

## **TABLE OF CONTENTS**

### **PART ONE: INTRODUCTION**

**THE ABASCAL WAY**

**INTRA-ABDOMINAL FAT**

**INFLAMMATION**

### **PART TWO: THE ELIMINATION PHASE**

**SUMMARY OF ELIMINATION PHASE RULES**

**OVERVIEW OF PLAN PRINCIPLES**

**TENDING OUR ECOSYSTEM**

**ESSENTIAL FATS IN BALANCE**

**ANTIOXIDANTS**

**THE LIVER'S ROLE**

**INSULIN RESISTANCE**

**LEPTIN RESISTANCE**

**CALCIUM IN THE DIET**

**MAGNESIUM'S MANY ROLES**

**CHOCOLATE**

**CALORIES**

**STRESS**

**PROTEIN IN THE DIET**

**QUALITY OF ANIMAL PRODUCTS**

**GLUTATHIONE**

**MONOSODIUM GLUTAMATE (MSG)**

**GENETICALLY MODIFIED FOOD**

**FREQUENTLY ASKED QUESTIONS**

### **PART THREE: THE TESTING PHASE**

**FOOD SENSITIVITY TESTING**

**TROUBLESOME PLATEAUS**

### **PART FOUR: A PATH FOR LIFE**

**A PATH FOR LIFE**