

GLUTEN/ALLERGIES FREE LIST

GLUTEN-FREE/WHEAT-FREE/INFLAMMATION-FREE/FREE FROM ALLERGIES/ASTHMA/SINUS DIET

Using this food guide, you will clear your body of sinus, allergies, asthma, migraine, skin rashes and other skin conditions, mucus, inflammation, joint aches and pain, arthritis, yeast infection, small intestinal bacterial overgrowth and more.

Eat **organic** as much as you can.

Meat

No flesh at all. This includes fish, chicken, turkey, beef, pork, cattle, goat, sheep, shrimp, lobster, conch, crab, all shellfish products and all of their byproducts: milk, cheese, butter, eggs, ice-cream, sausage

Grains

These can be eaten: Rice, Organic cornmeal, Millet, Spelt, Buckwheat, Sorghum, Teff, Quinoa, Amaranth, Emmer wheat, Einkorn wheat, Gluten-Free organic Whole Wheat flour or Oats
No wheat, rye, barley, oats

Ground Provision / Roots / Tubers

All can be eaten

Beans

All can be eaten except soy and its by products like chunks, soy curls, mince, lecithin. Make sure you watch lentils and red beans: if there is an allergic reaction with their use, you might have to use an organic form or eliminate completely

Vegetables

All veggies can be used except for Carrot and Celery. Lettuce and water cress leaves can be eaten raw but ALL VEGETABLES MUST BE STEAMED UNTIL TENDER

Fruits

All fruits can be used except:

Banana and its family - plantain, finger rose, bugament

Melon and its family - Watermelon, honeydew, cantaloupe, cucumber, pumpkin, zucchini, butternut, table squash,

Papaya, avocado, kiwi, strawberry, currant, raisins

Nuts

All nuts can be used except: peanut and walnut

Restriction on the flesh, grains and their by-products should be maintained, as they are not the best food for humans. Restriction on the nuts, fruits and vegetables are for 3-4 months then they can be reintroduced into your diet one at a time and see if there are any adverse reactions, if yes, hold off on that food for a while longer, if no reaction, keep in the diet.

For more information please contact us at www.nhtlh.com