

## THE FUNGUS LINK DIET

### PHASE ONE

	<u>Included</u>	<u>Excluded</u>
1. Sugar	None	All
2. Artificial or herbal sweeteners	Stevia, Stevia Plus	Aspartame, saccharin
3. Fruit	Green apples, berries, avocado, grapefruit, lemon, limes	All others
4. Meat	Fish, poultry, beef, etc(1)	Breaded meats
5. Eggs	Yes, yolk cooked intact	None excluded
6. Dairy products(2)	Yogurt(including goat yogurt), cream cheese, unsweetened whipping cream, sour cream, made with real cream, butter	All others, including margarine and any butter substitutes
7. Vegetables	All fresh vegetables, steamed, raw, or juiced, including V-8 Juice	Potatoes, yams legumes
8. Beverages	Bottled or filtered water, Non-fruity herb teas, fresh Lemonade with Stevia	Coffee and tea (including decaf), Sodas (including diet soda)
9. Grains	None	Pasta, rice, corn, wheat quinoa, amaranth, millet, buckwheat, oats, barley
10. Yeast products	None	All-including bread, mushrooms, pastries, and alcoholic beverages
11. Vinegars	Unpasteurized apple cider vinegar, black olives not aged in vinegar	Pickles, salad dressings(3) green olives
12. Oils	Olive, grape seed, flax seed, etc. Use cold pressed when available	Partially-hydrogenated oils and peanut oil
13. Nuts	Raw, including pecans, almonds, walnuts, cashews, pumpkin seeds, sunflower seeds, etc	Peanuts and all peanut products, pistachios

- (1) Meat and fish are better if not corn-fed. This means avoiding farm-raised fish.
- (2) Dairy products are better if from range-fed cattle.  
Good yogurt products: Brown Cow, Stonyfield.  
Whipping cream is liquid, unsweetened heavy cream.
- (3) Excluded because they are fermented.

NOTE: Organically grown vegetables are preferable. Meat, eggs, and yogurt should be from animal sources not injected or fed with antibiotics, hormones, or steroids nor fed silo-stored grains.

## PHASE TWO

After most symptoms have abated, you can add Legumes (beans&peas), as well as some Grains-oats (oatmeal), brown rice, quinoa, amaranth, millet, buckwheat, barley; flour tortillas, toasted Sourdough bread.

See [The Fungus Link](#), Doug Kaufmann