



COMPLETE CHIROPRACTIC CARE

Dr. Olga Roshior

Chiropractic Physician • Certified Acupuncturist

1749 S. Naperville Rd. Ste 207

Wheaton, IL 60189

Phone: 630-460-6733

Fax: 630-752-1222

www.CChiroCare.com

GROUP 1: EGG

Examples of egg products and products containing eggs

- Eggs, egg whites, egg yolks
- Dried eggs or egg powder
- Egg solids

Foods to avoid in your diet for the next 24 hours:

Your diet consists of anything you EAT, DRINK, RUB ON YOUR SKIN or INHALE. You must avoid eating, drinking, touching, or smelling the following.

- Chicken
- Eggnog
- Breaded foods (some)
- Candy (some)
- Creamed foods
- Cream puffs
- Doughnuts
- Egg noodles
- Hollandaise sauce
- Mayonnaise
- Meat or fish cooked in batter
- Muffins
- Pudding
- Soufflés
- Deep Fried Foods
- Waffles, Pancakes
- Protein power made from egg
- Bavarian creams
- Cake
- Cookies
- Cream pies
- Custard
- Egg rolls
- Frosting
- Ice cream
- Marshmallows
- Meringue
- Pretzels
- Simplesse (fat substitute)
- Tartar sauce
- Shampoo, Conditioner, Lotions containing egg

Ingredients to look for:

- Globulin
- Apovitellenin
- Ovalbumin
- Ovomuciod
- Phosvitin
- Albumin
- Livetin
- Ovomucin
- Ovovitellin

Diet tip: Be sure to read labels carefully. For example, some egg substitutes contain egg white.

YOU CAN EAT OR DRINK

Fruits, Vegetables, Beef, Pork, Fish, Coffee, Tea, Soft Drinks, Milk Products, Salt, Sugar and Boiled Rice.



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GROUP 2: MILK

Always check the label ingredients before you use a product. Many processed or prepared foods contain milk.

Foods to avoid in your diet for the next 24 hours:

Your diet consists of anything you EAT, DRINK, RUB ON YOUR SKIN or INHALE. You must avoid eating, drinking, touching, or smelling the following.

Milk/dairy products:

- Milk and milk solids Non-fat, skim milk or powdered milk and milk solids
- Buttermilk Evaporated milk
- Yogurt Cream, cream cheese, sour cream
- Curds Cheese, cheese powder or cheese sauce
- Cottage cheese Butter, butter fat, artificial butter flavor
- Whey and whey products

Foods containing milk/milk products:

- Au gratin foods Chocolate and cream candy
- Coffee creamers Creamed or scalloped foods
- Custard Nougat
- Ice cream Malted milk
- Many puddings Margarines (some, check the label)
- White sauces

Ingredients to look for:

- Lactalbumin, lactalbumin phosphate Lactoglobulin
- Casein or sodium caseinate Lactose (milk sugar)

You must also avoid Foods that contain Calcium if you were treated for Calcium:

- Vegetables Lettuce
- Broccoli Cabbage
- Brussel sprouts Beans
- Oats Nuts
- Sunflower seeds Fish
- All Calcium supplements All Vitamins containing Calcium

FOODS YOU CAN EAT OR DRINK

Boiled White Rice, Chicken, Beef, Pork, Coffee or Tea without milk, Salt and Sugar.



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Group 3: VITAMIN C

Foods to avoid in your diet for the next 24 hours:

Your diet consists of anything you EAT, DRINK, RUB ON YOUR SKIN or INHALE. You must avoid eating, drinking, touching, or smelling the following.

Fresh fruits
Dried fruits
Vegetables
Pickles, Olives, anything pickled
Any juice, soft drinks, lemonade, milk, tea etc.
Sauces of any kind
Salad dressing or salads
Artificial sweeteners
Vitamin C supplements
Do not take any vitamin supplements
Any food or drink that has added vitamin C

FOODS YOU CAN EAT OR DRINK

Eggs boiled or poached
Oatmeal without milk
Grilled chicken or fish
Beef or Pork plain
French fries
Sugar
Salt
Coffee
Oils
Boiled white rice
Water



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Group 4: B VITAMINS

Examples of products containing B Vitamins:

- Brewers yeast Wheat germ
- Whole grains Vitamin fortified foods or drinks
- Milk Brown rice

Foods to avoid in your diet for the next 24 hours:

Your diet consists of anything you EAT, DRINK, RUB ON YOUR SKIN or INHALE. You must avoid eating, drinking, touching, or smelling the following.

- Beef Pork
- Eggs or egg products Molasses
- Organ meats Vegetables
- Fruit Soy
- Milk products Yogurt
- Bran Cake
- Candy Cookies
- Doughnuts Egg rolls
- Egg noodles Frostings
- Ice cream Brown rice
- Beans Nuts of any kind
- Bread or any grain product Apples
- Shampoo, Conditioner, Lotions that are vitamin fortified

Diet tip: Be sure to read labels carefully. Do not consume anything that is uncooked or vitamin fortified.

YOU CAN EAT OR DRINK

White rice that is boiled and rinsed, cooked cauliflower, deep fried or well cooked fish, french fries, black coffee, sugar, salt and water.



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GROUP 5: SUGAR

Foods to avoid in your diet for the next 24 hours:

Your diet consists of anything you EAT, DRINK, RUB ON YOUR SKIN or INHALE. You must avoid eating, drinking, touching, or smelling the following.

- Any produce that contains any ingredient that ends with OSE.
- Glucose Fructose
- Dextrose Maltose
- Sucrose Lactose
- Corn sugar (high fructose corn syrup)
- Honey Molasses
- Rice sugar Sugar free drinks
- Toothpaste Mouth Wash

Diet tip: Be sure to read labels carefully. Do not consume anything that may contain sugar or a sugar substitute.

YOU CAN EAT OR DRINK

White rice that is boiled and rinsed, French fries, black coffee, tea without milk, vegetables, potatoes, vegetable oils, beef, chicken, pork, eggs, and water.



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GROUP 6: VITAMIN A

Foods to avoid in your diet for the next 24 hours:

Your diet consists of anything you EAT, DRINK, RUB ON YOUR SKIN or INHALE. You must avoid eating, drinking, touching, or smelling the following.

- Raw fruits or vegetables
- Yellow fruits
- Yellow vegetables
- Carrots
- Green peppers
- Fish or fish products
- Milk or anything that contains milk
- Corn or anything that contains corn
- Shampoos or lotions that are vitamin fortified or may contain vitamin A

Diet tip: Be sure to read labels carefully. Do not consume anything that is vitamin fortified.

YOU CAN EAT OR DRINK

White rice that is boiled and rinsed, chicken, French fries, plain baked potatoes, black coffee, tea without milk, and water.



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GROUP 7: IRON

Foods to avoid in your diet for the next 24 hours:

Your diet consists of anything you EAT, DRINK, RUB ON YOUR SKIN or INHALE. You must avoid eating, drinking, touching, or smelling the following.

- Fruits
- Vegetables
- Molasses
- Sunflower seeds or sunflower oil
- Nuts
- Beans
- Sesame seeds or oil
- Coffee
- Tea
- Brewers or bakers yeast
- Egg yolk
- Liver, organ meats or red meat
- Fish or shellfish
- Chocolate
- Vitamin or mineral supplements
- Bread of any kind

Diet tip: Be sure to read labels carefully. Do not consume anything that is vitamin or iron fortified.

YOU CAN EAT OR DRINK

White rice that is boiled and rinsed, chicken, french fries, plain baked potatoes, orange juice and water.



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GROUP 8: MINERALS

Foods to avoid in your diet for the next 24 hours:

Your diet consists of anything you EAT, DRINK, RUB ON YOUR SKIN or INHALE. You must avoid eating, drinking, touching, or smelling the following.

- Mineral water
- Tap water (you must wash and brush your teeth with distilled water)
- Salt
- Fruits
- Vegetables
- Molasses
- Sunflower seeds or sunflower oil
- Nuts
- Beans
- Sesame seeds or oil
- Coffee
- Tea
- Brewers or bakers yeast
- Egg yolk
- Liver, organ meats or red meat
- Fish or shellfish
- Chocolate
- Vitamin or mineral supplements
- Bread of any kind
- You must use plastic utensils when eating
- Avoid touching metals and in severe cases wear gloves when touching metals
- Avoid wearing jewelry
- If you must wear jewelry, cover rings or metal buttons with masking tape

Diet tip: Be sure to read labels carefully. Do not consume anything that is vitamin or mineral fortified or take supplements or herbs.

YOU CAN EAT OR DRINK

White rice that is boiled and rinsed, chicken, french fries, plain baked potatoes (not wrapped in foil), sugar and distilled water

Do not use any Antiperspirant (because of the aluminum content).



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GROUP 9: SALT

Foods to avoid in your diet for the next 24 hours:

Your diet consists of anything you EAT, DRINK, RUB ON YOUR SKIN or INHALE. You must avoid eating, drinking, touching, or smelling the following.

- Mineral water
- Tap water (you must wash and brush your teeth with distilled water)
- Salt
- Fruits
- Vegetables
- Fish or shellfish
- Fast foods
- Foods processed with salt
- Cured meat, bacon, ham etc.
- Coffee
- Canned foods
- Frozen foods
- Cheese
- Dried beef or pork
- Avoid sweating
- Anything that could possibly contain salt
- Butter and dairy products

Diet tip: Be sure to read labels carefully.

YOU CAN EAT OR DRINK

White rice that is boiled and rinsed, chicken, plain baked potatoes, sugar and distilled water.



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GROUP 10: CORN

Foods to avoid in your diet for the next 24 hours:

Your diet consists of anything you EAT, DRINK, RUB ON YOUR SKIN or INHALE. You must avoid eating, drinking, touching, or smelling the following.

- Avoid anything containing High Fructose Corn Syrup
- Corn oil
- Corn starch
- Carbonated drinks
- Bread
- Hand lotions
- Baby powder and powders that contain cornstarch
- Aspirin
- Make-up
- Shampoos
- Toothpaste
- Baking soda
- Baking powder
- Deodorant

Diet tip: Be sure to read labels carefully. You will find it difficult to avoid corn, read every label and be careful.

YOU CAN EAT OR DRINK

White rice that is boiled and rinsed, fruits, chicken, cooked or raw vegetables, coffee or tea without cream or corn sugar, plain baked potatoes, sugar and distilled water.



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GROUP 11: GRAINS

Foods to avoid in your diet for the next 24 hours:

Your diet consists of anything you EAT, DRINK, RUB ON YOUR SKIN or INHALE. You must avoid eating, drinking, touching, or smelling the following.

- Avoid anything made from or containing Grain
- Wheat
- Oats
- Rice
- Barley
- Rye
- Millet
- Arrowroot

Diet tip: Be sure to read labels carefully. You will find it difficult to avoid Grain, read every label and be careful.

YOU CAN EAT OR DRINK

Fruits, Vegetables, Meats, Milk, Tea, Coffee, Sugar, Salt, and Water



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GROUP 12: YEAST

Foods to avoid in your diet for the next 24 hours:

Your diet consists of anything you EAT, DRINK, RUB ON YOUR SKIN or INHALE. You must avoid eating, drinking, touching, or smelling the following.

- Brewer's yeast
- Bakers yeast
- Baked goods
- Sugars
- Fruits
- Soy sauce
- Alcoholic beverages
- Any foods that may contain yeast
- Raw fruits
- Raw vegetables

Diet tip: Be sure to read labels carefully. Wash all vegetables well.

YOU CAN EAT OR DRINK

Beef, Pork, Chicken, Fish, White rice boiled and rinsed, Tea, Coffee, Sugar, Salt, Beans and Water.



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GROUP 13: ANIMAL FAT

Foods to avoid in your diet for the next 24 hours:

Your diet consists of anything you EAT, DRINK, RUB ON YOUR SKIN or INHALE. You must avoid eating, drinking, touching, or smelling the following.

- Butter
- Milk
- Lard
- Meats
- Fish
- Fish oils
- Chips
- Fast foods
- Foods deep fried
- Cakes
- Cookies
- Ice cream
- Gelatin
- Chili
- Fried foods
- Soap (use only vegetarian soap)
- Skin lotions
- Make-up made from animal fat

Diet tip: Be sure to read labels carefully. You will find it difficult to avoid Animal Fats, read every label and be careful.

YOU CAN EAT OR DRINK

Fruits, Vegetables, Tea or Coffee without milk, Sugar, Salt, Olive oil, Vegetable oil, Water and anything without animal fat.



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GROUP 14: VEGETABLE FAT

Foods to avoid in your diet for the next 24 hours:

Your diet consists of anything you EAT, DRINK, RUB ON YOUR SKIN or INHALE. You must avoid eating, drinking, touching, or smelling the following.

- Vegetables
- Olive oil
- Corn oil
- Canola oil
- Peanut oil
- Linseed oil
- Safflower oil
- Coconut oil
- Palm oil
- Breads, crackers, cookies, Italian food
- Vegetarian Soap
- Skin lotions, shampoo or conditioner containing any of the above oils
- Make-up made from any of the above oils

Diet tip: Be sure to read labels carefully. You will find it difficult to avoid Vegetable Fat, read every label and be careful.

YOU CAN EAT OR DRINK

White rice boiled, Eggs, Meats, Chicken, Real Butter, Fruits, Tea or Coffee, Sugar, Salt, Animal fats, Water and anything without Vegetable fat.



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GROUP 15: ACID DIGESTION

Foods to avoid in your diet for the next 24 hours:

Your diet consists of anything you EAT, DRINK, RUB ON YOUR SKIN or INHALE. You must avoid eating, drinking, touching, or smelling the following.

- Sugar
- Starches
- Meats
- Grains
- Fruit
- Coffee
- Tea
- Carbonated beverages

YOU CAN EAT OR DRINK

Raw or steamed vegetables, cooked beans and milk.



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GROUP 16: ALKALINE DIGESTION AND ENZYMES

Foods to avoid in your diet for the next 24 hours:

Your diet consists of anything you EAT, DRINK, RUB ON YOUR SKIN or INHALE. You must avoid eating, drinking, touching, or smelling the following.

- Raw or cooked vegetables
- Cooked beans
- Milk
- Vitamin supplements
- Enzyme supplements

YOU CAN EAT OR DRINK

Sugar, Starches, Meats, Grains, Coffee or tea without milk and water.



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GROUP 17: HORMONE SECRETIONS

Foods to avoid in your diet for the next 24 hours:

Your diet consists of anything you EAT, DRINK, RUB ON YOUR SKIN or INHALE. You must avoid eating, drinking, touching, or smelling the following.

- Milk and Milk products
- Beef
- Pork
- Chicken
- Birth control pills if possible
- Hormone replacement therapy medication if possible
- Vitamin and herbal supplements
- Protein powder supplements
- Limit soy intake

YOU CAN EAT OR DRINK

Vegetables, Fish and anything not included in the list above.



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GROUP 18: PHENOLICS

Plants produce an amazing variety of organic compounds over and above their everyday components, which are called **primary compounds**. The primary compounds, carbohydrates, lipids, nucleotides and peptides are shared by all living organisms and are central to life processes. The **secondary compounds** are derived from everyday components, but are not central to metabolism.

Phenolics are found in this group of secondary compounds. They have been developed by plants over eons of time. They help protect against disease, plant eating animals and insects. Phenols are also used by plants to attract insects and animals for reproduction by using color, shape and smell.

Your diet consists of anything you EAT, DRINK, RUB ON YOUR SKIN or INHALE. You must avoid eating, drinking, touching, or smelling anything on the list of things to avoid.

It is possible that you may have a sensitivity or allergy to one or more of these plant Phenolics that are found in nature.

- You will be given a separate list of foods to avoid based on the Phenolics that were treated.
- Many plants and foods share the same Phenolic so this list could be extensive.
- It may be necessary for you to fast for 24 hours, based upon your findings.