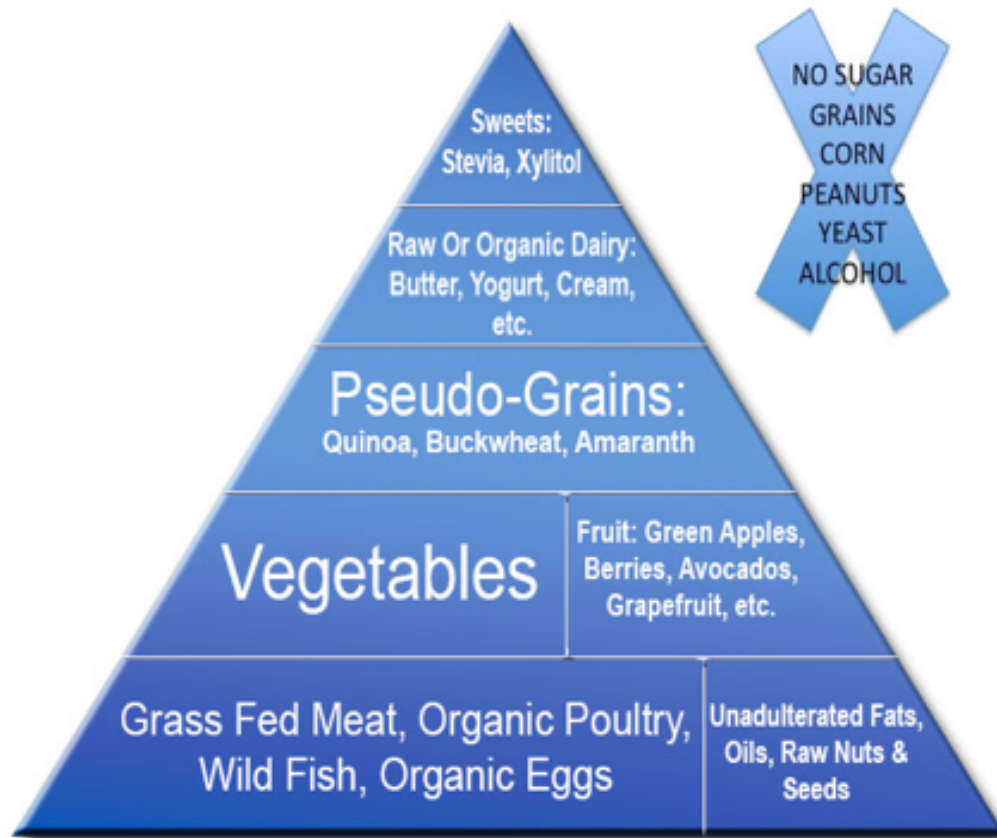


Anti-Fungal Diet



Meats: Beef, Fish, Poultry, Lamb, Turkey and Pork

Nuts: Raw nuts, including pecans, almonds, walnuts, cashews, and pumpkin seeds. Stored Nuts tend to gather mold, so be careful! *No Peanuts and No Pistachio's*

Vegetables: Most fresh, unblemished vegetables and freshly made vegetable juice. (Avoid mushrooms, corn, and potatoes)

Beverages: Bottled or filtered water, non-fruity herbal teas, stevia sweetened fresh lemonade or limeade, freshly squeezed carrot juice

Fruits: Berries, grapefruit, lemon, lime, green apples, avocado, fresh coconut

Dairy: Organic butter, organic plain yogurt, (use the following very sparingly) cream cheese, unsweetened whipping cream, real sour cream

Eggs: Yes

Vinegar: Apple cider vinegar

Oils: Olive, grape seed oil, flax seed, cold pressed virgin coconut oil, avocado oil

Sweeteners: Stevia, Xylitol