



Rasa Healing Center

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Patient: Rich Holman

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Food Guidelines

Organic fruits and vegetables if possible. If eating organic is not a possibility make sure you wash your fruits and vegetables thoroughly to remove pesticides and contaminants – use vinegar, soap, or hydrogen peroxide. Be sure to read labels thoroughly to find added ingredients and avoid anything with sugar, glucose, fructose, EDTA, flavouring, colour or any other preservatives.

For most parts, continue with the previous dietary guidelines. As for reintroducing food items, please follow the following guideline.

Avoided food during the diet	What to do now
Dairy	None to maximum to two small portions of dairy per week. Cottage cheese, goat milk, goat milk, and plain (no sugar added) yogurt are preferred dairy products.
Alcohol	Maximum 3 cups of red wine per week, with minimum of one day in between each time.
Tomatoes, bell peppers, potatoes	Use liberally, especially tomatoes
Coffee	None to maximum of 1 cup every other week (ie. Maximum of 2 cups per month with two weeks in between)
Wheat products (e.g. bread, pasta, etc.)	Maximum once to twice per week. It is best to replace bread with oat bread or multigrain when possible. Consider using brown rice pasta instead of normal pasta, which is made out of wheat. Ensure to read labels as many products contain hidden wheat as a part of their ingredients.
Red meat (Lamb, cow)	None to maximum once per month
Pork, deli, bacon, etc	Keep avoiding
Processed food	Keep avoiding



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Fried food	Keep avoiding
Junk food and American fast food, soda drinks, ice cream, etc.	Keep avoiding
Sugar	Keep avoiding
Conservatives, preservatives	Keep avoiding

Please remember:

- 1- It is crucial to pay attention to symptoms as each food item is introduced. Any food item that causes aggravation must be completely eliminated for at least 6 months before being reintroduced again.
- 2- For food items that do not cause aggravation, it is important to keep moderation with frequency (as recommended above). Also, please note that portion sizes must be kept to moderation in order to benefit from this diet.

Blessings,

Dr. Rasa Nikanjam, *ND, BSc*