

Phend

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DERMAPHEND ANTIGEN REDUCTION DIET BLOOD TYPE A

NB!!! – This diet is not to be considered by women who are pregnant.

If you suffer from any liver or kidney disorder it would be advisable to consult with your health practitioner before commencing.

STEP 1. KIDNEY AND LIVER CLEANSER

Purchase from your pharmacy or health store, liver and kidney cleansing medicine. Preferably go to a health store as they are better trained in this field. The medicine can comprise tinctures and tablets. For e.g. Schweden bitters.

Start taking the medication 7-10 days before you start on the detox. During this period, gradually eliminate, tea, coffee, alcohol, cooldrinks and fruit juices that come in a box or bottle. By the time the 7 day period is up these drinks should be completely eliminated from your diet.

[The reason for the liver and kidney cleanse is that once the detox starts to take effect, your body is going to eliminate large quantities of toxins that have accumulated over many years. This can place stress on your liver and kidneys if they are not functioning effectively. The cleanse also reduces the side effects of detoxing which are headaches and muscular aches.]

STEP 2. TWO WEEK DETOX

The following takes precedence over all other. In other words only eat the foods as provided in the lists under step 3, but in addition you need to eliminate the foods and drinks described below. Only after the two week detox can you disregard the list under step2 and only eat the items listed in step 3.

Please check all labels when considering purchasing/eating

No microwaved foods - [these should never be eaten]

No salt, synthetic spices and condiments

No processed foods (almost anything that comes in a tin, packet or box)

No sugar or anything that contains sugar

No sweeteners, especially aspartame.

No stock cubes

No MSG (Aromat etc..)

No tap water

No sunflower oil

No aluminium cooking utensils

No dairy (butter, milk, cream etc...)

No margarine

No alcohol

No concentrated or carbonated cooldrinks
No black tea (only rooibos/red bush)
No fruit juice (unless freshly squeezed by yourself)
No foods or drinks that contain, preservatives, colorants and antioxidants
No Wheat
No deep fried foods.
No Pasta
No Avocado or tomatoes
No egg yellow only white
No red meat except lamb

Nuts must be free of salt and raw
Dried fruits must be washed to remove preservative.
Fruit and Veg should eaten raw are partially steamed as little as possible. [this should always tried to be achieved]
Fruit and Veg should be organically grown if possible
Honey should be raw, un-pasteurised. [Never heat honey.]
Foods may be fried using a little olive oil
Drink 1 to 1.5 litres of purified water per day.

Meals should comprise a balance of 10% carbohydrate, 25% protein and 65% fruit and vegetables.

During this 2 week period, the foods that can be eaten are in groups A and B.
If there is a particular food in either of these groups that you know you have an intolerance or allergy to, then do not eat them.

The following groupings comprise:

- A. Foods that are beneficial to you
- B. Foods that are neither good nor bad
- C. Foods that definitely should not be eaten

STEP 3 - The antigen reduction diet

After the two week detox, you can start introducing the foods and drinks from step 2 as long as they DO NOT conflict with the foods in the lists mentioned below.

PLEASE NOTE:

In the following foods list, where it mentions, Soy, or Soy/Soya products we are referring to fermented soy, **NOT** unfermented.

Only un-pasteurised organic Cows Milk.

Introduce natural pro-biotics i.e. unpasteurised Sauer Kraut or Kefir

Recommended Nutritional supplements:

Magnesium Peroxide (No other form is acceptable) ¼ level teaspoon twice daily

Chlorella and Spirulina 1000mg twice daily

Vitamin C as Calcium Ascorbate Ester C (powder form) 1000mg daily as maintenance dose.

Omega 3 oil derived from fish (pharmaceutical grade only) – 5ml per day as a maintenance dose.

Salt only Himalayan rock salt or Celtic sea salt (must contain minerals and trace elements)

Pysillium Husk if ever constipation occurs 1-2 teaspoons on empty stomach.

Always avoid refined sugar in any form. Xylitol is a safe alternative

This eating plan should be embraced as the perfect way to eat in the future. Although this may seem impossible to some, there is no issue with a little cheating every now and then, but only once all health problems have been overcome.

GROUP A	GROUP B	GROUP C
BENEFICIAL	NEUTRAL	AVOID
MEATS	MEATS	MEATS
	CHICKEN	BACON
	POUSSIN	LAMB
	TURKEY	LIVER - ALL
		MUTTON
		PARTRIDGE
		BEEF - ALL
		DUCK
		GOOSE
		HAM
		KIDNEY
		OXTAIL
		PHEASANT
		PORK
		QUAIL
		RABBIT
		TRIBE
		VEAL
		VENISON

BENEFICIAL	NEUTRAL	AVOID
FISH	FISH	FISH
CARP	ABALONE	ANCHOVY
COD	TUNA	BARRACUDA
GROUPE	SAIL FISH	CATFISH
MACKEREL	SEA BASS	CAVIAR
MONKFISH	SNAPPER	CLAMS
RED SNAPPER	STURGEON	CRAB
RAINBOW TROUT	SWORDFISH	CRAYFISH
SALMON		FROGS LEGS
SARDINE		HADDOCK
SEA TROUT		HAKE
SNAILS		HERRING
		LOBSTER
		MUSSELS
		OCTOPUS
		OYSTERS
		PLAICE
		SCALLOPS
		SHAD
		SHRIMP
		SMOKE SALMON
		SOLE
		CALAMARI
		STRIPED BASS

BENEFICIAL	NEUTRAL	AVOID
DAIRY & EGGS	DAIRY & EGGS	DAIRY & EGGS
SOYA MILK	EGGS	BLUE CHEESE
SOYA CHEESE	FETA	BRIE
	GOATS CHEESE	BUTTER
	GOATS MILK	CAMEMBERT
	GREEK STYLE YOGHURT	CHEDDAR
	MOZZARELLA	COTTAGE
	RICOTTA CHEESE	EDAM
	YOGHURT	EMMENTHAL
		FROMAGE FRAIS
		GOUDA
		GRUYERE
		SOFT CHEESES
		ICE CREAM
		MILK
		PARMESAN
		SHERBET

BENEFICIAL	NEUTRAL	AVOID
FATS & OILS	FATS & OILS	FATS & OILS
LINSEED	RAPESEED	CORN OIL
FLAXSEED	COD LIVER	COTTONSEED
OLIVE OIL	SUNFLOWER MARGERINE	GROUNDNUT
		SAFFLOWER
		SUNFLOWER
		SESAME

BENEFICIAL	NEUTRAL	AVOID
NUTS & SEEDS	NUTS & SEEDS	NUTS & SEEDS
PEANUTS	ALMONDS	BRAZIL
PEANUT BUTTER	CHESTNUTS	CASHEW
PUMPKIN SEED	HAZELNUTS	PISTACHIO
	MACADAMIA	
	POPPY SEEDS	
	SESAME SEEDS	
	SUNFLOWER SEEDS	
	TAHINI	
	WALNUTS	

BENEFICIAL	NEUTRAL	AVOID
BEANS	BEANS	BEANS
ADUKI	BROAD	CHICK PEAS
BALCK	CANNELLINI	KIDNEY
BLACK-EYED	GREEN	LIMA
LENTILS - ALL	SUGAR-SNAP	NAVY
PINTO	PEAS	RED
RED SOYA	WHITE BEANS	

BENEFICIAL	NEUTRAL	AVOID
CEREALS	CEREALS	CEREALS
AMARANTH	BRARLEY	CREAM OF WHEAT
BUCKWHEAT	CORNFLAKES	FAMILIA
	CORNMEAL	FARINA
	KAMUT	GRANOLA
	PUFFED MILLET	GRAPE NUTS
	OAT BRAN	WHEAT BRAN
	OATMEAL	WHEATGERM
	PUFFED RICE	SHREDDED WHEAT
	SPELT	

BENEFICIAL	NEUTRAL	AVOID
BREADS AND MUFFINS	BREADS AND MUFFINS	BREADS AND MUFFINS
RICE CAKES	BROWN RICE BREAD	DURUM WHEAT BREAD
SOYA FLOUR BREAD	CORNBREAD	ENGLISH MUFFINS
	CORN MUFFINS	MATZOS
	GLUTEN FREE BREAD	MULTI GRAIN BREAD
	MILLET BREAD	PUMPERNICKEL
	OAT BRAN MUFFINS	WHEAT BRAN MUFFINS
	POLENTA	WHOLEWHEAT BREAD
	100% RYE BREAD	BROWN BREAD
	RYE CRISPS	
	SPELT BREAD	
	RYVITA	

BENEFICIAL	NEUTRAL	AVOID
GRAINS & PASTAS	GRAINS & PASTAS	GRAINS & PASTAS
BUCKWHEAT FLOUR	COUSCOUS	PLAIN FLOUR
OAT FLOUR	BARLEY FLOUR	SELF RAISING FLOUR
RICE FLOUR	BULGAR WHEAT FLOUR	SEMOLINA FLOUR
RYE FLOUR	DURUM WHEAT FLOUR	SPINACH FLOUR
BUCKWHEAT NOODLES	GLUTEN FLOUR	WHOLEWHEAT FLOUR
	SPELT FLOUR	
	RICE, BASMATI, BROWN, WHITE	
	TAPIOCA	
	WILD RICE	

BENEFICIAL	NEUTRAL	AVOID
VEGETABLES, HERBS	VEGETABLES, HERBS	VEGETABLES, HERBS
ALFALFA SPROUTS	ASPARAGUS	AUBERGINES
BETROOT LEAVES	AVOCADO	BROAD BEANS
BROCCOLI	BAMBOO SHOOTS	CABBAGE - CHINESE, RED, WHITE
COLLARD GREENS	BEETROOTS	CHILLI PEPPERS
COS LETTUCE	BOK CHOY	MUSHROOMS - CULTIVATED
DANDELION GREENS	CARROTS	OLIVES - ALL
ENDIVE	CAULIFLOWER	PEPPERS - ALL
ESCAROLE	CELERY	POTATOES - ALL

GARLIC	CHERVIL	TOMATOES
ARTICHOKES	CHICORY	YAMS
HORSERADISH	CORIANDER	
KALE	COUGETTES	
KOHLRABI	CUCUMBER	
LEEKES	DAIKONS	
OKRA	FENNEL	
ONIONS	JICAMA BEANS	
PARSLEY	LETTUCE	
PARSNIPS	MANGETOUTS	
PUMPKINS	MUNG BEAN SPROUTS	
SPINACH	MUSHROOMS - UNCULTIVATED	
SWISS CHARD	OLIVES	
TEMPE	SPRING ONIONS	
TOFU	RADICCHIO	
TURNIPS	RADISH SPROUTS	
	RADISHES	
	SEAWEEDS	
	ROCKET	
	SEAWEEDS	
	SQUASH - ALL	
	SWEDES	
	SWEETCORN	
	WATER CHESTNUTS	
	WATERCRESS	

BENEFICIAL	NEUTRAL	AVOID
FRUITS	FRUITS	FRUITS
APRICOTS	APPLES	BANANAS
CHERRIES	BLACKBERRIES	COCONUTS
FIGS - DRIED & FRESH	BLACKCURRANTS	MANGOES
GRAPEFRUIT	BLUE BERRIES	MELONS-CANTELOUPE, HONEYDEW
LEMONS	CRANBERRIES	ORANGES
PINEAPPLE	DATES	PAPAYAS
PLUMS	ELDERBERRIES	PLANTAINS
PRUNES	GOOSEBERRIES	RHUBARB
	GRAPES	NAARTJIE
	GUAVA	
	KIWI	
	KUMQUATS	
	LIMES	
	LOGANBERRIES	
	MELONS	
	NECTARINES	
	PEACHES	
	PEARS	
	POMEGRANATES	
	PRICKLY PEARS	
	RAISINS	
	RASPBERRIES	

	REDCURRANTS	
	STAR FRUIT	
	STRAWBERRIES	
	WATERMELONS	

BENEFICIAL	NEUTRAL	AVOID
JUICES	JUICES	JUICES
APRICOT JUICE	APPLE CIDER	ORANGE JUICE
BLACK CHERRY JUICE	APPLE JUICE	PAPYA JUICE
CARROT JUICE	CABBAGE JUICE	TOTMATO JUICE
CELERY JUICE	CUCUMBER JUICE	
GRAPEFRUIT JUICE	CRANBERRY JUICE	
PINEAPPLE JUICE	GRAPE JUICE	
PRUNE JUICE	VEGETABLE JUICES AS ABOVE	
WATER & LEMON JUICE		

- Please note that "fresh" fruit juices that come in a box or bottle are not fresh. They either contain a preservative or have been pasteurised to the extent that any goodness that was left has been boiled to death. A good indicator to judge if the juice is fresh is if there are no preservatives and if the shelf life is only a few days.

BENEFICIAL	NEUTRAL	AVOID
SPICES AND FLAVOURINGS	SPICES AND FLAVOURINGS	SPICES AND FLAVOURINGS
BARLEY MALT	AGAR	MSG - MONOSODIUM GLUTAMATE
GARLIC	ALL SPICE	PEPPER - ALL
GINGER	ALMOND ESSENCE	VINEGARS - ALL
MISO	ANISE	GELATINE - PLAIN
SOYSAUCE	BASIL	
TAMARI	CAPERS	
	CARAWAY SEEDS	
	CARDAMOM	
	CAROB	
	CHERVIL	
	CHIVES	
	BAY LEAF	
	BERGAMOT	
	BROWN RICE SYRUP	
	CORNFLOUR	
	CORN SYRUP	
	CREAM OF TARTAR	
	CUMIN	
	CURRY POWEDER	
	DILL	
	HONEY - RAW	
	HORSERADISH	
	MAPLE SYRUP	
	MARJORAM	
	MINT	
	MUSTARD DRY	
	NUTMEG	
	PAPRIKA	
	PARSLEY	

	PEPPERMINT	
	CHOCOLATE	
	CIANNMON	
	CORAINDER	
	PIMENTO	
	RICE SYRUP	
	ROSEMARY	
	SAFFRON	
	SAGE	
	SALT - NATURAL	
	SAVORY	
	SEAWEEDES	
	SPEARMINT	
	SUGAR - BROWN, WHITE	
	TAMARIND	
	TARRAGON	
	THYME	
	TURMERIC	
	VANNILA ESSENCE - POD	

BENEFICIAL	NEUTRAL	AVOID
CONDIMENTS	CONDIMENTS	CONDIMENTS
	JAM FROM ACCEPTABLE FRUITS	TAMATOE SAUCE
	JELLY FROM ACCEPTABLE FRUITS	MAYONNAISE
	MUSTARD - PREPARED	PICKLES - ALL
	SALAD DRESSING FROM ACCEPT-	RELISH
	ABLE INGREDIENTS	WORCESTER SAUCE
		CHUTNEY

BENEFICIAL	NEUTRAL	AVOID
TEAS & BEVERAGES	TEAS & BEVERAGES	TEAS & BEVERAGES
GREEN TEA	WHITE WINE	CATNIP
ROOIBOS		CAYENNE
RED WINE		CORNSILK
COFFEE-DECAFFEINATED		RD CLOVER
COFFEE -REGULAR		RHUBARB
		YELLOW DOCK
		BEER & ALE
		DISTILLED SPIRITS
		TEA - BLACK
		ALL COOLDRINKS
		SPARKLING MINERAL WATER