies cleaned and bagged in the fridge, it will give you something to munch on instead of reaching for something processed. Over a period of time, you will be learning to train your taste buds to less salt, sugar, and processed foods. Once you do, you will absolutely love this way of eating and you will feel so much better. Go to fresh foods first (the ones you actually have to either eat raw or prepare according to BALi ingredients) . You will keep learning until this is second nature to you, if you don't give up. Dr. Roby will be a wonderful source of information and he will pinpoint any areas that you might need help from supplements or guidance and instruction. He's the best.

[**Wendy Sheffield Rome**](https://www.facebook.com/wendy.s.rome?fref=ufi) When eating out, I try to go to places where I can eat with a fork. I think steak, chicken, shrimp, salads, steamed veggies, sweet potato, dark beans with no rice, no bread. Good luck! It IS possible to do this and do it well. You won't feel deprived by any means. Yesterday, I had a spinach salad at Subway. I thought I'd treat myself to unsweetened tea...one sip and I noticed that there was sweet tea in the unsweetened tea canister. It was nasty. I drank water. Even dark chocolate, which I used to hate, is now sweet for me...but not TOO sweet. Nice treat for every once in a while. You CAN do this.

[**Kandy Summer Brown**](https://www.facebook.com/klynb?fref=ufi) My best advise is ease yourself into it. Don't try and change everything you eat right away. Maybe have one BALi meal a day and try and conform the things you like to eat to a healthier version. It's been hard for me cause I don't like a lot of veggies. I bought an omega juicer and it and my nutribullet has been a lifesaver. Don't be discouraged if at first it's overwhelming. We've all been there. Some of us are still on the path to succeeding!

[**Cody Quillin**](https://www.facebook.com/cody.quillin?fref=ufi) Tummy bloat - robynzyme. Sugar cravings - l glutimomine. This deal is changing my life. I crave good foods, not crap. I used to love sugar but am now getting a divorce from it. I miss flour tortillas but I'll survive. I'm not going to be a statistic; I’ve already suffered a stroke at 43 years old.