



## “True Wealth Comes From Health”

- Drink one half oz per pound of body weight of purified water each and every day for the entire program.
- Eliminate dairy products such as milk, cheese or ice cream. If you are tolerant, you may use natural, unsweetened, live culture yogurt.
- Eliminate all foods containing yeast and all foods that promote yeast overgrowth (processed foods, refined sugars, commercially prepared condiments, breads, peanuts, vinegar and alcoholic beverages).
- Eliminate gluten by avoiding foods which contain wheat, oats, rye and barley. This includes pasta, bread products, crackers, cereals. Gluten-free grains include brown rice, millet, quinoa, wild rice and cornmeal. Pastas are available made from these grains as well.
- Eliminate meats such as beef, pork and veal. Chicken, turkey, lamb and cold water fish such as salmon, mackerel and halibut are acceptable fresh or canned. Select from free range whenever possible, and select wild salmon over farm-raised.
- Eliminate all alcohol-containing products including beer and wine.
- Eliminate all caffeine-containing beverages including coffee, tea and soda. Also avoid decaffeinated coffee.