

Phend

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DERMAPHEND ANTIGEN REDUCTION DIET BLOOD TYPE 0

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.

	BUTTER	BLUE CHEESE
	FETA	BRIE
	GOATS CHEESE	BUTTERMILK
	SOYA CHEESE	CAMEMBERT
	SOYA MILK	CHEDDAR
	MOZZARELLA	COTTAGE
		EDAM
		EMMENTHAL
		FROMAGE FRAIS
		GOATS MILK
		GOUDA
		GRUYERE
		ICE CREAM
		MILK
		PARMESAN
		SHERBET
		SOFT CHEESES
		WHEY
		YOGHURT
BENEFICIAL	NEUTRAL	AVOID
FATS & OILS	FATS & OILS	FATS & OILS
LINSEED	RAPESEED	CORN OIL
FLAXSEED	COD LIVER	COTTONSEED
OLIVE OIL	SESAME OIL	GROUNDNUT
		SAFFLOWER
		SUNFLOWER
BENEFICIAL	NEUTRAL	AVOID
NUTS & SEEDS	NUTS & SEEDS	NUTS & SEEDS
WALNUTS	ALMONDS	BRAZIL
PUMPKIN SEED	CHESTNUTS	CASHEW
	HAZELNUTS	PISTACHIO
	HICKORY NUTS	PEANUTS
	MACADAMIA	PEANUT BUTTER
	PECANS	POPPY SEEDS
	PINE NUTS	
	SESAME BUTTER	
	SESAME SEEDS	
	SUNFLOWER MARGARINE	
	SUNFLOWER SEEDS	
	TAHINI	
BENEFICIAL	NEUTRAL	AVOID
BEANS	BEANS	BEANS
ADUKI	BROAD	LENTILS
BLACK-EYED	BLACK	KIDNEY
PINTO	CANNELLINI	NAVY
	CHICK-PEAS	SOYA
	GREEN	
	LIMA	

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

ENDIVE	CELERY	MUSHROOMS - CULTIVATED, SHIITAKE
ESCAROLE	CHERVIL	MUSTARD GREENS
GARLIC	CHICORY	OLIVES - BLACK, GREEK
HORSERADISH	CHILLI PEPPERS	PEPPERS - ALL
KALE	CORIANDER	POTATOES - RED, WHITE
KOHLRABI	COUGETTES	SWEETCORN
LEEKS	CUCUMBER	BRUSSEL SPROUTS
OKRA	DAIKONS	BRINJAL
ONIONS	DILL	
PARSLEY	FENNEL	
PARSNIPS	GINGER	
PEPPERS RED	LETTUCE	
PUMPKINS	MANGETOUTS	
SEAWEEDES	MUNG NEAN SPROUTS	
SPINACH	MUSHROOMS - UNCULTIVATED	
SWEET POTATOES	OLIVES-GREEN	
SWISS CHARD	PEPPERS-GREEN, YELLOW	
TURNIPS	RADICCHIO	
	RADISH SPROUTS	
	RADISHES	
	ROCKET	
	SHALLOTS	
	SPRING ONIONS	
	SQUASH - ALL	
	SWEDES	
	TEMPE	
	TOFU	
	TOMATOES	
	WATER CHESTNUTS	
	WATERCRESS	
	YAMS	
BENEFICIAL	NEUTRAL	AVOID
FRUITS	FRUITS	FRUITS
FIGS - DRIED & FRESH	APPLES	BLACKBERRIES
PLUMS	APRICOTS	COCONUTS
PRUNES	BANANAS	MELONS-CANTELOUPE, HONEYDEW
	BLACKCURRANTS	NAARTJIE
	BLUE BERRIES	ORANGES
	BOYSENBERRIES	PLANTAINS
	CHERRIES	RHUBARB
	CRANBERRIES	STRAWBERRIES
	CURRANTS	
	DATES-RED	
	ELDERBERRIES	
	GOOSEBERRIES	
	GRAPEFRUIT	
	GRAPES	
	GUAVA	
	KIWI	
	KUMQUATS	

	LEMONS & LIMES	
	LOGANBERRIES	
	LYCHEES	
	MANGOES	
	MELONS	
	NECTARINES	
	PAPAYAS	
	PEACHES	
	PEARS	
	PERSIMMONS	
	PINEAPPLES	
	POMEGRANATES	
	PRICKLY PEARS	
	RAISINS	
	RASPBERRIES	
	STAR FRUIT	
	WATERMELONS	
BENEFICIAL	NEUTRAL	AVOID
JUICES	JUICES	JUICES
BLACK CHERRY JUICE	APRICOT JUICE	APPLE CIDER
PINEAPPLE JUICE	CARROT JUICE	APPLE JUICE
PRUNE JUICE	CELERY JUICE	CABBAGE JUICE
	CRANBERRY JUICE	ORANGE JUICE
	CUCUMBER JUICE	
	GRAPE JUICE	
	GRAPEFRUIT JUICE	
	PAPAYA JUICE	
	TOMATO WATER WITH LEMON	
		<ul style="list-style-type: none"> 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.
	VEGETABLE JUICES AS ABOVE	
BENEFICIAL	NEUTRAL	AVOID
SPICES AND FLAVOURINGS	SPICES AND FLAVOURINGS	SPICES AND FLAVOURINGS
CAROB	AGAR	MSG - MONOSODIUM GLUTAMATE
CAYENNE PEPPER	ALL SPICE	CINNAMON
CURRY POWDER	ALMOND ESSENCE	CORNFLOUR
SEAWEEDES	ANISE	NUTMEG
TURMERIC	ARROWROOT	PEPPER-GROUND BLACK,WHITE
	BARLEY MALT	VANILLA ESSENCE POD
	BASIL	VINEGARS-ALL
	BAY LEAF	
	BERGAMOT	
	BROWN RICE SYRUP	
	CAPERS	
	CARAWAY	

	CARDAMOM	
	CHERVIL	
	CHIVES	
	CHOCOLATE	
	CLOVES	
	CORIANDER	
	CORN SYRUP	
	CREAM OF TARTAR	
	CUMIN	
	DILL	
	GARLIC	
	GELATINE - PLAIN	
	HONEY - RAW	
	HORSERADISH	
	MAPLE SYRUP	
	MARJORAM	
	MINT	
	MISO	
	MOLLASSES	
	MUSTARD DRY	
	PAPRIKA	
	PEPERCORNS	
	PEPPERMINT	
	PIMENTO	
	RICE SYRUP	
	ROSEMARY	
	SAFFRON	
	SAGE	
	SALT - NATURAL	
	SAVORY	
	SOY SAUCE	
	SPEARMINT	
	SUGAR - BROWN, WHITE	
	TAMARI	
	TAMARIND	
	TARRAGON	
	THYME	
BENEFICIAL	NEUTRAL	AVOID
CONDIMENTS	CONDIMENTS	CONDIMENTS
	JAM FROM ACCEPTABLE FRUITS	TAMATO SAUCE
	JELLY FROM ACCEPTABLE FRUITS	MAYONNAISE
	MUSTARD - PREPARED	PICKLES - ALL
	SALAD DRESSING FROM ACCEPT- ABLE INGREDIENTS	RELISH
	WORCESTERSHIE SAUCE	CHUTNEY
BENEFICIAL	NEUTRAL	AVOID
TEAS & BEVERAGES	TEAS & BEVERAGES	TEAS & BEVERAGES
GREEN TEA	LAGER	ALFALFA
ROOIBOS / REDBUSH	WINE - ALL	ALL COOLDRINKS
SODA WATER	"DILMAH BRAND" TEA	ALOE

SELTZER WATER		BURDOCK ROOT
		COFFEE -REGULAR
		COFFEE-DECAFFEINATED
		COLTSFOOT
		CORNSILK
		DISTILLED SPIRITS
		ECHINACEA
		GENTIAN
		GOLDEN SEAL
		RED CLOVER
		RHUBARB
		SENNA
		SHEPHARDS PURSE
		ST JOHNS WORT
		STRAWBERRY LEAF
		TEA - BLACK
		YELLOW DOCK
		MILO/HORLICKS/OVALTINE