

Patient Name	Age	Date	<input type="checkbox"/> Male <input type="checkbox"/> Female
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Eliminate These Foods Strictly for the First Ten to Fourteen Days

Alcohol (every type)	Fried Foods	Pork
Avocado	Fruit Juices (every type)	Potatoes (every type)
Banana	Grains (every type)	Rice
Beets	Granola	Spaghetti
Breads (every type)	Honey	Spices (Fresh) <i>Except Garlic & Onion</i>
Caffeine	Juicing (none allowed)	Squash
Carbonated Drinks	Legumes/Beans (every type)	Sugar
Carrot Juice	Light Products (artificial sweeteners)	Sugar Substitutes
Carrots/Raw & Cooked	Margarine	Sweets
Corn	Mushrooms	Tea, Caffeinated
Corn Syrup	Noodles	Tomatoes
Dairy Products (<i>Except Butter, Plain Yogurt and a Small Amount of Cottage cheese</i>)	Pasta	Vinegar
	Peanuts & Most Other Nuts	Wheat
	Pepper	Yeast

Allowable Foods & snacks

Beef	Fish & fish oil	Protein Powders:	<i>* provided not intolerant</i>
Butter	Lamb	Tofu*, Egg*, Rice*,	<i>* mixed with low glycemic index carbohydrates.</i>
Chicken	Olive Oil	Soy*, Whey*	
Cottage Cheese (low fat)	Turkey		
Eggs (free range)	Yogurt (plain only)		

Meats should be antibiotic and hormone free. One may eat all above ground vegetables except those listed. Some examples of good choices are: broccoli, asparagus, string beans, snow peas, Brussel sprouts, head/romaine/butter lettuce, spinach, zucchini, summer squash, yellow wax beans, etc. Vegetables should be lightly steamed or stir-fried with olive oil at a low temperature. Allowable nuts and seeds make good snacks to help maintain weight and energy: for example: 1-2 oz. nuts or seeds (sesame, sunflower, or pumpkin seeds; almonds, filberts or pecan nuts). Individual food reactions/allergies must also be ruled out in order to design the best diet.

Allowable Spices:

Cayenne, Cinnamon, Dry Mustard, Marjoram, Parsley, Celery Salt /Seed, Dill, Garlic, Mrs. Dash, Sea Salt

Allowable Beverages:

Water, pero, roma, cafix, herbal and red-raspberry teas, spearmint, desert herb, and Pau de Arco teas

General Directions

Meticulously follow the diet for the first ten to fourteen days, then gradually rotate other foods back in while continuing to avoid sugar, artificial sweeteners and high carbohydrate foods. Drink a minimum of eight 8oz. glasses of water per day. Eat more raw or slightly steamed vegetables. Choose organic non-commercial products whenever possible. For information regarding the combining of protein, fat and carbohydrates to help regulate blood sugar refer to BioHealth Diagnostics Foundational Health Program® *Guide to Optimal Health* and audio tapes.

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