

BASIC 15 TREATMENT GUIDE

The following guide gives you a list of the items to be avoided during the 25 hours after your NAET treatment. Please pay close attention to each of the items and remember its only for 25 hours.

1. BBF (body brain formula)
2. EGG MIX (Egg yolk, egg white, chicken, tetracycline, feathers)

YOU MAY NOT EAT OR TOUCH THE FOLLOWING. Egg white, egg yolk, chicken, tetracycline, and all foods containing eggs or chicken including crackers, cookies, soups, breads, mayonnaise, salad dressings, cakes, pastries, pies, pancakes, foods baked or fried in egg batter and thick sauces. Also avoid birds, feather pillows, feather comforters, vitamins and protein drinks made with eggs, shampoos, conditioners and skin lotions made with egg products.

YOU MAY EAT. Brown or white rice, pasta without eggs, vegetables, fruits, milk products, oils, beef, pork, fish, coffee, juice, soft drinks, water and tea.

3. CALCIUM MIX. (Cal-citrate, cal-gluconate, cal-lactate, cow's milk, goat's milk, milk-casein, milk-albumin, lactic acid.

YOU MAY NOT EAT OR TOUCH. Milk or milk products, uncooked vegetables, dark leafy vegetables like lettuce, cabbage, spinach, dandelion greens, Brussels sprouts, broccoli, sesame seeds, oats, navy beans, milk products, cheese, soybeans, almonds, dried beans, walnuts, sardines, salmon, peanuts, sunflower seeds, and calcium supplements.

YOU MAY EAT. Cooked rice, pasta, cooked vegetables, cooked potato, corn, yams, cauliflower, sweet potato, red meat and coffee or tea without milk. Drink calcium free water. Any food without calcium derivatives is ok.

4. VITAMIN C. (Acerola, ascorbic acid, oxalic acid, citrus mix, berry mix, fruit mix, melon mix, cucumber mix, vegetable mix, vinegar mix, chlorophyll mix, quecertin mix, hesparin, rutin and bioflavonoid)

YOU MAY NOT EAT OR TOUCH. Fresh fruits, vegetables, leafy vegetables, citrus fruits, dry fruits, juices, sauces, soft drinks, milk, artificial sweeteners and vitamin c supplements.

YOU MAY EAT. Cooked white or brown rice, pasta without sauce, boiled or poached eggs, baked or broiled chicken, fish, red meat, brown toast, deep

fried foods, French fries, salt. Oils, coffee and water. Any food that does not have vit c or its derivatives.

5. B COMPLEX. (B1,2,3,4,5,6,12,13,15,17, Paba, insositol, biotin, folic acid)

YOU MAY NOT EAT OR TOUCH. Whole grain products, fruits, vegetables, meats, dairy products or anything with b vitamins.

YOU MAY EAT. Cooked white rice, cooked white pasta, cauliflower, deep fried fish, salt, white sugar, black coffee, French fries and purified water.

6. SUGAR MIX. (Cane sugar, beet sugar, brown sugar, corn sugar, rice sugar, maple sugar, molasses, honey, fruit sugar, sucrose, glucose, dextrose, maltose, lactose, date sugar and grape sugar)

YOU MAY NOT EAT OR TOUCH. Anything with any of the above sugars, sauces, drinks with sugar, powdered spices in prepackaged containers, toothpaste or mouth wash.

YOU MAY EAT. White rice, pasta, vegetables, vegetable oils, meats, eggs, chicken, water, coffee, tea without milk.

7. IRON MIX. (Ferrous sulfate, ferrous gluconate, beef, pork, lamb, gelatin)

YOU MAY NOT EAT OR TOUCH. Apricots, peaches, bananas, black molasses, dates, prunes, raisins, brewer's yeast, whole grain cereals, turnip greens, broccoli, brussel sprouts, spinach, beet tops, alfalfa, beets, sunflower seeds, walnuts, sesame seeds, whole rye, dry beans, lentils, kelp, egg yolk, liver, red meat, pork liver, beef, organ meats like kidney, heart and liver, farina, raw clams, oysters, nuts, asparagus, coffee, chocolate and iron supplements.

YOU MAY EAT. White rice without iron fortification, sourdough bread without iron, cauliflower, potato, chicken, light green vegetables, water and orange juice.

8. VITIMAN A MIX. (Fish, shell fish mix, beta carotene, vitamin A)

YOU MAY NOT EAT OR TOUCH. Yellow fruits, yellow vegetables, green fruits, green vegetables, green peppers, fish or fish products, milk products or corn products.

YOU MAY EAT. Steamed rice, pasta, potato, cauliflower, red apples, chicken, water, coffee.

9. MINERAL MIX. (Trace minerals)

YOU MAY NOT EAT OR TOUCH. Metals, tap water, mineral water, root vegetables. Wear gloves while touching metal surfaces. Use plastic and glass to cook and eat.

YOU MAY EAT. Steamed rice, vegetables, fruits, meats, eggs, milk, coffee, tea. Use distilled water for washing and showering.

10.SALT MIX.(Sea salt, table salt, rock salt, sodium and chloride)

YOU MAY NOT EAT OR TOUCH. Kelp, celery, romaine lettuce, watermelon, sea food, processed foods, fast foods, table salts, fish, shell fish, carrots, beets, artichoke, dried beef, brains, kidney, cured meats, bacon, ham, coffee, watercress, sea weed, oats, avocado, swiss chard, tomatoes, cabbage, cucumber, asparagus, tap water, canned and frozen foods.

11.GRAIN MIX. (Wheat, corn, rice, oats, rye, millet, barley)

YOU MAY NOT EAT OR TOUCH. Grains and items made with above items

YOU MAY EAT. Vegetables, fruits, meats, milk and water.

12.YEAST MIX. (Bakers, brewers and tortula yeast, candida albicans)

YOU MAY NOT EAT OR TOUCH. Any foods containing bakers and brewers yeast. Bakers yeast, brewers yeast.

13.STOMAC ACIDS. (HCL, stomach)

AVOID. Sugar, starches, fruits, grains, meats, acid forming foods, coffee

YOU MAY EAT. Raw and steamed vegetables, cooked dried beans, eggs, oils, butter, milk

14.BASE. (Digestive juices and enzymes from the intestinal tract)

AVOID. Raw and cooked vegetables, beans, eggs, milk

YOU MAY EAT. Sugars, starches, breads and meats

15.HORMONES(Estrogen, progesterone, testosterone)

AVOID. Eating or using red meats and products with hormones

