



Healthy Families

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Allergy Elimination Treatment Guide

- _____ Enzymes
- _____ Neurotransmitters
- _____ Liver
- _____ Hormones
- _____ Virus, Bacteria and Parasites
- _____ Candida
- _____ Gluten / Gliadin
- _____ Vaccinations
- _____ Heavy Metals
- _____ Light Metals
- _____ Latex
- _____ Nightshades
- _____ Salicylates
- _____ Pollen Mix
- _____ Animals

ENZYMES (Enzymes are energized protein molecules. They are the body's life force and are involved in every function of the body. Vitamins, minerals and hormones need enzymes to work properly.)

Avoid:
mango, pineapple and papaya. Avoid taking enzyme supplements.

You may eat:
any foods that do not contain the fruits listed above.

NEUROTRANSMITTERS (Neurotransmitters are chemicals that are used to relay, amplify and modulate signals between a neuron and another cell. There are over 30 of them in your body. Common neurotransmitters are dopamine, norepinephrine, epinephrine, serotonin, histamine, insulin and glucagon.)

Avoid:
nothing - internal balancing treatment

LIVER (Your liver is the largest organ inside your body. It is also one of the most important. The liver has many jobs, including changing food into energy and cleaning alcohol and poisons from the blood. Your liver also makes bile, a yellowish-green liquid that helps with digestion.)

Avoid:
liver

HORMONES (Hormones are chemicals that naturally occur in the body. These chemicals direct many biochemical events including energy storage and utilization, maintenance, and growth. Hormones are released mainly by the endocrine glands (pituitary, thyroid, adrenals, parathyroids, gonads, and the islets of Langerhans.) The endocrine glands release very small quantities of hormones into the blood, but these small quantities have a large impact throughout the body. There are over 60 different hormones in the human body.)

Avoid:
hormones cremes, hormone replacement therapy, estrogen, progesterone, testosterone, birth control pills.

VIRUS, BACTERIA and PARASITES (Immune boosting treatment, used to strengthen the body's defenses against pathogens.)

Avoid:
nothing - internal balancing treatment.

CANDIDA (Candida is a yeast-like fungal organism found in small amounts in the normal human intestinal tract. Normally it is kept in check by the body's own beneficial bacteria. Candida can increase in numbers when this balance is disturbed. This condition, called candidiasis, can cause a variety of health issues.)

Avoid:
all fruit, sugars, alcohol, dairy, cheese, breads, crackers, vinegars, soy sauce, condiments, salad dressings, pickled foods, packaged/processed foods, lunch meats, mushrooms, peanuts, toothpaste and mouthwash.

You may eat:
rice, beans, green vegetables, eggs, chicken, fish, meat, french fries, oils, oats, almonds and spices.

GLUTEN/ GLIADIN (Gluten is the protein found in grains and wheat. Gliadin is also found in large quantities in gluten.)

Avoid:
all grains and items made from grains such as cakes, cookies, bread, alcohol, and items that use grains as thickener such as ice cream, sauces and dressings. Check your body products, lotions, shampoos for grain products.

You may eat:
meats, chicken, eggs, fish, nuts, raw or cooked vegetables, french fries, and fruit. Drink tea, coffee and water.

IRON MIX (Ferrous sulfate, ferrous gluconate, beef, pork, lamb, gelatin)

Avoid:

apricots, peaches, bananas, black molasses, prunes, raisins, brewer's yeast, whole grain cereals, turnip greens, spinach, beet tops, alfalfa, beets, sunflower seeds, walnuts, sesame seeds, whole rye, dry beans, lentils, kelp, egg yolk, liver, red meat, pork, liver, beef, kidney, heart, liver, farina, raw clams, oysters, nuts, beans, asparagus, molasses, and oatmeal.

You may eat:

rice, cauliflower, potatoes, chicken, light green vegetables and drink water and orange juice.

MINERAL MIX (Antimony, barium, boron, beryllium, bromide, cesium, chlorine, cobalt, copper, byprosium, europium, fluorine + 30 other minerals)

Avoid:

contact with ANY METAL including stainless steel and chrome. Avoid all water except distilled, and all root vegetables grown underground like onions, potatoes, carrots, and beets.

You may eat:

Jello, iceberg lettuce. You may use distilled water for drinking, washing and showering.

VITAMIN A (Fish, liver oil, beta carotene)

Avoid:

Avoid fish liver oil, egg yolks, butter, cream, green leafy or yellow vegetables, liver, carrots, yams, milk and dairy products, yellow fruits, margarine, and cantaloupe.

You may eat:

brown or white rice, cooked vegetables like cauliflower, potatoes, red apples, chicken, noodles, salt sugar, and drink tea and/or coffee without milk,

SALT MIX (Sea salt, rock salt, table salt, iodized salt, sodium chloride)

Avoid:

all water except distilled water for drinking and bathing. Avoid kelp, celery, romaine lettuce, watermelon, seafood, many processed foods found in supermarkets and most fast foods, table salt, shellfish, carrots, beets, artichokes, dried beef, brains, kidney, cured meats like bacon, ham, jerky coffee. Also avoid sodium chloride found in kelp, watercress, fish, seaweed, oats, avocado, swiss chard, tomatoes, cabbage, celery, cucumber, asparagus, and pineapple. Avoid perspiration.

You may eat:

brown or white rice, vegetables, fruits, meats, eggs, milk, sugar, chicken, and drink tea. You may use distilled water for drinking, washing and showering.

GRAIN & WHEAT MIX (Wheat, millet, oats, rye, rice, wheat bran, oat bran, wild rice, barley, kamut)

Avoid:

all grains and items made from grains such as cakes, cookies, bread, alcohol, and items that use grains as thickener such as ice cream, sauces and dressings. Check your body products.

You may eat:

meats, chicken, eggs, fish, nuts, raw or cooked vegetables, french fries, olive oil, salt, pepper and fruit. Drink tea, coffee and water.

CORN MIX (Blue corn, yellow corn, white corn, cornstarch, corn silk, corn syrup)

Avoid:

corn starch and any food prepared with corn starch, and corn oil such as sauces, syrup, corn syrup, soft drinks, carbonated drinks, breads, instant coffee, fried foods, and creams. Also avoid shampoos, toothpaste, baking soda, baking powder, lozenges, ointments, OTC medicines, and deodorants.

You may eat:

fresh vegetables, fruit, rice, nuts, chicken, eggs, fish, meats, olive oil, salt, pepper. You may drink water, tea and/or coffee without cream or sugar.

YEAST MIX (Baker's Yeast, Brewer's Yeast, Tortula Yeast)

Avoid:

baker's yeast, brewer's yeast, tortula yeast, and any foods containing these items including baked goods, sugars, fruits, soy sauce, condiments, malts, dairy and alcoholic beverages.

You may eat:

vegetables, nuts, meat, chicken, eggs, fish, rice, beans, olive oil, salt, pepper, tea, coffee, and water.

SOY (Soybeans, Lecithin, Soy Oils, Soy Protein, Soy Curds, Soy Milk)

Avoid:

All soy products including soy oils, soy milk, soy curds, and tofu. Avoid processed foods, pet food, lotions and creams.

You may eat:

rice, vegetables, fruits, poultry, meat, eggs, nuts, olive oil, salt, pepper and fish.

COFFEE MIX, CAFFEINE MIX, CHOCOLATE MIX (Coffee, caffeine, tea, tannic acid, cocoa butter, chocolate, carob)

Avoid:

coffee, tea, caffeinated drinks, tannic acids, and chocolate and all foods containing chocolate like ice cream. Also avoid coffee, tea and red wine. Avoid aspirin based medicines such as Excedrin

You may eat:

anything that has NO coffee, caffeine, chocolate or red wine.

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