



Red & White™

HOLISTIC HEALTH CARE CENTER, INC.
5150 West 80th Ave
Westminster, CO 80030
(303) 429-4325

Allergy Elimination Treatment Guide

- _____ Chicken, Eggs & Protein
- _____ Milk, Dairy & Calcium
- _____ Vitamin C
- _____ B-Complex
- _____ Sugar Mix
- _____ Iron
- _____ Mineral Mix
- _____ Vitamin A
- _____ Salt Mix
- _____ Grain/Wheat Mix
- _____ Corn
- _____ Yeast Mix
- _____ Soy
- _____ Coffee, Caffeine & Chocolate

Instructions for Success:

You must avoid the foods and items listed for the next 25 hours. Please do not eat, drink, touch, or be near those items.

It is best to avoid vitamins and supplements during the 25 hour period.

Drink generous amounts of clean water.

Read labels !!!!! When in doubt, Live without!

If you are on antibiotics or steroids, we are unable to treat you. You must be off of these items for at least 14 days before resuming treatments.

EGG & PROTEIN MIX (egg yolk, egg white, chicken, tetracycline)

Avoid:

all proteins including beef, chicken, fish, eggs, animal products, egg whites, egg yolk, and all foods containing egg or chicken including cookies, breads, mayonnaise, salad dressings, cakes, pastries, pies, pancakes, foods fried in butter and thick sauces. Also avoid feather pillows, vitamins, and protein drinks made with egg, some shampoos, conditioners, body creams and pet foods.

You may eat:

boiled rice (brown or white), pasta without eggs, vegetables, fruits, nuts, beans, coffee, sugar, salt, juice, soft drinks, water, tea and herbal tea.

CALCIUM MIX (Cal-carbonate, Cal-gluconate, Cal-ascorbate, raw milk, cow's milk (H), goat's milk, breast milk, casein albumin)

Avoid:

dairy products, raw vegetables (especially dark leafy green vegetables like lettuce, cabbage, dandelion greens, brussels sprouts and broccoli) sesame seeds, oats, navy beans, milk, milk products, cheese, soybeans, almonds, dried beans, walnuts, sardines, salmon, peanuts, and sunflower seeds. Also avoid antacids, almond lotions, and soda pop. Check toothpaste.

You may eat:

rice, potato, fruit, french fries, cauliflower, yams, red meat, chicken, eggs, corn, french fries, ketchup, sugar, salt and coffee and/or tea without milk.

VITAMIN C (Ascorbic acid, chlorophyll, rose hips, rutin, hesparin, bioflavonoids, oxalic acid, vinegar, citric acid)

Avoid:

all fresh fruit and vegetables, rose hips, citrus fruits, black currants, apples, strawberries, persimmons, guava, cherries, potatoes, cabbage, broccoli, tomatoes, turnip greens, green bell peppers, berries, green and leafy vegetables, cauliflower, sweet potatoes, lotions, wheat bread, soda pop and tea.

You may eat:

rice, pasta, oatmeal, eggs, meats, chicken, fish, nuts, white breads, french fries, cheese, sugar, salts, oils, coffee and water.

B COMPLEX (B1, B2, B3, B5, B6, B12 B13, B15, B17, biotin, choline, inositol, folic acid, PABA)

Avoid:

all foods and items with Vitamin B. Avoid sun-screen and make-up with PABA

You may eat:

Unenriched White rice, cauliflower, Jello™, CoolWhip™, imitation sour cream, salt, sugar, coffee, fast food french fries, and water.

SUGAR (Maltose, glucose, dextrose, lactose, brown sugar, honey, corn sugar, corn syrup, raw sugar, molasses, cane sugar, beet sugar, rice sugar, fructose, date sugar, grape sugar, sucrose, alcohol)

Avoid:

all kinds of sugar: dextrose, glucose, malt, lactose, fructose, brown sugar, raw sugar, honey, molasses, maple sugar, sauces with sugar, fruit, milk, cheese, toothpaste and processed foods.

You may eat:

rice, steamed or cooked vegetables, french fries, fish, potatoes, meats, eggs, chicken, nuts, beans, white noodles, tortillas, french fries, margarine, drink water, tea, and/or coffee without milk.

IRON MIX (Ferrous sulfate, ferrous gluconate, beef, pork, lamb, gelatin)

Avoid:

apricots, peaches, bananas, black molasses, prunes, raisins, brewer's yeast, whole grain cereals, turnip greens, spinach, beet tops, alfalfa, beets, sunflower seeds, walnuts, sesame seeds, whole rye, dry beans, lentils, kelp, egg yolk, liver, red meat, pork, liver, beef, kidney, heart, liver, farina, raw clams, oysters, nuts, beans, asparagus, molasses, and oatmeal.

You may eat:

rice, cauliflower, potatoes, chicken, light green vegetables and drink water and orange juice.

MINERAL MIX (Antimony, barium, boron, beryllium, bromide, cesium, chlorine, cobalt, copper, byprosium, europium, fluorine)

Avoid:

contact with ANY METAL including stainless steel and chrome. Avoid all water except distilled, and all root vegetables grown underground like onions, potatoes, carrots, and beets.

You may eat:

rice, vegetables, fruits, meats, eggs, milk, sugar, salt, chicken, and drink tea and coffee. You may use distilled water for drinking, washing and showering.

VITAMIN A (Fish, liver oil, beta carotene)

Avoid:

Avoid fish liver oil, egg yolks, butter, cream, green leafy or yellow vegetables, liver, carrots, yams, milk and dairy products, yellow fruits, margarine, and cantaloupe.

You may eat:

brown or white rice, cooked vegetables like cauliflower, potatoes, red apples, chicken, noodles, salt sugar, and drink tea and/or coffee without milk,

SALT MIX (Sea salt, rock salt, table salt, iodized salt, sodium chloride)

Avoid:

all water except distilled water for drinking and bathing. Avoid kelp, celery, romaine lettuce, watermelon, seafood, many processed foods found in supermarkets and most fast foods, table salt, shellfish, carrots, beets, artichokes, dried beef, brains, kidney, cured meats like bacon, ham, jerky coffee. Also avoid sodium chloride found in kelp, watercress, fish, seaweed, oats, avocado, swiss chard, tomatoes, cabbage, celery, cucumber, asparagus, and pineapple. Avoid perspiration.

You may eat:

brown or white rice, vegetables, fruits, meats, eggs, milk, sugar, chicken, and drink tea. You may use distilled water for drinking, washing and showering.

GRAIN & WHEAT MIX (Wheat, millet, oats, rye, rice, wheat bran, oat bran, wild rice, barley, kamut)

Avoid:

all grains and items made from grains such as cakes, cookies, bread, alcohol, and items that use grains as thickener such as ice cream, sauces and dressings. Check your body products.

You may eat:

meats, chicken, eggs, fish, nuts, raw or cooked vegetables, french fries, and fruit. Drink tea, coffee and water.

CORN MIX (Blue corn, yellow corn, white corn, cornstarch, corn silk, corn syrup)

Avoid:

corn starch and any food prepared with corn starch, and corn oil such as sauces, syrup, corn syrup, soft drinks, carbonated drinks, breads, instant coffee, fried foods, and creams. Also avoid shampoos, toothpaste, baking soda, baking powder, lozenges, ointments, OTC medicines, and deodorants.

You may eat:

fresh vegetables, fruit, rice, nuts, chicken, eggs, fish, and meats. You may drink water, tea and/or coffee without cream or sugar.

YEAST MIX (Baker's Yeast, Brewer's Yeast, Tortula Yeast)

Avoid:

baker's yeast, brewer's yeast, tortula yeast, and any foods containing these items including baked goods, sugars, fruits, soy sauce, condiments, malts, dairy and alcoholic beverages.

You may eat:

vegetables, nuts, meat, chicken, eggs, fish, rice, beans, tea, coffee, and water.

SOY (Soybeans, Lecithin, Soy Oils, Soy Protein, Soy Curds, Soy Milk)

Avoid:

All soy products including soy oils, soy milk, soy curds, and tofu. Avoid processed foods, pet food, lotions and creams.

You may eat:

rice, vegetables, fruits, poultry, meat, eggs, nuts and fish.

COFFEE MIX, CAFFEINE MIX, CHOCOLATE MIX (Coffee, caffeine, tea, tannic acid, cocoa butter, chocolate, carob)

Avoid:

coffee, tea, caffeinated drinks, tannic acids, and chocolate and all foods containing chocolate like ice cream. Also avoid coffee, tea and red wine. Avoid aspirin based medicines such as Excedrin

You may eat:

anything that has NO coffee, caffeine, chocolate or red wine.



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Allergy Elimination Treatment Guide

- _____ Nut Mix
- _____ Alcohol
- _____ Whey
- _____ Spice Mix
- _____ Food Additives, Preservatives, Colors
- _____ Artificial Sweeteners
- _____ Dried Bean Mix
- _____ Gum Mix
- _____ Animal Fat
- _____ Vegetable Fat
- _____ Amino Acids
- _____ Vitamin D
- _____ Vitamin E
- _____ Vitamin K
- _____ Dust
- _____ Molds
- _____ Smoke
- _____ Chemicals
- _____ Pesticides
- _____ Perfume Mix
- _____ Radiation
- _____ Pollen Mix
- _____ Animals

NUT MIX (Peanuts, black walnut, English walnut, Cashews, almonds, pecans, Brazil nuts, hazelnuts, macadamia nuts, pistachio nuts, sunflower seeds)

Avoid:

peanuts, walnuts, black walnuts, English walnuts, cashews, almonds, pecans, Brazil nuts, hazelnuts, macadamia nuts, pistachio nuts.

You may eat:

any foods that do not contain the nuts listed above including their oils and butters.

ALCOHOL (Beer, hops, red wine, white wine, champagne, rubbing alcohol, plant alcohol, vodka, sherry, brandy, tequila, rum)

Avoid:

all rubbing alcohol, plant alcohol, drinking alcohol, cough syrup, vanilla, lotions, make-up, sunscreen and mouthwash.

You may eat

any foods which are not prepared with substances containing alcohol including wine and soy sauce.

WHEY

Avoid:

cottage cheese, all yogurts and items made with whey. Avoid crackers, breads, yogurt and cheese.

You may eat:

fresh fruit and vegetables, meat and white rice.

SPICES (Ginger, cardamom, cinnamon, cloves, garlic, cumin, fennel, Black pepper, twenty different peppers, onion, mint, oregano, chives, coriander, chervil, mace, marjoram, rosemary, anise seed, caraway seed, basil, bay leaf, fenugreek)

Avoid:

ginger, garlic, nutmeg, cinnamon, cloves, vanilla, cumin, coriander, peppers, red pepper, black pepper, green pepper, anise seed, basil, bay leaf, caraway seed, chervil, cream of tartar, dill, fenugreek, horseradish, mace, mint, MSG, mustard, onion, oregano, paprika, poppy seed, parsley, rosemary, saffron, sage, sumac, turmeric, and vinegar. Check toothpaste and toiletries for these spices.

You may eat:

all foods that do not contain the spices listed above. Avoid mint toothpaste!

FOOD ADDITIVES, COLORING and PRESERVATIVES (Calcium sulfate, calcium phosphate, sodium sulfate, sodium nitrate)

Avoid:

all prepared foods, hot dogs, canned fish, canned meats, salad dressing, packaged soups, cookies, crackers, frozen vegetables, toothpaste, soap, shampoo, make-up, ice cream, lipstick.

You may eat:

fresh fruit and vegetables, dairy, meat and white rice.

ARTIFICIAL SWEETENERS (Saccharin, Equal, Sweet 'N Low, Nutrasweet, sorbitol, aspartame)

Avoid:

pickles, sauces, syrup, juices, fruit drinks, pies, cakes, cookies, sweet breads, any sweet food bought commercially, ice creams, and soft drinks. Avoid toothpaste.

You may eat:

anything prepared fresh without any artificial sweeteners.

DRIED BEAN MIX

Avoid:

black-eyed peas, black beans, white beans, pinto beans, soybeans, peas, red beans, mung beans, and kidney beans. Also avoid chips, crackers, baked goods, and mayonnaise made with soybean oil.

You may eat:

any foods that do not contain beans, peas or bean oil including rice, fruit, meat, chicken, and fresh vegetables.

GUM MIX (Acacia, xanthine, black, sweet tragacanth)

Avoid:

soft drinks, glues, chewing gum, cream cheese, carbonated drinks, stamps, glue, envelopes.

You may eat:

rice, pasta, vegetables, fruit without skins, meat, chicken, eggs and fish

ANIMAL FAT (Butter, lard, pork fat, beef fat, chicken fat)

Avoid:

butter, lard, meats, fish, and fish oils.

You may eat:

anything other than the above including veg. oils.

VEGETABLE FAT (Almond oil, palm oil, flaxseed oil, canola oil, cottonseed oil, safflower oil, sesame oil, superheated vegetable fat, olive oil, corn oil, Crisco oil, coconut oil, peanut oil, linseed oil, sunflower oil, mustard oil)

Avoid:

all vegetable oils and foods containing vegetable oils like breads, crackers, cookies, sauces, and drinks.

You may eat:

steamed vegetables, fruit, steamed rice, meat, eggs, chicken, butter, and lard.

AMINO ACIDS (Eight essential amino acids:

lysine, leucine, threonine, valine, tryptophan, isoleucine, phenylalanine and non-essential amino acids: alanine, arginine, aspartic acid, carnitine, citrulline, cysteine, cystine, glutathione, glutamic acid, glycine, histidine, ornithine, proline, serine, taurine, glutamine, tyrosine)

Avoid:

all proteins, fruit, fats, and most vegetables.

You may eat:

steamed white rice and iceberg lettuce.

VITAMIN D (Ergosterol, viosterol, calciferol, cholecalciferol, ergocalciferol)

Avoid:

fish liver oil, egg yolk, milk, butter, sprouted seeds, mushrooms, sunflower seeds, and sunflower oil.

You may eat: any foods not listed above including fruit, vegetables, vegetable fat, poultry, and meat.

VITAMIN E (Tocopherol, d-alpha tocopherol or tocopheryl, Dl-alpha tocopherol or tocopheryl, mixed tocopherol)

Avoid:

wheat germ, soybeans, vegetable oils, broccoli, brussel sprouts, leafy greens, spinach, olives, enriched flour, whole wheat, whole grain cereals, eggs, unrefined cold-pressed crude vegetable oils, wheat germ and soybean oils, whole, raw or sprouted seeds, nuts, and grain.

You may eat: fresh fruit, carrots, potatoes, milk, cheese, butter, poultry, and meat.

VITAMIN K (Phytomenadione, phybonadione, Phylloquinone, menadione)

Avoid:

cabbage, brussel sprouts, and green leafy vegetables.

You may eat:

fruit, rice, potatoes, poultry, and meat.

DUST (dust and dust mites)

Avoid:

dusty areas. Clean up the living area before treatment. No vacuuming, house cleaning or playing in the dirt.

MOLD

Avoid:

treating on a cloudy, rainy day. Keep house dry. Stay away from leaky bathrooms, old houses, swimming pools, hot tubs, swamp coolers, etc. Avoid cheese, mushrooms, nuts, melons, berries, dried fruit, soy sauce, vinegar, and wine.

SMOKE (nicotine, tobacco)

Avoid:

smoking areas, smoke from cigarettes, clothes and substances that have been in contact with smoke. Smoked foods, BarBQue sauce, bacon, smoked meats and jerky.

CHEMICALS (soap, detergents, cleansing chemicals, chlorine, Clorox, bleach, toothpaste)

Avoid:

contact with the above items for 25 hours. No cleaning house or bathing. No tap water, toothpaste, or baby wipes.

PESTICIDES

Avoid:

all fresh fruit, vegetables, and all pesticides.

You may eat:

poultry, meat, vegetable fat, cheese, butter, and dairy.

PERFUME MIX

Avoid:

all perfumed soaps, make-up products, hair sprays, flowers, candles, aftershave, cleaners, fabric softener, air fresheners and perfumes

You may have:

anything without perfume smells

RADIATION (sun, microwave, TV., X-ray, computer, fluorescent lights)

Avoid:

sun, microwave, TV., X-ray, computer and fluorescent lights for 25 hours

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Drink generous amounts of clean water.

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Allergy Elimination Treatment Guide

- Enzymes
- Neurotransmitters
- Liver
- Hormones
- Virus, Bacteria and Parasites
- Candida
- Gluten / Gliadin
- Vaccinations
- Heavy Metals
- Light Metals
- Latex
- Nightshades
- Salicylates
- Pollen Mix
- Animals

ENZYMES (Enzymes are energized protein molecules. They are the body's life force and are involved in every function of the body. Vitamins, minerals and hormones need enzymes to work properly.)

Avoid:
 mango, pineapple and papaya. Avoid taking enzyme supplements.

You may eat:
 any foods that do not contain the fruits listed above.

NEUROTRANSMITTERS (Neurotransmitters are chemicals that are used to relay, amplify and modulate signals between a neuron and another cell. There are over 30 of them in your body. Common neurotransmitters are dopamine, norepinephrine, epinephrine, serotonin, histamine, insulin and glucagon.)

Avoid:
 nothing - internal balancing treatment

LIVER (Your liver is the largest organ inside your body. It is also one of the most important. The liver has many jobs, including changing food into energy and cleaning alcohol and poisons from the blood. Your liver also makes bile, a yellowish-green liquid that helps with digestion.)

Avoid:
 liver

HORMONES (Hormones are chemicals that naturally occur in the body. These chemicals direct many biochemical events including energy storage and utilization, maintenance, and growth. Hormones are released mainly by the endocrine glands (pituitary, thyroid, adrenals, parathyroids, gonads, and the islets of Langerhans.) The endocrine glands release very small quantities of hormones into the blood, but these small quantities have a large impact throughout the body. There are over 60 different hormones in the human body.)

Avoid:
 hormones cremes, hormone replacement therapy, estrogen, progesterone, testosterone, birth control pills.

VIRUS, BACTERIA and PARASITES (Immune boosting treatment, used to strengthen the body's defenses against pathogens.)

Avoid:
 nothing - internal balancing treatment.

CANDIDA (Candida is a yeast-like fungal organism found in small amounts in the normal human intestinal tract. Normally it is kept in check by the body's own beneficial bacteria. Candida can increase in numbers when this balance is disturbed. This condition, called candidiasis, can cause a variety of health issues.)

Avoid:
 all fruit, sugars, alcohol, dairy, cheese, breads, crackers, vinegars, soy sauce, condiments, salad dressings, pickled foods, packaged/processed foods, lunch meats, mushrooms, peanuts, toothpaste and mouthwash.

You may eat:
 rice, beans, green vegetables, eggs, chicken, fish, meat, french fries, oils, oats, almonds and spices.

GLUTEN/ GLIADIN (Gluten is the protein found in grains and wheat. Gliadin is also found in large quantities in gluten.)

Avoid:
 all grains and items made from grains such as cakes, cookies, bread, alcohol, and items that use grains as thickener such as ice cream, sauces and dressings. Check your body products, lotions, shampoos for grain products.

You may eat:
 meats, chicken, eggs, fish, nuts, raw or cooked vegetables, french fries, and fruit. Drink tea, coffee and water.

VACCINATION (DPT (Diphtheria, pertussis, tetanus), Measles, Rubella, Mumps, Polio, Hepatitis B, Influenza, etc.)

Avoid:
shots and vaccinations during the 25 hours.

HEAVY METALS (lead, cadmium, mercury, arsenic, amalgam, vanadium)

Avoid:
shots, dental work, lead pipes,

You may eat:
anything, including vegetables, fruit, rice, meat, fish, eggs, chicken, butter, cheese, nuts,

LIGHT METALS (steel, iron, brass, copper, zinc, bronze, tin, aluminium, nickel)

Avoid:
touching ALL metal object such as jewelry, rings, necklaces, zippers, snaps, bra hooks, eyeglasses, door handles, keys, razors, silverware, kitchen items (pots, pans, etc.) money, etc. Avoid canned food, soda and food cooked in metal pans.

You may eat:
vegetables, fruit, rice, meat, fish, eggs, chicken, butter, cheese, milk, nuts, coffee, and tea. Make sure to use plastic sliverware when eating.

Best to wear gloves for the entire 25 hours!

LATEX (Ergosterol, viosterol, calciferol, cholecalciferol, ergocalciferol)

Avoid:
ALL ELASTIC, toys, pacifiers, tires, rubber gloves, condoms, garden hoses, rubber bands, balloons, bandages, medical tape, socks and underwear with elastic, rubber shoes. Foods to avoid - bananas, avocados, chestnuts, papaya, kiwi, milk, pineapples, potatoes, tomatoes, celery, carrots, peaches, plums, passion fruit, wheat, rye.

You may eat:
any foods not listed above including fruit, vegetables, oils, poultry, and meat.

NIGHTSHADES (all peppers, chile peppers, black pepper, potato, tomato, tobacco, eggplant, belladonna, capsicum, paprika, and petunia)

Avoid:
all peppers, chile peppers, black pepper, potato, tomato, ketchup, french fries, and anything made with pepper.

You may eat: fresh fruit, vegetables, milk, cheese, butter, poultry, fish and meat.

SALICYLATES (Salicylates are chemicals that occur naturally in plants and serve as a natural immune hormone and preservative. They are also found synthetically in many medications, perfumes and preservatives.)

Avoid:
almonds, apples, apricots, berries, cherries, cloves, coffee, cucumbers, pickles, currants, grapes, raisins, wine, nectarines, oranges, peaches, peppers, plums, prunes, tangerines, tea, tomatoes, wintergreen, and ASPIRIN.

You may eat:
anything except the above foods.

POLLENS (weeds, trees, grasses, flowers, hay, and plants)

Avoid:
anything growing. Must be treated on a cold (below 40 F for the entire 25 hours) day and have snow cover on the ground. Avoid herbal tea and taking herbal supplements. Avoid feeding and being around livestock. The pollen regimen usually consists of 3 separate treatments.

ANIMALS (cats, dogs, horses, rabbits, all other animals with fur/hair)

Avoid:
being around anything furry. Must spend the 25 hours in an animal-free environment. Cannot be in a space where animals have been.

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