



# Red & White™

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## Allergy Elimination Treatment Guide

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**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, pimiento and petunia)

**Avoid:**  
all peppers, chile peppers, black pepper, potato, tomato, ketchup, french fries, and anything made with pepper. Baking powder, dextrose, modified food starch and spray starch used on clothing.

**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:**  
Fruits such as apples, avocados, blueberries, dates, kiwi fruit, peaches, raspberries, figs, grapes, plums, strawberries, cherries, grapefruit, oranges, lemon, citrus and prunes. Vegetables such as alfalfa, cauliflower, cucumbers, mushrooms, radishes, broad beans, eggplant, spinach, zucchini, broccoli and hot peppers. Some cheeses, ice cream, gelatin. Herbs, spices, and condiments such as dry spices and powders, tomato pastes and sauces, vinegar, soy sauce, jams and jellies. Beverages such as coffee, wine, beer, orange juice, apple cider, regular and herbal tea, rum and sherry. Nuts such as pine nuts, peanuts, pistachios, and almonds, candies, such as peppermints, licorice, chocolate and mint-flavored gum and breath mints, **toothpaste**, and **ASPIRIN**

**You may eat:**  
anything except the above foods such as eggs, chicken, meat, rice, milk, butter, potatoes, french fries, carrots, oatmeal, onion, salt, pepper sugar.

**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.

## **\*\*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!