

Allergy Elimination Dietary Regulations

BBF (Brain Body Balance Formula)

This is a general treatment to help align your body, thus preparing you for further treatments where you will need to restrict your diet temporarily. There are no food avoidances for this treatment. So enjoy, take it easy, and get ready for the upcoming experience!

Egg Mix (Egg Yolk, Egg White, Chicken, Tetracycline, Feathers)

Do NOT eat or touch: egg white, egg yolk, chicken, tetracycline and all foods containing egg or chicken (includes crackers, cookies, soups, breads, mayonnaise, salad dressings, cakes, pastries, pies, pancakes, foods baked or fried in egg batter and thick sauces). Also avoid birds, feather pillows, comforters, vitamins and protein drinks made with egg. Some shampoos, conditioners and lotions may also contain egg products.

You MAY eat: brown/white rice, pasta without eggs, vegetables, fruits, milk products, oils, beef, pork, fish, coffee, juice, soft drinks, water and tea

Calcium Mix (Cal-citrate, Cal-Gluconate, Cal-lactate, Cow's Milk, Goat's Milk, Milk-casein, Milk-albumin, Lactic Acid)

Do NOT eat or touch: milk/milk products, uncooked vegetables, dark leafy vegetables (like lettuce, cabbage, spinach, dandelion greens, brussel sprouts, broccoli), sesame seeds, oats, navy beans, cheese, soybeans (also soy sauce), almonds, dried beans, walnuts, sardines, salmon, peanuts, sunflower seeds, any supplements containing Calcium. Many products are also fortified with Calcium, so be careful.

You MAY eat: Cooked rice, pasta, cooked veggies (not leafy/sprouted), cooked potato, corn, yams, cauliflower, sweet potato, red meat, tea, coffee.

Vitamin C Mix (Acerola, Ascorbic acid, Oxalic acid, Citrus mix, berry mix, fruit mix, melon mix, cucumber mix, vegetable mix, vinegar mix, chlorophyll, quecartin, hesparin, rutin, bioflavonoid)

You MAY NOT eat or touch: Fresh fruits, vegetables, leafy vegetables, citrus fruits, dry fruits, juices, sauces, soft drinks, milk, artificial sweeteners, and vitamin C supplements.

Foods to Eat: Cooked white/brown rice, pasta without sauce, boiled/poached eggs, baked or broiled chicken, fish, red meat, brown toast, deep fried food, French fries, salt, oils. Caution, as vitamin C is often used as a preservative (ascorbic acid) in many products.

B Complex (B1, 2, 3, 4, 5, 6, 12, 13, 15, 17, Paba, Inositol, Choline, Biotin, Folic Acid)

You may NOT eat or touch: Whole grain products, fruits, vegetables, meats, dairy products, anything with B vitamins.

Foods to Eat: cooked white rice, cooked white pasta (not fortified), cauliflower, well cooked/deep fried fish, salt, white sugar, black coffee, French fries, purified water

Sugar Mix (Cane Sugar, Beet Sugar, Brown Sugar, Corn Sugar, Rice Sugar, Maple Sugar, Molasses, Honey, Fruit Sugar, Sucrose, Glucose, Dextrose, Maltose, Lactose, Date Sugar, Grape Sugar)

You may NOT eat or touch: anything with any of the above sugars, sauces, drinks with sugar. Do not use powdered spices in pre-packed containers, tooth paste and mouthwash.

Foods to eat: white rice, pasta, vegetables, vegetable oils, meats, eggs, chicken, water, coffee, tea without milk

Iron Mix (Ferrous Sulfate, Ferrous Gluconate, Beef, Pork, Lamb, Gelatin)

You may NOT eat or touch: apricots, peaches, banana, black molasses, dates, prunes, raisins, brewer's yeast, whole grain cereals, turnip greens, broccoli, Brussel's sprouts, spinach, beets, alfalfa, sunflower seeds, walnuts, sesame seeds, whole rye, dry beans, lentils, kelp, egg yolk, liver, red meat, pork liver, beef, organ meats, farina, raw clams, oysters, nuts, asparagus, coffee, chocolate and iron supplements (like floradix)

Foods to eat: white rice with no iron fortification, sour dough bread without iron, cauliflower, potato, chicken, light green vegetables, water and orange juice

Vitamin A Mix (Fish, Shellfish, Beta Carotene, Vitamin A)

You may NOT eat or touch: yellow fruits/vegetables, green fruits/vegetables, bell peppers, any type of fish, milk products and corn products

Foods to eat: steamed rice, pasta, potato, cauliflower, red apples, chicken, beets, celery, jicama, radish

Mineral Mix (trace minerals like antimony, barium, boron, beryllium, bromide, caesium, chlorine, chromium, cobalt, copper, europium, fluorine, gallium, germanium, gold, iodine, lithium, manganese, molybdenum, nickel, palladium, rubidium, samarium, scandium, silver, strontium, thallium, thorium, tin, titanium, tungsten, uranium, zinc, zirconium, chromium, lead, magnesium, manganese, phosphorous, potassium, selenium, sulfur, vanadium, mercury)

You may not use or touch: metals, tap water, mineral water, root vegetables (onion, potato, carrot, turnip). Wear gloves while touching metal surfaces. Metal buttons on clothes, shoes, hand bags, wedding rings, etc. can be covered with masking tape.

You may use: distilled water for washing and showering, steamed rice, vegetables, fruits, meats, eggs, milk, coffee and tea

Salt Mix (Sea Salt, Table Salt, Rock Salt, Sodium and Chloride)

Do not eat use or touch: kelp, celery, romaine lettuce, watermelon, seafood, processed food with salts, fast food, table salts, fish, carrots, beets, artichoke, dried beef, brains, kidney, cured meats, bacon, ham, coffee, watercress, seaweed, oats, avocado, Swiss chard, tomatoes, cabbage, cucumber, asparagus, pineapple, tap water, any canned/prepared/frozen foods.

You may use: distilled water to drink and bathe, steamed rice, fresh vegetables and fruits not listed above, chicken, meats and sugars.

Grain Mix (Wheat, Corn, Rice, Oats, Rye, Millet, Barley)

You may not use: grains or any item made from the grains above

You may use: vegetables, fruits, meats, milk and water

Yeast Mix (Baker's Yeast, Brewer's Yeast, Tortula Yeast, Candida Albicans)

Please avoid: the yeasts listed above and any foods containing these items (all baked goods), sugars, fruits, dairy, soy sauce and alcoholic beverages

You may eat: vegetables, meat, chicken and fruit

Acids (HCl, Stomach acids)

You may not eat or touch: sugars, starches, fruits, grains, oils, meats, most beans, corn, lentils, winter squash, olives, coffee

You may eat: cooked and raw vegetables, almonds, chestnuts, millet, tempeh, tofu, whey protein

Base (Digestive Juices and Enzymes from intestinal tracts)

You may not eat: cooked and raw vegetables, almonds, chestnuts, millet, tempeh, tofu, whey protein

You may eat: sugars, starches, fruits, grains, oils, meats, most beans, corn, lentils, winter squash, olives, coffee