

## Unruh Chiropractic, Inc.

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The following is a suggestion list of how you should eat when you are not on the detox program.

### ↑ INCREASE (organic if possible)

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- ↑ **Red-orange vegetables** – **Beetroots** are powerful blood & liver cleansers & anticarcinogenic. **Carrots** help calm the stomach, aid skin & respiratory conditions, and their beta carotene content protects against cancers. Red peppers, tomatoes, turnip, swede, pumpkin, squash. All are rich in fiber, vitamins A & C.
  - ↑ **Green-leafy vegetables** – broccoli, spring cabbage, brussel sprouts, watercress, spinach, kale, endive. All are rich in iron, calcium, B vitamins and magnesium & fiber. In cases of goiter/hypothyroid ensure that these vegetables are well cooked and eaten in moderation and eat nori and wakame seaweeds, to provide iodine if you are a vegetarian.
  - ↑ **Blue berries** – blueberries, cranberries, blackberries, bilberries, blackcurrants. These contain proanthocyanadins which have a strong anti-inflammatory effect as well as a diuretic effect.
  - ↑ **Wholegrain Cereals** – millet, corn, buckwheat, quinoa, brown rice, oats, are good sources of fiber, calcium, chromium & B vitamins.  
**Millet:** the only alkaline grain, complete protein, rich in silicon (chelates aluminium)  
**Buckwheat:** rhubarb family. High rutin content (flavinoid, strengthens capillaries), aids hypertension & arteriosclerosis.  
**Quinoa:** complete protein, grain of the Incas.  
**Brown rice:** hypoallergenic, good source of fiber and B vitamins.
  - ↑ **Citrus Fruits:** oranges, grapefruit, lemon, limes, good source of vitamin C, beta carotene & bioflavonoids. In excess they are gut irritants and oestrogenic.  
**Avoid:** in cases of arthritis, endometriosis, dermatitis, psoriasis, irritable bowel syndrome.
  - ↑ **Bananas:** good source of potassium, pectin (eliminates toxins) B6 & magnesium. Easily digested & beneficial for diarrhea. Mucus forming and can constipate, so avoid in cases of rhinitis and constipation.
  - ↑ **Apples/Pears:** good source of pectin & vitamin C. Pectin binds to heavy metals like lead, cadmium, mercury. Helps to lower cholesterol.
  - ↑ **Tropical fruits:** mango, lychees, papaya, pineapple, kiwi fruits, pomegranate fruit, paw-paw – good source of vitamins & minerals. Pineapple contains bromelain & papaya contains papain which are protein digestive enzymes.
  - ↑ **Nuts & seeds:** Fresh only, almonds, pecans, walnuts, hazelnuts, cashew, pistachio, sunflower, sesame, pumpkin, linseeds – all good sources of zinc, calcium, magnesium, fiber and essential oils. Sprouted seeds: for vitamins, minerals, plant enzymes. Eat on average 10 almonds per day, 2 Brazil nuts and a handful of seeds.
  - ↑ **Legumes/pulse vegetables:** good source of fiber, vitamins, minerals & vegetarian protein.  
**Lentils:** rich in iron, B complex vitamins. (Avoids in gout as rich in purines)  
**Beans:** help to reduce LDL cholesterol, regulates colon function, prevents constipation, control blood sugar. Use ½ cup per day. **Peas:** an excess can cause infertility in men. Eat pulses in moderation only.

- ↑ **Onions, leeks, garlic, root ginger:** natural antibiotics, cleansing. Protective action with cardiovascular system, reduce blood clotting, help lower cholesterol, increases the good HDL cholesterol. Garlic – antibacterial, antiviral, antifungal. Sensitive people may find they irritate the gut then use leeks only. Ginger and garlic thin blood and improve circulation.
- ↑ **Free-range organic eggs:** best source of high quality protein, zinc, B vitamins, & iron (when eaten with vitamin C). Boiled, poached or coddled eggs are easy to absorb. Constipate with excess.
- ↑ **Bio-yoghurt:** Live yoghurt, contains cultures that enhance digestion & maintain healthy gut flora & regulate bowel function. Live soya, ewes or goats milk yoghurt is available for those who avoid cows milk products.
- ↑ **Oily Fish:** Oily fish like wild salmon, trout, mackerel, fresh tuna, anchovies, herrings, sardines, pilchards, halibut, help to protect against heart disease, (lower cholesterol, triglycerides). Aid skin diseases, arthritis, thins blood.
- ↑ **Organic chicken/lamb/pheasant/venison:** free of antibiotics and hormone residues.
- ↑ **Water:** Drink at least 8 glasses per day of filtered or bottled water. (Volvic or Evian) Cleansing.

**X ELIMINATE****or****R REDUCE**

- X R SUGAR** – can increase tooth decay, cause fluid retention, excess is converted into fat (obesity, diabetes, heart disease), slows down the immune system, thickens blood. Avoid artificial sweeteners such as cyclamates, saccharine, aspartamines.  
Alternatives: cold pressed non-heat treated honey.
- X R SALT** and salted foods – can cause fluid retention, increases blood pressure, increases calcium losses.  
Alternatives: celery salt, biosalt, low salt.
- X R PRESERVATIVES and additives** – carcinogenic, compromise the immune system, hyperactivity, asthma.
- X R PROCESSED AND SMOKED FOOD** – meats, salami, sausage, ham, Parma ham, luncheon meat, etc. are preserved with nitrates which the body converts triggering carcinogens, high in salt and saturated fats. Salmon, cheeses and chicken or pork that are smoked causes carcinogens to be formed.  
Alternatives: lean cold white meats, tinned sardines, mackerel, tuna, salmon, etc.
- X R DAIRY PRODUCTS** – butter, milk, cream, cheese, yoghurt from cows – saturated fats encourage inflammation, are mucous forming, high in saturated fat and cholesterol. Avoid in atopic families where there is a history of individuals relatives with arthritis, eczema, psoriasis, diabetes, hay fever, asthma. Linked to breast lumps/ cancer, heart disease, ovarian cysts.  
Alternatives: goats or ewes milk, cheeses and yoghurts; mozzarella cheese from buffalo milk. Provamel soya with added calcium and apple juice, oat milk or rice dream, hummous, guacamole, taramasalata, soft soya cheese with chives, nut butters, vegetable pates. Epicure Belgium venison & pheasant pates.
- X R BEEF/PORK/LAMB** – contain saturated fats which encourage inflammation, raises cholesterol levels, store pesticides, may contain growth hormones and antibiotics. Use organic if possible.  
Alternatives: organic chicken, turkey, fish, legumes (peas, beans, lentils), nuts & seeds.
- X R REFINED FOOD** – white sugar, white flour & rice, cakes, biscuits, white bread, refined pasta, flavored crisps. Most of the nutrients have been removed by processing and only empty calories are provided. Regular consumption can lead to obesity, diabetes, heart disease, sugar cravings, hypoglycemia.  
Alternatives: wholegrain cereals, oatcakes, Ryvita, Finncrisp, wholemeal bread, Hovis, wholemeal pasta, brown rice, millet, quinoa, popadoms.
- X R WHEAT PRODUCTS** – a common allergen; phytates in wheat bind to calcium & zinc and reduce their absorption by the body. Celiacs have to avoid all gluten grains – wheat, oats, rye, spelt, barley & foods containing modified starch and dextrins. Wheat is sprayed 9-12 times with pesticides whilst growing and this may also have an allergenic effect. Two hormones involved in growth may trigger endo implants.  
Alternatives: 100% rye, spelt or oat breads & Ryvita, oatcakes for non-coeliacs; For Coeliacs use rice-cakes, corn crispbreads, millet, quinoa, corn & buckwheat pancakes made from ½ cup of each + 1 egg +1 cup soya milk, popadoms, gram flour sesame sticks, potato based pizza, pastry made from 3oz brown rice flour +3oz ground almonds + 3oz butter, corn-lentil-rice pastas, corn tortilla/tacos. Jewish Sephardic cake made from ground almonds. Shortbread made with ground almonds.

- X R ADDED WHEAT BRAN** – may be too harsh for an inflamed intestine, can aggravate IBS, high pesticide.  
Alternatives: oat bran (helps to reduce oestrogen and cholesterol levels).
- X R CHOCOLATE & CONFECTIONERY** – empty calories, high in sugar, hydrogenated fats, salt, additives, pesticides, colorings, flavorings & preservatives. Excess can lead to obesity, diabetes, heart disease, sugar cravings.  
Alternatives: carob bars, nuts & seeds, fruit and nut bars (far more nutritious) (sugar-free oat, nut, fruit bars).
- X R COFFEE** – stimulant, depletes vitamin & mineral uptake, removes calcium from bones, may upset ovarian function research suggests.  
Alternatives: carob, barley cup, dandelion coffee, No-caf, Yannah.
- X R TEA** – stimulant when very strong because of tannin and caffeine content which depletes some vitamins & minerals (iron), but contains manganese.  
Alternatives: herbal teas (mint, fennel, ginger aid digestion; chamomile and lime blossom promote sleep and relaxation; raspberry leaf tea relaxes the uterus muscle; dandelion & urva usi teas are diuretic. Green teas strengthen immune system.
- X R ALCOHOL** – can stimulate hypertension; depletes B vitamins-magnesium, excess is stored as brown fat. Oestrogenic. 1gm alcohol contains 7 calories.  
Alternatives: non-alcoholic spritzers, Elderflower champagne, low alcohol drinks, cordials from health food shops (elderflower, summer fruits, spiced berry, lime) (no aspartame in drinks)

## **BOVINE DAIRY**

### **AVOID BOVINE DAIRY FOODS FOR 28 DAYS FROM COWS**

Milk, cheese, yoghurt, cream, butter (organic if you must eat Dairy from Cows)

#### **Avoid any foods containing:**

lactose, casein, whey, castigates, ghee, hydrolyzed casein or whey powder, milk solids, non-milk fat solids, skimmed milk powder, whey protein, whey sugars, yoghurt.

#### **Good Sources to Add Instead of Dairy From Cows:**

##### **Animal Dairy sources**

**Goats:** milk, yoghurt, cheeses – hallumi, village green, etc.

**Buffalo:** cheese – mozzarella

**Ewes:** Milk, sheep yoghurt (Greek Total), ice creams –

Cheeses such as : feta

Sheeps cheddars: ossau, manchego, spenwood, Lord of 100's, Berkswell;

Shepherds purse is a Wendsledale cheese; Roquefort is the sheep's blue cheese; pecorino romano is a sheep milk parmesan.

### **IF YOU ARE PREGNANT THEN YOU MUST ONLY EAT CHEESE AND MILKS WHICH ARE PASTUERISED.**

### **Non-animal dairy sources:**

**Soya Milk** – Apro – Provamel with added calcium and apple juice

Soya cheese – soft cream cheese with chives

Soya yoghurt and desserts

Soya – tofu, miso, tempeh, Tofutti ice-cream, Swedish glace ice cream

Eat soy in moderation as it is oestrogenic and may upset fertility if eaten in excess.

**Rice** Dream milks; rice cheeses often contain cow's milk lactose, so check the label

**Oat** milk (if yeast-free)

**Nut:** Almond or hazelnut milk

Lima 3 (mixed soya, oat and rice milk)

Hummous, taramasalata, nut butters, guacamole, vegetable pates, black olive spread, poor mans caviar (aubergine, onion and tomato pate)

Plamil Dairy-free chocolate for special occasions.

### **WHEAT AND GLUTEN ALTERNATIVES**

Some people such as true coeliacs are gluten intolerant, this used to be 1:2500 people. New research suggests 1:100 people do not have intolerance to gluten in what is termed non-coeliac gluten sensitivity. Gluten grains can damage the villi in the small intestine thus reducing the surface area of absorption for nutrients. Some people find that only wheat upsets them – they have a wheat intolerance, whereas true coeliacs have to avoid every gluten grain. However, some people react to the wheat itself and not to gluten alone. This may be a reaction to phytic acid, pesticides or to hormones in the wheat. So there may be a negative gluten test to result but wheat may still make you bloated, tired and trigger abdominal pain in some people. It may be best to try to stay with a 'stone age' diet for one month if you find the gluten grains upset you. Other people may be all right eating small amounts of rye and oats. Most people are safe with rice and corn.

### **GLUTEN GRAINS:**

**Avoid these if you are coeliac and have a gluten allergy:** wheat, rye, oats, barley, spelt, bran, malt, triticale, kamut

Old medieval grains of wheat are spelt bread, spelt pasta, einkorn and emmer which have a lower gluten content. Avoid all of these if you have Coeliac disease – an allergy to gluten. This occurs in people who have a specific gene, found in people with ancestors from Nordic, Jewish and Celtic countries.

**Avoid these if you have wheat intolerance;** bread, pastry, cakes, biscuits, pasta, chocolate, sausages, some lemonades and yoghurts.

Look for items containing possible hidden gluten or hidden wheat – the label may say – modified starch, dextrans, malto-dextrans, malt, wheat flour, wheat germ oil, wheat germ, thickening, couscous, semolina, cereal filler, rusk, bran, soy sauce, lagers and beers, FU-dries wheat gluten, HPP-hydrolyzed plant protein,, HVP-hydrolyzed vegetable protein, MSG-monosodium glutamate, TPP-textured plant protein, TVP-textured vegetable protein.

### **EDIBLE NON-GLUTEN GRAINS**

rice, corn (maize), buckwheat, millet, quinoa, amaranth, (very sensitive people may still react to rice or corn, buckwheat or millet).

#### **Plus other non-gluten flours**

Lentil or gram flour, tapioca, arrowroot, sago, chestnut, banana, chufa or tiger root an Egyptian tuber.

### **YOU MAY EAT:**

These **contain gluten** but are alright if you have a wheat intolerance only:

Village Bakery 100% rye breads (Rossinsky and Borodinsky the latter being yeast free) mail order 01768 381515 or Ryvita, Finncrisp, rye crackers

100% Oat bread, oatcakes, porridge, oat Muesli.

Terence Stamps Collection of wheat-free barley breads such as New York Deli, plus pastas, flours, pizzas.

Free from range of wheat free breads from Sainsburys, Asda and Tesco – (when low in food additives, sugars and fats – they must say wheat and gluten free!)

If you have candida albicans overgrowth, bloat or feel distended often then avoid the bread containing yeast.