

Food Cures

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1 Introduction

This eBook contains a wealth of information about **Food Cures**.

Please note: This book was written with great care. However, in spite of this, errors or omissions may occur. This book is provided "as-is", without any warranty whether expressed or implied. All readers of this book agree to use the information provided in this book entirely at their own risk.

This book should not be used as a basis for any form of diagnosis or treatment for any medical condition. Always seek professional medical advice.

1.1 *Target Audience*

This eBook is intended to provide assistance and information to people who are interested in learning more about **Food Cures**.

1.2 *Benefits of Using this Book*

This eBook provides clear and concise details on **Food Cures**, that would otherwise need to be obtained from a variety of sources, such as internet, reference books, qualified doctors, and so on.

1.3 *Copyright Notice*

This book is Copyright © 2007 FatFightingFoods.com. Unauthorized copying of this manual, in any way, is prohibited.

2 What are Food Cures

Nutrition plays an important part in all of our lives. For instance, there is no doubt that people who eat better, healthier foods will also live better, healthier lives and also live longer. By eating a nutritious, healthy diet, we can avoid many diseases, conditions, and ailments that we would otherwise experience if we ate an unhealthy diet.

A vast volume of material would need to be covered and presented here in order to do justice to the subject of the benefits of healthy and nutritious foods for our continued health and well being.

However, in this eBook we concentrate mainly on *Food Cures*, those foods that can cure various conditions and ailments, or else help to reduce the severity of the symptoms of those conditions and ailments.

However, in many cases, avoiding certain foods can also cure various conditions and ailments, or else help to reduce the severity of the symptoms of those conditions and ailments. As a result the *Foods To Avoid* are also discussed in this eBook where relevant.

These are both important topics. Many books and articles try and cover these topics in isolation. However, by covering both topics together, the knowledge contained in this eBook could provide a range of health, symptom relief, curative, restorative, and other benefits in your life.

2.1 Further Information

For further information about diet, please refer to section **6 Dietary Guidelines** below.

For further information about health and nutrition, please refer to my eBook titled "Nutrition".

For information about herbal remedies and other food cures, please refer to my eBook titled "Herbal Remedies".

3 Food Cures by Ailment

The following sections detail for food cures (and foods to avoid) for a range of common ailments and conditions.

3.1 Allergies

An *Allergy* is a hypersensitivity to normally innocuous and harmless entities, such as certain foods, dust, or pollen, which result in some form of inflammatory response. Depending on the allergen and the person involved, the inflammatory response ranges from being very mild, such as a mild skin rash or redness in the eyes, to extremely severe and life threatening.

Asthmatics are often allergic to dust mites. In addition to foods, dust, and pollen, allergic reactions can be result from insect stings, various medications, or exposure to certain chemicals or compounds.

3.1.1 Foods to Avoid

Allergies can be very difficult to pin down. If you suspect that your allergy is food related, then you should reduce your intake or, better yet, avoid the following foods:

- Aged cheese,
- Alcoholic beverages,
- Artificial sweeteners,
- Avocado,
- Baked goods containing yeast,
- Banana,
- Caffeine products,
- Cheese,

- Chicken livers,
- Chocolate,
- Citrus fruit and citrus juice,
- Dairy products,
- Fast foods,
- Fatty foods,
- Figs,
- Food additives,
- Monosodium glutamate (MSG) which is commonly used in Chinese food,
- Nuts,
- Onions,
- Peanut butter,
- Peanuts,
- Pickled foods,
- Processed fish,
- Processed foods,
- Processed meats (such as bacon; hot dogs; and salami),
- Red wine,
- Red meat,
- Salty Foods,
- Smoked fish,
- Sugary Foods,

Within a few days of these foods being eliminated from your diet, the allergic reactions should subside. If they do not, or if the allergic reactions become worse, then consult your doctor immediately.

If eliminating these foods from your diet does eliminate the allergic reactions, then after a period of one to two months, the foods can be reintroduced one at a time to determine if they trigger or cause allergic reactions. Consuming large amounts of food item over the course of a day or two should help reveal whether the particular food is involved in causing the allergic reactions. If, after a few days, there is no reaction to the food, the next food item on the list can be tried so that its affect, if any, can be determined.

3.1.2 Food Cures

People with Allergies should eat a diet that is high in organic foods (foods that are grown with as little exposure as possible to chemicals, pesticides, and fertilizers), including the following foods:

- Calendula,
- Chamomile,
- Cleavers,
- Fresh and lean fish,
- Fresh and lean meat,
- Fresh and lean poultry,
- Fresh Fruits,
- Fresh Vegetables,
- Ginger,
- Licorice,
- Oregano Oil,
- Thyme,
- Yarrow,

As foods from the "Foods To Avoid" list (in section **3.1.1 Foods to Avoid** above) are cleared of any involvement in your Allergy, then these can also be added back into your diet.

3.1.3 Further Information

For further information, please refer to section **6 Dietary Guidelines** below and my eBook titled "Herbal Remedies".

3.2 Alzheimer's Disease

Alzheimer's Disease is the most common form of *dementia*, a group of brain disorders that impair a person's mental functioning, especially memory, thinking, and behavior.

The term *dementia* literally means loss of mentation or thinking. Dementia is a broad term which describes the loss of memory, intellect, rationality, social skills and normal emotional reactions.

Most people with dementia are older, but it is important to remember that most older people do not get dementia. It is not a normal part of the ageing process. Dementia can happen to anybody, but it is more common in people over 65 years of age. People in their 40's and 50's can also develop dementia.

There are many different forms of dementia and each has its own causes. Alzheimer's Disease is the most common form of dementia, accounting for between 50% and 70% of all dementia cases.

A range of recent studies support the idea that eating the right food throughout your life is just as important to long-term cognitive health as it is to heart health.

3.2.1 Foods to Avoid

People with Alzheimer's Disease should control or reduce the intake of the following foods:

- Fatty foods
- Zinc: Controversial research has implicated zinc in Alzheimer's disease. Some research reports suggest that too little zinc may be a problem, while other studies suggest that too much zinc is an issue. However, Zinc is also well recognized as an essential nutrient. On the whole, most scientists say that it is still very debatable whether exposure to zinc plays any role in the development of Alzheimer's disease.
- Aluminum: One of the most alarming and controversial hypotheses about the potential risk factors for Alzheimer's concerns *aluminum*, which became a suspect when researchers found traces of this metal in the brains of Alzheimer's patients. This is indeed a grave concern because many people use aluminum pots and pans for cooking, and aluminum canteens for drinking in the world. However, at this stage the research is NOT conclusive and any possible link with aluminum have not been verified. On the whole, most scientists say that it is still very debatable whether exposure to aluminum plays any role in the development of Alzheimer's disease.

3.2.2 Food Cures

There is a growing pool of evidence that suggests that what you eat is very important to your brain. A range of recent studies have reported a link between dietary habits and specific nutritional factors to the risk for Alzheimer's disease and/or cognitive decline.

In particular, the benefits to the brain of a low-fat diet rich in *antioxidants* such as vitamins E and C throughout life are becoming clearer.

People with Alzheimer's Disease should eat a diet high in the following foods:

- Low fat foods, such as lean meat (especially fish and poultry), fruit and vegetables.
- Vitamin B and foods rich in B group vitamins, such as fish, red meat, poultry, milk, cheese, and eggs. Vitamin B12 is also added to some breakfast cereals.
- Vitamin C and foods rich in Vitamin C, such as include red berries, kiwifruit, red and green bell peppers, tomatoes, broccoli, spinach, and guava, grapefruit, and oranges.
- Vitamin E and foods rich in Vitamin E, such as vegetable oils, nuts (especially almonds), leafy green vegetables, avocados, wheat germ, and whole grain foods.

3.2.3 Further Information

For further information, please refer to section **6 Dietary Guidelines** below and my eBooks titled "Alzheimer's Disease" and "Nutrition".

3.3 Anemia

Without sufficient iron, a person will develop *Iron-Deficiency Anemia*, which symptoms include weakness and fatigue, lightheadedness, shortness of breath, difficulty maintaining body temperature, decreased immune function (increased susceptibility to infection). The World Health Organization considers iron deficiency the number one nutritional disorder in the world. As many as 80% of the world's population may be iron deficient, while 30% may have iron deficiency anemia.

3.3.1 Foods to Avoid

People who suffer from Iron-Deficiency Anemia should reduce the intake or, better yet, avoid the following foods:

- Nil,

No foods have been shown to trigger Iron-Deficiency Anemia.

3.3.2 Food Cures

People with Iron-Deficiency Anemia should eat a diet high that is high in iron, including the following foods:

- Alfalfa,
- Beans,
- Bitter Orange,
- Dandelion,
- Fish,
- Green leafy vegetables,
- Lean pork,
- Lean poultry,
- Lean red meat,
- Lentils,
- Raisins,
- Shellfish (such as oysters),
- Soy foods,
- Stinging Nettle,
- Yellow Dock,

In addition, some flours, cereals, and grain products are fortified with iron.

3.3.3 Further Information

For further information, please refer to section **6 Dietary Guidelines** below and my eBooks titled "Nutrition" and "Herbal Remedies".

3.4 Anorexia

Anorexia (also known as *Anorexia Nervosa*), involves a severe restriction of food intake, usually due to an intense fear of getting fat, that can cause extreme weight loss to unhealthy or even deadly levels.

People with Anorexia see themselves as being overweight, even though they often are underweight or even dangerously underweight. In addition, the entire process of eating becomes an obsession, and unusual eating habits develop.

3.4.1 Foods to Avoid

People who suffer from Anorexia should reduce the intake or, better yet, avoid the following foods:

- Nil,

No foods have been shown to trigger Anorexia.

3.4.2 Food Cures

No food can cure Anorexia.

However, a range of foods and eating strategies can help people reduce or recover from the effects of Anorexia, including:

- Eat foods that are cold or at room temperature, especially if you are sensitive to odors.
- Try to eat foods you have never eaten before.
- Do not be concerned with calories and fat content of food.
- Eat whatever tastes good to you and eat as much as you like of it.

- Eat a big breakfast, especially if you are more likely to be hungry in the morning.
- Let other people prepare your meals. This will conserve your energy as well as keep you away from cooking odors.
- Snack throughout the day. Don't worry too much about eating three meals. If you prefer, eat smaller amounts more often.
- Eat calorie packed foods. For example, don't just have a glass of milk, have a milk shake made with super premium-high fat ice cream. Add protein powder to Jell-O and milkshakes.
- Avoid beverages during meals because they contribute to feelings of fullness. However, do drink between your meals to keep yourself hydrated.
- Some times the alcohol can relax you and can increase your appetite, so try having a glass of wine or beer shortly before your meal.
- Try some light exercise, such as short walk, about an hour before you eat. This may help you to feel hungry.
- Use food supplement products such as Ensure, Sustacal, and Isocal, because they can help you get the nutrition you need when you really can't eat. Try making milkshakes with these product and ice cream.
- Talk with your doctor about your weight or appetite loss.

3.4.3 Further Information

For further information, please refer to section **6 Dietary Guidelines** below and my eBooks titled "Eating Disorders" and "Nutrition".

3.5 Anxiety

Anxiety is an unpleasant state involving fear, apprehension, and worry. Anxiety is often accompanied by physical symptoms, such as chest pain, headaches, heart palpitations, nausea, and/or shortness of breath.

3.5.1 Foods to Avoid

People who suffer from Stress should reduce the intake or, better yet, avoid the following foods:

- Caffeine products,

Caffeine is a stimulant and can make you more nervous and, in high doses, prevent you from relaxing.

3.5.2 Food Cures

People who suffer from Stress should following a healthy eating plan, including:

- Bread (whole-grain),
- Chamomile,
- Chocolate,
- Cinnamon,
- Crackers (whole-grain),
- Ginseng,
- Lavender,
- Lemon Balm,
- Peppermint,
- Popcorn,
- Pretzels (whole-grain),
- Red Clover,
- St. John's Wort,

Serotonin is a chemical that operates in the brain and regulates mood. People who suffer from ***Depression*** often have low ***serotonin*** levels.

Increasing the level of production of **serotonin** in the brain can help people to relax and to feel more relaxed.

Low-fat carbohydrates (as found in the above whole grain products) can increase production of **serotonin** in the brain.

Chocolate is a good source of the amino acid *L-tryptophan*, which can also help boost *serotonin* levels.

Warning: Eat chocolate only in strict moderation, as overeating will cause a range of potentially serious health and other complications. (See section **6 Dietary Guidelines** below).

3.5.3 Further Information

For further information, please refer to section **6 Dietary Guidelines** below and my eBook titled "Herbal Remedies".

3.6 Asthma

Asthma (pronounced AZ-muh) is defined in Essential Allergy, by Niels Mygind, Ronald Dahl, Soren Pedersen and Kristian Thestrup-Pedersen 2nd edition as :

A lung disease characterized by: 1, variable and reversible airway obstruction; 2, airway inflammation; and 3, bronchial hyper-responsiveness.

Asthma is a chronic inflammatory disease that makes airways (bronchial tubes) particularly sensitive to irritants, and this is characterized by difficulty in breathing.

Asthma is a highly ranked chronic health condition in adults in most western countries, and it is the leading chronic illness of children.

Asthma cannot be cured, but for most patients it can be controlled so that they have only minimal and infrequent symptoms and they can live an active life.

If you have asthma, managing it is an important part of your life. Controlling your asthma means staying away from things that bother your airways and taking medicines as directed by your doctor. By controlling your asthma every day, you can prevent serious symptoms and take part in all normal activities. If your asthma is not well controlled, you are likely to have symptoms that can make you miss school or work and keep you from doing things you enjoy.

3.6.1 Foods to Avoid

No foods have yet been identified which directly cause Asthma, however a range of foods have been identified which can trigger an Asthma attack or cause the symptoms of Asthma to be worse than they would otherwise be.

People with Asthma should avoid the following foods:

- **Foods containing sulphites:** such as dried fruit, wine, home-brewed beer, fizzy drinks, prepared meats, and prepared salads.
- **Acidic Foods:** Indigestion occurs when stomach acid rising up into your gullet. Indigestion is also called *Gastro-Oesophageal Reflux*, or more commonly, *Acid Reflux*. This causes heartburn and can worsen asthma symptoms, especially at night. (See section 3.12 **Gastro-Oesophageal Reflux (Acid Reflux)** below).

3.6.2 Food Cures

No foods have yet been identified which can cure Asthma, however a range of foods have been identified which can trigger an Asthma attack or cause the symptoms of Asthma to be worse than they would otherwise be.

People with Asthma should eat a diet that is high in the following foods:

- Boswellia,
- Chamomile,
- Fennel,
- Fresh and lean fish,

- Fresh and lean meat,
- Fresh and lean poultry,
- Fresh Fruits,
- Fresh Vegetables,
- Ginger,
- Lemon Balm,
- Licorice,
- Low fat dairy foods,
- Low salt foods,
- Low sodium foods,
- Peppermint,
- Thyme,

3.6.3 Further Information

For further information, please refer to section **6 Dietary Guidelines** below and my articles on "Asthma" and my eBook titled "Herbal Remedies".

3.7 *Bad Breath*

Bad Breath is a foul or unpleasant odor which is exhaled when a person (suffering from Bad Breath) breaths out. In the vast majority of cases, bad breath actually originates in the mouth, where it is caused by bacterial activity.

Bad Breath is usually temporary, often reducing or disappearing after eating, brushing teeth, flossing, and rinsing the mouth with mouthwash. However, in about 25% of cases, Bad Breath may be persistent.

Bad Breath can negatively impact on personal, social, and business relationships, and can lead to low self-esteem and increased stress.

The intensity of bad breath may vary during the day, and also depends on oral dryness, smoking, alcohol consumption, and what foods have been eaten.

3.7.1 Foods to Avoid

People who suffer from Bad Breath should reduce the intake or, better yet, avoid the following foods:

- Cabbage,
- Cheese,
- Fish,
- Garlic,
- Meat,
- Onions,

3.7.2 Food Cures

People who suffer from Bad Breath should following a healthy eating plan, including:

- Alfalfa,
- Anise,
- Cinnamon,
- Green or Black Tea,
- Neem Oil,
- Parsley,

Green Tea and Black Tea contain compounds in tea stop the growth of bacteria that breed bad breath.

People who suffer from Bad Breath should also regularly floss and brush their teeth, and rinse their mouths with mouthwash.

3.7.3 Further Information

For further information, please refer to section **6 Dietary Guidelines** below and my eBook titled "Herbal Remedies".

3.8 Constipation

Constipation, also known as *Irregularity*, is a condition which affects a person's digestive system and produces hard feces that are difficult to expel from the body. In the more serious cases, the feces may be so hard that they cause a great deal of pain on passing, and in extreme cases, Constipation may lead to complete bowel obstruction, which is an extremely serious situation.

Constipation may be caused by a range of factors, including diet, hormones, side effect of medications, an illness or disorder, or even as a result of other anatomical factors.

The primary treatment for Constipation is improvements to diet and exercise habits.

3.8.1 Foods to Avoid

People with Constipation should reduce the intake or, better yet, avoid the following foods:

- Cheese,
- Dairy products,
- Fried foods,

3.8.2 Food Cures

People with Constipation should following a healthy eating plan, including:

- Alfalfa,
- Aloe Vera,
- Artemisia,
- Bilberry,

- Birch,
- Bitter Orange,
- Burdock,
- Dandelion,
- Drink a warm drink half an hour to an hour before the time you usually have a bowel movement,
- Fruits (especially apples, prunes, pears, figs, dates, etc),
- High fiber foods (such as whole grain cereals),
- Licorice,
- Nuts,
- Peanut butter,
- Peppermint,
- Popcorn,
- Vegetables,
- Water (at least eight glasses per day),

Fiber-rich foods like these help the digestive tract to function regularly.

Another important tip is do NOT skip meals. Eating at regular intervals helps to keep you regular.

3.8.3 Further Information

For further information, please refer to section **6 Dietary Guidelines** below and my eBooks titled "Nutrition" and "Herbal Remedies".

3.9 Diabetes

Diabetes occurs when there is too much glucose in the blood. Or, to be more precise, Diabetes occurs when the body is unable to regulate the level of *glucose* in the blood, resulting in too much glucose being present.

Glucose is the main sugar that comes from the digestion of the foods that we eat and the liquids that we drink. For example, breads, cereals, dairy foods (such as milk), fruits, and some vegetables contain carbohydrates in the form of starches and sugars. When eaten, these are broken down in our digestive tract and absorbed into the blood stream as glucose. Glucose is the simplest form of sugar and is vital for providing energy for cells to function and grow. Glucose travels via the blood stream to all of the organs and muscles in the body, where it is used as a fuel so that the organs can continue to function properly. The normal / safe level for glucose in the blood is between 3.5 and 7.8 mmol/l (milli-moles per liter).

If an excess of glucose occurs in the blood, then the excess is processed by the liver where it is converted into a form where it can be stored for future use.

The blood glucose level is regulated by **insulin**, a hormone made in the **islet cells** in the **pancreas**. Insulin enables the body's cells to absorb and use glucose. Without sufficient levels of insulin, glucose from the blood is not able to enter the body's cells, and it therefore cannot be used as a fuel to support their continued function.

Over time, the high blood glucose levels present, as a result of Diabetes, may cause serious complications, such as damage to blood vessels and nerve cells, leading to damaged eyes, nerves and kidneys and an increased risk of heart attack, stroke, impotence, and foot problems.

3.9.1 Foods to Avoid

One of the main triggers for Type 2 Diabetes is allowing your blood glucose levels to become too high or too low. This can be caused by eating the wrong types of foods or eating too much of the wrong types of foods. For example:

- Biscuits,
- Cakes,
- Chocolate,
- Fatty foods,

- Lollies,
- Sugary foods,
- Sweets,

and similar foods are particularly dangerous for Type 2 Diabetes sufferers because they are high in sugar which will be absorbed by the body and cause an increase in the already high blood glucose level, compounding the problems and issues caused by the condition.

It is also essential for diabetics to take control of their diet. Avoid impulse shopping for food. Plan your diet and know what you are going to eat and when throughout the day. Keep to your eating plan and make it part of your daily routine. Avoid foods that are high in fat or high in sugar. A dietician will be able to give you useful advice. Heed their advice and do what they say.

3.9.2 Food Cures

Healthy eating and physical activity are the first steps to getting blood glucose levels and blood pressure under control for both Type 1 Diabetes and Type 2 Diabetes sufferers. Even low energy / low impact exercises, such as walking, can help.

For Type 2 Diabetes sufferers, in the vast majority of cases, where people seriously tackle their weight problems by healthy eating and regular exercise, Type 2 Diabetes can be completely cured. However, if the person does not significantly reduce their weight, then blood glucose levels may not come under control, and additional medicine, such anti-diabetic tablets may be necessary. Many people with Type 2 Diabetes will also require insulin injections at some stage to manage their Diabetes.

People with Diabetes should following a healthy eating plan, including:

- Agrimony,
- Alfalfa,
- Aloe Vera,
- Avena,

- Bilberry,
- Burdock,
- Coptis,
- Fresh and lean fish,
- Fresh and lean meat,
- Fresh and lean poultry,
- Fresh Fruits,
- Fresh Vegetables,
- Garlic,
- Ginseng,
- Low fat dairy foods,
- Low salt foods,
- Low sodium foods,
- Olive Leaf,

3.9.3 Further Information

For further information, please refer to section **6 Dietary Guidelines** below and my eBooks titled "Nutrition", "Diabetes", and "Herbal Remedies".

3.10 Fatigue

Fatigue is a state of tiredness or exhaustion where a person cannot continue to perform at their normal level of ability. Fatigue can vary from a general state of lethargy to specific work-induced burning sensations within muscles. Fatigue is common in everyday life, but it usually becomes more pronounced during or after heavy exercise or prolonged concentration.

Fatigue causes a person to perform below their normal level of ability. If a person is sufficiently fatigued, then they may experience ***microsleeps***, which are temporary loss of concentration that may last for several seconds or

more. Fatigue can be particularly dangerous when performing tasks that require constant concentration, such as driving a vehicle or operating heavy machinery.

3.10.1 Foods to Avoid

People who suffer from Fatigue should reduce the intake or, better yet, avoid the following foods:

- Biscuits,
- Cakes,
- Caffeine products,
- Chocolate,
- Fatty foods,
- Lollies,
- Sugary foods,
- Sweets,

Foods that contain high levels of sugar or caffeine can cause energy levels to spike and then plummet shortly afterward. So, they might provide temporary relief from fatigue, but will not help with medium or long term relief from fatigue.

3.10.2 Food Cures

People who suffer from Fatigue should following a healthy eating plan, including:

- Ashwagandha,
- Dan Shen,
- Ginseng,

- Olive Leaf,
- Oregano,
- Quinoa,
- St. John's Wort,

Various herbs, such as Ashwagandha, Dan Shen, Ginseng, Olive Leaf, Oregano, and St. John's Wort, are known for its rejuvenating, balancing, and strengthening qualities.

Quinoa is a low-fat grain that is a good source of protein, B vitamins, iron, and carbohydrate, all of which help you maintain energy levels. To make a tasty and nutritious meal of Quinoa, add a cup of the grain to a vegetable or chicken broth.

3.10.3 Further Information

For further information, please refer to section **6 Dietary Guidelines** below and my eBook titled "Herbal Remedies".

3.11 Gas (Flatulence)

Flatulence, also known as *Gas*, *Farting*, *Passing Gas*, and *Passing Wind*, occurs when a mixture of gases in the digestive tract are expelled from the rectum.

The gases are normally produced as a by-product of digesting certain types of food, or as a result of incomplete digestion of food, or a mixture of both.

Anything, or any ailment or condition, that causes food to be incompletely digested by the stomach and/or small intestine may result in flatulence when the material reaches the large intestine. This is because yeast or bacteria may cause fermentation of the material.

Everybody suffers from flatulence from time to time. And yes, contrary to what you may hear, even girls "fart". However, excessive flatulence can

negatively impact on personal, social, and business relationships, and can lead to low self-esteem and increased stress.

3.11.1 Foods to Avoid

People who suffer from Flatulence should reduce the intake or, better yet, avoid the foods that are likely to cause Flatulence or increase the pungency of Flatulence, such as:

- Artichokes,
- Beans,
- Broccoli,
- Brussel sprouts,
- Cabbage,
- Carbonated or Fizzy drinks,
- Cashews,
- Cauliflower,
- Cheese,
- Cruciferous vegetables (such as onions, cabbage, cauliflower, broccoli, brussel sprouts),
- Legumes,
- Lentils,
- Milk,
- Oats,
- Onions,
- Radishes,
- Sorbitol-sweetened foods,

- Sweet potatoes,
- Yeast in breads,

Many of these foods are particularly resistant to digestion by mammals, but are be digestible by flatulence-causing microorganisms that inhabit the digestive tract. If you want to eat these types of foods, then before you eat these foods, try taking a digestive supplement, such as *Beano*, which contains natural enzymes that helps your digestive tract break down these types of foods.

3.11.2 Food Cures

People who suffer from Flatulence should following a healthy eating plan, including:

- Ajwain,
- Angelica,
- Asafoetida (Hing),
- Caraway,
- Catnip,
- Cayenne Pepper,
- Cinnamon,
- Coriander,
- Cumin,
- Epazote,
- Fennel Seeds,
- Garlic,
- Kefir,
- Kombu Kelp (Japanese Seaweed),
- Peppermint Tea,
- Rosemary Leaf,
- Turmeric,

➤ Yogurt,

Probiotics (such as Yogurt) contain *Lactobacillus acidophilus* which can help restore balance to the digestive tract and reduce flatulence.

Peppermint and fennel both work as natural antispasmodics, which relax bowel muscles and reduce the build-up of gas.

Medicinal activated charcoal tablets may also be effective in reducing the odor and quantity of gas when taken immediately prior to eating food that is likely to cause gas.

3.11.3 Further Information

For further information, please refer to section **6 Dietary Guidelines** below and my eBook titled "Herbal Remedies".

3.12 Gastro-Oesophageal Reflux (Acid Reflux)

Gastroesophageal Reflux Disease (GERD), also known as **Gastro-Oesophageal Reflux Disease (GORD)**, **Acid Reflux**, and **Heartburn**, is caused when acid from the stomach rises up and burns the Esophagus, causing a painful, burning sensation in the throat and upper chest.

Symptoms of GERD may include cough, hoarseness, chronic ear ache, acute and sharp chest pains, nausea, sinusitis, and/or vocal changes. If severe, and left untreated, GERD may cause stricture formation and lead to ulcers and possibly even cancer in the Esophagus.

Certain foods and lifestyle are considered to promote gastroesophageal reflux:

- Avoid caffeine (as found in tea, coffee, soft drinks, etc), alcohol, calcium supplements, antacids (containing calcium), and excessive amounts of Vitamin C supplements especially within a few hours of bedtime as these are stimulants of gastric acid secretion.
- Foods high in fats and smoking reduce lower esophageal sphincter competence, so avoiding these tends to help, as well. Fat also delays

emptying of the stomach. Milk and milk-based products contain calcium and fat, so should be avoided before bedtime.

- Having more but smaller meals also reduces the risk of GERD, as it means there is less food in the stomach at any one time.
- Avoid eating for at least 2 hours before bedtime.
- Do not lie down after a meal.
- Eliminating **caffeine, smoking, and alcohol**.
- Avoid the chocolate, peppermint, spicy foods, acidic foods (such as oranges and tomatoes), and cruciferous vegetables (such as onions, cabbage, cauliflower, broccoli, brussel sprouts) especially within 2-3 hours of bedtime.
- **Dietary Changes:** to eliminate foods that trigger the GERD. These are different for each person, but may include eliminating sugar, triglycerides, gluten, sugar substitutes, and following a low-fat diet. See section **3.1 Allergies** above for strategies to track down and avoid the food that might trigger or cause GERD.

3.12.1 Foods to Avoid

People with Gastro-Oesophageal Reflux should reduce the intake or, better yet, avoid the following foods:

- Acidic foods (such as oranges and tomatoes),
- Alcohol,
- Antacids,
- Artificial sweeteners,
- Caffeine products,
- Chocolate,
- Cruciferous vegetables (such as onions, cabbage, cauliflower, broccoli, brussel sprouts),
- Dairy products,

- Fatty foods,
- Gluten,
- Milk,
- Peppermint,
- Processed foods,
- Spicy foods,
- Sugar substitutes,
- Sugar,
- Sugary foods,
- Vitamin C supplements (in excess amounts),

3.12.2 Food Cures

any foods that are not on the above list (in section **3.12.1 Foods to Avoid**).

People with Gastro-Oesophageal Reflux should avoid any foods on the **Foods to Avoid** (section **3.12.1**) list, and following a healthy eating plan, including:

- Angelica,
- Cinnamon,
- Ginger,
- Licorice,
- Peppermint,

Ginger may help strengthen the lower esophageal sphincter (LES), and this can prevent stomach acid from rising up into your Esophagus. Other herbs, such as Angelica, Cinnamon, Licorice, and Peppermint, can help balance and normalize your digestion and reduce acid levels.

Hints: You can make Ginger Tea by adding half a teaspoon of freshly grated gingerroot to a cup of hot water. Let it sit for 10 minutes, strain off the ginger, and drink.

3.12.3 Further Information

For further information, please refer to section **6 Dietary Guidelines** below and my eBooks titled "Sleeping Disorders" and "Herbal Remedies".

3.13 Headache / Migraine

In simple terms, a *headache* is pain in the head. Headaches are the most common pain related complaints.

Migraines are a neurological disease where the most common symptom is an intensely painful and disabling headache.

Headaches may be temporary, lasting less than an hour, or they may, in extreme cases, last days or longer.

More than 95% of headaches are caused by bad body posture, eye strain, dehydration (lack of water), disturbed sleep or lack of sleep, head trauma, menstrual cycle fluctuations, sinusitis, stress and tension, or a variety of diseases, such as the flu. Pollution and fumes, such as exhaust from cars, can also cause headaches, as can a variety of other factors such as poor diet.

In addition, a range of serious and life-threatening conditions, such as brain tumors, cerebral aneurysms, encephalitis, meningitis, and stroke, can also cause headaches.

Drinking excessive amounts of alcohol can cause dehydration, which lead to headaches and other "hang over" symptoms. In addition, various medications can also cause headaches.

Various foods, such as peanuts and red wine, can also cause headaches, as can various food additives. For example, a diet with too much caffeine can cause headache, as can the withdrawal from such a high-caffeine diet.

For most headaches, treatment usually involves rest and relaxation, and, if necessary, some over-the-counter medication, such as aspirin or paracetamol.

3.13.1 Foods to Avoid

The most common food or diet related causes for headache are believed to be alcohol overuse, caffeine withdrawal, and missing meals. However, a range of foods may also cause a headache.

People with headache or migraine, or who are prone to headache or migraine, should reduce the intake or, better yet, avoid the following foods:

- Aged cheese,
- Alcoholic beverages,
- Artificial sweeteners,
- Avocado,
- Baked goods containing yeast,
- Banana,
- Caffeine products,
- Cheese,
- Chicken livers,
- Chocolate,
- Citrus fruit and citrus juice,
- Dairy products,
- Fast foods,
- Fatty foods,
- Figs,
- Food additives,
- Monosodium glutamate (MSG) which is commonly used in Chinese food,
- Nuts,

- Onions,
- Peanut butter,
- Peanuts,
- Pickled foods,
- Processed fish,
- Processed foods,
- Processed meats (such as bacon; hot dogs; and salami),
- Red wine,
- Red meat,
- Salty Foods,
- Smoked fish,
- Sugary Foods,

Within a few days of these foods being eliminated from your diet, the headache symptoms should disappear. If they do not, or if the headaches become worse, then consult your doctor immediately.

If eliminating these foods from your diet does eliminate the headache symptoms, then after a period of one to two months, the foods can be reintroduced one at a time to determine if they trigger or cause headaches. Consuming large amounts of food item over the course of a day or two should help reveal whether the particular food is involved in causing the headaches. If, after a few days, there is no reaction to the food, the next food item on the list can be tried so that its affect, if any, can be determined.

3.13.2 Food Cures

People with headache or migraine, or who are prone to headache or migraine, should following a healthy eating plan, including:

- Almonds,

- Black Poplar tree bark,
- Buckthorn berries,
- Chrysanthemum,
- Cinnamon,
- Cowslip,
- Fish,
- Flaxseed,
- Ginger,
- Horseradish,
- Lemon Balm,
- Licorice,
- Mint leaves,
- Orange peel,
- Peppermint,
- Radish,
- Rosemary Leaf,
- Spearmint,
- St. John's Wort,
- Willow tree bark,

Fresh **fish** is always better than processed or frozen fish. In addition, fatty fish, such as herring, mackerel, sardines, and trout, contains high levels of omega-3 fatty acids. Such "good fats" in our diet can lower the body's production of *prostaglandins*, which are hormone-like substances that can cause inflammation and pain, and, at high levels, lead to headache. You should aim to eat two or three serves of fish per week.

Flaxseed can also inhibit the production of prostaglandins in the same way that fish does, so this is an important food for headache sufferers. **Spearmint** and **Peppermint** relieve nervousness and have been long been used as a successful cure for stress headaches. **Cowslip** is a gentle and effective natural pain reliever which can help relieve headaches. **Almonds** contain *Salicin*, a natural compound that can help relieve headaches.

3.13.3 Further Information

For further information, please refer to section **6 Dietary Guidelines** below and my eBook titled "Herbal Remedies".

3.14 High Blood Pressure (Hypertension)

When the level stays high, such as 140/90 or higher, you have a condition called **High Blood Pressure** or **Hypertension**. When you have high blood pressure, your heart works harder to pump blood through your arteries, and eventually your arteries take a beating from having blood forced into and through them. This increases your risks of a stroke, heart attack, kidney problems, and dementia are greater.

The higher your blood pressure, the higher your risk of heart disease and stroke, whatever your level is.

Mild cases of Hypertension can be treated through behavior modification like changing diet and increasing exercise. More severe cases of hypertension require medications like *diuretics* and *beta blockers*. Diuretics rid the body of excess fluids and salt. Beta blockers reduce the heart rate and the heart's output of blood.

3.14.1 Foods to Avoid

People with Hypertension should reduce the intake or, better yet, avoid the following foods:

- Alcoholic beverages,

- Caffeine products,
- Fast foods,
- Fatty foods,
- Salty Foods,
- Sugary Foods,

3.14.2 Food Cures

People with Hypertension should following a healthy eating plan, including:

- Angelica,
- Bilberry,
- Bitter Orange,
- Coptis,
- Dong Quai,
- Fresh and lean fish,
- Fresh and lean meat,
- Fresh and lean poultry,
- Fresh Fruits,
- Fresh Vegetables,
- Ginseng,
- Low fat dairy foods,
- Low salt foods,
- Low sodium foods,
- Yarrow,

3.14.3 Further Information

For further information, please refer to section **6 Dietary Guidelines** below and my articles on "Blood Pressure" and my eBook titled "Herbal Remedies".

3.15 *Insomnia*

Sleep is a periodic state of rest which is essential for our bodies to be able to continue functioning efficiently. Proper amounts of sleep also provide relief from tension and allow us to feel refreshed and restored. The amount of sleep required varies from person to person, however 8 hours of sleep per 24 hours is considered "normal".

Insomnia is the lack of the proper amount and quality of sleep, which may cause dramatic changes in the duration and/or quality of sleep. As a result of this lack of sleep, *Insomnia* deprives a person of mental and physical rest they need and this interferes with their ability to perform activities and work throughout the day. *Insomnia* can also cause lapses in memory, lack of concentration, emotional instability, loss of coordination, confusion, and a lack of energy and drive.

Insomnia can become a serious health issue when it is suffered over long periods of time.

One of the most common causes of *Insomnia* is the food and other items that we consume. Foods and medicines that alter the balance of these chemicals can affect how quickly we fall asleep and the quality of our sleep.

Insomnia can also be caused by food allergies, which is called *Food Allergy Insomnia*, and the strategy for treating this is to find the source of the allergy. See section **3.1 Allergies** above for strategies to track down and avoid the cause of food allergies.

Furthermore, *Insomnia* may be caused by **Iron Deficiency Anemia** (see section **3.3 Anemia** above), **Fatigue** (see section **3.10 Fatigue** above), **Gastro-Oesophageal Reflux (Acid Reflux)** (see section **3.12** above), and a range of other factors.

3.15.1 Foods to Avoid

People who suffer from Insomnia should reduce the intake or, better yet, avoid the following foods:

- Alcohol,
- Caffeine products,
- Ginseng products,
- Guarana products,

Caffeine is a stimulant and can make you more nervous and, in high doses, prevent you from relaxing and sleeping. Insomniacs should especially avoid caffeine in the hours leading up to bedtime.

Various herbs, like Ginseng and Guarana, may over-stimulate the body resulting in Insomnia and gastrointestinal upset.

Insomnia can also be caused by food allergies (see section **3.1 Allergies** above), **Iron Deficiency Anemia** (see section **3.3 Anemia** above), **Fatigue** (see section **3.10 Fatigue** above), **Gastro-Oesophageal Reflux (Acid Reflux)** (see section **3.12** above), and a range of other factors. If you suspect that your Insomnia is the result of any of these causes, then refer to the **Foods to Avoid** associated with these conditions.

3.15.2 Food Cures

People who suffer from Insomnia should following a healthy eating plan, including:

- Avena,
- Bitter Orange,
- Catnip,
- Cleavers,
- Hops,

- Lavender,
- Lemon Balm,
- Passion Flower,
- Peppermint,
- St. John's Wort,
- Valerian,
- Yarrow,
- Yarrow,

Various herbs, like Hops, Lavender, Lemon Balm, Passion Flower, Valerian, and Yarrow, are safe and effective sedative herbs, which make a tasty tea when combined together. These herbs help to induce a deep and restful sleep without any adverse side-effects or hangover.

Insomnia can also be caused by food allergies (see section **3.1 Allergies** above), **Iron Deficiency Anemia** (see section **3.3 Anemia** above), **Fatigue** (see section **3.10 Fatigue** above), **Gastro-Oesophageal Reflux (Acid Reflux)** (see section **3.12** above), and a range of other factors. If you suspect that your Insomnia is the result of any of these causes, then refer to the **Food Cures** associated with these conditions.

3.15.3 Further Information

For further information, please refer to section 6 Dietary Guidelines below and my eBook titled "Herbal Remedies".

3.16 Irritability

In technical terms, Irritability is an excessive response to stimuli. Irritability may be exhibited when a person is easily angered or overreacts to normal life situations.

Irritability can be caused by stress, anxiety, fear, hunger, the use or abuse of certain legal or illegal substances, and a range of other factors, including various personality disorders.

In addition, Irritability can be caused by a range of medical conditions, such as:

- Anemia
- Constipation
- Depression
- Diabetes
- Headache
- Menstrual Cramps (Dysmenorrhea)
- Pain
- Parkinson's disease
- Schizophrenia
- Sleep apnea
- Thyroid disease

Please Note: If you suffer from Irritability, then you should also consider the *Foods to Avoid* and *Food Cures* that are associated with these other conditions and causes of Irritability.

3.16.1 Foods to Avoid

People who suffer from Irritability should reduce the intake or, better yet, avoid the following foods:

- Alcohol,
- Illicit drugs,

These can affect your mood as well as cause chemical and other changes in your brain. Excessive levels of alcohol and even low levels of illicit drugs can lead to addiction, and cause a range of serious health and other complications.

Please Note: If you suffer from Irritability, then you should also consider the *Foods to Avoid* and *Food Cures* that are associated with various other conditions and causes of Irritability (see section **3.16 Irritability**).

3.16.2 Food Cures

People who suffer from Irritability should following a healthy eating plan, including:

- Bread (whole-grain),
- Chocolate,
- Crackers (whole-grain),
- Lemon Balm,
- Popcorn,
- Pretzels (whole-grain),

Serotonin is a chemical that operates in the brain and regulates mood. People who suffer from *Depression* often have low *serotonin* levels. Increasing the level of production of **serotonin** in the brain can help people to relax and to feel more relaxed.

Low-fat carbohydrates (as found in the above whole grain products) can increase production of **serotonin** in the brain.

Chocolate is a good source of the amino acid *L-tryptophan*, which can also help boost *serotonin* levels.

Warning: Eat chocolate only in strict moderation, as overeating will cause a range of potentially serious health and other complications. (See section **6 Dietary Guidelines** below).

Please Note: If you suffer from Irritability, then you should also consider the *Foods to Avoid* and *Food Cures* that are associated with various other conditions and causes of Irritability (see section **3.16 Irritability**).

3.16.3 Further Information

For further information, please refer to section **6 Dietary Guidelines** below and my eBook titled "Herbal Remedies".

3.17 Irritable Bowel Syndrome (IBS)

Irritable Bowel Syndrome (IBS) is a disorder characterized most commonly by cramping, abdominal pain, bloating, constipation, and diarrhea.

As its name indicates, Irritable Bowel Syndrome is a syndrome. That is, IBS is a combination of signs and symptoms, but not a disease. IBS is classified as a *functional disorder*. A functional disorder refers to a condition where the primary abnormality is an altered physiological function (the way the body works), rather than an identifiable inflammatory, infectious, structural, or biochemical cause.

Research also indicates that IBS is a multi-faceted disorder. For example, the symptoms of IBS result from what seems to be a disturbance or imbalance in the interaction between the intestines, the brain, sensory function, and the autonomic nervous system that alters regulation of bowel motility (motor function).

The possible triggers for IBS include

- Food
- Stress, Emotion, and Immune System
- Other Illnesses
- Gas or pressure on your intestines

3.17.1 Foods to Avoid

Many people find that their Irritable Bowel Syndrome (IBS) symptoms become worse when they eat certain types of foods. In fact, some people are so sensitive to a range of foods that they must eat virtually the same foods, in the same proportions, at the same times each day or suffer the consequences.

Drinking carbonated beverages, such as fizzy drinks and sodas, may result in gas which can cause discomfort and trigger other symptoms of IBS. Chewing gum and eating too quickly can lead to swallowing air, which also leads to gas. To avoid or reduce the symptoms of IBS, avoid foods and eating habits that cause gas.

Large meals can cause cramping and diarrhea and place additional stress on the colon. Eating smaller meals more often, or eating smaller portions, may help reduce the severity of the symptoms of IBS and also reduce the frequency at which these symptoms occur.

Eating meals that are low in fat and high in carbohydrates, such as pasta, rice, whole-grain breads and cereals (unless you have *Celiac Disease*), fruits, and vegetables can help.

Here is a brief list of foods that you should avoid or cut-down on if you suffer from the symptoms of IBS:

- Alcohol is a gastrointestinal irritant and often triggers IBS attacks, especially on an empty stomach. Small amounts of alcohol in cooking are fine.
- Artificial fats, such as Olestra, can cause abdominal cramping and diarrhea in people who don't even have IBS.
- Artificial sweeteners, such as sorbitol, can trigger pain, cramps, gas, bloating, and diarrhea.
- Battered and deep-fried food.
- Biscuits
- Caffeine is a gastrointestinal stimulant and should be avoided, especially in higher doses.
- Carbonated Drinks: Carbonation in fizzy drinks, soda pop, and mineral water can cause bloating and cramps.
- Chocolate
- Coconut milk
- Coffee: regular and decaf coffee contain an enzyme that is a powerful irritant of the gastrointestinal tract.
- Cookies
- Corn chips and nachos - unless they are baked.

- Crackers
- Croissants, pastries, biscuits, scones, and doughnuts.
- Dairy products such as cheese, butter, sour cream, cream cheese, milk, cream, ice cream, whipped cream, yogurt, frozen yogurt.
- Doughnuts
- Dried bananas – they are often deep fried in oil.
- Egg yolks (whites are fine, do try to buy organic)
- French fries
- French toast
- Fried chicken
- Hot dogs / Corn dogs
- Margarine
- Mashed potatoes which have butter / milk.
- Mayonnaise
- MSG used a lot in Chinese food. MSG has been implicated as a cause or trigger of various digestive issues.
- Nuts and nut butters.
- Oils, fats, spreads, etc.
- Olives.
- Onion rings
- Pancakes
- Pastries
- Pie crust.
- Potato chips - unless they are baked.
- Poultry dark meat and skin. Skinless chicken white meat is fine.
- Red meat, such as ground beef, hamburgers, hot dogs, steaks, roast beef, pastrami, salami, bologna, pepperoni, corned beef, ham, bacon, sausage, pork chops, and any other meat that comes from cows, pigs, sheep, goats, deer, etc.
- Salad dressings

- Scones
- Shortening
- Shredded coconut
- Skillet-fried food that is cooked in fat or oil.
- Solid carob – but carob powder is OK.
- Solid chocolate – but baking cocoa powder is OK.
- Tartar sauce
- Waffles
- Wheat, rye, barley or other foods containing gluten,

Food allergies or intolerances may also play an important part in IBS. (See section **3.1 Allergies** above).

3.17.2 Food Cures

For many people, careful selecting the food they eat can help reduce the symptoms of IBS.

Before changing your diet, however, keep a journal for every meal that you eat for at least several weeks, and record the date, time, and foods that you eat during the day along with the duration and severity of any IBS symptoms that arise.

With this journal, a doctor or dietitian may be able to note a pattern to the triggering and worsening the symptoms of IBS, allowing you to change your diet and avoid the symptoms. For example,, if dairy products cause your IBS symptoms to flare up, then you could try eating less of those foods. However, dairy products are an important source of calcium and other nutrients, so if you reduce your intake of these, then you need to ensure that you get adequate nutrients in the foods you substitute, or else take supplements. You might be able to tolerate yogurt better than other dairy products because it contains bacteria that supply the enzyme needed to digest lactose, the sugar found in milk products. So, eating yogurt may help you better deal with the dairy products in your diet.

Drinking six to eight glasses of plain water a day is important, especially if you have diarrhea. The water your body loses needs to be replaced.

Fiber is useful in maintaining colonic and digestive health. However, the amount of fiber in the western diet has been decreasing due to the consumption of higher proportions of highly processed, low-fiber foods.

There are 2 types of fiber: **soluble fiber** and **insoluble fiber**. Soluble means it dissolves in liquid. Soluble fiber helps both diarrhea and constipation. Whereas, insoluble fiber may make diarrhea worse.

Insoluble fiber is found in fruits, vegetables, whole grain breads and cereals. Psyllium (a natural vegetable fiber) and oat bran are examples of soluble fibers. Oat bran is found in some cereals, bread, and muffins.

A good strategy is to increase the fiber in your diet slowly, so that you can monitor the effects and stop, change, or reduce the fiber if your symptoms become worse.

In many cases, dietary fiber may decrease the severity and frequency of some IBS symptoms, particularly constipation. However, it may not help with lowering pain or decreasing diarrhea. High-fiber diets keep the colon mildly distended, which may help prevent spasms. Some forms of fiber help keep water in the stool, thereby preventing hard stools that are difficult to pass.

People who suffer from IBS should following a healthy eating plan, including:

- Borage,
- Chamomile,
- Dandelion,
- Lemon Balm,
- Peppermint,
- Rosemary Leaf,

Which are all known to help relieve the symptoms of IBS.

In addition, here is a brief list of foods that you should especially try and eat if you suffer from the symptoms of IBS:

- Apples and Applesauce,
- Avocados (though they do have some fat),

- Bananas,
- Barley,
- Beets,
- Broccoli,
- Cabbage,
- Carrots,
- Chestnuts,
- Corn meal,
- Flour tortillas,
- Kidney beans,
- Lima beans,
- Mangoes,
- Mushrooms,
- Noodles,
- Oatmeal,
- Papayas (also digestive aids that relieve gas and indigestion),
- Parsnips,
- Pasta,
- Peaches,
- Potatoes,
- Quinoa,
- Rice,
- Rice cereals,
- Rutabagas,
- Soy,
- Spinach,
- Squash and pumpkins,
- Sweet potatoes,
- Turnips,

- White breads that are high quality and preservative-free, such as French bread and sourdough. Don't eat whole wheat or whole grain bread.
- Yams,

Please Note: Each of the above foods are not necessarily Food Cures, but they are, or should be, safe foods for people with Irritable Bowel Syndrome to eat.

3.17.3 Further Information

For further information, please refer to section **6 Dietary Guidelines** below and my eBooks titled "Irritable Bowel Syndrome" and "Herbal Remedies".

3.18 Joint Pain (Arthralgia)

Joint Pain, also known as *Arthralgia*, is literally pain in the joints, such as in the knees. Such pain may result from an old injury, or from some rheumatological condition.

3.18.1 Foods to Avoid

People who suffer from Joint Pain should reduce the intake or, better yet, avoid the following foods:

- Nil,

No foods have been shown to trigger Joint Pain.

3.18.2 Food Cures

People who suffer from Joint Pain should following a healthy eating plan, including fruit that is rich in Vitamin C, such as:

- Blueberries,

- Eucalyptus,
- Oranges,
- Oregano Oil,
- Peppermint,
- Raspberries,
- Strawberries,
- Yarrow,

Research suggests that Vitamin C can help slow wear and tear on your joints. Vitamin C is also essential for the formation of collagen, a key component of cartilage and bone.

3.18.3 Further Information

For further information, please refer to section **6 Dietary Guidelines** below and my eBook titled "Herbal Remedies".

3.19 Menstrual Cramps (Dysmenorrhea)

Menstrual Cramps, also known as *Dysmenorrhea* and *Dysmenorrhoea*, is pain experienced by women during menstrual periods, usually in the pelvis or lower abdomen. The pain may be sharp, intermittent pain or dull, aching pain.

3.19.1 Foods to Avoid

Women who suffer from Menstrual Cramps should reduce the intake or, better yet, avoid the following foods:

- Red meat,

- Dairy products,

These foods contain *arachadonic acids*, which can increase the body's production of *prostaglandins*, which are hormone-like substances that can cause inflammation and pain, and, at high levels, lead to headache (see section **3.19.2 Food Cures**) and cramping.

3.19.2 Food Cures

Women who suffer from Menstrual Cramps should following a healthy eating plan, including:

- Fish,
- Flaxseed,
- Peppermint,
- Rosemary Leaf,
- Spearmint,
- Yarrow,

Fresh **fish** is always better than processed or frozen fish. In addition, fatty fish, such as herring, mackerel, sardines, and trout, contains high levels of omega-3 fatty acids. Such "good fats" in our diet can lower the body's production of *prostaglandins*, which are hormone-like substances that can cause inflammation and pain, and, at high levels, lead to headache (see section **3.13.2 Food Cures** above) and cramping. You should aim to eat two or three serves of fish per week.

Flaxseed can also inhibit the production of prostaglandins in the same way that fish does, so this is an important food for headache and cramp sufferers.

Peppermint and **Spearmint** relieve nervousness and have been long been used as a successful cure for stress headaches, but, like **Rosemary Leaf**, they have good antispasmodic properties that make them useful in relieving Menstrual Cramps.

Yarrow contains sterols which have a hormone-like action and help to regulate the menstrual cycle in women.

3.20 Parkinson's Disease

Parkinson's Disease is one of a larger group of neurological conditions called *Motor System Disorders*. Parkinson's is a disorder that affects nerve cells (called *neurons*) in the part of the brain that controls muscle movement. After Alzheimer's Disease, Parkinson's Disease is the most common neuro-degenerative disease to affect the human race.

Parkinson's Disease is characterized by:

- trembling,
- muscle rigidity,
- difficulty walking, and,
- problems with balance and coordination.

Parkinson's Disease mostly develops in people after the age of 50, although the disease also affects a small percentage of younger people as well. Approximately, 0.1-0.2% of the population have Parkinson's, but for people over 50, people are ten times more likely to suffer from the disease, with 1-2% of the over 50's having Parkinson's.

Over 4 people million in the world have Parkinson's - more than those affected by Multiple Sclerosis (MS), Muscular Dystrophy, and Lou Gehrig's Disease combined. Over one million people in the United States have Parkinson's.

Parkinson's is a progressive disease, which mean that the symptoms become more severe over time. Eventually, after many years, Parkinson's may be disabling. However, the disease usually progresses so slowly that the vast majority of people have many years of productive living after a diagnosis before the symptoms become severe.

Unlike many other serious neurological diseases, the symptoms of Parkinson's are mostly treatable with a range of medications and treatments, and these can be used to reduce the effects of Parkinson's.

There is no particular hurry to begin treatment for the symptoms of Parkinson's. If treatment is not started immediately, then the person is not

disadvantaged in any way. In fact, some specialists suggest that a person waits until their symptoms are causing some difficulties with their daily living before they start treatment.

Various drugs can improve the physical symptoms, but they can have a range of side-effects that include hallucinations, delusions, and a temporary worsening of confusion and abnormal movements.

Though full-blown Parkinson's can be crippling or disabling, early symptoms of may be so subtle and gradual that patients sometimes ignore them or attribute them to the effects of aging. For example, initially patients may feel overly tired, "down in the dumps," or a little shaky. Or, their speech may become soft and they may become irritable for no reason. Movements may be stiff, unsteady, or unusually slow.

Late in the course of the disease, some people may develop dementia.

3.20.1 Foods to Avoid

People who suffer from Parkinson's Disease should reduce the intake or, better yet, avoid the following foods:

- Nil,

No foods have been shown to cause Parkinson's Disease.

3.20.2 Food Cures

People who may be susceptible to Parkinson's Disease should following a healthy eating plan, including foods that are rich in Vitamin B9 (Folate or Folic Acid), such as:

- Asparagus,
- Beans,
- Citrus fruits,
- Fortified bread,

- Fortified cereals,
- Fortified noodles,
- Green leafy vegetables (such as spinach),
- Legumes,
- Oranges,
- Poultry,

The above foods are all good sources of Vitamin B9 (also known as Folate or Folic Acid). Research indicates that low levels Folate may increase susceptibility to Parkinson's Disease. For example, researchers have found that mice with low Folate levels developed severe Parkinson's symptoms, while those with normal levels remained healthy.

A healthy diet and regular exercise are beneficial treatments for many health issues, and Parkinson's is no exception to this rule. If you are suffering from Parkinson's, ensure that you eat healthy diet with lots of fruit and vegetables, and whole grains. These foods contain natural anti-oxidants that help protect against free radical damage. They are also high in fiber, which is important for helping prevent constipation.

3.20.3 Further Information

For further information, please refer to section **6 Dietary Guidelines** below and my eBooks titled "Parkinson's Disease" and "Nutrition".

3.21 Stress

In medical terms, *Stress* is a physical or psychological stimulus that can produce negative mental or physiological reactions that may eventually lead to illness.

3.21.1 Foods to Avoid

People who suffer from Stress should reduce the intake or, better yet, avoid the following foods:

- Caffeine products,

Caffeine is a stimulant and can make you more nervous and, in high doses, prevent you from relaxing.

3.21.2 Food Cures

People who suffer from Stress should following a healthy eating plan, including:

- Bread (whole-grain),
- Chocolate,
- Cinnamon,
- Crackers (whole-grain),
- Ginseng,
- Lemon Balm,
- Peppermint,
- Popcorn,
- Pretzels (whole-grain),
- Thyme,

Serotonin is a chemical that operates in the brain and regulates mood. People who suffer from ***Depression*** often have low ***serotonin*** levels. Increasing the level of production of ***serotonin*** in the brain can help people to relax and to feel more relaxed.

Low-fat carbohydrates (as found in the above whole grain products) can increase production of ***serotonin*** in the brain.

Chocolate is a good source of the amino acid *L-tryptophan*, which can also help boost *serotonin* levels.

Warning: Eat chocolate only in strict moderation, as overeating will cause a range of potentially serious health and other complications. (See section **6 Dietary Guidelines** below).

3.21.3 Further Information

For further information, please refer to section **6 Dietary Guidelines** below and my eBook titled "Herbal Remedies".

4 Food Cures For Each Ailment – Summary Matrix

The table below summarizes the Food Cures that are discussed in this eBook for the each condition.

Food Cure	Conditions Treated
Agrimony	Diabetes
Ajwain	Gas (Flatulence)
Alfalfa	Anemia, Bad Breath, Constipation, Diabetes
Almonds	Headache / Migraine
Aloe Vera	Constipation, Diabetes
Angelica	Gas (Flatulence), Gastro-Oesophageal Reflux (Acid Reflux), High Blood Pressure (Hypertension)
Anise	Bad Breath
Apples	Constipation

Food Cure	Conditions Treated
Artemisia	Constipation
Asafoetida (Hing)	Gas (Flatulence)
Ashwagandha	Fatigue
Asparagus	Parkinson's Disease
Avena	Diabetes, Insomnia
avocados	Alzheimer's Disease
Beans	Anemia, Parkinson's Disease
Bilberry	Constipation, Diabetes, High Blood Pressure (Hypertension)
Birch	Constipation
Bitter Orange	Anemia, Constipation, High Blood Pressure (Hypertension), Insomnia
Black Poplar tree bark	Headache / Migraine
Blueberries	Joint Pain
Borage	Irritable Bowel Syndrome (IBS)
Boswellia	Asthma
Bread (whole-grain)	Anxiety, Irritability, Stress
broccoli	Alzheimer's Disease
Buckthorn berries	Headache / Migraine
Burdock	Constipation, Diabetes
Calendula	Allergy
Caraway	Gas (Flatulence)

Food Cure	Conditions Treated
Catnip	Gas (Flatulence), Insomnia
Cayenne Pepper	Gas (Flatulence)
Chamomile	Allergy, Anxiety, Asthma, Irritable Bowel Syndrome (IBS)
cheese	Alzheimer's Disease
Chocolate	Anxiety, Irritability, Stress
Chrysanthemum	Headache / Migraine
Cinnamon	Anxiety, Bad Breath, Gas (Flatulence), Gastro-Oesophageal Reflux (Acid Reflux), Headache / Migraine, Stress
Citrus fruits	Parkinson's Disease
Cleavers	Allergy, Insomnia
Coptis	Diabetes, High Blood Pressure (Hypertension)
Coriander	Gas (Flatulence)
Cowslip	Headache / Migraine
Crackers (whole-grain)	Anxiety, Irritability, Stress
Cumin	Gas (Flatulence)
Dan Shen	Fatigue
Dandelion	Anemia, Constipation, Irritable Bowel Syndrome (IBS)
Dates	Constipation
Dong Quai	High Blood Pressure (Hypertension)

Food Cure	Conditions Treated
eggs	Alzheimer's Disease
Epazote	Gas (Flatulence)
Eucalyptus	Joint Pain
Fennel	Asthma
Fennel Seeds	Gas (Flatulence)
Figs	Constipation
Fish	Anemia, Headache / Migraine, Menstrual Cramps (Dysmenorrhea)
Flaxseed	Headache / Migraine, Menstrual Cramps (Dysmenorrhea)
Foods rich in Vitamin C	Joint Pain
Fortified bread	Parkinson's Disease
Fortified cereals	Parkinson's Disease
Fortified noodles	Parkinson's Disease
Fresh and lean fish	Allergy, Alzheimer's Disease, Asthma, Diabetes, High Blood Pressure (Hypertension)
Fresh and lean meat	Allergy, Alzheimer's Disease, Asthma, Diabetes, High Blood Pressure (Hypertension)
Fresh and lean poultry	Allergy, Alzheimer's Disease, Asthma, Diabetes, High Blood Pressure (Hypertension)
Fresh Fruits	Allergy, Alzheimer's Disease, Asthma, Diabetes, High Blood

Food Cure	Conditions Treated
	Pressure (Hypertension)
Fresh Vegetables	Allergy, Alzheimer's Disease, Asthma, Diabetes, High Blood Pressure (Hypertension)
Fruits	Constipation
Garlic	Diabetes, Gas (Flatulence)
Ginger	Allergy, Asthma, Gastro-Oesophageal Reflux (Acid Reflux), Headache / Migraine
Ginseng	Anxiety, Diabetes, Fatigue, High Blood Pressure (Hypertension), Stress
grapefruit	Alzheimer's Disease
Green leafy vegetables	Anemia
Green leafy vegetables (such as spinach)	Parkinson's Disease
Green or Black Tea	Bad Breath
guava	Alzheimer's Disease
High Calorie foods	Anorexia
High fat foods	Anorexia
High fiber foods (such as whole grain cereals)	Constipation
Hops	Insomnia
Horseradish	Headache / Migraine
Kefir	Gas (Flatulence)

Food Cure	Conditions Treated
kiwifruit	Alzheimer's Disease
Kombu Kelp (Japanese Seaweed)	Gas (Flatulence)
Lavender	Anxiety, Insomnia
leafy green vegetables	Alzheimer's Disease
Lean pork	Anemia
Lean poultry	Anemia
Lean red meat	Anemia
Legumes	Parkinson's Disease
Lemon Balm	Anxiety, Asthma, Headache / Migraine, Insomnia, Irritability, Irritable Bowel Syndrome (IBS), Stress
Lentils	Anemia
Licorice	Allergy, Asthma, Constipation, Gastro-Oesophageal Reflux (Acid Reflux), Headache / Migraine
Low fat dairy foods	Alzheimer's Disease, Asthma, Diabetes, High Blood Pressure (Hypertension)
Low salt foods	Alzheimer's Disease, Asthma, Diabetes, High Blood Pressure (Hypertension)
Low sodium foods	Alzheimer's Disease, Asthma, Diabetes, High Blood Pressure (Hypertension)
milk	Alzheimer's Disease

Food Cure	Conditions Treated
Mint leaves	Headache / Migraine
Neem Oil	Bad Breath
Nuts	Constipation
nuts (especially almonds)	Alzheimer's Disease
Olive Leaf	Diabetes, Fatigue
Orange peel	Headache / Migraine
oranges	Alzheimer's Disease
Oranges	Joint Pain, Parkinson's Disease
Oregano	Fatigue
Oregano Oil	Allergy, Joint Pain
Parsley	Bad Breath
Passion Flower	Insomnia
Peanut butter	Constipation
Pears	Constipation
Peppermint	Anxiety, Asthma, Constipation, Gastro-Oesophageal Reflux (Acid Reflux), Headache / Migraine, Insomnia, Irritable Bowel Syndrome (IBS), Joint Pain, Menstrual Cramps (Dysmenorrhea), Stress
Peppermint Tea	Gas (Flatulence)
Popcorn	Anxiety, Constipation, Irritability, Stress
Poultry	Parkinson's Disease

Food Cure	Conditions Treated
Pretzels (whole-grain)	Anxiety, Irritability, Stress
Probiotics (such as Yogurt)	Gas (Flatulence)
Prunes	Constipation
Quinoa	Fatigue
Radish	Headache / Migraine
Raisins	Anemia
Raspberries	Joint Pain
red and green bell peppers	Alzheimer's Disease
red berries	Alzheimer's Disease
Red Clover	Anxiety
Rosemary Leaf	Gas (Flatulence), Headache / Migraine, Irritable Bowel Syndrome (IBS), Menstrual Cramps (Dysmenorrhea)
Shellfish (such as oysters)	Anemia
Soy foods	Anemia
Spearmint	Headache / Migraine, Menstrual Cramps (Dysmenorrhea)
spinach	Alzheimer's Disease
St. John's Wort	Anxiety, Fatigue, Headache / Migraine, Insomnia
Stinging Nettle	Anemia
Strawberries	Joint Pain

Food Cure	Conditions Treated
Thyme	Allergy, Asthma, Stress
Tomatoes	Alzheimer's Disease
Turmeric	Gas (Flatulence)
Valerian	Insomnia
vegetable oils	Alzheimer's Disease
Vegetables	Constipation
Vitamin B and foods rich in B group vitamins	Alzheimer's Disease
Vitamin C	Joint Pain
Vitamin C and foods rich in Vitamin C	Alzheimer's Disease
Vitamin E and foods rich in Vitamin E	Alzheimer's Disease
Water	Constipation
wheat germ	Alzheimer's Disease
whole grain foods	Alzheimer's Disease
Willow tree bark	Headache / Migraine
Yarrow	Allergy, High Blood Pressure (Hypertension), Insomnia, Insomnia, Joint Pain, Menstrual Cramps (Dysmenorrhea)
Yellow Dock	Anemia
Yogurt	Gas (Flatulence)

5 Foods to Avoid For Each Ailment – Summary Matrix

The table below summarizes the Foods to Avoid that are discussed in this eBook for the each condition.

Foods To Avoid	Condition
Acidic foods	Asthma, Gastro-Oesophageal Reflux (Acid Reflux)
Aged cheese	Allergy, Headache / Migraine
Alcohol	Gastro-Oesophageal Reflux (Acid Reflux), High Blood Pressure (Hypertension), Insomnia, Irritability, Irritable Bowel Syndrome (IBS)
Alcoholic beverages	Allergy, Headache / Migraine
Antacids	Gastro-Oesophageal Reflux (Acid Reflux)
Artichokes	Gas (Flatulence)
Artificial fats	Irritable Bowel Syndrome (IBS)
Artificial sweeteners	Allergy, Headache / Migraine, Irritable Bowel Syndrome (IBS)
Artificial sweeteners	Gastro-Oesophageal Reflux (Acid Reflux)
Avocado	Allergy, Headache / Migraine
Bacon	Allergy, Headache / Migraine
Baked goods containing yeast	Allergy, Headache / Migraine
Banana	Allergy, Headache / Migraine
Battered and deep-fried food	Irritable Bowel Syndrome (IBS)

Foods To Avoid	Condition
Beans	Gas (Flatulence)
Biscuits	Diabetes, Fatigue, Irritable Bowel Syndrome (IBS)
biscuits	Irritable Bowel Syndrome (IBS)
Broccoli	Gas (Flatulence), Gastro-Oesophageal Reflux (Acid Reflux)
Brussel sprouts	Gas (Flatulence), Gastro-Oesophageal Reflux (Acid Reflux)
butter	Irritable Bowel Syndrome (IBS)
Cabbage	Bad Breath, Gas (Flatulence), Gastro-Oesophageal Reflux (Acid Reflux)
Caffeine products	Allergy, Anxiety, Fatigue, Gastro-Oesophageal Reflux (Acid Reflux), Headache / Migraine, High Blood Pressure (Hypertension), Insomnia, Irritable Bowel Syndrome (IBS), Stress
Cakes	Diabetes, Fatigue
Carbonated / Fizzy drinks	Irritable Bowel Syndrome (IBS)
Carbonated or Fizzy drinks	Gas (Flatulence)
Cashews	Gas (Flatulence)
Cauliflower	Gas (Flatulence), Gastro-Oesophageal Reflux (Acid Reflux)
Cheese	Allergy, Bad Breath, Constipation, Gas (Flatulence), Headache / Migraine

Foods To Avoid	Condition
cheese	Irritable Bowel Syndrome (IBS)
Chicken livers	Allergy, Headache / Migraine
Chocolate	Allergy, Diabetes, Fatigue, Gastro-Oesophageal Reflux (Acid Reflux), Headache / Migraine, Irritable Bowel Syndrome (IBS)
Citrus fruit and citrus juice	Allergy, Headache / Migraine
Coconut milk	Irritable Bowel Syndrome (IBS)
Cookies	Irritable Bowel Syndrome (IBS)
Corn chips and nachos	Irritable Bowel Syndrome (IBS)
Crackers	Irritable Bowel Syndrome (IBS)
cream	Irritable Bowel Syndrome (IBS)
cream cheese	Irritable Bowel Syndrome (IBS)
Croissants	Irritable Bowel Syndrome (IBS)
Cruciferous vegetables	Gastro-Oesophageal Reflux (Acid Reflux)
Dairy products	Allergy, Constipation, Gastro-Oesophageal Reflux (Acid Reflux), Headache / Migraine, Irritable Bowel Syndrome (IBS), Menstrual Cramps (Dysmenorrhea)
doughnuts	Irritable Bowel Syndrome (IBS)
Doughnuts	Irritable Bowel Syndrome (IBS)
Dried bananas	Irritable Bowel Syndrome (IBS)
Egg yolks	Irritable Bowel Syndrome (IBS)

Foods To Avoid	Condition
Fast foods	Allergy, Headache / Migraine, High Blood Pressure (Hypertension)
fats	Irritable Bowel Syndrome (IBS)
Fatty foods	Allergy, Alzheimer's Disease, Diabetes, Fatigue, Gastro-Oesophageal Reflux (Acid Reflux), Headache / Migraine, High Blood Pressure (Hypertension)
Figs	Allergy, Headache / Migraine
Fish	Bad Breath
Food additives	Allergy, Headache / Migraine
Foods containing sulphites	Asthma
French fries	Irritable Bowel Syndrome (IBS)
French toast	Irritable Bowel Syndrome (IBS)
Fried chicken	Irritable Bowel Syndrome (IBS)
Fried food	Irritable Bowel Syndrome (IBS)
Fried foods	Constipation
frozen yogurt	Irritable Bowel Syndrome (IBS)
Garlic	Bad Breath
Ginseng products	Insomnia
Gluten	Gastro-Oesophageal Reflux (Acid Reflux)
Gluten products,	Irritable Bowel Syndrome (IBS)
Guarana products	Insomnia

Foods To Avoid	Condition
Hoot Dogs	Allergy
Hot Dogs	Headache / Migraine
Hot dogs / Corn dogs	Irritable Bowel Syndrome (IBS)
ice cream	Irritable Bowel Syndrome (IBS)
Illicit drugs	Irritability
Legumes	Gas (Flatulence)
Lentils	Gas (Flatulence)
Lollies	Diabetes, Fatigue
Margarine	Irritable Bowel Syndrome (IBS)
Mashed potatoes which have butter / milk	Irritable Bowel Syndrome (IBS)
Mayonnaise	Irritable Bowel Syndrome (IBS)
Meat	Bad Breath
Milk	Gas (Flatulence), Gastro-Oesophageal Reflux (Acid Reflux)
milk	Irritable Bowel Syndrome (IBS)
Monosodium Glutamate (MSG) which is commonly used in Chinese food	Allergy, Headache / Migraine
MSG	Irritable Bowel Syndrome (IBS)
Nil	Anemia, Joint Pain, Parkinson's Disease
Nil	Anorexia

Foods To Avoid	Condition
Nuts	Allergy, Headache / Migraine
Nuts and nut butters	Irritable Bowel Syndrome (IBS)
Oats	Gas (Flatulence)
Oils	Irritable Bowel Syndrome (IBS)
Olives	Irritable Bowel Syndrome (IBS)
Onion rings	Irritable Bowel Syndrome (IBS)
Onions	Allergy, Bad Breath, Gas (Flatulence), Gastro-Oesophageal Reflux (Acid Reflux), Headache / Migraine
Oranges	Gastro-Oesophageal Reflux (Acid Reflux)
Pancakes	Irritable Bowel Syndrome (IBS)
pastries	Irritable Bowel Syndrome (IBS)
Pastries	Irritable Bowel Syndrome (IBS)
Peanut butter	Allergy, Headache / Migraine
Peanuts	Allergy, Headache / Migraine
Peppermint	Gastro-Oesophageal Reflux (Acid Reflux)
Pickled foods	Allergy, Headache / Migraine
Pie crust	Irritable Bowel Syndrome (IBS)
Potato chips	Irritable Bowel Syndrome (IBS)
Poultry dark meat and skin	Irritable Bowel Syndrome (IBS)

Foods To Avoid	Condition
Processed fish	Allergy, Headache / Migraine
Processed foods	Allergy, Gastro-Oesophageal Reflux (Acid Reflux), Headache / Migraine
Processed meats	Allergy, Headache / Migraine
Radishes	Gas (Flatulence)
Red meat	Allergy, Headache / Migraine, Irritable Bowel Syndrome (IBS), Menstrual Cramps (Dysmenorrhea)
Red wine	Allergy, Headache / Migraine
Salad dressings	Irritable Bowel Syndrome (IBS)
Salami	Allergy, Headache / Migraine
Salty Foods	Allergy, Headache / Migraine, High Blood Pressure (Hypertension)
scones	Irritable Bowel Syndrome (IBS)
Scones	Irritable Bowel Syndrome (IBS)
Shortening	Irritable Bowel Syndrome (IBS)
Shredded coconut	Irritable Bowel Syndrome (IBS)
Smoked fish	Allergy, Headache / Migraine
Solid carob	Irritable Bowel Syndrome (IBS)
Sorbitol-sweetened foods	Gas (Flatulence)
sour cream	Irritable Bowel Syndrome (IBS)
Spicy foods	Gastro-Oesophageal Reflux (Acid Reflux)

Foods To Avoid	Condition
spreads	Irritable Bowel Syndrome (IBS)
Sugar	Gastro-Oesophageal Reflux (Acid Reflux)
Sugar substitutes	Gastro-Oesophageal Reflux (Acid Reflux)
Sugary Foods	Allergy, Headache / Migraine, High Blood Pressure (Hypertension)
Sugary foods	Diabetes, Fatigue, Gastro-Oesophageal Reflux (Acid Reflux)
Sweet potatoes	Gas (Flatulence)
Sweets	Diabetes
Sweets	Fatigue
Tartar sauce	Irritable Bowel Syndrome (IBS)
Tomatoes	Gastro-Oesophageal Reflux (Acid Reflux)
Vitamin C supplements (in excess amounts)	Gastro-Oesophageal Reflux (Acid Reflux)
Waffles	Irritable Bowel Syndrome (IBS)
whipped cream	Irritable Bowel Syndrome (IBS)
Yeast in breads	Gas (Flatulence)
Yogurt	Irritable Bowel Syndrome (IBS)

6 Dietary Guidelines

Health and nutrition experts recommend the following eating and dietary practices for all people aged 2 years and older:

- Eat a variety of foods to get the energy (calories), protein, vitamins, minerals, and fiber you need for good health.
- Maintain a healthy weight for your height (see "

Appendix 1 - Height and Weight Charts" on page 83) to reduce the chances of having a stroke or developing high blood pressure, heart disease, various cancers, Diabetes, and other health complications.

- Ensure that your BMI is within a safe range (see "**Appendix 2 - Body Mass Index (BMI)**" on page 85).
- Eat a diet that is low in fat, low in saturated fat, and low in cholesterol to reduce your risk of heart disease, various types of cancer, and other health complications. Fat contains more than twice the calories of an equal amount of carbohydrates or protein, so a diet low in fat can help you maintain a healthy weight.
- Eat plenty of vegetables, fruits, and grain products that provide the required vitamins, minerals, fiber, and complex carbohydrates. These products are also generally lower in fat, which is also good.
- Drink plenty of water.
- Eat sugar in strict moderation. A diet containing lots of sugar will result in too many calories and too few nutrients for most people, and can also cause tooth decay and other health complications.
- Eat salt and other forms of sodium in moderation to help reduce your risk of high blood pressure and other health complications.
- If you drink alcoholic beverages, then do so in moderation. Alcoholic beverages are high in calories and contain little or no nutrients. Drinking alcohol is also the cause of many health problems and can lead to addiction.
- Eat foods (and food supplements) that are rich in anti-oxidants, such as vitamin C, vitamin E, beta-carotene (found in carrots), omega 3 fats (from fish), magnesium, and chromium. These nutrients can help prevent or reduce the long-term complications caused by Diabetes.

Please Note: Weight is only part of the "health" equation. Of far greater importance is body composition. That is, the amount of muscle compared to fat in the body, and where the fat is stored in the body. Fat that is stored around the upper body or abdomen is less healthy (and causes far more serious health concerns) than fat that is stored on the hips and thighs. Men tend to gain weight around their chests and waists – the danger areas, while

women tend to gain weight around their hips and thighs – the safer areas. Abdominal fat is associated with an increased risk for all of the following:

- high blood pressure,
- heart disease,
- stroke,
- high levels of bad in the blood (such as cholesterol and triglycerides),
- Diabetes.

7 Further Information on Food Cures

For further information about diet, please refer to section **6 Dietary Guidelines** above.

For further information about health and nutrition, please refer to my eBook titled "Nutrition".

For information about herbal remedies and other food cures, please refer to my eBook titled "Herbal Remedies".

To find the Food Cures in your area using the internet, go to **Google** web site :

<http://www.google.com>

and type in "Food Cures".

In the sections below, you can find some useful web links that can provide a wealth of information about Food Cures related clinical trials and research programs.

7.1 Web Links

The following are some useful web links that can provide a wealth of information about Food Cures.

- **FitnessMagazine.com - 10 Food Cures**
<http://www.fitnessmagazine.com/fitness/story.jhtml?storyid=/templatedata/fitness/story/data/1128963185848.xml>

- **Foodcures.net**
<http://www.foodcures.net/>

- **Fact Monster - Folk Food Cures for Natural Health**
<http://www.factmonster.com/ipka/A0768633.html>

- **Encyclopedia of Alternative Medicine - Chinese System Of Food Cures**
http://findarticles.com/p/articles/mi_g2603/is_0002/ai_2603000275

- **Joy Bauer's Article - Today - Foods Can Lower Your Cholesterol**
<http://today.msnbc.msn.com/id/17952000/>

- **Joy Bauer's Article - Today - Foods Cure Recipes**
<http://www.all-foods-natural.com/articles/food-cures.html>

- **Food Therapy for Diarrhea**
http://www.rchm.co.uk/articles/food_therapy.html

- **The Health Sciences Institute - Archive for the 'Food Cures' Category**
<http://hsi.sharpseo.com/?cat=12>

- **Health, Food, Nutrition & Hibiscus Tea News Archive**
http://www.nilevalleyherbs.com/archives/Apr2007/Hibiscus_Tea_Archive-22Apr2007.html

- **Juliano's Raw - What is Raw Food**
<http://planetraw.com/raw-food.php>
- **International College of Traditional Chinese Medicine of Victoria, Canada**
<http://www.tcminternational.com/drmuismessage.html>
- **TCM Dietary Therapy, Food Energetics, and Recipes For Your Health**
<http://www.aaaom.org/DIETARY%20THERAPY.htm>
- **Vista - Traditional Chinese Medicine's Approach to Pain**
[http://www.vistamagonline.com/articles/page.php?tp=3&p=1&id=5&s=traditional chinese medicine's approach to pain](http://www.vistamagonline.com/articles/page.php?tp=3&p=1&id=5&s=traditional%20chinese%20medicine%20s%20approach%20to%20pain)
- **Headache Remedy Page**
<http://possumsal.homestead.com/headache.html>

7.2 Books and CDs For Sale

- **Joy Bauer's Food Cures**
http://www.joybauernutrition.com/food_cures.html
- **Miracle Food Cures from the Bible book**
<http://www.tldm.org/tldmstore/MiracleFoodCuresFromTheBible.htm>
- **Secret Food Cures**
<https://tva.secretfoodcures.com/>

- **Alternative Cures That Really Work**
<http://www.nextag.com/Alternative-Cures-That-Really-530935023/prices-html>

- **RAW: The Uncook Book!**
<http://planetraw.com/uncook-book.php>

- **Food as Medicine**
<http://www.drdharma.com/Public/AboutDrDharma/FoodasMedicine/index.cfm>

- **The Food Doctor Healing Foods for Mind and Body**
http://www.thefooddoctor.com/The-Food-Doctor-Healing-Foods-for-Mind-and-Body-Abooks_healingbk/

- **Real Food Cures - CDs**
<http://www.lovenewlife.com/page/page/4449608.htm>

- **Disease Proof - The Cold Truth About Raw Food Diets**
<http://www.diseaseproof.com/archives/healthy-food-the-cold-truth-about-raw-food-diets.html>

- **Unleashing the Power of Food: Recipes to Heal**
<http://www.isecureonline.com/Reports/HPF/W600E912/?o=74871&u=6626400&l=649745>

8 Acronyms and Abbreviations

See the Error! Reference source not found. above for explanations of these terms.

- BGL - Blood Glucose Level
- BMI - Body Mass Index
- BSL - Blood Sugar Level
- GERD - Gastroesophageal Reflux Disease (same as GORD)
- GORD - Gastro-oesophageal Reflux Disease (same as GERD)
- IBS - Irritable Bowel Syndrome
- TCM - Traditional Chinese Medicine

9 Appendix 1 - Height and Weight Charts

Height and weight charts are provided below in imperial units (Feet, Inches and Pounds), and metric units (Meters and Kilograms).

- All weights include an allowance for indoor clothing and shoes. So, if you are measuring your weight while naked, you will need to take some value off the measurements – see the note below each table for details.
- All heights and weights are courtesy of the "**Ideal Weights according to the Metropolitan Life Insurance Company Tables (1983)**".

9.1 Weight Chart for Women (Feet, Inches and Pounds)

Height	Small Frame	Medium Frame	Large Frame
4'10"	102-111	109-121	118-131
4'11"	103-113	111-123	120-134
5'0"	104-115	113-126	122-137
5'1"	106-118	115-129	125-140
5'2"	108-121	118-132	128-143
5'3"	111-124	121-135	131-147
5'4"	114-127	124-138	134-151
5'5"	117-130	127-141	137-155
5'6"	120-133	130-144	140-159
5'7"	123-136	133-147	143-163
5'8"	126-139	136-150	146-167
5'9"	129-142	139-153	149-170
5'10"	132-145	142-156	152-173
5'11"	135-148	145-159	155-176
6'0"	138-151	148-162	158-179

- All weights include an allowance of 3 pounds (1.4 Kg) for indoor clothing and shoes. If naked, take 3 pounds (1.4 Kg) off the above measurements.
- All heights and weights are courtesy of the "**Ideal Weights according to the Metropolitan Life Insurance Company Tables (1983)**".

9.2 Weight Chart for Women (Meters and Kilograms)

Height (Meters)	Small Frame	Medium Frame	Large Frame
1.47	46.2-50.3	49.4-54.8	53.5-59.4
1.50	46.7-51.2	50.3-55.7	54.4-60.7
1.52	47.1-52.1	51.2-57.1	55.3-62.1
1.55	48-53.5	52.1-58.5	56.6-63.5
1.57	48.9-54.8	53.5-59.8	58-64.8
1.60	50.3-56.2	54.8-61.2	59.4-66.6
1.63	51.7-57.6	56.2-62.5	60.7-68.4
1.65	53-58.9	57.6-63.9	62.1-70.3
1.68	54.4-60.3	58.9-65.3	63.5-72.1
1.70	55.7-61.6	60.3-66.6	64.8-73.9
1.73	57.1-63	61.6-68	66.2-75.7
1.75	58.5-64.4	63-69.3	67.5-77.1
1.78	59.8-65.7	64.4-70.7	68.9-78.4
1.80	61.2-67.1	65.7-72.1	70.3-79.8
1.83	62.5-68.4	67.1-73.4	71.6-81.1

- All weights include an allowance of 3 pounds (1.4 Kg) for indoor clothing and shoes. If naked, take 3 pounds (1.4 Kg) off the above measurements.
- All heights and weights are courtesy of the "**Ideal Weights according to the Metropolitan Life Insurance Company Tables (1983)**".

9.3 Weight Chart for Men (Feet, Inches and Pounds)

Height	Small Frame	Medium Frame	Large Frame
5'2"	128-134	131-141	138-150
5'3"	130-136	133-143	140-153
5'4"	132-138	135-145	142-156
5'5"	134-140	137-148	144-160
5'6"	136-142	139-151	146-164
5'7"	138-145	142-154	149-168
5'8"	140-148	145-157	152-172
5'9"	142-151	148-160	155-176
5'10"	144-154	151-163	158-180
5'11"	146-157	154-166	161-184
6'0"	149-160	157-170	164-188
6'1"	152-164	160-174	168-192
6'2"	155-168	164-178	172-197
6'3"	158-172	167-182	176-202

6'4"	162-176	171-187	181-207
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- All weights include an allowance of 5 pounds (2.3 Kg) for indoor clothing and shoes. If naked, take 5 pounds (2.3 Kg) off the above measurements.
- All heights and weights are courtesy of the "**Ideal Weights according to the Metropolitan Life Insurance Company Tables (1983)**".

9.4 **Weight Chart for Men (Meters and Kilograms)**

Height (Meters)	Small Frame	Medium Frame	Large Frame
1.57	58-60.7	59.4-63.9	62.5-68
1.60	58.9-61.6	60.3-64.8	63.5-69.3
1.63	59.8-62.5	61.2-65.7	64.4-70.7
1.65	60.7-63.5	62.1-67.1	65.3-72.5
1.68	61.6-64.4	63-68.4	66.2-74.3
1.70	62.5-65.7	64.4-69.8	67.5-76.2
1.73	63.5-67.1	65.7-71.2	68.9-78
1.75	64.4-68.4	67.1-72.5	70.3-79.8
1.78	65.3-69.8	68.4-73.9	71.6-81.6
1.80	66.2-71.2	69.8-75.2	73-83.4
1.83	67.5-72.5	71.2-77.1	74.3-85.2
1.85	68.9-74.3	72.5-78.9	76.2-87
1.88	70.3-76.2	74.3-80.7	78-89.3
1.91	71.6-78	75.7-82.5	79.8-91.6
1.93	73.4-79.8	77.5-84.8	82.1-93.8

- All weights include an allowance of 5 pounds (2.3 Kg) for indoor clothing and shoes. If naked, take 5 pounds (2.3 Kg) off the above measurements.
- All heights and weights are courtesy of the "**Ideal Weights according to the Metropolitan Life Insurance Company Tables (1983)**".

10 **Appendix 2 - Body Mass Index (BMI)**

Body Mass Index (BMI) is an indication of whether your weight is in the healthy weight range in relation to your height. BMI uses a very simple

mathematical formula that takes into account a person's height and weight to estimate the percentage of fat on a person's body.

BMI equals a person's weight divided by their height squared. If the person's weight is measured in **kilograms** and their height is measured in **meters**, then the units of measure for BMI are kg/m^2 . The table above assumes that the units of measure for BMI are Lb/inch^2 . If the person's weight is measured in **Pounds** and their height is measured in **inches**.

The risks of disease and health complications for various BMI ranges (for both unit types) and waist sizes are provided in the tables below.

Please Note: Weight is only part of the "health" equation. Of far greater importance is body composition. That is, the amount of muscle compared to fat in the body, and where the fat is stored in the body. Fat that is stored around the upper body or abdomen is less healthy (and causes far more serious health concerns) than fat that is stored on the hips and thighs. Men tend to gain weight around their chests and waists – the danger areas, while women tend to gain weight around their hips and thighs – the safer areas. Abdominal fat is associated with an increased risk for all of the following:

- high blood pressure,
- heart disease,
- stroke,
- high levels of bad in the blood (such as cholesterol and triglycerides),
- Diabetes.

10.1 BMI and Race

In Caucasian people, a BMI of 20-25 indicates a healthy weight range. Over 25 indicates the overweight range.

However, for other races, such as Asians, Asian Indians, and Indigenous Australians, the healthy range for BMI is lower at 19-23.

10.2 BMI – for weight in Kg and Height in Meters

If a person's weight is measured in **kilograms** and their height is measured in **meters**, then calculate the BMI as follows :

$$\text{BMI} = \text{Weight} / \text{Height}^2$$

and then use the following table to see what risk levels are associated with your BMI and waist size:

	W	Ris for waist e 40 in 35 in	Ris for waist 40 in. 35 in.
	L		
	(In	t
		Ver	Ver
	Ext	Extre	Extre

Please Note: The table above assumes that the units of measure for BMI are kg/m². That is, the person's weight is measured in **kilograms** and their height is measured in **meters**.

10.3 BMI – for weight in Pounds and Height in Inches

If a person's weight is measured in **Pounds** and their height is measured in **inches**, then calculate the BMI as follows :

$$\mathbf{BMI = Weight / Height^2 * 704.55}$$

and then use the above table to see what risk levels are associated with the BMI and waist size.

Please Note: The conversion factor above is derived from the following conversion factors for Pounds to Kilograms and Inches to Meters:

$$\text{Pounds/Kg} = 2.20$$

$$\text{Inches/Meter} = 39.37008$$

Therefore, to convert a value from Lb/inch² to Kg/m², we need to multiply by:

$$39.37008^2 / 2.20 = 704.55$$

which is the conversion factor used in the above BMI formula.