

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.