

**Carl H. Jelstrup, DC**

of Bellevue Wellness  
Center

# Reduce, Restore, Revitalize

Getting to the core

[www.DrCarlJelstrup.com](http://www.DrCarlJelstrup.com)

# Disclaimer

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The information presented is expressly intended for educational purposes only and are the opinion of the speaker. The following statements have not been approved by the FDA or FCC and do not claim to treat or diagnose any disease. The information that follows should not be construed as a claim or representation that any product or procedure mentioned constitutes a specific cure for any condition. It is the sole responsibility of the attendee using this information to determine if what is outlined herein is appropriate for his or her purpose.



**Foods**

Who you are  
dictates what  
nutrition you need.



# Julie Vøldan +/- Theory on Foods

## Minus Types

E = Expansive

EE = Very Expansive

EEE = Extreme Expansive

## Plus Types

C = Contractive

CC = Very Contractive

CCC = Extreme Contractive

### Beverages

Beer - EEE

Chamomile Tea - EEE

Chocolate - EEE

Coffee - EEE

Cows Milk - E

Dandelion - C

Fruit Juice - EEE

Goats Milk - C

Green Tea - E

Peppermint Tea - EEE

Regular Tea - E

Wormwood Tea - CCC

### Condiments

Butter - EE

Cream - EE

Honey - EE

Olive oil - EE

Raw Sugar - EE

White Sugar - EEE

### Fruit

Apple - E

Banana - EEE

Blueberry - C

Fig - EEE

Grape - EEE

Lemon - EE

Melon - EE

Orange - EEE

Peach - EE

Pineapple - EE

Strawberries - EE

### Grains

Barley - E

Buckwheat - CC

(may often burn in the pan)

Millet - C

Oat - C

Rye - C

Wild Rice - C

Wheat - C

# Julie Vøldan +/- Theory on Foods

## Minus Types

E = Expansive

EE = Very Expansive

EEE = Extreme Expansive

## Plus Types

C = Contractive

CC = Very Contractive

CCC = Extreme Contractive

### Herbs

Bilberry – C  
Blackwalnut –C  
Chamomile -E  
Dandelion - C  
Garlic – CCC  
Ginger – C  
Grape Seed – C  
Hawthorn – C  
Nettle – E  
Peppermint -EEE  
Wormwood –CCC  
Yarrow – CC

### Protein

Beef - C  
Chicken - C  
Egg - CC  
Fish - C  
Kidney Beans - CC  
Lentils - CC  
Pork - E

### Nuts

Brazil - CC  
Hazlet - C  
Walnut - E

### Vegetables

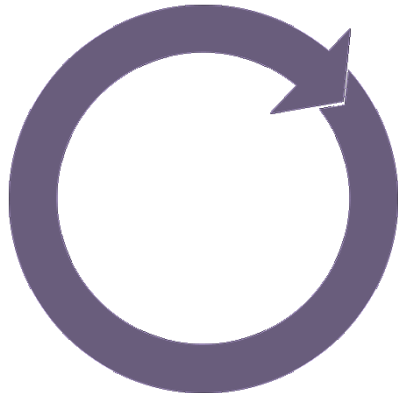
Asparagus – E  
Beans - C  
Cabbage - C  
Carrot - C  
Cauliflower - E  
Celery - E  
Cucumber - EE  
Dandelion - CC  
Green Beans – C  
Garlic - CCC  
Leeks - CC  
Spinach - C  
Mushroom - E  
Onion - CC  
Parsley - CC  
Parsnips - C  
Potatoes - EE  
Red Beets - E  
Red Cabbage - E  
Rutabaga - C  
Tomatoes - EE

# Recommended TEA for Body Electric Clockwise/Plus Types



## Benefits of Dandelion Tea

- Good for **Digestion**
- Detoxifies the **Liver**
- Acts as a **Diuretic**
- Reduces Water **Weight**
- Powerhouse of **Antioxidants**
- Fights **Diabetes**
- Treats **Urinary Tract Infection (UTI)**
- Fights **Cancer**



## Benefits of Ginger Tea

- Helps strengthen your **Immune System**
- Assists in reducing **Stress**
- Protective against **Heart Disease**
  - Lower Blood Pressure
  - Prevention of Blood Clots
  - Reduces Heartburn
  - Lower Cholesterol
  - Improve Blood Circulation
- May alleviate **Motion Sickness - Anti-Nausea**
  - Alternative for those who are pregnant or under going chemotherapy
- May alleviate **Dizziness**
- May alleviate **Vomiting**
- May reduce **Cold Sweats**
- May reduce **Respiratory Issues**
  - Common cold
  - Allergies

## Benefits of Yarrow Tea

- Alleviates **Digestive Issues**
- Helps reduce symptoms of **Depression & Anxiety**
  - Aids in **Brain Health**
  - Fights **Inflammation**
  - Relieves **Stomach** flu~nausea/vomiting.
- Soothes **Hives/Skin Rash.**
- Alleviates hard **Menstrual Cycles.**
- Reduces **Fever**
- Fights **Bacteria**
- Acts as a **Decongestant**

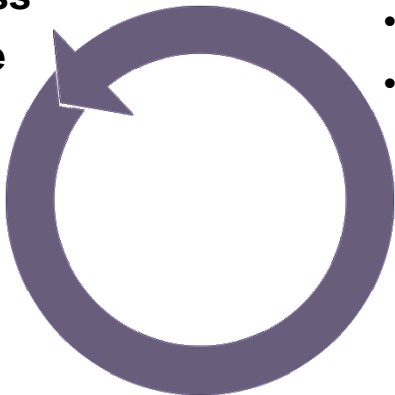
# Recommended TEA for

## Body Electric Counter Clockwise/Minus Types

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### Benefits of Chamomile Tea

- Promotes **Sleep and Treats Insomnia**
- Boosts your **Immune System**
- Ease Nasal **Congestion**, a Runny Nose and Sore Throat.
- Reduces **Muscle Spasms** and **Period Pain**
- Soothes **Stomach Ache**
- **Skin Conditions**; Treats Cuts, and Wounds
- Reduces **Stress**
- Reduces **Acne**
- **Anti-Ageing**



### Benefits of Nettle Tea

- **Urinary Tract Health**
  - Benign Prostatic Hyperplasia (BPH)
  - Problems Urinating
- **Pain**
  - Arthritis
  - Sore Muscles
- Reduces **Inflammation**
- **Reduces** reaction to **pollen** in the spring
- Lowers **Blood Sugar**
- **Prevention and Management** of chronic diseases related to inflammation, such as diabetes, obesity, cancer, and heart disease.

### Benefits of Peppermint Tea

- May Ease **Digestive** Upsets
- May Help Relieve Tension **Headaches** and **Migraines**
- May Relieve Clogged **Sinuses**
- May Improve **Energy**
- May Help Relieve **Menstrual Cramps**
- May Fight Bacterial **Infections**
- May Improve Your **Sleep**
- May Improve Seasonal **Allergies**
- Supports **Weight Loss**



# Acid/Alkaline Foods

## Food & Chemical Effects on Acid / Alkaline Body Chemical Balance™

Most Alkaline	More Alkaline	Low Alkaline	Lowest Alkaline	Food Category	Lowest Acid	Low Acid	More Acid	Most Acid
Baking Soda	Spices/Cinnamon Valerian Licorice •Black Cohash Agave	•Herbs (most): Arnica, Bergamot, Echinacea Chrysanthemum, Ephedra, Feverfew, Goldenseal, Lemongrass Aloe Vera Nettle Angelica	White Willow Bark Slippery Elm Artemesia Annuia	Spice/Herb	Curry	Vanilla Stevia	Nutmeg	Pudding/Jam/Jelly
Sea Salt Mineral Water	•Kambucha  Molasses Soy Sauce	•Green or Mu Tea  Rice Syrup Apple Cider Vinegar •Sake	Sulfite Ginger Tea  •Sucanat •Umehoshi Vinegar •Algae, Blue Green	Preservative Beverage  Sweetner Vinegar	MSG Kona Coffee  Honey/Maple Syrup Rice Vinegar	Benzoate Alcohol Black Tea  Balsamic Vinegar	Aspartame Coffee  Saccharin Red Wine Vinegar	Table Salt (NaCL) Beer, 'Soda' Yeast/Hops/Malt Sugar/Cocoa White/Acetic Vinegar
•Umehoshi Plum			•Ghee (Clarified Butter)  Human Breast Milk	Therapeutic Processed Dairy	Cream/Butter  Yogurt  Goat/Sheep Cheese	Cow Milk  Aged Cheese Soy Cheese Goat Milk	•Casein, Milk Protein, Cottage Cheese  New Cheese Soy Milk	Antibiotics Processed Cheese  Ice Cream
		•Quail Egg	•Duck Egg	Egg	Chicken Egg			
				Meat Game Fish/Shell Fish	Gelatin/Organs •Venison Fish	Lamb/Mutton Boar/Elk*Game Meat Mollusks Shell Fish (Whole)	Pork/Veal Bear •Mussel/Squid	Beef  Shell Fish (Processed) •Lobster
				Fowl	Wild Duck	Goose/Turkey	Chicken	Pheasant
			Oat 'Grain Coffee' •Quinoa Wild Rice •Amaranth Japonica Rice	Grain Cereal Grass	•Triticale Millet Kasha Brown Rice	Buckwheat Wheat •Spelt/Teff/Kamut Farina/Semolina White Rice	Maize Barley Groat Corn Rye Oat Bran	Barley Processed Flour
Pumpkin Seed	Poppy Seed Cashew Chestnut Pepper	Primrose Oil Sesame Seed Cod Liver Oil Almond •Sprout	Avocado Oil Seeds (most) Coconut Oil Olive/Macadamia Oil Linseed/Flax Oil	Nut Seed/Sprout Oil	Pumpkin Seed Oil Grape Seed Oil Sunflower Oil Pine Nut Canola Oil	Almond Oil Sesame Oil Safflower Oil Tapioca •Seitan or Tofu	Pistachio Seed Chestnut Oil Lard Pecan Palm Kernel Oil	Cottonseed Oil/Meal Hazelnut Walnut Brazil Nut Fried Food
Lentil Broccoli •Seaweed Norii/Kombu/Wakame/Hijiki Onion/Miso •Daikon/Taro Root •Sea Vegetables (other) Dandelion Greens •Burdock/•Lotus Root Sweet Potato/Yam	Kohlrabi Parsnip/Taro Garlic Asparagus Kale/Parsley Endive/Arugula Mustard Greens Jerusalem Artichoke Ginger Root Broccoli	Potato/Bell Pepper Mushroom/Fungi Cauliflower Cabbage Rutabaga •Salsify/Ginseng Eggplant Pumpkin Collard Greens	Brussel Sprout Beet Chive/Cilantro Celery/Scallion Okra/Cucumber Turnip Greens Squash Artichoke Lettuce Jicama	Bean Vegetable  Legume Pulse Root	Spinach Fava Bean Kidney Bean Black-eyed Pea String/Wax Bean Zucchini Squash Chutney Rhubarb	Split Pea Pinto Bean White Bean Navy/Red Bean Aduki Bean Lima or Mung Bean Chard	Green Pea Peanut Snow Pea  Legumes (other) Carrot ChickPea/Garbanzo	Soybean Carob
Lime Nectarine Persimmon Raspberry Watermelon Tangerine Pineapple	Grapefruit Cantaloupe Honeydew Citrus Olive •Dewberry Loganberry Mango	Lemon Pear Avocado Apple Blackberry Cherry Peach Papaya	Orange Apricot Banana Blueberry Pineapple Juice Raisin, Currant Grape Strawberry	Citrus Fruit  Fruit	Coconut Guava •Pickled Fruit Dry Fruit Fig Persimmon Juice •Cherimoya Date	Plum Prune Tomato	Cranberry Pomegranate	

\*Therapeutic, gourmet, or exotic items

Italicized items are NOT recommended

**“If you cannot balance +/- field through lifestyle your body will do it through disease.”** Disease can be part of abduction pattern to a deeper stressor.

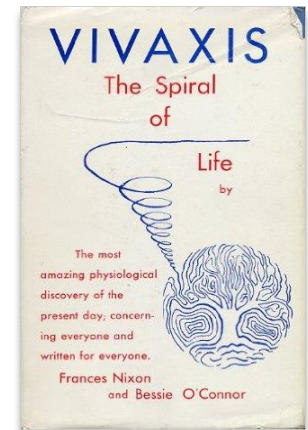
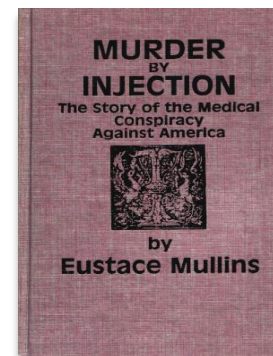
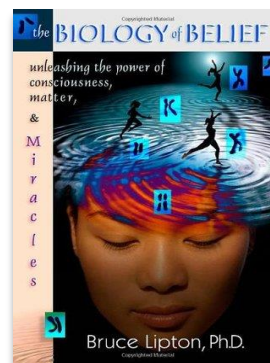
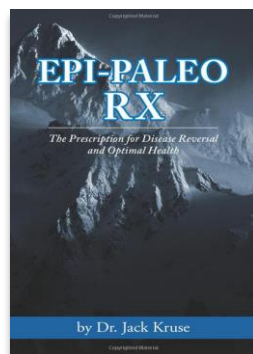
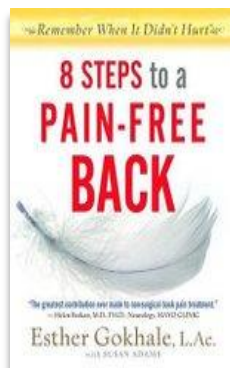
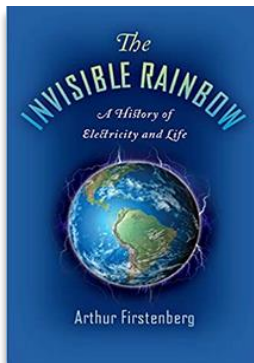
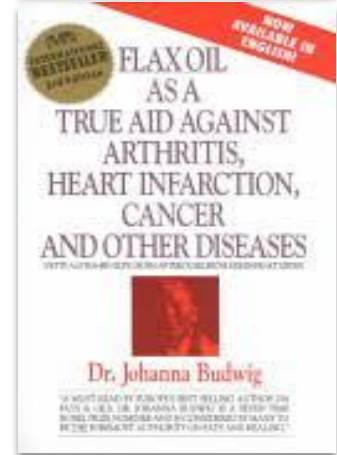
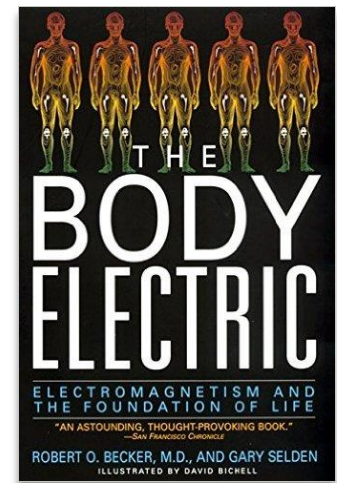
Walk and eat right for your body type.  
Doing this wrong works against the body  
and it will get rid of YOU.

*“You make or break yourself”*

*“Lifestyle Mechanism”*

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