

## **Dietary Measures for Control of Dysbiosis**

Dysbiosis is primarily an imbalance of intestinal flora usually including an overgrowth of yeasts, and often harmful bacteria and parasites. The overabundance of yeast creates an environment that supports the growth of all these potentially harmful organisms and weakens the immunity to viruses as well. Intestinal Dysbiosis predisposes to imbalances of flora almost anywhere in or on the body. The basic diet inhibits the growth of yeasts and these other organisms. If viruses are suspected as part of your problem then there are additional restrictions suggested. If cancer is present then there are further restrictions suggested. Your physician will in each case outline the specific dietary measures for you to follow and will do specific food sensitivity testing as necessary.

In addition to the specific disease processes involved with many of these organisms, Dysbiosis invariably produces an excess of toxic waste products which may produce inflammation and invariably overloads and stresses all the eliminative systems including liver, bowel, kidney, lymph and often skin and respiratory tract. This toxic load is often part of the disease process affecting all tissues, and the organs themselves and thus various medicines will be employed to facilitate ***DRAINAGE***.

## BASIC DYSBIOSIS DIET

Eliminate all these foods until notified otherwise by your doctor.

<p><b>Sugars</b> Beet &amp; cane (turbinado) sugar Corn sugar “Cerulose”, dextrose, “Dyno” Corn syrup “Cartose”, glucose, “Sweetose” Fructose Honey &amp; related products Maple syrup, sugar Molasses</p> <p><b>Fruits &amp; Juices</b> All fruit juices, tropical &amp; dried fruits Date, Date Plum, Fig, Muscadine, Quince</p> <p><u>Other nontropical fruits limited to once/day</u></p> <p><u>Borderline fruits:</u> Apricot, Peach , Plum, Pear Cantaloupe, Honeydew – all melons Cherry – sweet , sour Coconut – oil, meal, milk, meat Currant (red, white, black) Grape – all varieties Loganberry, Mulberry, Raspberry Orange – all varieties</p> <p><b>Vegetables &amp; Juices</b> Agave, Castorbean &amp; oil, Malanga, Poi, Prickly Pear, Yucca, Plantain, Tapioca Chinese Yam, Taro, Yam, Sweet potato Morel, Truffle <u>Borderline:</u> Mushroom wild &amp; domestic</p>	<p><b>Grains</b> White Wheat &amp; Rye Flour products White Rice</p> <p><b>Miscellaneous</b> Alcoholic Beverages – Beer (hops), Wine, Cider, Brewer’s Yeast Baker’s Yeast Vinegar (cider, wine), pickles, condiments Artificial Sweeteners, Aspartame, Splenda Artificial Additives, Preservatives, Colors &amp; Flavors Hydrogenated Oils, Deep Fried Foods <u>Marginal foods:</u> Caffeine, Black tea, Coffee, Chocolate (cacao), Cocoa, Cocoa butter Cream of tartar</p> <p><b>Animal Products</b> Cultured Cheeses – bacteria, mold or yeast ripened <u>Marginal :</u> Pork <u>Limit :</u> Tuna, Swordfish (High in Mercury)</p> <p>Fresh Cheese, cottage, ricotta and yoghurt are all okay if dairy tolerant</p> <p><b>Please Note!</b> All foods, especially soft summer fruits (berries, peaches, etc.) should be checked carefully for any sign of decay – bruising, mold, etc.</p>
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## To Avoid Parasite and Bacterial Introduction

Drink only purified water: Reverse Osmosis (RO) is the most complete system; alternatively ozonated, UV sterilized, boiled or distilled water

Avoid all raw fish, seafood, meat or eggs (cooked, they are all fine of course)

## Further Restrictions for Viral related Disease

Including Hepatitis, Herpes, all Autoimmune Disease, and Cancer

Pork

Corn & Corn products

Nuts, Seeds – Almonds, Brazil nut, Butternut, Cashew, Cola nut, Heartnut, Hickory nut, Litchi nut, Macadamia Nut, Peanut, Pecan, Pistachio,

Sunflower Seeds, Walnut

Caffeine, Coffee, Black Tea, Chocolate, Coffee, Cocoa

## Cancer Restrictions

Protein Supplements (particularly ones high in arginine), Cysteine Supplements, Cheese greater than 22% in milk fat

## A Healthful Dysbiosis Diet should contain

### Whole Grains

**Vegetables** are a key food for cleansing (other than those exclude). You may choose to limit other starchy vegetables such as potatoes, squash, etc. (they break down quickly to sugar in the intestine). Raw, steamed, roasted, baked are all fine.

**Proteins** Minus the restrictions noted above all proteins are allowed. It is usually wise to limit red meat (beef, pork, bison, and lamb) on any cleansing diet. All legumes, soy and tofu are fine. Milk and cultured dairy products (buttermilk, yoghurt, kefir, etc.) are fine if you tolerate them well. Please check with your doctor if you are unsure.

**Naturally Fermented Pickles, Sauerkraut, Miso** cultured without sugar or vinegar are high in probiotic bacteria and thus can be positive additions to the diet.

**Oils and Fats** Other than the restrictions noted above these are not limited; however, from a general health prospective a diet low in saturated fat and high in polyunsaturates, particularly the Essential Fatty Acids (Omega 3s & 6s) is recommended. **Note** freshness is important when we choose oils and nuts.

Cold pressed oils are less likely to be rancid.

When cooking with oil, use minimum heat and time, and don't use seed oils for frying. They don't tolerate heat. Olive oil is the best choice for frying and general purposes.