



# Red & White™

Holistic Healthcare Center, Inc.

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## 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:**

rice, pasta without eggs, vegetables, fruits, nuts, beans, coffee, sugar, olive oil, salt, pepper, 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, olive oil, salt, pepper, 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 sunscreen and make-up with PABA

**You may eat:**

Unenriched White rice, cauliflower, Jello™, Cool-Whip™, 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 + 30 other minerals)

**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:**

Jello, iceberg lettuce. 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, olive oil, salt, pepper 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, meats, olive oil, salt, pepper. 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, olive oil, salt, pepper, 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, olive oil, salt, pepper 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.