

NAET BASIC 15 GUIDE

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Adapted from "The NAET Guide Book"

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1. **BBF (Brain Body Balance Formula)** – No avoidance of any substance is necessary.

2. **EGG MIX (egg yolk, egg white, chicken, tetracycline, feathers)**

YOU MAY NOT EAT OR TOUCH: egg white, egg yolk, chicken, tetracycline and all other "cycline" antibiotics, all foods containing egg such as cakes, cookies, muffins, pancakes, pastries, mayonnaise, and foods containing chicken, including chicken broth. Avoid birds and items containing feathers such as down pillows, comforters, jackets, vests. Also avoid shampoos, conditioners and lotions containing egg products.

YOU MAY EAT: any foods not containing chicken or egg: rice, breads without egg, pasta without egg, fruits, dairy, beef, pork, fish, lamb, turkey, oils, vegetables, nuts, beans, cereals, coffee, tea

3. **CALCIUM MIX (calcium carbonate, calcium gluconate, calcium ascorbate, cow's milk, goat's milk, casein, albumin)**

YOU MAY NOT EAT OR TOUCH:

- milk or milk products
- uncooked vegetables of any kind
- leafy green vegetables such as broccoli, cabbage, kale, chard, Brussels sprouts, lettuce greens
- beans and legumes such as peanuts, kidney, navy, black, pinto, garbanzo, soy beans, lentils
- soy products such as tofu, soy sauce, hydrolyzed/textured soy protein (veggie burgers, etc.)
- nuts such as almonds, cashews, macadamia, brazil, hazel, pecans, pine nuts
- seeds such as sunflower, sesame, flax
- oranges, tangerines
- eggs
- seaweed, spirulina
- calcium supplements
- toothpaste with calcium carbonate, e.g. Tom's of Maine
- don't touch chalk, bones or pearls

YOU MAY EAT: rice, pasta, quinoa, potato, corn, yams, sweet potatoes, cooked vegetables (other than those listed above such as carrots, peppers, squash, cauliflower, onions, garlic), boneless meat, boneless poultry, boneless fish, mushrooms, avocado, banana, strawberries, raspberries, apples, grapes, pears, blueberries, lemon, lime, grapefruit, plums, peaches, apricots, spices, oils, coffee, tea. Drink calcium-free water (tap water is fine) and check your toothpaste for calcium carbonate. Most commercial toothpastes such as Crest, Colgate, Aqua Fresh are ok, and also all gel toothpastes.

4. **VITAMIN C MIX (ascorbic acid, oxalic acid, citrus mix, berry mix, fruit mix, vegetable mix, vinegar mix, chlorophyll, hesparin, rutin, bioflavonoids)**

YOU MAY NOT EAT OR TOUCH: fresh or dried fruits, vegetables (except French fries), fruit or vegetable juices, soft drinks, milk and milk products, artificial sweeteners, vitamin C supplements.

YOU MAY EAT: rice, pasta, eggs, chicken, fish, meats, brown toast, deep fried foods including French fries; nuts, beans, tofu, peanut and nut butters, salt, oils, coffee, water.

5. **VITAMIN B COMPLEX (B 1-6, 12, 13, 15, 17, PABA, inositol, choline, biotin, folic acid)**

YOU MAY NOT EAT OR TOUCH: whole grain products, fruits, vegetables, meats, dairy products, anything with B vitamins.

YOU MAY EAT: white rice, white pasta, cauliflower, well cooked or deep fried fish, French fries, salt, white sugar, black coffee. Rice should be rinsed well before cooking. Pasta should be rinsed well after cooking.

6. **SUGAR MIX (cane, beet, brown, corn, rice, maple, fruit [fructose], date, grape sugars; glucose, maltose, dextrose, glucose, sucrose, lactose; molasses, honey)**

YOU MAY NOT EAT OR TOUCH: anything with the above sugars, including fruits and dairy products. Do not use toothpaste or mouthwash.

YOU MAY EAT: rice, pasta, vegetables, potatoes, meats, chicken, fish, eggs, nuts, seeds, beans, oils, soy, tofu. Brush your teeth with baking soda.

7. **IRON MIX (ferrous sulfate, ferrous gluconate, beef, pork, lamb, gelatin)**

8. VITAMIN A MIX (fish, shellfish, beta carotene, vitamin A)

YOU MAY NOT EAT OR TOUCH:

- Meats: red meat (beef, pork, lamb, goat, venison), organ meats (liver, kidney, heart, etc.)
- Seafood: fish, clams, oysters, crab, shrimp
- Fruits: apricots, peaches, banana, dates, prunes, raisins, avocado
- Vegetables: dark leafy greens (turnip/mustard/beet greens, broccoli, Brussels sprouts, spinach, chard), beets, asparagus
- All whole grains including corn
- All nuts and legumes including soy
- Brewer's yeast, sunflower seeds, sesame seeds, kelp, egg yolk, molasses, mushrooms, coffee, chocolate

YOU MAY EAT: white rice without fortification, sour dough bread without iron, dairy products, cauliflower, potato, chicken, light green vegetables, carrots, onions, garlic, berries, melons, tomatoes, pineapple, apple, pear, cucumber, citrus fruits.

YOU MAY NOT EAT OR TOUCH: all yellow, orange or green vegetables or fruits, fish or fish products, dairy products, corn products, onions, eggplant

YOU MAY EAT: rice, pasta, potato, cauliflower, red apples, chicken, nuts, beans, peanuts mushrooms, grapes, kiwi, cherries, coffee, water

9. MINERAL MIX (trace minerals: antimony, barium, boron, beryllium, bromide, cesium, chlorine, chromium, cobalt, europium, fluorine, gallium, germanium, gold, iodine, lead, lithium, magnesium, manganese, mercury, molybdenum, nickel, palladium, phosphorus, potassium, rubidium, samarium, scandium, selenium, silver, strontium, sulfur, thallium, thorium, tin, titanium, tungsten, uranium, vanadium, zinc, zirconium)

YOU MAY NOT EAT OR TOUCH: metals, tap water, mineral water, root vegetables like onion, potato, carrots, turnips. Wear gloves while touching metal surfaces. Metal buttons on clothes, shoes, handbags, etc. can be covered with tape. Use plastic and glass utensils to cook and eat. Do not wear jewelry. Do not shower, bathe, or wash with tap water.

YOU MAY EAT/USE: distilled water for drinking, cooking, showering, all other foods not listed above.

10. SALT MIX (sea salt, table salt, rock salt, sodium and chloride)

YOU MAY NOT EAT OR TOUCH:

12. **YEAST MIX (baker's yeast, brewer's yeast, tortula yeast, candida albicans)**

- Tap water
- Animal products: brains, kidney, cured or processed meats such as bacon, ham, deli meats, salami, beef jerky, fish, shellfish
- Canned or frozen foods, processed foods
- Vegetables: kelp/seaweed, romaine lettuce, celery, carrots, beets, artichoke, watercress, Swiss chard, tomatoes, cabbage, cucumber, asparagus
- Fruits: avocado, pineapple
- Grains: Oats

YOU MAY EAT: distilled water to drink or bathe, any foods not listed above

11. **GRAIN MIX (wheat, corn, rice, oats, rye, millet, barley)**

YOU MAY NOT EAT OR TOUCH: Anything made with the above grains, including corn starch and corn syrup and soy sauce containing wheat.

YOU MAY EAT: Anything that does not contain the above grains. You may eat quinoa and amaranth.

YOU MAY NOT EAT OR TOUCH: any foods containing the above items: yeasted breads, pizza dough, croissants, bagels, pita bread. Do not eat fermented foods such as soy sauce, saurkraut, kimchi, miso, beer, wine, kombucha teas.

YOU MAY EAT: anything that does not contain yeast, including non-yeasted grain products (crackers, muffins, cookies, tortillas, pasta, rice, cereals), vegetables, meats/fish, fruits, nuts, beans, oils, dairy products

13. **STOMACH ACIDS**

AVOID - less than 30% of your food over the next 25 hours can be from the following groups: sugars, starches, fruits, grains, meats, coffee

YOU MAY EAT – greater than 70% of your food over the next 25 hours should be from the following groups: vegetables, beans, eggs, oils, dairy products

14. **BASE (digestive enzymes)**

AVOID - less than 30% of your food over the next 25 hours can be from the following groups: vegetables, beans, eggs, dairy products

YOU MAY EAT – greater than 70% of your food over the next 25 hours should be from the following groups: sugars, starches, fruits, grains, meats, coffee

15. **HORMONES**

AVOID – Red meat unless it is organic, any kind of synthetic or natural reproductive hormones including birth control pills and patches, hormone replacement pills, patches, creams, etc. You should not be treated during your menstrual period.

YOU MAY EAT-Anything that is not non-organic red meat.