

Goodbye Lyme Treatment Program Dietary Recommendations

Foods to Avoid

Fatty meats:

pork
bacon
sausage
scrapple

Cured meats:

ham
bacon

Farm raised fish

Egg yolks

Dairy products:

cheese
milk
ice cream
yogurt
butter

Oily foods:

Lard
Hydrogenated foods like margarine
Nuts like peanuts
Oily seeds

Fried foods:

French fries
Fried chicken
Fried fish
Onion rings
Cheesesteak

Carbohydrates:

Large amounts of grains and legumes
Wheat bread - rolls, loaf
Wheat pasta
Pizza
Cakes

Cookies

Muffins

Sweetened foods:

Soda
Candy
Chocolate
Desserts
Sweetened drinks
Foods sweetened with sugar

Alcohol:

Beer
Wine
Hard liquor
Coolers

Excess raw fruits and veggies:

Raw sweet fruit
Sweet fruit juices
Watermelon
Raw sweet veggies
Potatoes

Soy products:

Soy milk
Tofu

Highly processed foods:

Foods with high amounts of chemical preservatives
Artificial sweeteners

Caffeine:

Coffee
Teas
Chocolate



Two Frogs Healing Center

Specializing in the treatment of daily chronic pain, Fibromyalgia, Lyme Disease, food addiction, migraines, cancer, chronic fatigue, and stress eating.
301.228.3764 (301.ACU.FROG) 170 West Patrick Street, Frederick, MD 21701

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Foods to Add to Your Diet (preferably organically raised)

Lean meats:

Chicken
Turkey
Lean beef

Wild caught fish

Egg whites

Dairy products:

Goats milk
Goats milk yogurt
Goats milk cheese

Nuts:

Walnuts
Almonds
Chestnuts
Pine nuts

Carbohydrates:

Grains like quinoa
Brown rice
Millet
Millet bread
Barley
Barley bread
Oats, oatmeal
Corn
Minimally processed corn meal
Amaranth
Alfalfa sprouts

Legumes:

Aduki beans

Soy:

Black soy beans
Bragg Liquid Aminos

Sweeteners:

Stevia
Raw honey
Agave

Tart fruits:

Granny Smith apples
Cranberries
Lemons
Lemon juice
Limes
Lime juice
Cooked tart fruits in pies with
gluten free crusts

Figs

Citrus peels (orange or tangerine)
Tart grapefruit (ask your pharmacist
about contraindications with your
medications)

Veggies:

Kale
Collards
Chard
Lettuce
Spinach
Arugula
Dandelion greens and roots
Mustard greens
Turnips
Celery
Kolrabi
Seaweeds
Sprouts: mung beans, almonds,
wheat grass, alfalfa

Radishes
Daikon radish
Cooked watercress
Cooked cabbage
Cooked cauliflower
Cooked broccoli
Cooked Brussel sprouts
Asparagus

Herbs and supplements:

Scallions
White pepper
All bitter tasting herbs
Chamomile

Pau d' arco

Cinnamon (warming)
Ginger (warming)
Valerian (for insomnia)
Black seed / Kalonji
Garlic
Raw onions
Parsely
Turmeric
Basil
Cardamom
Bay leaf
Marjoram
Cumin
Fennel
Horseradish
Rosemary
Mint
Lemon balm
Dill
Ginger
Angelica root
Peony root
Rhubarb (has a laxative effect)
Prickly ash bark
Milk thistle seeds
Chamomile
Flax oil
Borage oil
Evening primrose oil
Black currant seeds
Aloe vera gel
Spirulina
Blue-green algae
Chlorella
Wheat grass juice
Barley grass juice

Fungi:

Mushrooms

Condiments:

Vinegar



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Daily Recommendations

1 tablespoon of organic apple cider vinegar just before a meal

Swallow 3-5 toes of raw garlic in the morning (can chop cloves and swallow with water to avoid garlic breath)

Grind 1 tablespoon of black seed/Kalonji, spread raw honey on top of a wheat free slice of bread, sprinkle black seed on top of honey.

Drink Goji berry /Lycii berry juice for Lyme fatigue.

Drink 1 tablespoon of bentonite clay for detoxification, reducing herxheimer reaction.

Take activated charcoal capsules for detoxification.

Oil pulling, 1 TBS of Sunflower oil swished around mouth for 15-20 minutes in the morning before brushing teeth



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