

-FOODS AND OTHER ITEMS BEST TO AVOID

The items with the "X" against them, **NEED TO BE AVOIDED AS FAR AS POSSIBLE.**

The items with "?" against them, **NEED TO BE TAKEN IN MODERATION.**

A range of alternatives is provided for your choice.

<u>FOOD/ITEM</u>	<u>ALTERNATIVES</u>
• alcohol	? Non-alcoholic apple cider, ginger beer.
• artificial sweetener	X Xylol, stevia.
• bread	? Bake own, or purchase organic flour/sour dough, "Ry-Vita" crispbread, wraps, "mountain bread", sprouted seed/grain bread, pumpernickel. Commercial bread contains many harmful chemicals and is often made using inferior ingredients.
• cannabis	X Avoid totally. CONTRARY TO POPULAR BELIEF this drug is addictive and destroys brain cells. Leads to delusional paranoia.
• cashews	? Other nuts – see below next to "peanuts". Can induce headaches and allergic reactions.
• chamomile	X Consumption leads to nervous disorders, including excessive irritability, sleep disorders, etc. Use lemon drink. See also under "tea".
• chicken	? Genuine free-range, organic, NO anti-biotics/hormones. COOK YOUR OWN to avoid food poisoning which is common with commercially-prepared chicken.
• chocolate	? Raw, organic, fair-trade chocolate, in moderation. Carob.
• packet chips	X Contain highly carcinogenic, harmful oils. Organic popcorn, home-made without sugar, or crackers, nuts, in moderation.
• cocoa	? Carob powder.
• coffee	? Roasted chicory, "Caro", "Ecco" and other coffee substitutes.
• fructose	X Also known as "High Fructose Corn Syrup". Highly implicated in obesity and diabetic epidemic in cultures based on western diet, such as USA, UK, Australia. Retards insulin metabolism, and

seriously impairs any recovery in health, esp. chronic disease.

Found in many commercially prepared foods.

- eggs ? Genuine free-range, organic.
- hot spices X Avoid as far as possible. See also "spices".
- ice cream ? Frozen ice desserts, eg gelati (NO MILK), or home-made if using milk.
- juice (fruit) ? Dilute with water, 50/50. Use sparingly. Buy fresh, not reconstituted.
- liquorice X Can adversely affect blood pressure, liver function and hormonal balance. Avoid if pregnant.
- lollies ? Fruit/nut squares, slices, bars, all without added sweeteners, EAT IN MODERATION.
- margarine X Butter.
- milk (cow's) ? Raw, unpasteurized and un-homogenized cow's and goat's milk, almond milk, coconut milk, fermented milk products – yoghurt, buttermilk, kefir, etc.
- Milo, Quick, etc ? See above, coffee and cocoa.
- oil and fat X For cooking use cold pressed virgin coconut oil, ghee and butter. Lard and goose fat is also fine. AVOID ALL COMMERCIAL OILS. USE ONLY VIRGIN, COLD-PRESSED OIL. SEE NOTE BELOW.
- peanuts ? REAL nuts - brazil, almonds, hazelnuts, walnuts, macadamia.
- peanut paste ? Tahini (sesame seed paste), almond, macadamia, hazelnut paste.
- salt ? Non-iodised salt, genuine vegetable salt, without "free-flowing agents".
- soft drinks X Fruit juice, apple/pear juice concentrates, mixed with sparkling water.
- soy milk X See "milk".
- spices ? Including nutmeg, ginger, cinnamon, cloves, pepper, etc – must be used IN MODERATION.
- sugar ? Honey, real maple syrup, carob, rice/barley malt, ALL IN MODERATION.
- tap water X Non-fluoridate, non-chlorinated "conditioned" water – refer to additional information, below.

- tea (plain) ? Rose hip, linden flower, lemon balm, lemon myrtle teas.
- vegemite ? See peanut paste, above. Excess salt and yeast – USE SPARINGLY.
- wheat ? Rye, millet, oats, rice, buckwheat, corn, spelt. Biodynamic wheat.
- yeast ? Yeast-free, sour-dough bread, “Ry-Vita” crispbread, “wraps”,
“mountain bread”. AVOID IN CASES OF CANDIDIASIS, OR THRUSH.

NOTE: Oils fall into basically 2 categories, those for cooking and others for use in salads, and generally cold foods. Coconut oil and ghee are 2 of the best for cooking with higher temperatures because they will not degrade into dangerous substances. Other oils such as almond, sunflower, etc, are great when used in cooler dishes, but will be destroyed with heat and become toxic. Olive oil is fine with low heat. For more details refer to information on fats in Nourishing Traditions: The Cookbook that Challenges Politically Correct Nutrition and the Diet Dictocrats, by Sally Fallon and Mary Enig, pages 4 to 19.

OTHER ITEMS

- Aluminium X Avoid cookware and food utensils – highly toxic.
- Fluoride X NO fluoridated water, or toothpaste. Ordinary tea contains fluoride, and other substances harmful in excess – max 2 cups daily.
- Teflon X Avoid “non-stick” cookware – releases highly toxic fluoride.
- Microwaves X Changes molecular structure of food very differently to traditional cooking methods – causes abnormal changes in human blood and immune systems. Banned in Russia in 1976 for public health reasons. Patient died in USA in 1970’s after being transfused with blood which was microwaved for less than a minute to heat it up.
- Tap Water X Most tap water in Australia contains fluoride and chlorine, as well as DBP’s or Disinfectant By Products. AVOID AT ALL COSTS. Purchase genuine spring water, or filter your own using proper filtration to remove the above contaminants whilst “conditioning” the water. For suggestions on a good filter at an affordable price go to
<http://goldcoastwaterwatch.webs.com/waterpurifiers.htm>

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