

Dr. Wallach & Dr. Glidden

Good Food & Bad Food List



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Good Foods

- Eggs - soft scrambled in butter, poached, or soft boiled
- 4-8, 8oz Filtered water daily
Avoid soft plastic bottles
- Raw Mixed Nuts- no peanuts
- Pure Buckwheat
- Couscous (pearl millet only)
- Beef- med/rare
- Fish/Chicken/Pork/Lamb
- Rice/Millet/Quinoa
- Vegetables/Fruits
- Coffee/Tea/Green Tea
- Dairy Products - if no allergies
- Butter
- Salt
- Beans
- Wine

Bad Foods

- Oats - Even Gluten Free
- Fried Foods - Nothing fried, Broil, boil or bake
- Oils - No oil of Any Kind, this includes olive oil!
- Well Done Meat
- Deli Meats - loaded with nitrates & nitrites, read the labels.
- Carbonated Drinks
- Baked Potato Skins
- Wheat
- Barley
- Rye

Why Avoiding Gluten is Critical

Gluten is an Inflammatory
Interferes with Absorption
Causes Intestinal Sludge & Blockage
Associated with Auto Immune Disease
Significantly Raises Blood Sugar
Effects Endocrine & Hormonal Systems