NAET Avoidance Guidelines List

BBF- No avoidance necessary. Just enjoy!

EGG MIX- Please avoid eggs, chicken, feathers, and tetracycline. (an antibiotic), and anything made with the above items such as cookies, some breads, and mayonnaise. Be careful of soups with a chicken broth base, and do not touch your down comforters or coats, or pillows, mattress pads, etc..

Instead eat: Any other meat such as red meat, pork, turkey, duck, etc.. all fresh fruits and vegetables, all grains, sugars, coffee, tea, water, alcohol. Read your labels.

CALCIUM- Please avoid milk and milk products, eggs, uncooked vegetables, dark leafy vegetables, brussel sprouts, broccoli, sesame seeds, oats, navy beans, soybeans, almonds, dried beans, walnuts, sardines, salmon, peanuts, sunflower seeds, and calcium supplements.

Instead eat: cooked rice, pasta, cooked vegetables, cooked potato, corn, yams, cauliflower, sweet potato, red meat, chicken, sugar, coffee/tea. Any food without calcium derivatives is okay. Read the label.

VITAMIN C- Please avoid fresh fruits or vegetables, citrus, dry fruit, juices, sauces, soft drinks, milk, artificial sweeteners, vitamin C supplements, grasses, plants, trees, flowers, gardens, etc..

Instead eat: cooked white or brown rice, pasta (careful no sauce!), boiled or poached eggs, baked or broiled chicken, fish, red meat, turkey, toast, deep fried food, french fries, cooked potato (no sour cream or butter), salt, any nut oil, white sugar, water, coffee. Read the labels.

VITAMIN B- Please avoid whole grain products, fruits, vegetables, meats, dairy products, and avoid grasses, plants, trees, flowers, gardens, etc...

Instead eat: cooked white rice, cooked white pasta, cauliflower, well cooked fish, salt, white sugar, black coffee, french fries, purified water. Please rinse the vitamin fortification off your rice before cooking.

SUGAR- Please avoid brown rice, whole grains, carrots, fruits, beets, milk and milk products, sauces. Anything with an "ose" at the end, like dextrose, lactose, sucrose, etc..careful of pre-packaged spices like taco seasoning, and toothpaste and mouthwash.

Instead eat: white rice, pasta (no sauce), raw or cooked vegetables not listed above, green salads, oil and vinegar dressings with no added sugar, (avoid creamy dressings), vegetable oils, red meats, eggs, chicken, turkey, french fries, fried chicken, fried fish, (no condiments like ketchup, or tartar sauce), water, coffee, tea. Sugar free jello and pudding is okay. Read the label.

IRON- Please avoid apricots, peaches, green banana, plantain, black molasses, dates, prunes, raisins, brewers yeast, whole grain cereals, turnip greens, broccoli, brussel sprouts, spinach, beet greens, alfalfa, beets, sunflower seeds, walnuts, sesame seeds, whole rye, dry beans, lentils, kelp, egg yolk, liver, red meat, pork liver, beef, organ meats, farina, raw clams, oysters, nuts, asparagus, coffee, herbal tea, regular tea, chocolate, and iron supplements. Avoid leather belts, shoes, wallets, and any other leather goods, (watch the couch!). Avoid ornamental iron work, iron skillet, wok, etc..

Instead try: white rice without iron fortification, (try the ethnic food section rather than the regular rice aisle) sour dough bread without iron, cauliflower, iceberg lettuce, yellow squash, yellow apple, yellow banana, potato, egg white, chicken, turkey, light green vegetables, water, orange juice, tumeric, olive oil, vegetable oil, white or brown onion, ginger, garlic.

VITAMIN A- Please avoid yellow fruits, yellow vegetables, banana, carrot, spinach, green fruits, green vegetables, green peppers, fish or fish products, cheese, milk products, butter, tomato, and corn products.

Instead eat: brown or white rice, pasta without tomato or cheese sauce, potato, cauliflower, red apples, chicken, turkey, red meat, egg white, sugar, water, salt, olive oil, and coffee.

MINERALS-Please avoid metals, tap water, mineral water, root vegetables like onion, potato, carrot, turnip... fish and shellfish. Avoid exposure to pesticides. Wear gloves while touching metal surfaces. Metal on the eye glasses, buttons, shoes, handbags, finger rings, door knobs, faucets, etc... can be covered with masking tape if necessary. Use plastic and glass utensils for cooking, and paper or plastic cups, plates, spoons and forks to eat. If you have any amalgam fillings, please avoid touching your mouth. Wear gloves if necessary.

Instead eat: distilled water for washing and showering. Wash and cook rice, pasta, corn, other grains, vegetables, fruits, meats etc.. in distilled water, and keep the cooked foods in a plastic or paper container during treatment time. You may eat eggs, milk, and milk products, chicken, turkey, all types of cooked red meat, cooked vegetables, salads, breads, coffee, tea.

SALT- Please avoid kelp, celery, romaine lettuce, watermelon, sea food, processed foods with salts, fast food, table salts, fish, shell fish, carrots, beets, artichoke, dried beef, kidney, cured meats, bacon, ham, coffee, watercress, sea weed, oats, avocado, swiss chard, tomatoes, cabbage, cucumber, asparagus, pineapple, tap water, and prepared canned or frozen foods.

Instead eat: distilled water to drink or bathe, cooked rice, pasta, potato, fresh vegetables and fruits not listed above, chicken, turkey, all cooked meats and sugars.

GRAIN- Please avoid all wheat, corn, rice, oats, rye, millet and barley.

Instead eat: Vegetables, fruits, meats, chicken, egg, turkey, milk, coffee, tea, sugar, oils, butter, salt, water.

YEAST- Please avoid, brewers yeast, bakers yeast, and any food containing these items including baked goods, sugars, fruits, soy sauce, yogurt, butter, ice cream, and any fermented foods like tofu, cheese, alcohol, kombucha.

Instead eat: white rice, pasta no sauce, fresh corn, fresh vegetables, potato, french fries, unleavened bread, meat, chicken, turkey, oils, salt, fish.

STOMACH ACIDS- Please avoid sugar, starches, fruits, grains, meats, other acid forming foods like coffee.

Instead eat: raw and steamed vegetables, raw tomato, dried beans, eggs, oils, clarified butter, salt, milk.

BASE- (digestive enzymes) Please avoid raw and cooked vegetables, beans, eggs, and milk.

Instead eat: Grains, sugars, starches, breads, meats.

HORMONES-Please avoid milk products, red meats, and products with hormones. Eat hormone free animal products. Avoid stimulating your own hormones. Avoid treating during your menstrual period.

Instead eat: Grains, vegetables, salads, oils, fish, meat and fowl without hormones, organic milk and milk products, sugar and sugar products.

ORGANS- Avoid eating organ meats and organ meat products, ie: hot dogs, bologna, pepperoni, etc...

Instead eat: Everything else!