

Paracelsus Hypoallergenic Diet

Due to lifestyle and dietary challenges, it is important that we occasionally reduce our body's burden. Following a hypoallergenic diet can improve the connective tissue (bones, muscles and other tissues), enhance glandular function, i.e. more efficient hormonal regulation, and above all, detoxify the liver and kidneys! The end result: stronger self-healing powers and stronger immune system! The majority of chronic diseases are due to an unhealthy diet and lifestyle, in particular, the consumption of animal protein, hydrogenated fats, sugar and refined foods. Despite overconsumption our body is starving.

Eighty-percent of our immune system is situated in the gastro-intestinal tract and part of the intestinal bacteria. The intestinal bacteria with its many functions can be thought of as an important "internal organ". The microbiome is completely and solely adapted to humans and provides for our well-being and optimal health. Factors like unhealthy diet, antibiotics, negative stress, etc., destroys the intestinal mucous membrane and innate intestinal bacteria which over time is responsible for many health concerns.

The food we eat, as it passes through our gastro-intestinal tract, connects our external world with the internal world like the saying "we are what we eat". Apart of having more bacterial cells in our body than human cells, the body is made up of 80% water and only 20% organic material. It is this water (tissue fluid/extracellular fluid) which nourishes our organs. If the extracellular fluid is clogged up with toxins, metabolic waste materials and chemicals, then our body cells, organs and beneficial bacteria will become malnourished. Over time, they become weaker, more acidic and less immune protective. Thus, optimal nutrition can act as curative medicine.

With the Paracelsus hypoallergenic and whole-food dietary program, the following should be avoided for at least six weeks:

- **No dairy foods** such as: dairy milk, yoghurt, cottage cheese, cheese, chocolate etc. Dairy protein thickens the lymph fluid, produces mucus and burdens the immune system.
- **No meat, chicken or fish.** Meat and its products is highly inflammatory and contributes to acidity in the body. The World Health Organisation has officially declared processed and red meat as a group 1 carcinogen (worse than smoking). In addition animal proteins are often not completely digested, causing putrefication (poisons) in the gut which leads to a compromised immune system, allergies and/or leaky gut syndrome.
- **No seafood such as: canned fish, lobster, langouste, corvette, shells, snails etc.** Being on top of the food chain, fish and especially seafood is highly contaminated with dioxins, pesticides and heavy metals.
- **No refined sugar or refined wheat products** such as bread, noodles and other wheat-containing products. Gluten, the protein in wheat is a gut irritant and extremely hyperallergenic. Gluten-free and/or 100% whole grain breads and pasta from ancient grains like Kamut, Emmer or rye are permitted. Whole-grains should always be eaten in rotation! Legumes enrich meals, particularly as a vegetable protein supplier. To sweeten sparsely use maple syrup, unrefined-cane (raw) sugar, palm sugar, coconut blossom sugar, xylitol or stevia.

- **No eggs** or foods containing them.
 - **No nuts** like hazelnuts, peanuts or almonds. Cashews, walnuts, Brazil nuts and macadamia nuts should be eaten in small portions and in rotation. Pine nuts, tiger nuts, sunflower seeds, hemp seeds and pumpkin seeds can also be eaten, also as snacks.
 - **Oranges, mandarins and kiwis** are often contaminated with insecticides. The juice of half an organic grapefruit or lemon for breakfast is recommended. Grapefruit and lemons contain bitter essences, which stimulate the liver; a few drops in water are sufficient.
 - **Processed foods** such as baked goods, processed soups, cookies, hamburgers, pizza, French Fries, etc. They all contain hydrogenated fats and additives (preservatives and flavourings), which are harmful to our bodies. Besides, they not only lack vitamins and minerals, they rob us of our vital nutrients, making the body more acidic and disturbing metabolism.
 - **No raw food after noon.** According to the organ clock, after 12 o'clock lunchtime, the digestive organs decrease their work capacity. Foods that are harder to digest tend to get fermented and consequently form alcohol in the intestinal tract which in turn burdens the liver. In addition, the intestinal milieu is disturbed closing the vicious cycle of dysbiosis and making way for many gut dysfunctions.
 - **Commercial fruit juices** are acid-forming, since they are highly concentrated and contain sugar or other additives. Therefore these products, as well as other sweet beverages and soft drinks, are forbidden.
 - **Alcohol** stresses the liver and decreases its detoxification function.
 - **Coffee** disturbs stress hormones and being a diuretic washes out vitamins and minerals. If unavoidable, 1-2 espresso per day are allowed.
- Consuming large quantities of water and weak herbal tea promotes the exchange of body fluids and the removal of waste. You should drink 1.5 to 2.5 litres of water and herbal tea per day, between meals. Try to avoid the consumption of cold liquids!

Don't forget your eating habits! Always be aware of what you eat and chew well!
Eat local and organic!