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RECOMMENDED DIET FOR THE NATURAL TREATMENT OF PSORIASIS - PSORIATIC ARTHRITIS - ECZEMA

80% of the Daily Food Intake should be selected from the following, most of which are Alkaline formers:

Water: 6 to 8 glasses of pure water daily.

Lecithin: (granular) 1 tablespoon 3 times daily, 5 days per week

Fruit: Apples (cooked), apricots, most berries, cherries, dates, figs (unsulphured), grapes, grapefruit, lemons, limes, mango, nectarines, oranges, papaya, peaches, pears, pineapple, prunes (small), raisins, etc.

Note: Fresh preferred, frozen is permitted, packed in water in glass jars, on occasion. Stewed fruits are highly recommended where possible. Raw apples, bananas and melons are permitted provided they are eaten alone and sparingly.

Permitted in lesser quantities are: avocado, cranberries, currants, large prunes and plums. (No strawberries or citrus fruit in cases of eczema or arthritis).

Vegetables: Asparagus, beets, broccoli, brussel sprouts, cabbage, carrots*, celery*, cucumbers, garlic*, lettuce* (Romaine in particular), onions*, olives, parsnips, pumpkin, scallions, soy beans, spinach*, sprouts*, string beans, squash, sweet potatoes, watercress*.

Note: Those marked with (*) are particularly important.

Daily intake should be 3 that grow above the ground to 1 that grows below the ground. Fresh preferred, frozen is permitted, packed in glass jars on occasion. Best salad dressing: olive oil and fresh lemon juice.

Permitted in lesser quantities are: Corn (white corn preferred), dried beans, peas, lentils and rhubarb and mushrooms.

Almonds are the only nuts that are alkaline. Eating five raw almonds a day is suggested. Filberts are permitted occasionally.

Juices: Vegetable and fruit juice daily (freshly made preferred) is highly recommended.

20 - 30% of the Daily Food Intake should be selected from the following, most of which are acid formers:

Grains: All grains should be whole grain, natural breads, bagels, muffins, cereals with little or no preservatives or artificial sweeteners. Rice (brown and/or wild preferred). Pasta (Jerusalem Artichoke preferred) with oil and garlic sauce. *No white flour products.*

Meats: Chicken, turkey, cornish hen, non-fatty wild fowl. (All skinless, white meat preferred) about two or three times a week.

Fish: (not shellfish) - cold, salt water, white flesh varieties preferred (Fresh or Frozen) about three or four times a week.

Lamb: Trimmed of all fat before cooking, well done, once or twice a week.

Note: The above listed meats are never to be fried. No more than 4 to 6 oz. is permitted at a serving - once a day.

Dairy: Only Low fat/Low sodium products are permitted: Skim or Low fat milk, cheese, buttermilk, yogurt, etc. (No ice cream, cream toppings or whole milk products).

Do not have citrus fruits or citrus juices with dairy products or cereals at the same meal.

Butter: (no margarine) is permitted occasionally in sparing amounts. Eggs are permitted, 2 to 4 times per week, prepared any way except fried.

Note: In cases of Eczema: Goat's milk and soy milk is suggested.

Oils: Olive oil, canola, safflower, corn, cottonseed, soy bean, sunflower, sesame and occasionally peanut.

One teaspoon of olive oil three times per day is suggested.

Teas: Slippery Elm Bark Powder (in the a.m.) and American Yellow Saffron (in the p.m.) are most beneficial in psoriasis and eczema cases. Refer to the text "Healing Psoriasis: The Natural Alternative" for preparation.

AVOID

All Red Meats: Beef, pork, veal, sweetmeats, etc. (lamb acceptable)

Processed Meats: Sausage, salami, bologna, frankfurters, hamburgers.

The Nightshades: Tomatoes (& tomato sauces and products), tobacco (smoking), eggplant, peppers (all types), white potatoes, paprika.

Shellfish: Lobster, shrimp, clams, crabs, and sauces made with shellfish.

Junk Food: (Diet & regular), sweets and pastries, chocolate, potato chips, french fries, pizza etc.

Avoid all: All alcohol, grain vinegar, sugary cereals, pickled and smoked foods, hot spices, gravies, coconut oil and palm oil.

Avoid saturated fats in general.

Avoid yeast or yeast laden foods, if there is an underlying yeast infection (Candidiasis). Use salt sparingly or not at all.

Avoid gluten and products made with gluten if there is and underlying Coeliac disease. If so, avoid Wheat, Rye, Oats and Barley.

Please note:

This diet sheet should be used as a guide only.

Any food item that causes an allergic reaction should be avoided even if it is on the permitted list.

Approval by your personal Health Care Professional is essential before embarking on any dietary program.

Please contact our clinic if you have any queries regarding this diet sheet.