



Food Guide

1) Allergen-free foods (to avoid inducing an immune response)

- No gluten (contained in wheat and wheat varieties, barley, rye and others <https://www.glnc.org.au/grains/allergies-intolerances/gluten-in-grains/>)
- No grains (including corn, rice, oats and others)
- You'll probably tolerate buckwheat and amaranth <https://foodfacts.mercola.com/amaranth.html>
- Lots of veggies (root vegetables and green leafy vegetables except spinach, preferably organic) <https://www.ewg.org/foodnews/dirty-dozen.php>
Note: Do not under any circumstances eat conventionally raised white potatoes, since the GMO varieties have been designed to disguise spoiled places as appearing healthy. <https://livingnongmo.org/2018/10/31/the-gmo-potato-what-consumers-need-to-know/>
- Fruits, fresh or frozen, may be used in breakfast smoothies or at least 1 hour before regular lunch or dinner meal (see Digestion Protocol- link-under construction)
- Limit or even avoid legumes (especially soy, since it is generally GMO *and* can produce hormone imbalance)
- No dairy (including cheese and ice cream) You may tolerate small amounts of grass-fed butter as your system stabilizes.
- Be wary of any processed foods due to a number of concerns:
 - ⇒ Unhealthy and unnatural fats, which disrupt the integrity of cell membranes, especially in the brain, heart and gut lining
 - ⇒ "Stealth" ingredients difficult to identify which often trigger an immune response
 - ⇒ Frequent use of tapioca (also listed as cassava) which actually contains trace amounts of *cyanide!*

2) Clean (ie, toxin-free) foods (to avoid injury to organ systems and gastrointestinal microbiome)



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- Only pasture-raised meats (beef, pork, bison, game meats) and poultry. “Conventionally” raised meats are given feed containing pesticide residues.
- Only wild-caught fish, preferably smaller varieties, since toxins are concentrated moving up the food chain. Never eat farmed fish, like “Atlantic” salmon and others, due to the pesticide and even endocrine disrupting substances in their feed.
- Organic produce of wide variety (see below)
- **Healthy fats* and other assorted food items, organic as much as possible, including:
 - ⇒ Extra virgin olive oil
 - ⇒ Coconut oil, full-fat (generally canned) coconut milk and coconut cream
 - ⇒ Avocados (unless histamine issues prevent use) and avocado oil
 - ⇒ Nuts and nut butters (excluding peanuts and peanut butter which is a legume, see below)
 - ⇒ You may be able to add ghee (butter oil) as your health improves
 - ⇒ Pastured eggs (may need to limit quantity if sensitization is noted)
- Only ultraclean water sources, such as Eldorado Springs or water filtration system including fluoride removal (best is http://www.bigberkeywaterfilters.com/affiliates/aff_tools/cunninghamoffice/tool/text_links/5)
 - Strongly recommend **Natural Grocers** as source for majority of items due to exacting vetting process



Food Guide

3) Supplements

- See Nutritional Protocol <https://greathealth365.com/wp-content/uploads/2019/08/Nutritional-Protocol-TEMPLATE.pdf> and Shopping List for Nutritional Protocol <https://greathealth365.com/wp-content/uploads/2019/08/Shopping-List-for-Nutritional-Protocol-TEMPLATE.pdf>

4) Snack suggestions

- *Tree nuts and tree nut butters
- Dried fruit (dates, apricots, apples, others)
- Fresh fruit, preferably organic, no less than 1 hour or more before lunch or dinner. If cost of organic produce is an issue, refer to Environmental Working Group <https://www.ewg.org/foodnews/clean-fifteen.php>
- Non- GMO potato/sweet potato/ vegetable chips, preferably cooked in coconut or avocado oil
- [Larabar](https://www.larabar.com/our-products/larabar), (<https://www.larabar.com/our-products/larabar>) multiple flavor selections (made from dates/ other dried fruits and tree nuts only)
- Tablespoon of organic virgin coconut oil (Yep, go ahead and spoon it right into your mouth. You'll get used to the taste and the way it feels in your mouth, and it may give you an immediate energy boost.)

5) Dessert suggestions

- "Nice Cream"- ½ cup of chilled full-fat organic coconut milk (generally available in canned form) with 1-2 dropperful liquid Stevia to taste. You may add vanilla or almond extract and/or tree nuts (pecans, walnuts, etc). You may enjoy nibbling on a chunk of honeycomb on a spoon dipped in your "Nice Cream".
- Tree nut butter on a tablespoon with natural honey drizzled over the top
- You may tolerate a small amount of very sweet dried fruits such as dates



Great Health 365

Simple Solutions For Complex Health Conditions

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*For items higher in healthy fats, consider use of a digestive enzyme;
this is the one I've found to be effective:

<https://www.vitalnutrients.net/pancreatic-enzymes.html>

Use client code 0798 in order to purchase.