

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.

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.