

Before reading the allowed and prohibited food lists please understand that you are diagnosed with cancer, COPD, gastroparesis, diabetes, or diverticulitis and thus your body is needing to heal. During this process you will need to change your diet temporarily. It is thru this that the body is given its maximum ability to heal. (SEE Instructions for taking natural medications) Once your body has had time to heal and recover you can add many of the items on the prohibited list back into the diet. But still a life style change is what is needed to remove disease and bring the body back into health. Enema's at least twice a day and 80% Raw veggies. Diet is the key here. **Take Nano-Particle silver at 3 ounces (3 shot glass) in the morning before eating and 3 ounces in the afternoon before dinner. (Use warm Nano-Silver for the enema's and Take Echinacea in capsule form)**. It is then as the body has healed that one needs to keep the body healthy, but you are now working with a body that is more prone to illness in the future. By simple dietary and life style changes one can gain their health back and live a life that glorifies God.

Juicing Recipes at the bottom.

Gastroparesis Note:

In Gastroparesis foods regarded as vegetables must be cooked thoroughly and must be put in a food processor and then strained thru a cheesecloth. This way most of all the soluble fibre is removed from the diet and does not gel up the stomach. The fibres need to have been pre absorbed before they hit the stomach and maserated before you eat it. Taking the vegetable and juicing them removed the fibre thus you should have no problems. You should not eat any vegetables raw unless juicing them when you have Gastroparesis. You need to think of baby food infant consistency when you do eat vegetables. Investing in a food mill is very helpful and time efficient. You will be using this food mill for years and its worth the cost. You can get one for less than \$30 not including shipping.



Desirable Foods

Asparagus

Apples

Apricots

Artichoke

Arugula

Beets and tops

Broccoli

Brown sugar

Horseradish (grated, not bottled)

Cabbage, red & leaves (smaller quantities - gas producing)

carrots

cauliflower

celery knob or stalks

chards, all kinds

cherries

chicory

chives

cilantro

corn (only if organic and non GMO) (avoid in Gastroparesis)

currants

eggplant

endives

escarole

flax oil cold processed (organic, not high lignan)

fruit dried unsulphured as raisins, peaches, dates, figs, apricots and prunes
(stewed or pre-soaked only)

fruits fresh (except all berries and pineapple as they have too much aromatic acids that can interfere with the healing process)

Garlic

Grapefruit*

Grapes

Green Beans

Honey

Juices, freshly pressed, as prescribed

Kale

Leeks

Lemons*

Lettuce

Mangos

Melons

Oatmeal

Onions

Oranges*

Parsley and parsley root

Peaches

Pears

Peppers, green and red Bell pepper

Plums

Potatoes

Radishes (not the leaves)

Raw fruit

Rhubarb

Romaine

Rye Bread (unsalted, non-fat)

Herbs (small amounts only of the following bay leaves, dill, marjoram, rosemary, sage, tarragon, thyme, sorrel, summer savory)

Squash

Sweet potatoes

Swiss chard

Tangerines

Tomatoes

Vegetable (expect no mushrooms or the leaves of: carrots radishes, spinach and mustard green)

Watercress

Yams

Zucchini

Occasionally Allowed Foods

Breads made from whole rye – 1-2 slices a day (if all of the foods are eaten first) ■

Sweeteners: maple syrup (grade B) or honey or unrefined blackstrap molasses may be used at 1-2 teaspoons a day maximum. ■

Quinoa – once a week (Note: Arsenic has been found in rice and at the present time, we have stopped recommending it, though the best one is Organic Lundberg Basmati Rice) ■

Yams and sweet potatoes – once a week ■

Banana – ½ a week ■

Organic popcorn – a treat only (avoid in Gastroparesis)

Prohibited Foods / Not Allowed Items

Alcohol

Animal fats

Avocados

Baking soda

Berries

Bicarbonate of soda in food, toothpaste or gargle

Black tea or other non-herbal teas

Bottled water

Butter

Cake

Candy

Canned foods

Cheese

Chocolate

Cocoa

Coconuts

Coffee as a beverage

Commercial beverages

Cream

Cream and other dairy fats

Cucumbers

Epson salts, sodium-based baking powders, and anything with "sodium" in its name

Fluorine in toothpaste

Frozen foods

Hydrogenated or partially hydrogenated oils'

Olean, Olestra or other "fat substitutes"

Ice cream

Legume-based food products

Manufactured (processed) foods

Margarine or oil based spreads

Meats

Mushrooms

Mustard

Nut butters and any other source of dietary fats

Nut and seeds

Oils and fats, and any foods that contain them.

This included corn oil, olive oil, canola oil, vegetable oil, except flaxseed oil

Pineapples

Preserves: refined, salted, smoked, and sulfured foods

Protein powders or supplements, including barley or algae based powders

Proteins and high-protein foods

Salt, table salt, sea salt, celery salt, vegetable salt, bragg aminos, tamari, soy sauce, "lite salt" or salt substitutes

Seafood, or other animals

Soy and soy products

Spices, pepper, paprika, basil and oregano

Spinach

Sprouted alfalfa and other bean or seed sprouts

Vinegar

White flour

White sugar

Salt and Sodium Salt and sodium in all forms, including table salt, sea salt, celery salt, vegetable salt, Bragg Aminos, tamari, soy sauce, "lite salt", baking soda, Epsom salts, sodium-based baking powders, and anything with "sodium" in its name, as well as salt substitutes.

Oils and Fats, Oils and fats, and any foods that contain them. This includes corn oils, olive oils, canola oils, and all other vegetable oils except flax-seed oil as specifically prescribed; butter, cheese, cream and other dairy fats; all animal fats; all margarines or oil-based spreads; coconuts and avocado; all hydrogenated or partially hydrogenated oils; Olean, Olestra or other “fat substitutes”; nut butters; and any other source of dietary fats, except as naturally occurring in allowed foods.

Proteins and High-Protein Foods Proteins and high-protein foods, such as meats, seafood, and other animal proteins; nuts and seeds; soy or other legume-based food products; all protein powders or supplements, including barley or spirulina and chlorella

Outside of these three categories, there are other foods that must be “off-limits” until the patient is completely healed, and in some cases, even after full recovery. Almost all packaged, prepared (“convenience”) foods (frozen, bottled, or boxed) must be forsaken for health reasons. Restaurant food will almost always be unacceptable, both because it is rarely organic, and almost always cooked with added salt, fats, and other additives inappropriate to the diet.

Patients new to the therapy often comment that the list of prohibited foods is much longer and more restrictive than other “natural” or “holistic” approaches to healing and wellness. This approach looks at everything that goes into, or on, the body as important to the healing process. It is through this attention to detail that we are able to accomplish healing even in some extremely advanced cases, or in diseases that are otherwise not curable.

We have, whenever possible endeavored to provide a brief explanation why the various foods are not allowed on the diet.

General prohibitions

All manufactured (processed) foods: bottled, canned, frozen, preserved, refined, salted, smoked, and sulfured.

Dairy products All milk and milk products (including goat's milk), such as cheese, cream, ice cream, ice milk, butter or buttermilk, except as specifically allowed under proteins. Dairy products are generally extremely high in fat; an 8 oz. Serving of 2% milk contains more fat than two strips of bacon! Cheeses can be as much as 65% fat, and are usually very high in sodium. Even "fat free" cheeses usually have undesirable additives, and are high in sodium. Buttermilk is prohibited because the commercial buttermilk now available is "cultured", rather than churned, and is high in fat and sodium. (All dairy products must be avoided in Gastro paresis as the fat, casein, and the lactose in the dairy cannot be digested in people with Gastro paresis. These compounds in the dairy act as a glue to the valve that releases the stomach contents into the lower intestines. Thus dairy is prone to becoming sour and curling in the stomach. Thus, causing alcohol in the stomach to form and acid reflux. Thus this item must be avoided at all costs in Gastro paresis.)

Alcohol is prohibited because it limits the blood's ability to carry oxygen, places additional strain on the liver to detoxify and remove it from the body; and is, in general, toxic.

In pineapples and berries it is found that a number of patients were experiencing allergic reactions, apparently to the aromatic acids present in pineapple and berries. This it is felt that the aromatics interfere with healing. For this reason, pineapples and berries are prohibited.

Avocados are too high in fats.

Cucumbers, in combination with the juices, are difficult to digest and are high in sodium.

Spices (black pepper, paprika, basil, oregano, and others not specifically permitted) are prohibited because of their high content of aromatic acids.

Soy beans and products, including tofu, tempeh, miso, tamari, and other soy sauces, Bragg's Amino, textured vegetable protein, soy milk, and all other soy-based products. These are prohibited for a variety of different reasons including high fat, sodium and/or protein content, and the presence of toxic inhibitors to nutrient absorption.

Dried beans and legumes, Lentils are introduced if patient is doing well at about 6 months at once every 2 weeks. Soak overnight and sprout for one day before cooking.

Sprouted Alfalfa and Other Bean or Seed Sprouts Alfalfa sprouts have been found to be high in l-canavanine, an immature amino acid that can cause immune suppression. Patients without a prior history who have used sprouts

in juices have reported sudden onset of arthritic-like joint pains and other undesirable side effects. This has only been studied in alfalfa; we do not know if this effect applies to other sprouts, but we recommend caution. Before adding sprouts to your diet, discuss it with your natural health practitioner.

Oils and Fats With the exception of fresh raw flax seed oil, no oils or fats of any kind are permitted.

Beef, Pork, Poultry, Eggs, Fish, Seafood, and All other Meat or Animal Flesh Products These are high in protein, difficult to digest, often high in fat, and make additional work for the liver and excretory systems. (In Gastroparesis the stomach can not digest food properly thus these items are prone to rotting in the stomach and the intestines. Thus these items are to be avoided at all cost in every illness but in Gastro paresis the time for digestion is doubled thus this doubly dangerous. Thus normal digestion of meat takes up to 50 hours and with Gastroparesis it can take 100 hours.)

Black Tea and Other Non-Herbal or Caffeine-containing Teas Black tea and other non-herbal teas are prohibited because they contain caffeine, which is undesirable when introduced by mouth, and because they often contain undesirable aromatic acids (see discussion under Berries above)

Candy, cake, muffins, pastries and other refined sweets, candy, cakes, muffins, pastries, and other refined sweets are prohibited because they almost always contain one or more prohibited ingredients, such as fats, oils, refined sugars or flours, salt, soda, baking powder, or dairy products.

Drinking water Contrary to the commonly heard recommendation to “drink 8 glasses of water a day”, it is strongly believed that a patient should not drink too much water, so as to avoid diluting the stomach acid, and to allow maximum capacity for nutrition from fresh foods and juices. If the patient is taking less than 13 juices yes 13 juices a day, he/she may need to augment with herbal tea or other fluid. Drinking a glass of water two hours before or after eating or drinking is difficult because of the amount of juice that one is drinking thru the day.

Mushrooms Standard white mushrooms are not a vegetable, but a fungus. They are difficult to digest, and provide little nutrition.

Coffee and coffee substitutes by mouth, both with and without caffeine. Taken by mouth, coffee effects undesirable stimulation of the digestive system, and the caffeine acts as an undesirable stimulant to the central nervous system. Coffee is also virtually devoid of nutrients.

Nuts and seeds, including almonds, apricot kernels, sunflower seeds, flax seeds, peanuts, cashews, and all other nuts and seeds, are prohibited because they are high in protein, generally high in fat, often salted, difficult to digest and abundant in enzyme inhibitors. (In Gastro paresis these items can not digest properly thus must be avoided at all cost.)

Commercial beverages, juices, sodas of all types almost always have refined sugars, carbonation, or other undesirable additives, and are all but devoid of

essential nutrients. In addition, consumption of these beverages reduces capacity for desirable fresh, organic foods and juices.

Hot peppers (jalapeños, etc) contain the same strong aromatics found in prohibited spices. These may inhibit healing responses and should be avoided. Green, yellow, and sweet red peppers may be used without limitation.

Baking Powder and Baking Soda Almost all baking powders contain alum (aluminum), which is believed to be toxic. Those that are aluminum free and also sodium-free may occasionally be used with the consent of your doctor. (Featherweight is a potassium-based powder that may be used occasionally.)

Other Prohibited Items Fluoride in water, toothpaste, gargle, hair dyes, permanents, cosmetic, underarm deodorants, lipstick, lotions.

Carrot/Apple Juice

Ingredients for 8oz/236 ml Carrot/Apple Juice:

13 glasses of 8oz/236 ml a day is the serving size = 104 oz a day of carrot/apple juice.

3-4 organic carrots

1 large green organic apple, Granny Smith or as sour and tart as possible

Wash and brush the carrots. Do not peel them. Cut the ends of the carrots off.

Wash the apples and remove the stem. Cut the apples and leave the core and the seeds out.

This is why you don't need to drink water so much during this time period as you are taking in so much water via the juicing.

Green Juicing

One 8oz a day is needed.

Ingredients for 8 oz / 236 ml Green Juice: **In Gastropares patients please note you are juicing these items and removing all fiber content thus you should have no problems with digesting the green juice.**

6-7 big leaves (with stalk) of romaine

Red leaf lettuce

½ cup of cilantro leaves

2-3 leaves of escarole

2-3 leave of endive

3-4 leaves of red cabbage

2-3 young inner beet tops (inner leaves)

2 leaves of Swiss chard

A quarter of a green bell pepper

3-4 leaves of watercress

1 medium green apple, Granny Smith or as sour and hard as possible

Try to include as many of the ingredients as possible and do not substitute.

Add enough of the approved ingredients to end up with an 8 ounce green juice.

Wash all the produce. Cut the apples and leave the core and the seeds out.

Grind your produce into the wet pulp while feeding your produce in the feed tube. Always rotate your produce, since mixing apples with any vegetable boosts all nutrients above what they measure individually.

Remember this is a list for a short duration of time. It is while you are healing that you need to stay on this diet. Once you are healing slowly your natural health assistant will help you slowly integrate foods back into your diet.

God Bless on your new walk towards gaining your health in Christ.

Maranatha!

For Those that are afflicted with diverticulitis

Please follow the **Gastroparesis** diet plan above. Here is additional

Info.....

Diverticulitis is tears in the large intestines. They must stop eating meat and dairy immediately. They should go on the juicing for a solid two months to stop the intestines from getting inflamed. They have pockets in the intestines and needs to eat a diet geared towards the gastroparesis for about two months while they are in an acute flare of infection. After this they need to increase the fiber intake to a high fiber diet to avoid this from happening again. The cause of diverticulitis is not enough fiber and too much food that cause inflammation swelling and thus tearing making pouches and this leads to infection. They will have to avoid foods that cause the flare up and this will often will happen with meat, dairy, trans fats, and fried foods. They should start keeping a journal of what they eat, as they need to roughly see what the bowel movements are like after eating a certain meal. It will take around 6 hours to 12 hours to pass certain foods. So charting this will tell them what food has passed thru them for each bowel. This way they get an understanding of what works for their body or not. They should try drinking ginger tea to help with inflammation.

They want to eat these items when this is over the two months. Brown rice, nuts and seeds, oats, rye, and barley, apples, bananas, pears, psyllium husks, broccoli, carrots, other root vegetables, and whole grains. They must decide if they want to be healed completely means a change in lifestyle That means no meat as it is the leading cause in this illness. It takes 50 hours for meat to digest and come Out. Eating meat with cuts and tears and pockets in his intestines can get a very bad infection they may just have to cut out part of their intestines called bowel resection. If complications arise from this they can get a fistula thus they will have to have an ostomy bag. Diverticulitis is also because their immune system is weak because they is not getting enough proper nutrition and it can lead to chronic kidney disease. This is something they need to take seriously.

A few verses on the subject of health from the Word....

2 Kings 20:1-9 In those days was Hezekiah sick unto death. And the prophet

Isaiah the son of Amoz came to him, and said unto him, **Thus saith the LORD, Set thine house in order; for thou shalt die, and not live.** Then he turned his face to the wall, and prayed unto the LORD, saying, I beseech thee, O LORD, remember now how I have walked before thee in truth and with a perfect heart, and have done *that which is* good in thy sight. And Hezekiah wept sore. And it came to pass, afore Isaiah was gone out into the middle court, that the word of the LORD came to him, saying, Turn again, and tell Hezekiah the captain of my people, **Thus saith the LORD, the God of David thy father, I have heard thy prayer, I have seen thy tears: behold, I will heal thee: on the third day thou shalt go up unto the house of the LORD. And I will add unto thy days fifteen years; and I will deliver thee and this city out of the hand of the king of Assyria; and I will defend this city for mine own sake, and for my servant David's sake.** And Isaiah said, Take a lump of figs. And they took and laid *it* on the boil, and he recovered. And Hezekiah said unto Isaiah, What *shall be* the sign that the LORD will heal me, and that I shall go up into the house of the LORD the third day? And Isaiah said, This sign shalt thou have of the LORD, that the LORD will do the thing that he hath spoken: shall the shadow go forward ten degrees, or go back ten degrees?

2 Chronicles 16:12-14 **And Asa in the thirty and ninth year of his reign was diseased in his feet, until his disease *was* exceeding *great*: yet in his disease he sought not to the LORD, but to the physicians.** And Asa slept with his fathers, and died in the one and fortieth year of his reign. And they buried him in his own sepulchres, which he had made for himself in the city of David, and laid him in the bed which was filled with sweet odours and divers kinds *of spices* prepared by the apothecaries' art: and they made a very great burning for him.

