



# Red & White™ Holistic Healthcare Center, Inc.

5150 West 80th Ave, Westminster, CO 80030  
(303) 429-4325

## 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

## **\*\*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!