BBF (brain Body Balance Formula)

This is to balance the overall energy of the body. If the overall energy is not in a balanced state, an individual can experience difficulty in clearing other allergens in the list. This should be treated on the first visit on the first day if it is found weak by NST. No avoidance of any substance is necessary. If it is not weak, there is no need to treat this sample. BBF may be used as a combination with all other basic allergies if it is indicated after the single group has cleared. First treat the allergen then after 25 hour clearance period, recheck the treated allergen. If the allergen has produced strong NST, then check that allergen ion combination with BBF. If the NST shows weak, the allergen needs to be treated in combination with BBF to achieve maximum clearance of the allergen.
Egg Mix (Egg-CMG: Egg Yolk, Egg White, Chicken, Tetracycline, Ovomucin, lisozyme and Feathers)

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

YOU MAY EAT: brown or white rice, pasta without eggs, imitation eggs (make sure there is no part of real egg present in the product), pancakes and waffles made with imitation eggs, vegetables, salads, oil and vinegar salad dressing (avoid creamy dressings), fruits, milk products, oils, beef, pork, fish, dried beans, lentils, green pea, potatoes, french fries, coffee, juice, soft drinks, water and tea.
**Calcium Mix** (Cal CMG: Albumin, Casein, Cal-citrate, Cal-gluconate, Cal-lactate, Cal- Malate, Cal- Fumarate, Coral Calcium, Vitamin D, Milk Mix, Breast Milk, Cheese Mix, Lactoglobulin, Cow's Milk, Goat's Milk, Lactic Acid)

**YOU MAY NOT EAT OR TOUCH:** milk or milk products, eggs, 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, calcium supplements and any pre-packaged food fortified with calcium.

**YOU MAY EAT:** cooked rice, pasta, cooked vegetables (cooked vegetable may contain a small amount of calcium, but once cooked very well, they don't seem to make patients lose treatments. Cooking may denature the actual vegetable), cooked potato, corn, yams/sweet potato, cauliflower, red meat, chicken, sugar, coffee and/or tea without milk. Drink and use distilled water (washing your hands, face, brushing your teeth, etc.) Avoid using toothpaste for 25 hours. Any food without calcium derivates is okay. If the food label says the food contains less than 2% then it is ok usually. Read the label.
**Vitamin C Mix:** (Vit C-CMG: Ascorbic acid, Acerola C, Camu camu, Oxalic acid, Rose hip, Kakadu plum (high source of vitamin C), plum mix, Bioflavonoid, Citrus Mix, Citric acid, Berry mix, Vegetable mix, Fruit mix, Chlorophyll, Cucumber, Melon mix, L. Gunololactone, Zuchini, Vinegar mix, Hesperidin, Rutin, Quecertin, and Quince seed.)

**YOU MAY NOT EAT OR TOUCH:** fresh fruits, vegetables, leafy vegetables, citrus fruits, dry fruits, juices, different sauces, ketchup, salad dressings, vinegar, tomato sauce, Tabasco sauce, soft drinks, milk, artificial sweeteners, and vitamin C supplements. Avoid grasses, plants, trees, flowers, gardens, etc.

**YOU MAY EAT:** cooked white or brown rice, pasta without sauce, boiled or poached eggs, baked or broiled chicken, fish, cooked red meat, turkey, toast, hot dogs, deep fried food, french fries, baked or cooked potatoes without sour cream or butter, chicken fries or nuggets without sauce or ketchup, salt, any nut oils, white sugar, water, coffee without milk. Any food that does not have vitamin C or its derivatives is ok. Read the label. Less than 2% on label is ok.
B Complex Mix (BC-CMG: B1, 2, 3, 4, 5, 6, 9, 12, 13, 15, 17, Paba, Inositol, Choline, and Biotin)

YOU MAY NOT EAT OR TOUCH: whole grain products, fruits, vegetables, meats, dairy products, anything with B vitamins. Avoid grasses, plants, trees, flowers, walking in gardens, etc.

YOU MAY EAT: Donuts, jello, white sugar, cooked white rice, cooked white pasta, cauliflower raw or cooked, well cooked or deep fried fish, salt, black coffee, french fries, purified water while treating for any other B vitamins. Rice should be washed well before cooking. Cook rice or pasta with lots of water and drain the water after cooking the rice or pasta to remove the fortified vitamins. If you find it difficult to treat all 15 B vitamins in one session, please break them down to smaller groups and treat each small group in one session.
**Sugar Mix** (Sugar-CMG: Beet sugar, Brown sugar, Cane sugar, Corn sugar, Cellulose, Date sugar, Dextrose, D-Mannose, Pentose, Hexose, D-Ribose, Fructose, Galactose, Glucose, Grape sugar, Honey, Lactose, Maltose, Maple sugar, Molasses, Sucrose, Raw sugar, Rice sugar, Coconut palm sugar, Turbinado sugar, Crystal sugar, Demerara sugar, Barbados sugar, Invert sugar, Barley sugar, Powdered sugar, Castor sugar, Berry sugar, Granulated sugar and Sugar cubes.

**YOU MAY NOT EAT OR TOUCH:** Brown rice (Rice sugar comes from brown rice), whole grains, carrots, fruits, beets, milk or milk products, anything with any of the above sugars, sauces drinks with sugar. Do not use powered spices in pre-packed containers, tooth past and mouth washing liquids (even though tooth paste may have artificial sweeteners, brain is still stimulated with the taste of sweetness and patients have lost treatments in the past.)

**YOU MAY EAT:** white rice (wash well, cook in lots of water and drain the water. This way you are only eating the starch part, slightly high on glycemic index, but you will still pass the sugar treatment), pasta without sauce, raw or cooked vegetables, green salads, oil and vinegar dressing without sugar added (avoid creamy salad dressings), vegetable oils, any type of red meat, eggs, chicken, turkey, french fries, fried chicken, fried fish without any sauce, water, coffee, tea without milk (contains lactose) and sugar. Sugar free jello pudding is ok. Read label.

YOU MAY NOT EAT OR TOUCH: apricots, peaches, green banana, plantain, 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, lamb, organ meats like kidney, heart, and liver, farina, raw clams, oysters, nuts, asparagus, coffee, herbal tea, regular tea, ice tea, chocolate and iron supplements. Avoid leather belts, shoes, wallets and purses or any other leather goods. Avoid ornamental iron work, iron skillet, wok, universal iron works, etc.

YOU MAY EAT OR USE: All oils -- including olive, vegetable, canola, palm, nut and fish oils -- are iron-free. Butter, margarine and imitation spreads, mayonnaise, shortening and lard are also devoid of iron. Artificial sweeteners, club soda, tonic water, bottled water and tap water, plain brewed coffee, brewed black tea and fortification, sourdough bread without iron, cauliflower, ice berg lettuce, yellow squash, yellow apple, yellow banana, potato, egg white, light meat of the chicken, light green vegetables, water, orange juice, spices: turmeric, olive oil, vegetable oil, white or brown onions, sour cream, ice cream cone, chocolate covered, with nuts, flavors other than chocolate, baby food, plums, bananas, white rice, ginger and garlic.
**Vitamin A Mix:** (Vitamin A-CMG: Beta Carotene, vitamin A, salmon, Shellfish mix, and Fish mix). Shellfish mix: Abalone, Clams, Crab, Crappie, Cray, Lobster, Mackerel, Oyster, Scallop and Shrimp. Fish mix: Ahi tuna, Anchovy, Baracuda, Catfish, Cod, eel, Escargo, Flounder, Haddock, Halibut, Mahi mahi, Pollock, Sardine, Sea bass, Shark, Sole, Red Snapper, Sword Fish, Squid, Talapia, Trout, Tuna, Opah, Saxitoxin, and Salmon.

**YOU MAY NOT EAT OR TOUCH:** yellow orange or red fruits, yellow vegetables, banana, carrot, spinach, green fruits, green vegetables, green peppers, fish or fish products, cheese, milk products, butter, tomato, and corn products

**YOU MAY EAT:** brown or white rice, pasta without tomato or cheese sauce, potato, cauliflower, peeled red apples, chicken, turkey, red meat, egg white, sugar, water, salt, olive oil, and coffee or tea
MINERAL MIX: (Minerals-CMG, trace minerals, Aluminum, Antimony, Barium, Beryllium, Boron, Bromide, Caesium, Chromium, Cloraminum, Chlorine, Cobalt, Copper, Electron, Europium, Fluoride, Gallium, Germanium, Gold, Iodine, Lead, Lithium, Manganese, Magnesium, Mercury mix, Molybdenum, Neutron, Nickel, Palladium, Potassium, Phosphorus, Proton, Rubidium, Samarium, Scandium, Selenium, Silica, Silver, Sodium, Sulfur, Strontium, Thallium, Thorium, Tin, Titanium, Tungsten, Uranium, Vanadium, Zinc and Zirconium)

YOU MAY NOT USE OR TOUCH: metals, tap water, mineral water, root vegetables like onion, potato, carrots, turnips, fish and shellfish. Avoid any exposure to pesticides. Wear gloves while touching metal surfaces. Metal on eye glasses, buttons on clothes, shoes, handbags, wedding rings or religious metals/rings, door knobs (chrome), water faucets etc can be covered by masking tape before going for treatment. Use plastic and glass utensils to cook and paper or plastic plates, cups, and plastic silverware to eat. Use a pair of gloves during 25 hour period to avoid touching metals. If you have any amalgam fillings, please wear gloves even to bed.

YOU MAY EAT OR USE: distilled water for washing and showering. Wash and cook rice, pasta, corn, other grains, vegetables, fruits, meats, etc in distilled water and keep the cooked foods in plastic or paper container before going in for treatment. You may cook the food in regular stainless steel cookware, but transfer them into paper or plastic dishes. Cooking in stainless steel dishes are ok. No cast iron or crude iron woks, and aluminum dishes or products. You may eat eggs, milk and milk products, chicken, turkey, all types of cooked red meat, cooked vegetables, salads, breads, coffeee and/or tea.
Salt Mix (Salt-CMG: Sea Salt, Table Salt, Rock Salt, Plain salt, iodized salt, Kosher Salt, Sodium, and Chloride)

YOU MAY NOT EAT OR TOUCH: kelp, celery, romaine lettuce, watermelon, seafood, processed foods with salts, fast foods, table salts, soy sauce, fish, shellfish, carrots, beets, artichoke, dried beef, brains, kidneys, cured meats, bacon, ham, coffee, watercress, seaweed, oats, avocado, swiss chard, tomatoes, cabbage, cucumber, asparagus, pineapple, tap water, and prepared canned or frozen food.

YOU MAY EAT: distilled water to drink and bathe, cooked rice, pasta without salt added sauce, or prepared with salt substitutes, potatoes, fresh vegetables and fruits not listed above, chicken, turkey, all cooked meats and sugars.
Grain Mix: (Grains-CMG: Wheat Mix, Corn Mix, Seed Mix, Gluten mix, Rice Mix, Oat Mix, Rye, Barley, and Hops)

Oat Mix: steel cut oats, rolled oats, toasted oats, and oat bran
Rice Mix: brown rice, yellow rice, red-yeast rice, Uncle Ben's rice, parboiled rice, wild rice, rice bran, and black rice
Wheat mix: wheat bran, durham wheat, red wheat, white wheat, farro, sprouted wheat, organic green wheat, whole wheat, kamut, milo, spelt, sorghum, and teff.
Corn mix: corn blue, corn red, corn yellow, corn white, corn silk, and pop corn
Seed mix: amaranth, buckwheat, chia seeds, flaxseed, hemp seeds, poppy seed, pumpkin seeds, sesame seed, safflower seed, sunflower seed, poppy seed, millet, and quinoa.
Gluten mix: gluten and gliadin

YOU MAY NOT EAT OR TOUCH: whole grains and items made with the above grains
YOU MAY EAT: white rice, white pasta made with enriched flour, vegetables, fruits, meats, chicken, egg, turkey, milk, coffee and/or tea, sugar, oils, butter, salt and water.
**Yeast Mix** (Yeast-CMG: Baker's Yeast, Brewer's Yeast, Tortula Yeast, Yogurt, Whey, Candida Albicans and sour cream)

**YOU MAY NOT EAT OR TOUCH:** Brewer's yeast, baker's yeast and any foods containing those items, including baked goods, sugars, fruits, soy sauce, yogurt, butter, ice cream, any fermented foods like tofu, miso, tempeh, saurkraut, cheese, and alcoholic beverages

**YOU MAY EAT:** white rice, pasta without sauce, fresh corn, fresh vegetables, potato, fries, unleavened bread or flat bread, meat, chicken, turkey, oils, salt, fish
**Stomach Acids Mix** (Acid-CMG: Aldehyde, HCL, gastric acid, gastrin, mucin, stomach mucosa, mucus, sugar digestion, acid regurg., reflex dis., H. pylori, Secretin, parietal cells, Chief cells, Intrinsic facor, pepsin, pepsinogen, Ghrelin, tubulovesicular memb., carbonic anhydrase, acetylcholine, histamine, adenylyl cyclase, M3 (muscarnic receptor), H2 (Histamine receptor-2), Somatostatin Receptor, Prostaglandin receptor, CCKa, CCKb, (Icholecystokinine), PLC (phospholipase C), G cells (Gastric cells), Mucous neck cells, ECL (Enterochoromaffine-like cells), Gastric D cells, enterogastrone, neurotensin, lingual lipase, lisozyme, haptocorrin, R-factor, serous cells, mucous cells, gastric enzymes, GIP (gastric Inhibitory peptide), and DMG)

**YOU MAY NOT EAT OR TOUCH:** Sugar, starches, fruits, grains, meats, other acid forming foods, supplements like betain hydrochloric acid, coffee and tea

**YOU MAY EAT:** herbal teas, raw, steamed or cooked vegetables, raw tomato,(raw tomato is basic, cooked tomato is acidic) dried beans, eggs, oils, clarified buttered, salt, milk and water
**Base Mix** (base-CMG: Digestive enzymes and Enzymes from Intestinal Tract: Enzyme mix, amylase, Bile acids, Bromelain, carbohydrase, Cellulase, Chymotrypsinogen, duodenal S cell, P ductal cells, Zymogen, P Acinar cells, Elastase, Lactase, p. Lipase, Maltase, Nuclease, Papain, PGE2 (prostaglandin E2), GIP, Duo K cells, Fructase, Galactase, Pancreatin, carboxypeptidase, Peptidase, triglycerides, glycerol, Sterol esterase, phospholipase, Pan.amylase, motilin, P. delta cells, Sodium bicarbonate, Protease, Ptyalin, Sucrase, Trypsinogen, and Trypsin).

**YOU MAY NOT EAT OR TOUCH:** Raw and cooked vegetables, beans, eggs, and milk

**YOU MAY EAT:** grains, sugars, starches, breads, meats, over-ripped fruits, and black coffee without milk
**Hormone Mix** (Hormone-CMG: Estrogen, Progesterone, Testosterone, Androgen, Androsterone, DHEA, Estriol, Estradiol, FSH, HCG, Lutenizing hormone, Prolactin and Semen. Check individual hormones in cases of hot flashes, PMS, hormone imbalances, infertility etc)

**YOU MAY NOT EAT OR TOUCH:** milk products, red meats, and products with hormones fed or injected. If one is able to get the meat from an animal that has never received hormones, it is okay to eat the red meat from that source. Avoid stimulating your own hormones, Avoid treating during menstrual period.

**YOU MAY EAT:** grains, vegetables, salads, oils, fish, meat and fowl without hormones, organic milk and milk products, organic eggs, organic chicken, and dairy products, sugar and sugar products. (avoid sugar when one has hot flushes).
Vitamin K  (phytomenadione, phytonadione, phylloquinone, menadione)

YOU MAY NOT EAT OR TOUCH:  Kelp,(no sushi),Algae, Kiwi, All vegetables (except potato and cauliflower), all beans, soybeans, all oils, eggs, margarine, all nuts, all herbs, and liver

YOU MAY EAT OR TOUCH:  Fruit, (except kiwi) potato, cauliflower, poultry, mean, tomato, tomato sauce (with no herbs, onions, olive oil, or garlic), pretzels, dairy, yogurt, pasta, all grains, breads, black tea and green tea, decaf coffee, and black pepper. If adding milk to tea, do so after the tea leaves are removed, since Vitamin K is fat soluble.
Cold Energy

You May Not Eat Or Use: Any food or beverages that is cold or freezing. Do not walk in the cold weather.

You May Eat Or Use: Eat and drink warm food and beverages. Use things at room temperature or higher temperature. Stay indoors with heater on if the weather outside is cold.
Heat Energy

You May Not Eat Or Use: Any food or beverage that is warm or hot. Do not walk in the heat.

You May Eat Or Use: Eat and drink cold food and beverages. Use things at room temperature. Stay indoor with air-conditioning or fan.
**Ribo Mix** (Ribonucleic acid or RNA) and **Deoxyribo Mix** (Deoxyribonucleic acid or DNA)

**You May Not Eat or Use:** Animal or vegetable proteins or supplements with RNA/DNA.

**You May Eat or Use:** Eat green leafy vegetables, white rice, white pasta, sugar, salt and oils.
**Organ Mix** (kidney, liver, small and large intestine, bladder, brain mix, gall bladder, uterus, prostate)

**YOU MAY NOT EAT OR TOUCH:** your own body parts or eat organ meat products. Wear gloves if necessary.

**YOU MAY EAT:** anything not mentioned above
Nitrogen

You May Not Eat Or Use: Nitrogen products, processed meats, dried beans, and proteins.

You May Eat Or Use: Vegetables, fruits, grains, sugars, oils and vegetable fats. Drink clean purified water.
Hydrogen

You May Not Eat Or Use: Avoid exposure to hydrogen products, helium products, balloons, etc.

You May Eat Or Use: Vegetables, fruits, grains, dried beans, sugars, oils and vegetable fats. Drink clean and purified water.
Artificial Sweetener Mix (Equal, Nutrasweet, Aspartame, Sorbitol, Sweet and Low, Sucralase, Saccharine, Twin, Splenda, Sorbitol twin and products like Stevia, Truvia and Agave)

YOU MAY NOT EAT OR TOUCH: items containing the above artificial sweeteners, such as soft drinks, sweet relish, pickles, sauces, cookies, candy, tooth paste, mouthwash, ice tea, Vitamin C, etc.

YOU MAY EAT: anything without artificial sweeteners. Use freshly prepared items only.
Caffeine Mix (Coffee, black tea, cacao, tannic acid, green tea, dark chocolate, white chocolate, chocolate syp., chocolate mix, carob, decaf coffee, decaf Tea, and caffeine)

YOU MAY NOT EAT, TOUCH or SMELL: Coffee, tea, caffeinated drinks, leather goods, tannic acid

YOU MAY EAT: anythings that has no coffee, caffeine, etc. avoid also decaffeinated coffee, tea and products
**Nut Mix 1 (Peanuts, Black Walnut, English Walnut)**

**YOU MAY NOT EAT OR TOUCH:** Peanuts, peanut butter, walnuts, black walnuts, English walnuts and anything made from these nuts or their oils. Peanuts are anaphylactogen to several people. Please check with your practitioner about managing anaphylaxis through NAET if you have severe allergy to peanuts.

**YOU MAY EAT:** any foods that do not contain the nuts listed above, including their oils and butters
**Nut Mix 2** (Almond, Brazil nut, Cashew nut, Pecan nut, Pistachio nut, Filbert, Hazelnut, Sweet chestnut, Water chestnut, Pine nut, Soynut, Macademia nut, Beech nut, Palm nut, Coconut kernel, Palm kernal, Kola nut, Bush nut, Ginkonut, Sheanut, Hickroy nut, Leechee nut, Peanut butter, Almond butter and Cashew butter.

**YOU MAY NOT EAT OR TOUCH:** any of the above mentioned nuts or their oils

**YOU MAY EAT:** any foods that do not contain the nuts listed above, including their oils and butters
**Spice Mix 1** (Basil, Bay leaf, Cardamom, Cinnamon, Cloves, Chives, Coriander, Cilantro, green, Curry leaves, Cumin, Dill, Fennel, Garlic, Ginger, Mint, Nutmeg, Saffron Spearmint, Turmeric).

**YOU MAY NOT EAT OR TOUCH:** The above spices in any form. These spices and their oils are contained in candies, chewing gums, tooth paste, massage oils, aroma therapy ingredients and toiletries.

**YOU MAY EAT OR USE:** any foods or products that do not contain the spices listed above
Spice Mix 2: Allspice, Anise seed, Capers, Celery, Caraway seed, Chervil, Cream of tartar, Fenugreek, Horseradish, Lemon Grass, Lemon rind, Mace, marjoram, MSG, Mustard, Oregano, Paprika, Parsley, Poppy seed, Rosemary, Saffron, Scallion, Sage, Sumac, Thyme, Vanilla, Onion mix, and Pepper mix

Onion mix: (White onion, brown onion, green onion, yellow onion, red onion and dried onion)  
Pepper mix: (Alleppo Pepper, Anaheim Pepper, Banana Pepper, Red Pepper, Black Pepper, Cayenne Pepper, Jalapeno Pepper, Serrano Pepper, Tabasco, green Pepper, yellow pepper, purple pepper, white pepper, capsicum, Pimiento, Pasilla Pepper, Chipotle Pepper, Habanero Pepper, Savina Pepper, Bell Pepper, Trinidad Pepper, Carolina Pepper, Peter Pepper, Jamaican Pepper, Peruvian barbacue sauce and A-I sauce)

YOU MAY NOT USE OR EAT: any of the above spices  
YOU MAY EAT OR USE: All foods and food products without the above listed spices
Dried Beans Mix (adzuki bean, Black beans, Blackeye peas, Chick Peas, Garbanzo beans, Green beans, Kidney beans, Lentials, Lima beans, Mung beans, Fava beans, Navy beans, Peas, green and yellow, Pinto beans, Red beans, Urad dal, and Soy beans)

YOU MAY NOT EAT OR TOUCH: above listed beans, premade hamburgers, soy sauce, bean dip and oils made from above beans

YOU MAY EAT: anything other than beans or bean products (rice, pasta, vegetables, meats, eggs, etc.)
**Amino Acids Mix** (Essential: lysine, methionine, leucine, threonine, valine, tryptophan, isoleucine, phenylalanine. Non Essential: alanine, arginine, aspartic acid, carnitine, citrulline, cysteine, glutathione, glutamic acid, glycine, histidine, ornithine, proline, serine, taurine, tyrosine)

**YOU MAY NOT EAT OR TOUCH:** any type of food that contains proteins, and protein products that are used for external application like meats, poultry, eggs, dairy, beans, protein shakes, etc. White rice, white pasta, iceberg lettuce (less than 2%)

**YOU MAY EAT:** cooked white rice, lettuce, french fries, cooked white potato, oils, salt, lemon, sugar and water
**Phenolics:** (Phenolics CMG: Acetaldehyde, Acetylcholine-chloride, Anilin, Apiol, Caffeic Acid, Calciferol, Camphor, Carotene, Chloroge Acid, Cinnamic Acid, Coniferyl Acid, Coumarin, Eugenol, Furfural, Gallic Acid, Indole, Limonine, L-Dopa, L-Glutamine, Malvine, Enthocyanide, Menadione, Octopamine, Oxytocin, Phenylethylamine, Phenylisothioc, Phloridzine, Pinine, Piperine, Pyrole, Salsolinol, Thiophene, Thujone, Thymene, Thymol, Tryptamine, Turpines, Tyramine, Uric Acid, Vanillamine, Aspartate, Glutamate)

**You May Not Use Or Smell Or Touch:** Natural and artificial food colorings, naturally aromatic foods, green leafy vegetables, carrots, oranges, lemons, aromatic herbs and spices.

**You May Use Or Eat:** Steamed rice, pasta with oil and salt, cauliflower, cabbage, white potato, chicken, fish, meat, and eggs.
Animal Fat Mix (Butter, Lard, Chicken Fat, Beef Fat, Pork / Bacon Fat, Lamb Fat, Fish Oil)

YOU MAY NOT EAT OR TOUCH: butter, lard, meats, eggs, fish and fish oil, skin lotions with lanolin or animal fat, food fried in animal fat, refried beans, chili beans, corn chips fried in lard, etc.

YOU MAY EAT OR USE: anything other than ther above, including vegetable oil
Vegetable Fats Mix (Ved. Fat - CMG: Avocado oil, Caster oil, Coconut oil, Olive oil, Linseed oil, Mineral oil, Superheated veg oil, Wesson oil, Flax seed oil, Oregano oil, Essensial Fatty Acids, Free fatty acids, Unsaturated fatty acids, Black Olive, Green Olive, Vegetable oil, PUFA (Polyunsaturated fatty acids), MUFA (monounsaturated fatty acids), Linoleic acid, Oleic acid, Safflower oil, Sunflower oil, grapeseed oil, Grapefruit seed oil, Almond oil, Peanut oil, Walnut oil, Wheat germ oil, Soybean oil, Crisco oil, Hydrogenated fat, Corn oil, Cottonseed oil, Palm oil, Sesame oil, Mustard oil, Black current oil, Black Walnut oil, Borage oil, Evening primrose oil, Heated fat, Lemon oil, orange oil, citrus oil, wintergreen oil, Eucalyptus oil, Peppermint oil, Lavander oil.

YOU MAY NOT EAT, USE OR TOUCH: vegetable oils, foods containing vegetable oils like breads, crackers, cookies, sauces, drinks, and skin lotions, makeup items, shampoo, conditioner, etc.

YOU MAY EAT OR USE: steamed vegetables, steamed rice, meats, eggs, chicken, butter, animal fats
Turkey Mix  (Turkey, serotonin)

YOU MAY NOT EAT OR TOUCH: Turkey in any form, milk products, tryptophane, Vitamin B1, B3, B6, and all the products with these vitamins. (Vitamin B1, B3, B6 and tryptophane are precursors of serotonin, the predominant enzyme found in turkey)

YOU MAY EAT: any food that does not contain the above listed items
**Food Coloring:** Natural and artificial food colorings, Blue, Red, Yellow, and Orange food colorings) Check in cases with ADD, Autism, restless leg syndrome, sweating or the palms.

**YOU MAY NOT EAT OR TOUCH:** colored foods, pre mixed powdered spices, frozen vegetables, sauces, candies, chewing gums, chips, cookies, soft drinks, ice creams, lipstick, cosmetics, crayons and colored pencils, coloring books, etc

**YOU MAY EAT OR TOUCH:** fresh vegetables, rice, pasta, eggs, fish, chicken, milk and water
**Food Additives** (Sodium nitrate and phosphates, calcium sulfates and phosphates, BHT, and whiten-all) Check in cases with seizure disorders, hyperactivity, migraines, muscle aches, arthritis, anorexia, anorexia nervosa.

**YOU MAY NOT EAT OR TOUCH:** Hot dogs, sausages, pre-packed meats, soups, crackers, certain cookies (read labels), salad dressings, sauces, processed foods, fast food, etc.

**YOU MAY EAT OR TOUCH:** Fresh vegetables, freshly cooked grains, eggs, chicken and milk.
**Starch Mix** (Rice Flour, Corn starch, Potato starch, all purpose flour, Arrowroot flour, Glucomannan, Sago palm flour, bleached white flour)

**YOU MAY NOT EAT OR TOUCH:** Avoid all starches, Root vegetables, Yogurt, Ketchup, Table salt, Toothpast, all other refined flour, certain salad dressings, and sauces. Read the labels

**YOU MAY EAT OR TOUCH:** Green leafy vegetables, broccoli, cabbage, cauliflower, zucchini, cucumber, green beans, fish, meat, eggs, and chicken.
**Virus Mix** (EBV, CMV, herpes simplex, herpes voster, influenza)

**AVOID:** contact with infected persons for 25 hours. If someone is infected with a virus, treat for the specific sample like herpes zoster, etc. Also you may take a sample of your own body fluid (saliva, urine, stool, blood, skin tissue, etc) and treat for it.

**YOU MAY EAT:** everything well cooked and drink boiled and cooled water.
**Bacteria Mix** (Staphylocococcus aureus, streptococcus (viridans and non-hemolytic), pneumoniae, klebsiella pneumoniae)

**AVOID**: contact with infected surfaces

**YOU MAY EAT OR TOUCH**: everything well cooked and drink boiled cooled water
**Parasite Mix** (Pin worm, tape worm, hook worm, amoeba, giardia, protozoa)

**AVOID:** eating anything uncooked. Drink boiled water
**Insect Mix** (Bee, spider, ant, flea)

**AVOID:** touching or going near any insects
**Nightshade Vegetables** (Tomato mix, potato mix, eggplant mix, bell pepper, chili peppers, ground cherries, tomatillo, pimento, paprika. Petunias contain Solanaceae, so should avoid this to prevent failure. Collect a sample of all local nightshade vegetable when treating this. If indicated treat each one individually.) All nightshade vegetables are missing solanin.

**YOU MAY NOT EAT OR TOUCH:** all vegetables and items made with vegetables. Add all available local vegetables while treating with this sample.
- Tomato Mix: Green, yellow, red tomato, GMO, lycopene.
- Potato Mix: Russet, white, red, yellow, sweet, yam.
- Eggplants: Chinese eggplant, regular eggplant, Italian eggplant.
- Bell Pepper.
- Nicotine: lacks solanine. Eggplant, tomato, potato, black and green tea, capsicum, and cauliflower.

**YOU MAY EAT OR TOUCH:** any foods which do not contain the items listed above.
**Salicylic Acids:** Salicylic acid is an ingredient used in many over-the-counter acne medications. Salicylates are a major ingredient in aspirin and other pain-relieving medications.

**You May Not Use Or Eat:** Fruits, vegetables, spices, almonds, water chestnuts, peanuts, champignon, green pepper, olive, mushrooms, tomato, radish, chicory, dates, guava, raisins, canella, cumin, curry powder, dill dry, garam masalla, oregano, paprika, rosemary, thyme, turmeric, mustard, coconut, peanut butter, sesame seeds, hazelnuts, sunflower seeds, vinegar, soy sauce, saffron, cashews, garlic, parsley and chives.

**You May Use Or Eat:** meat, poultry, fish, eggs, dairy, and anything other than in the above list.
Gum Mix  (Acacia, Karaya gum, xanthine gum, black gum, sweet gum, chewing gum)

YOU MAY NOT EAT OR TOUCH: soft drinks, glues, chewing gum, processed foods, jello, marsh mellows, gummy candies, cream cheese and carbonated drinks. Read labels on containers.

YOU MAY EAT OR USE: anything not containing gums. You may eat whole, unprocessed foods, rice, pasta, vegetables, fruits without skins, meats, eggs and chicken.
**Alcohol Mix**  (Beer, red wine, white wine, rubbing alcohol, cooking wine, champagne, tequila and vodka)

**YOU MAY NOT EAT OR TOUCH:** ALL alcoholic beverages, vanilla extracts, vanilla ice cream, foods cooked with wine, sugar and starchy foods, fruits, hair sprays, medicine with alcohols like cough syrups, shampoos, hair products, cosmetics and makeup products and rubbing alcohols.

**YOU MAY EAT OR TOUCH:** Things not listed above. You may eat fresh vegetables, meats, fish, eggs, and chicken
Baking Powder / Baking Soda Mix

YOU MAY NOT EAT OR TOUCH: Baking powder, baking soda, and foods, medications and tooth pastes, deoderants, antiperspirants, talcum powders, soaps, detergents, cotton crotches of female underpants containing baking soda.

YOU MAY EAT OR USE: Any foods which do not contain the items listed above including fresh fruits, vegetables, fats, meat and chicken.
Vitamin E (Tocopherol, d-Alpha Tocopherol, Tocopheryl, D1-Alpha Tocopherol or Tocophryl, mixed Tocopherols)

YOU MAY NOT EAT OR TOUCH: wheat germ, soy beans, vegetable oils, broccoli, brussels sprouts, leafy greens, spinach, enriched flour, whole wheat, whole grain cereals, eggs, unrefined cold pressed crude vegetable oils, wheat germ and soy bean oils, whole, raw or sprouted seeds, nuts and grains, seafood, squash, pumpkin, olives, butter and quinoa.

YOU MAY EAT: potatoes, poultry and meat
**Vitamin T** (Seeds)

**You May Not Use Or Smell Or Touch:** Any kind of seeds/nuts.

**You May Use Or Eat:** Vegetables, white rice, white pasta, meat, fish and fruits.
**Vitamin F** (Unsaturated fatty acids - linoleic, gamma - linoleic and arachinoidic factor)

**YOU MAY NOT EAT OR TOUCH:** Vegetable oils, wheat germ oil, linseed oil, sunflower oil, safflower oil, soybean oil, peanuts and peanut oil, flax seeds, evening primrose oil, all nuts, and breast milk

**YOU MAY EAT OR TOUCH:** anything that is not listed above
**Chemicals** (Soaps, detergents, cleaning chemicals, chlorine, clorox, bleach, fabric softeners, chemical fumes from nearby factories, auto shops, etc.)

**AVOID:** contact with the above items for 25 hours. Wash clothes in plain water prior to treatment.
Formaldehyde

**AVOID:** new buildings, new clothes, newspaper, liquid paper, pressed woods, paints, paint thinner, fumes, perfumes, certain ice creams. Wear a mask and use a pair of gloves if necessary. Remove name tags from clothes or tape them with masking tape.
Perfume Mix

**AVOID:** perfumed soaps, makeup products, hair sprays, flowers, scented candles, hand or body lotions, anything that is scented. You may wear a mask to avoid the smell.
Plastics

**AVOID:** All plastics and crude oil products including computer key boards, telephones, pens, vinyl chairs, containers, book covers, toothbrush, hair brush, etc
Pesticides / Malathion

YOU MAY NOT EAT OR TOUCH: fresh vegetables, fruits, meats, insecticides, new mattress, malathion sprays, ant baits, fumigated or pesticide treated houses (sensitive people should avoid living in such houses for at least 3 weeks), grass, weeds, lawns, trees that have been sprayed for pesticides.

YOU MAY EAT OR TOUCH after washing well before cooking: cooked grains, vegetables and fruits. Organic Foods.
Dust Mix and Dust Mites

Avoid: Dusty areas. Clean up living area before the treatment. Wear a mask for 25 hours.
Animal Epithelial / Animal Dander Mix

**AVOID:** contact with the animals, their saliva, hair, danders, any other products made from animals or used by the animals. If you have a pet, make arrangements to stay away from them for 25 hours.
Crude Oil

AVOID: gasoline, plastic products, latex products. Wear gloves and mask if necessary.
**ID** (Immune Deficiency Disorder)

**Avoid:** contact with fresh blood from you or anyone else. Avoid meat, fish and eggs

**YOU MAY EAT OR TOUCH:** cooked vegetables, grains, milk, cheese
Radiation (Sun, microwave, TV, Xray, computer)

AVOID: Sun, microwaves, TV, Xray and computers for 25 hours
**Smoking** (Nicotine, Tobacco products)

**AVOID:** smoking areas, smoke from cigarettes, clothes and substances in contact with cigarette smoke, bananas, malt, cow's milk, potatoes, tomatoes, and yeast mix. You may wear a mask for 25 hours.
Grass, Pollen, Weed, Flower and Tree Mix

Avoid: Going outdoors. Wear shoes and socks while walking outside. Wear a mask and gloves if you must go outside. Do not smell perfume.
Mold Mix

Avoid: Treating on a cloudy or rainy day. Clean up house well. Keep the house dry. Stay away from leaky bathrooms, old houses, etc. Wear freshly washed clothing.
Wood Mix

**AVOID**: contact with woods, and things made from wood including wood furniture, wooden spoons, wooden cutting boards, etc. You may wear gloves to avoid contact with wooden objects / surfaces.
**Fabric Mix:** Try to treat one kind of fabric first. Then have person wear the allergy-cleared item while treating for the fabric mix.

**AVOID:** contact with the fabric that is being treated