

# Examples of Actual CFIEs

## Dietary Counseling For LL

1. It is my recommendation that you **do not eat Meat and Mined Salt**. These should be entirely omitted from your diet, in any form and in any quantity.

By **Meat** I mean all:

- beef,
- pork,
- lamb,
- mutton,
- chicken,
- turkey
- duck,
- goose,
- lard
- gelatin
- bullion
- cheese with rennet (substitute vegetable enzymes)

By **Mined Salt** I mean salt that is mined from the earth, as opposed to sea salt, which is evaporated sea water. Mined salt has become a mineral through time and pressure. It has different solubility properties than sea salt, which dissolves almost instantly. Mined salt can take days to dissolve and can irritate the stomach of some people and interfere with digestion. I recommend that you use a true sea salt that is simply evaporated sea water with no additives, such as Le Tressor or Celtic sea salt.

2. I further recommend that you avoid the combination of **Potato** with **Grain**. These foods may be eaten separately but should always be kept at least **4** hours apart. No food should be eaten which contains both.

By **Potato** I mean:

- tapioca, arrowroot, and jicama react as potato for many people
- all potato, sweet potato and yams.
- yucca and cassava root react as potato for many people
- any food containing potato, potato flour, potato starch, etc.
- soups, stews and other prepared foods often contain potato in some form.
- dextrose is usually potato,
- vitamin A palmitate or ascorbyl palmitate. Read labels and do not eat foods containing these.
- most B vitamins contain potato, as do enriched or fortified foods.
- Iodized salt contains dextrose, which is potato starch.

- low-fat and skim milk products contain vitamin A palmitate.
- baking powder contain potato, except Rumsford brand.
- most yeast contains potato, both baking yeast and beer yeast.
- Red Star yeast does not contain potato. Eat breads made with Red Star Yeast. If you have a question about this, call the bakery and ask.
- many beers contain potato: ask for a potato-free beer list
- MSG is often potato, beware of “natural flavorings”

By Grain I mean:

- wheat,
- rye,
- rice,
- barley,
- oats,
- corn,
- flax,
- sesame,
- millet
- wild rice.
- teff
- whiskey, bourbon, vodka, scotch, beer
- malt or rice or white vinegar
- malto-dextrin,
- noodles,
- bread,
- wheat germ or
- bran

3. I recommend that you supplement your diet with Kali Mur. This mineral salt (also called a Schussler “cell salt” or “tissue salt”) may be obtained at almost any health food store or homeopathic pharmacy. It is found in the **6x** potency. Take 3 tablets three times a daily, so long as they taste good to you. When they start to taste chalky or salty you no longer need them, although you occasionally will later. I suspect that you will need to take them for about two or three months to start with.

Dietary Counseling For  
**HR**

1. It is my recommendation that you **do not eat Fruit**. This should be entirely omitted from your diet, in any form and in any quantity.

By **Fruit** I mean:

- all apples, pears, berries, cherries, lemon, oranges, banana, kiwi, grapes,
- peaches, plums, apricots, mango,
- cranberries, coconut, avocado, papaya,
- dates, olives, olive oil,
- palm, palm oil
- all oils, barks, peels from fruit
- Cashews, allspice, cloves, mace, nutmeg,
- Bergamot (in Earl Grey tea),
- cream of tarter
- pectin
- all other fruits, raw, cooked or dried.
- all products made from fruit, such as wine, vinegar (wine or apple cider), balsamic vinegar
- fruit liquors
- citric acid, acetic acid, malic acid
- any food cooked or flavored with fruit or fruit extracts,
- most bottled water and filtered water (Brita, Pur, etc.) contain fruit, both citric acid and coconut, in the filter,
- most vitamins contain fruit (bioflavonoids, citrates)
- ascorbyl palmitate contains fruit
- most B vitamins contain fruit, as do enriched or fortified foods.
- white flour products: all commercial white flour contains citric acid as a preservative. This includes almost all commercial bread.
- annatto coloring, such as in yellow cheeses, and many ice creams.
- Some mozzarella cheese contains citric acid: read labels

The following are **not classified as fruit**

- all melons, such as honeydew, cantaloupe, muskmelon, watermelon, etc.
- tomatoes and rhubarb.

Almost all canned tomato products contain citric acid and should be treated as fruit: read labels. You can find tomato products without citric acid or make your own.

## Dietary Counseling For **MSM**

1. It is my recommendation that you **do not eat Milk**. This should be entirely omitted from your diet, in any form and in any quantity.

By **Milk** I mean:

- milk,
- cream,
- butter,
- cheese,
- yogurt,
- kefir
- goat's milk,
- buttermilk,
- whey
- lactoferrin
- casein
- Some pre-packaged raw greens are now treated with Lactoferrin, a milk derivative, to prevent E. coli spread.
- most frozen fish contain Lactoferrin.

## Dietary Counseling For GS

1. It is my recommendation that you **do not eat Egg or Soy**. These should be entirely omitted from your diet, in any form and in any quantity.

By **Egg** I mean

- all poultry eggs and all products made from them or in which they are contained.
- Lecithin (except soy lecithin)
- most pastries contain egg,
- Mayonnaise,
- many sauces, such as Hollandaise
- Caesar dressing/salad
- many ice creams
- cottage cheese may contain egg lecithin,
- noodles,
- candy, such as nougat,
- chocolate may contain egg lecithin: if it says soy lecithin, it is OK – no egg.

By **Soy** I mean:

- soybeans,
- tofu,
- tempeh,
- soy sauce,
- hydrolysed soy protein,
- textured vegetable protein,
- MSG,
- soy lecithin,
- etamame,
- teriyaki.

## CORN

By **Corn** I mean

- Corn
- Corn-on-the-cob
- Corn flour
- Corn meal
- Fructose
- High Fructose Corn syrup

Dietary Counseling For  
**KB**

1. It is my recommendation that you **do not eat Potato**. This should be entirely omitted from your diet, in any form and in any quantity.

By **Potato** I mean:

- All potato, sweet potato, and yams.
- Tapioca, arrowroot, and jicama react as potato for many people.
- Yucca and cassava root act as potato for many people.
- Any food containing potato, potato flour, potato starch, etc.
- Soups, stews, and other prepared foods often contain potato in some form
- Dextrose is usually potato.
- Vitamin A palmitate or ascorbyl palmitate. Read labels and do not eat foods containing these.
- Most B vitamins contain potato, as do enriched or fortified foods.
- Iodized salt contains dextrose, which is potato starch.
- Low-fat and skim milk products contain vitamin A palmitate.
- Baking powder, contain potato, except Rumsford brand.
- Most yeast contains potato, both baking yeast and beer yeast.
- Red Star yeast does not contain potato. Eat breads made with Red Star Yeast. If you have a question about this, call the bakery and ask.
- Many beers contain potato: ask for a potato-free beer list

MSG is often potato, beware of “natural flavorings”

Dietary Counseling For  
**LB**

1. It is my recommendation that you **do not eat Sugar**. This should be entirely omitted from your diet, in any form and in any quantity.

By **Sugar** I mean:

- White sugar
- Brown sugar
- Turbinado and raw sugar
- Molasses
- Sucrose
- Sucralose
- “Sucanat”
- Dried cane juice
- Evaporated cane juice
- Organic cane juice

The following do not react like those sugars and **can be used instead of sugar**:

- Honey
- Pure maple syrup
- Barley malt
- Corn syrup
- Rice syrup
- Fructose
- Stevia
- Xylitol, erythritol

**We advise against the use of artificial sweeteners, such as saccharine, sweet-n-lo or nutri-sweet (Aspartame).**

Dietary Counseling For  
**NK**

1. It is my recommendation that you **do not eat Wheat**. This should be entirely omitted from your diet, in any form and in any quantity.

By **Wheat** I mean:

- wheat
- noodles,
- bread,
- wheat germ,
- wheat bran

## Dietary Counseling For QC

1. It is my recommendation that you **do not eat Gluten**. These should be entirely omitted from your diet, in any form and in any quantity.

By **Gluten** I mean the sticky complex protein found in certain grains:

- Wheat
- Spelt
- Oats (If the oats are certified Gluten Free, they are safe)
- Barley
- Rye
- Triticale
- Kamut
- Avoid these grains, and anything made from them, such as liquors, malt vinegar, maltodextrin, beer, noodles, breads and pastries, wheat germ, etc. Read labels. They may be used in soups and gravy as thickeners.

**There are grains and other flours that do not contain gluten** that can be used in place of these, such as:

- Corn
- Millet
- Rice
- Wild rice
- Buckwheat
- Quinoa
- Teff
- Amaranth
- Taro
- Arrowroot, and Tapioca.