

CORE HEALTH
NATUROPATHIC WELLNESS CENTER
Brandy Strelec, B.Sc.(Hons),N.D.

Board Certified Naturopathic Doctor | Bowen Practitioner

The "YES" List

These foods can be eaten at any time during the program.

Proteins

- ✓ All beans, deep sea fish (tuna, marlin, sea bass, wild pacific salmon), organic eggs (maximum 3 per week), organic chicken or turkey, raw or soaked nuts and seeds (except cashews, peanuts, pistachios), raw goat's milk.

Grains

- ✓ Millet, buckwheat, rye, barley, amaranth, quinoa, any sprouted grain or seed (barley, rice, millet or sunflower sprout)

Vegetables

- ✓ All vegetables that are not overly sweet or starchy: green leafy vegetables, broccoli, cabbage, cauliflower, brussel sprouts, bok choy, kohlrabi, zucchini, onions, garlic, sea vegetables (nori, dulse, wakame, kombu, etc.), pumpkin, turnip, alfalfa sprouts

Sweetener

- ✓ Stevia is a herbal sweetener. It is the *only* sweetener that Candida does not feed on therefore can be used liberally. It can be purchased in any health food store in powder or concentrated liquid form.

Condiments and oils

- ✓ Braggs amino acids (non-fermented wheat-free soy sauce), carob powder (chocolate substitute), tahini and other raw nut butters, garlic, lemon, onion, dulse (as a salt alternative), any dried herb or fresh herb, flax oil (unheated), ghee (clarified butter), extra-virgin olive oil
- ✓

The "NO" List

Eliminate these foods for the entire program

Sweets

- ✗ barley, corn, rice syrup; sugar, honey, maple syrup, dairy products (contain lactose), any foods containing concentrated sweeteners

Foods easily converted into simple sugars

- ✗ all fruits, dry fruits, fruit juice, refined grain pastas, white rice, refined flours

Yeasts and fermented foods

- ✗ yeast (bakers, nutritional, brewers), cheese, soy sauce, all types of vinegar, pickled products, smoked meats, fish, miso, tempeh, malted products, melons
- ✗ all alcoholic beverages, black tea

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Common allergenic foods or any foods you are allergic/intolerant to

- ✘ corn, mushrooms, dairy products, wheat containing foods (all breads unless brown rice bread, spelt or kamut and must be labelled as yeast-free and sugar-free), tomatoes, citrus (except lemons)

Not recommended

- ✘ hydrogenated or refined vegetable oils (lower immunity), red meats (may contain nitrates and are mucus forming)
- ✘ bananas, cucumbers because they are dampening

The "REDUCE" List

These foods should be avoided for the first 2 weeks of the program. Afterwards, they may be eaten in moderation.

Grains

- brown rice (any kind), whole grain pastas (rice, kamut, spelt), whole grain yeast-free and sugar-free breads, organic oatmeal or any oat containing product

Fruits

- semi-sweet fruits (apples, pears, peaches, plums, all berries)

Sweet or starchy vegetables

- sweet potatoes, parsnips, potatoes, cooked carrots

Sweeteners (introduced near the end of the program) and Condiments

- rice syrup, organic molasses, fruit source powder, apple juice (as a sweetener, not a beverage), Sucunat