

PHASE 1 LIFESTYLE

Food Groups	Foods ALLOWED	Foods EXCLUDED
SUGAR	NONE	All sugars excluded
SWEETNERS	Stevia (liquid or powdered), Xylitol	Aspartame, Saccharin, Sucralose
FRUIT	Green Apples, Berries, Avocados, Grapefruit, Lemons, Limes and Coconut	All others, including fruit juices
MEAT	Virtually all meats, including Fish, Poultry and Beef (<i>organic is best</i>)	Breaded meats
EGGS	Yes, all types allowed	Avoid egg substitutes
DAIRY	Butter and Plain Yogurt (<i>organic is best</i>); sparingly: Cream Cheese , organic, unsweetened Whipping Cream and real Sour Cream	All others, including margarine and any of the butter substitutes
VEGETABLES	Most fresh, unblemished Vegetables and freshly made Vegetable Juice	Potatoes and Legumes (Beans and Peas)
BEVERAGES	Bottled or filtered Water ; non-fruity herb teas; Stevia-sweetened, fresh Lemonade or Lime-ade	Coffee and tea (including decaf) and regular/diet sodas
GRAINS	Zero grains allowed	Pasta, rice, corn, wheat, millet, oats, barley, etc.
PSEUDO-GRAINS	Quinoa, Buckwheat, Amaranth	
YEAST PRODUCTS	No yeast allowed	All are all excluded, as are bread, mushrooms, pastries and alcohol
VINEGAR	Unpasteurized, Apple Cider Vinegar, Coconut Vinegar and Black Olives not aged in vinegar	Pickles, salad dressings, green olives, soy sauce
NUTS & SEEDS	Raw Nuts & Seeds , including Pecans, Almonds, Walnuts, Cashews, Pumpkins Seeds, Flax Seeds, Chia Seeds , etc.	Peanuts (and all peanut products) and pistachios
ALCOHOL	NONE	All alcohol excluded

Doug Kaufmann Phase 1 Diet

Larry Trivieri Jr



Doug Kaufmann Phase 1 Diet:

The Kaufmann Diet Guide Doug Kaufmann, 2018-10 The Kaufmann Diet Guide is a cookbook focusing on Doug Kaufmann's anti fungal diet and healthy living *No Doctors Required* Larry Trivieri Jr, 2021-04-23 The only book to ever be officially endorsed by the acclaimed Academy of Comprehensive Integrative Medicine *No Doctors Required* is a must have guide for everyone wanting to take control of their health using proven and in many cases cutting edge self care approaches they can do on their own Most of these health boosting methods aren't even known by most doctors The information in *No Doctors Required* has never before been compiled in a single volume Drawing on the author's nearly 30 years of research as a noted lay health expert and the recommendations of 15 of the world's most visionary health experts including Drs C Norman Shealy Zach Bush W Lee Cowden Stephen Sinatra and Brad Nelson *No Doctors Required* introduces readers to the 10 most essential keys necessary for creating excellent health and then empowers them with how to instructions for optimizing each of those keys in their own lives and the lives of their loved ones Among the many benefits this book provides are A listing of important medical tests readers can obtain on their own to quickly discover their current health status far more accurately than conventional medical tests are capable of showing Techniques for discovering the best diet for their unique nutritional needs A quick and effective self test for discovering food allergies and sensitivities A unique discovery that supports the health of the GI tract and provides rapid protection against harmful toxins including glyphosate A powerful 4 minute exercise routine that provides significant cardiovascular and strength training benefits without the need for equipment or trips to the gym A powerful method to quickly and permanently heal unresolved emotions and beliefs and the physical health ailments they can cause Multiple methods for achieving healthy sleep Plus much more Book Review 1 I highly recommend *No Doctors Required* as an important resource that teaches readers how to quickly improve their health using the powerful self care healing methods it shares Dr Joseph Mercola Founder of Mercola.com Book Review 2 *No Doctors Required* is a book that is very needed at this time when the medical system in the USA is becoming less and less capable of truly helping most patients The practical knowledge and self care methods Larry Trivieri Jr and over a dozen other acclaimed health experts share in this book can be easily implemented by readers to take command over their own health and well being Everyone who wants to understand gain and maintain good health will benefit from reading *No Doctors Required* and applying its life enhancing principles to their lives Elle Macpherson Book Review 3 As a celebrity cancer survivor health activist and founder of the Cancer Schmancer Movement I come in contact with countless authorities in the health space Few doctors whose paths I've crossed are as brilliant at understanding the body as a system and supporting its ability to function at an optimal level than Dr Lee Cowden I have written everything down that he has recommended to me like gospel because I know what a medical genius he is In *No Doctors Required* Dr Cowden and over a dozen other health experts share their expertise with Larry Trivieri Jr to guide you to better health through proven self care methods most doctors know nothing

about Do yourself a favor and listen to them Fran Drescher *The Probiotic Cure* Martie Whittekin,2016-05-23 In 1982 it was discovered that the vast majority of stomach ulcers are caused by H pylori nasty little bacteria found in the gut In spite of the evidence it took the U S medical community ten years to accept this finding and change their treatment of ulcers In 2015 scientists have come to an equally startling conclusion An imbalance in the bacterial community of your stomach can cause not only ulcers but also a host of other serious and painful disorders from allergies to diabetes to osteoporosis Now best selling health author Martie Whittekin has written *The Probiotic Cure* a guide to overcoming many of our most common health issues *The Probiotic Cure* is divided into two parts Part One is designed to explain what our internal flora is and how it works in our gut It examines what comprises this living community specifically focusing on the natural balance of bad and good bacteria It details how this community can become unbalanced from a poor diet a toxic environment or a number of medications causing negative consequences for your health It then goes on to explain how balance can be restored safely and effectively by using probiotics good bacteria that are readily available in supplement form Part Two provides a listing of the most common health disorders that may arise from a bacterial imbalance Each entry includes a look at conventional treatments for the disorder along with the probiotics approach Practical suggestions and points to consider are offered so that you can make the best decision possible for your well being Hopefully it will not take another ten years for the medical community to recognize the power of probiotics But with this book in hand you can benefit today from groundbreaking research *The Probiotic Cure* provides a safe natural and wonderfully effective alternative approach to treating many of the major health problems of our time Canadiana ,1986 **Subject Guide to Books in Print** ,1971 *Journal of the American Medical Association* ,1992-03 Science Citation Index ,1992 Vols for 1964 have guides and journal lists **The Fungus Link** Doug A. Kaufmann,2000 This book is a compilation of data originally published from 1997 to 1999 in *The Fungazette* a newsletter This book help s readers locate the possible cause of their health maladies It does not replace the diagnosis prognosis or treatment that your health care practitioner can provide But it is the author s hope that in time the competency at diagnosing fungal disease will improve Pref **The Dallas One-Day-at-a-Time Diet** Joe Goldstrich,Daniel Kaufman,1991-10-01 **New Low Carb Diet** Kaufman, Karshner,William I. Kaufman,1990-05-01

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Doug Kaufmann Phase 1 Diet Introduction

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