

FOODS TO AVOID

These foods are either high in sugars or high in chemical toxins, both of which put a big strain on the immune system. By avoiding them you will assist your immune system to recover its strength. A fully functioning immune system is able to defend you more effectively. Some people will have sensitivities to foods not on this list, this can indicate deeper layers of toxicity. Please avoid those foods also, until these problems have been resolved.

Meats

Pork, Ham, Bacon, preserved meats, deli meats
Non - organic Chicken, Turkey

Fish

Shellfish (sea food), flat fish (scavengers)
Big oily fish (toxins in oil, especially mercury and PCBs)
Swordfish, Shark, Tuna

Dairy

Milk, Cream, cheese, Yoghurt

Vegetables

Potatoes, Carrots, Beetroot, Sweet Corn, Peas, Winter Squash,
Olives. Mushrooms

Grains

Wheat, Rye, Oats, Polenta, Maize

Nuts

Peanuts (not really nuts)

Fruit

All, except Lemons, Limes, Avocado, Tomatoes

Oils

Rapeseed (Canola), Peanut, Corn . "Vegetable Oil", Any oil in a clear bottle

Sweeteners

Sugar of all types, Maple syrup, Corn syrup, Barley malt syrup, Rice syrup etc.,
Honey, Jam

Fermented Food

Pickles, Marmite, Vinegar, Yeasts including pates, Olives

Soy products including

Hydrolysed vegetable protein

Pulses

Red lentils
Other lentils occasionally
Dahls occasionally

Drinks

Black tea, Coffee, Alcohol, Fruit juices, Squash, Soda, Tap water

Avoid All artificial flavours, colours, preservatives

Pre - packaged meals full of salt, sugar and hydrogenated fats

Hydrogenated fats

Processed salt or heat-dried sea salt (restaurants, supermarkets, some mainstream shops)

Things to avoid

Microwave ovens (change food structure)
Non-stick cookware (gives off harmful vapours and deposits)
Old Stainless Steel Pots (contain nickel)
Aluminium Pots

Non Environmentally- Safe Cleaning Products e.g. washing powders and liquids
Personal Care Products containing harmful ingredients. Read labels and informative books.

Mercury Fillings in teeth (also known as amalgams). All replacement of amalgam fillings should be done by a dentist trained in the correct way to do this to avoid further contamination.

SUGGESTED READING

The Rosedale Diet - Dr Ron Rosedale (really good clear explanation of the interaction between the liver, pancreas and the hormones insulin and leptin, with some useful recipes)

Cosmetics Unmasked - Dr Stephen and Gina Antczak

The Chemical Maze - Bill Statham

E For Additives - Maurice Hannson,

Ethical Shopping - Duncan Clark

Biological Chemical and Nuclear Warfare - Dr Savely Yurkovsky (contains an explanation of the rationale behind Field Control Therapy)

Useful websites www.yurkovsky.com
www.drdaveou.com
www.fctforums.com
www.mercola.com

There are many 'diet', 'mood' and 'without' cookbooks available. They all have their good points, though they frequently seem to contradict each other! Use your imagination, get ideas from them and substitute foods which are on the 'Avoid List'. My aim in presenting these two lists, Immune Boosting Foods and Foods To Avoid, is to work on strengthening the immune system. A deficient immune system is at the root of most, if not almost all, the symptoms of disease, with the exception of those of genetic origins.

Food is just one aspect of this picture and it is one over which we do have some control.

For help with the other aspects of repairing your immune system and regaining your health and vitality, please call me. I look forward to hearing from you.

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