

Phend

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DERMAPHEND ANTIGEN REDUCTION DIET BLOOD TYPE AB

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.

	GREEN BEANS	
	LIMA BEANS	
	PEAS - SUGAR-SNAP	
	PEAS-GREEN	
BENEFICIAL	NEUTRAL	AVOID
CEREALS	CEREALS	CEREALS
	CREAM OF RICE	GRAPENUTS
	AMARANTH	CORN / MAIZE MEAL
	BARLEY	CORNFLAKES
	BUCKWHEAT	CREAM OF WHEAT
	MILLET	FARINHA
	OAT BRAN	GRANOLA
	OATMEAL	SHREDDED WHEAT
	PUFFED RICE	WHEAT BRAN
	RICE BRAN	WHEATGERM
	SPELT	FAMILIA
BENEFICIAL	NEUTRAL	AVOID
BREADS AND MUFFINS	BREADS AND MUFFINS	BREADS AND MUFFINS
SPROUTED-WHEAT ESSENE BREAD	BROWN RICE BREAD	MATZOS
	100% RYE BREAD	BAGELS
	FIN CRISPS	BREAD-WHITE,BROWN,H-PROTEIN
	GLUTEN FREE BREAD	CORN MUFFINS
	MILLET BREAD	CORNBREAD
	RICE CAKES	DURUM WHEAT BREAD
	RYE CRISPS	MULTI GRAIN BREAD
	RYVITA CRISPBREADS	OATBRAN MUFFINS
	SOYA FLOUR BREAD	POLENTA
	SPELT BREAD	PUMPERNICKEL BREAD
	WASA BREAD	ENGLISH MUFFINS
		WHEAT BRAN MUFFINS
		WHOLEWHEAT BREAD
BENEFICIAL	NEUTRAL	AVOID
GRAINS & PASTAS	GRAINS & PASTAS	GRAINS & PASTAS
	BARLEY FLOUR	GRAHAM FLOUR
	BUCKWHEAT FLOUR	COUSCOUS
	BUCKWHEAT NOODLES	DURUM WHEAT FLOUR
	KASHA	GLUTEN FLOUR
	QUINOA - FLOUR OR GRAIN	OAT FLOUR
	RICE- BASMATI, BROWN, WHITE, WILD	PLAIN FLOUR
	RICE FLOUR	SELF RAISING FLOUR
	RICE VERMICILLI	SEMOLINA PASTA
	RYE FLOUR	SPINACH PASTA
	SPELT FLOUR	SPROUTED WHEAT FLOUR
	SPELT FLOUR	WHOLEWHEAT FLOUR
	TAPIOCA	
BENEFICIAL	NEUTRAL	AVOID
VEGETABLES, HERBS	VEGETABLES, HERBS	VEGETABLES, HERBS
BROCCOLI	ASPARAGUS	AVOCADO
BEETROOT LEAVES	BAMBOO SHOOTS	ALFALFA SPROUTS
COLLARD GREENS	BEETROOTS	AUBERGINES

DANDELION GREENS	BROAD BEANS	CABBAGE
ENDIVE	CARROTS	CAULIFLOWER
ESCAROLE	CELERY	MUSHROOMS, CULTIVATED, SHIITAKE
GARLIC	CHERVIL	MUSTARD GREENS
GLOBE ARTICHOKE	CHICORY	OLIVES - BLACK, GREEN, SPANISH
HORSERADISH	CHILLI PEPPERS	POTATOES - RED, WHITE
KALE	CORIANDER	SWEETCORN
KOHLRABI	COUGETTES	
LEEK	CUCUMBER	
OKRA	DAIKONS	
ONIONS-RED, SPANISH, YELLOW	DILL	
PARSLEY	FENNEL	
PARSNIPS	GINGER	
PUMPKIN	GREEN OLIVES	
RED PEPPERS	JICAMA BEANS	
SEAWEEDS	LETTUCE	
SWISS CHARD	MANGETOUTS	
TAPIOCA	MESCLUN SALAD	
TURNIPS	MUNG BEAN SPROUTS	
	MUSHROOMS	
	PEPPER - GREEN, YELLOW	
	RADICCHIO	
	RADISH SPROUTS	
	RADISHES	
	RAPPINI	
	ROCKET	
	SHALLOTS	
	SPRING ONIONS	
	SQUASH - ALL	
	SWEDES	
	TEMPE	
	TOFU	
	WATER CHESTNUTS	
	WATERCRESS	
	YAMS	
	YICAMA BEANS	
BENEFICIAL	NEUTRAL	AVOID
FRUITS	FRUITS	FRUITS
PRUNES	APPLES	COCONUTS
PLUMS	APRICOTS	BLACK BERRIES
FIGS - DRIED & FRESH	BANANAS	MELON-CANTELOUPE, HONEYDEW
	BLACKCURRANTS	NAARTJIES
	BLUE BERRIES	ORANGES
	BOYSENBERRIES	PLANTAINS
	CHERRIES	RHUBARB
	DATES-RED	STRAWBERRIES
	ELDERBERRIES	TANGERINES
	GRAPES	
	GOOSEBERRIES	
	GRAPEFRUIT	

	GUAVA	
	KIWI	
	KUMQUATS	
	LEMONS & LIMES	
	LOGANBERRIES	
	LITCHIS	
	MANGOES	
	MELONS	
	NECTARINES	
	PAPAY'S	
	PEACHES	
	PEARS	
	PINEAPPLES	
	PERSIMMONS	
	POMEGRANATES	
	PRICKLY PEARS	
	RAISENS	
	RASBERRIES	
	WATERMELONS	
	STAR FRUIT	
BENEFICIAL	NEUTRAL	AVOID
JUICES	JUICES	JUICES
THIS APPLIES TO FRESH SQUEEZED OR PREPARED JUICES ONLY		
BLACK CHERRY JUICE	TOMATO JUICE	CABBAGE JUICE
PRUNE JUICE	APRICOT JUICE	APPLE CIDER
PINEAPPLE JUICE	CARROT JUICE	APPLE JUICE
	CELERY JUICE	ORANGE JUICE
	CRANBERRY JUICE	
	CUCUMBER JUICE	
	GRAPE JUICE	
	GRAPEFRUIT JUICE	
	PAPAYA JUICE	
	VEGETABLE JUICES AS ABOVE APPROVED VEGETBLES	
BENEFICIAL	NEUTRAL	AVOID
SPICES AND FLAVOURINGS	SPICES AND FLAVOURINGS	SPICES AND FLAVOURINGS
CURRY POWDER	AGAR	ALL VINEGARS
CAROB	ALL SPICE	CINNAMON
CAYENNE PEPPER	ALMOND ESSENCE	CORNFLOUR
SEAWEEDES	ARROWROOT	MSG - MONOSODIUM GLUTAMATE
TUMERIC	BASIL	NUTMEG
	BAY LEAF	PEPERCORNS
	BERGAMOT	PEPPER-GROUND BLACK,WHITE
	BROWN RICE SYRUP	VANILLA ESSENCE POD
	CAPERS	
	CARAWAY	
	CARDAMOM	
	CAYENNE PEPPER	
	CHERVIL	
	CHIVES	

	CHOCOLATE	
	CLOVES	
	CORN SYRUP	
	CORRIANDER	
	CREAM OF TARTAR	
	CUMIN	
	DILL	
	GARLIC	
	GELATINE-PLAIN	
	HONEY - RAW	
	HORSERADISH	
	MAPLE SYRUP	
	MARJORAM	
	MINT	
	MISO	
	MOLLASSES	
	MUSTARD DRY	
	PAPRIKA	
	PEPPER - RED FLAKES	
	PEPPERMINT	
	PIMENTO	
	RICE SYRUP	
	ROSEMARY	
	SAFFRON	
	SAGE	
	SALT - NATURAL	
	SAVORY	
	SOY SAUCE	
	SPEARMINT	
	SUGAR - BROWN, WHITE	
	TAMARIND	
	TARRAGON	
	THYME	
BENEFICIAL	NEUTRAL	AVOID
CONDIMENTS	CONDIMENTS	CONDIMENTS
	JAM FROM ACCEPTABLE FRUITS	TAMATO SAUCE
	JELLY FROM ACCEPTABLE FRUITS	CHUTNEY
	MAYONNAISE	PICKLES - ALL
	MUSTARD	RELISH
	SALAD DRESSING FROM ACCEPT- ABLE INGREDIENTS	
	WORCESTERSHIE SAUCE	
BENEFICIAL	NEUTRAL	AVOID
TEAS & BEVERAGES	TEAS & BEVERAGES	TEAS & BEVERAGES
CAYENNE	CAMOMILE	ALOE
CHICKWEED	CATNIP	ALFALFA
DANDILION	DONG QUAI	BURDOCK ROOT
FENUGREEK	ELDERFLOWER	COFFEE -REGULAR

GINGER TEA	GINSENG	COFFEE-DECAFFEINATED
HOPS	GREEN TEA	COLTSFOOT
LIME LEAF	HAWTHORN	COOLDRINKS - ALL
LINDEN	HOREHOUND	CORNSMILK
PARSLEY TEA	LIQUORICE	DISTILLED SPIRITS
PEPPERMINT TEA	MULLEIN	ECHINACEA
ROOIBOS	RASBERRY LEAF	GENTIAN
ROSEHIP TEA	SAGE	GOLDEN SEAL
SARSAPARILLA	SCULLCAP	MILO/HORLICKS/OVALTINE
	SPEARMINT	RED CLOVER
SODA WATER	THYME	RHUBARB
SELTZER WATER	VALERIAN	SENNA
	VERVAIN	SHEPHARDS PURSE
	YARROW	ST JOHNS WORT
		STRAWBERRY LEAF
	LAGER	TEA-BLACK, DECAF, REGULAR
	WINE - RED, ROSE, WHITE	YELLOWDOCK