



The **MRSA**

Secret...

The Complete Staph/MRSA Diet.

Containing...

***The 71 Foods that must
be avoided at all costs.***

***The 161 Foods That Will
Speed Recovery.***

Also Includes...

- ***Lifestyle considerations that will enhance your treatment program:***
- ***Staph/MRSA Die-off:***
- ***What If I Experience a Relapse During My Program?***
- ***The Restaurant Survival Guide -
When You Find Yourself in the Wrong Restaurant and
You're Starving.***
- ***Improving Digestion and Preventing Indigestion***
The List of Do's:
The List of Don'ts:



The MRSA

Secret...

Dear friend, welcome to The MRSA Secret.

Please carefully read this E-Book to get a jumpstart on regaining your health.

Your CD course and manual are in the mail. Once you have listened to and read your course you will better understand why you must make a major shift in you body chemistry to re-gain control of Staph/MRSA.

Life is about balance and Staph/MRSA need a body that is *out of balance* to live in.

Our goal is to get you back in balance in the shortest amount of time possible and keep you there! Only when you are in balance will you not need to fear a re-infection. You will learn about all of this in detail when your CD course arrives.

What can you do right now to get back on track?



Embarking on the learning adventure of a new healthy diet is the important first step towards understanding your body's health and nutritional requirements. The Staph/MRSA diet is designed to support and inspire you on your journey toward the diet and lifestyle strategy that suits your individual needs. Just as each of us has a unique personality, health history, health challenges, and biochemical make up, we also have unique dietary needs. The information found on these pages will be invaluable to you both as a starting point as well as an ongoing reference.

The primary goal of an effective Staph/MRSA diet is to support healing and detoxification through a nutritionally balanced diet that is low in carbohydrates. The ideal diet for Staph/MRSA recovery reduces or eliminates hard-to-digest foods that stress the digestive system as well as allergens and toxins that suppress the immune and nervous systems.

In the following pages will address some of the more significant diet theories and considerations in order to help you put together a plan that fits your immediate needs while providing the tools to help you tailor your nutrition plan as you recover.

Lifestyle considerations that will enhance your treatment program:

1. Take control of your diet by preparing most of your food yourself.
2. Eat nutrient-rich, organic, minimally processed whole foods.
3. Optimize your intake of essential-fatty-acid rich food sources through the use of healing fats and oils.

4. Eat a wide variety of foods, preferably by following the four-day rotation diet.
5. Drink plenty of purified water. Drink half your body weight in ounces (for example if you weigh 140 lbs, you should drink at least 70 ounces of water). Whether you have city water or well water, consider investing in a water purification system (i.e. reverse osmosis) or buy high quality purified water that is stored in non-porous plastic or glass. You will learn more about this in your CD course.
6. Drug use, alcohol consumption and smoking lower your immunity - so avoid them.
7. Exercise regularly, allow adequate time for sleep. Develop effective stress management and relaxation skills to help combat both physical and emotional stress.
8. Avoid unnecessary use of antibiotics (other than those recommended by your Doctor for the treatment of Staph/MRSA), steroid drugs and birth control pills when possible since they promote the overgrowth of Staph/MRSA.

Making The Change

Making the necessary dietary changes presents a challenge that requires practice and patience. Most people find that after an initial adjustment period, they feel so good that the efforts expended seem more than worthwhile. You'll discover that the comfort and pleasure you derive from living in a healthier body can be tremendously satisfying.

Eventually, your inner wisdom will guide you to choose only the foods that nourish you and starve the Staph/MRSA. You'll probably misunderstand this instinct a few times at the outset. You may even choose to ignore it a time or two. This is all part of the learning process.

The following helpful hints will serve to keep you on track during your transition.

- Remember, you are making dietary choices to nourish your essential system, not the Staph/MRSA. The diet is designed to deprive the *Staphylococcus aureus* - not you. Counter any feelings of deprivation by exploring exciting new foods and recipes that are delicious and nourishing to the body and the soul.
- Focus on what you **can** have, instead of what you can't.
- Empty your cupboards of those items that are inappropriate for your program, so you won't be tempted.
- Plan ahead; utilize rotation-diet and recipe books that help you to organize your groceries and meal plans.
- Ask your loved ones to participate in the diet with you or, at a minimum, to respect your choices and diet restrictions.

Once you have felt even a day or two of the reassuring comfort that comes with improving your health, it will be even easier for you to find the inspiration you need to optimize your nutritional self-care.

**Change can occur overnight,
but it usually takes place over several weeks.**

For some personality types, change can be relatively easy. For others, the transition to new habits can be difficult. Rest assured that once you get into the habit of focusing on wellness instead of sickness, your new habits will feel more natural to you.

No matter how good your intentions are, you can't expect to be able to follow the diet perfectly - at least initially. You're bound to go back and forth for the first little while. If you feel your ill-health starting to creep back, you'll rediscover your determination to be well again and get back to your new, self-preserving, healthy lifestyle.

Handling Transitions Through Your Diet Program

Food cravings can be powerful. Cravings can be caused by Staph/MRSA die off, allergies, dehydration, protein deficiency and vitamin/mineral deficiencies. Of course, the best way to manage intense cravings is to understand why you are having them.

Sorting out cravings and their origins comes down to careful self-observation and learning to recognize the different types of cravings. If you feel that you can't live without a certain food and the need to eat it is overwhelming, you will probably be better off resisting, because it is not a real body need.

Types of Cravings

Staph/MRSA Die-off: The survival of the Staph/MRSA depends upon sugar. As the *Staphylococcus aureus* are dying, they can initiate a craving for sugar or starch. The habitual use of sugar for short-lived bursts of energy can also perpetuate sugar cravings.

Simple thirst and **protein deficiency** can also create sugar cravings.

If we are **allergic or intolerant to a food**, that intolerance may come along with an uncontrollable desire to eat that food. That is especially true of foods that create either a stimulating or sedating effect when we eat them.

Anxiety, depression, grief, self-doubt, fear, anger and almost any stressful emotion can trigger a craving for a comfort food. Sweet and starchy foods temporarily increase serotonin levels, "comforting us" for a short time.

As our health improves, our bodies adjust and begin to send food signals that are more in tune with our true nutritional needs. For example, when we need calcium, we may crave broccoli instead of craving ice cream. We'll come to recognize nutritional imbalances that can create unhealthy urges and learn health-boosting strategies to overcome them.

What If I Experience a Relapse During My Program?

If your symptoms worsen after an initial improvement, there are several common reasons for this. One or more of the following may be true for you.

- You could be experiencing a die-off reaction. Die-off can continue to be an issue for you throughout the beginning and middle of your program. As you move towards recovery, your episodes of die-off related symptoms (and Staph/MRSA-related symptoms) become fewer and farther between.
- Your body may not be ready to proceed to the next stage. In this case, you'll want to return to the previous diet stage/product protocol that you were comfortable with and stabilize yourself for another couple of weeks before you attempt to make this transition again.
- A worsening of symptoms can be caused by a food intolerance/allergy. It is possible that anytime throughout the program, you could uncover a long-standing hidden food allergy/intolerance or you could develop a new food allergy/intolerance. You are much less likely to develop a new allergy if you are following the Rotation Diet. Sometimes you won't discover food intolerance until you've abstained from that food for a while. By taking a break from the offending food, your immune systems will have a chance to recover from the chronic exposure. Reintroduction can trigger an easily recognizable reaction. Even if the reaction is delayed, you'll be more likely to identify it than if you had continued to eat the food without a break.
- You may be experiencing a healing crisis (A.K.A. an intense healing event). A healing event involves detoxification, repair, and/or rebalancing work that the body undertakes during healing. This process can stimulate some temporary, uncomfortable symptoms.
- You may be experiencing symptoms of environmental illness, or a viral and/or bacterial infection that is making you feel worse.

Eating Out

Eating out when you're on the Staph/MRSA Diet requires polite and assertive communication skills. You can usually get excellent support from the wait staff if you just ask them for their help in avoiding some food intolerances that you have. In most cases your server will be compassionate and helpful and look upon making sure you get the right food as an interesting challenge. Your server plays a very important role in your dining experience, as he/she is your representative to the cook who will prepare your meal for you.

In the unfortunate circumstance where you find yourself at a restaurant that has very few "safe" choices on the menu, you may have to hand your server a list of the foods that you can eat and ask them or the chef to recommend something appropriate.

A wise, preventative strategy is to arm yourself with as much knowledge about hidden allergens as possible. In this way, you can provide specific instructions and ask very direct questions. Your server can write them down, go to the kitchen and return with answers and/or suggestions.

Different types of restaurants will pose different types of challenges for you. For example, in both Chinese and Thai food, look out for sugar hiding in the sauces and dips, and for MSG. There may be hidden MSG in pre-made sauces even if the restaurant doesn't add any. You may have to ask that they check the labels of their pre-made ingredients.

In Chinese cuisine, soy sauce, Teriyaki sauce and oyster sauce usually contain wheat. Avoiding these sauces is rather hard to do. Your chances of getting a custom-prepared meal will be much better if you choose a quality restaurant that you know prepares food fresh for each customer. In these types of establishments, you can usually get them to prepare yours differently. If you are set on eating Chinese food but are allergic to wheat or soy, you might even want to bring your own wheat free soy sauce to let them use or to add to your food at the table. In Indian cuisine, watch out for cornstarch, sugar and wheat flour in sauces. Ask lots of questions and you're sure to find something suitable to eat.

Please don't be discouraged! You'll soon find some Staph/MRSA-friendly restaurants to frequent (and they'll probably remember you too).

The Restaurant Survival Guide - When You Find Yourself in the Wrong Restaurant and You're Starving.

If there is nothing that looks appropriate for you on the menu, consider the following options:

- Steamed veggies, fish, rice, scrambled/boiled eggs or chicken. If you are really stuck and there is nothing but deep-fried, battered chicken or fish, you may need to just pull the skin off and hope for the best. Note: this doesn't work for vegetables. Deep-fried veggies are much more saturated with the allergenic grease than meats.
- On the highway or in your typical "greasy spoon" establishment, your best option may look more like broiled potatoes or hash browns with eggs and canned veggies.
- Thai Restaurant - fresh, raw spring rolls (veggies rolled up in rice paper). Ask for a peanut free, wheat free, sugar free, MSG free dip if they can find one for you, or plan to bring something from home.
- Chinese Restaurant - MSG-free chop suey (bean sprouts) with steamed veggies and wheat-free soy sauce.

The Staph/MRSA Diet protocol begins with three full months on Stage One. Then, as healing progresses, you may move through Stage Two and Stage Three diet recommendations, followed by a maintenance (stabilization) diet. You may also choose to continue with the Stage One Guidelines throughout your program. Some people do so because they feel most vibrant eating this way.

Stage One Diet

Follow these guidelines for the first three months and continue until your score has reduced to, at most, a MODERATE score on your Questionnaire, for one full month.

- **OK (green)** foods according to your nutritional needs.
- PLUS One serving of **LIMIT (orange)** foods (including Type 1 and 2 Grains)
- PLUS up to one serving of Type 3 grains

NOTES: Many people feel best with the total abstinence from grain foods - at least during stage one, if not throughout the program. Fruit is not recommended in stage one.

Stage Two Diet

Follow these guidelines until your symptoms have been reduced to, at most, a MILD score, for one full month.

- **OK** foods according to your nutritional needs and tolerances.
- PLUS Two servings of **LIMIT** foods including Type 1 and Type 2 Grains
- PLUS up to two servings of Type 1 or Type 3 Grains.
- You may experiment very cautiously with **LIMIT** fruits (up to one serving per day in addition to your other LIMIT foods)

Stage Three Diet

Follow these guidelines until you are free of Staph/MRSA related symptoms.

- **OK** foods according to your nutritional needs and tolerances.
- PLUS Two servings of **LIMIT** foods including Type 1 and Type 2 Grains.
- PLUS up to two servings of Type 1 or Type 3 Grains.

- **LIMIT** fruits up to two servings a day in addition to your other **LIMIT** foods
- The occasional **AVOID** "Better Quality Sweeteners" may be tolerated at this stage.

NOTES: If you don't have sensitivity to gluten, you may experiment with the re-introduction of up to two servings of gluten containing whole grains instead of gluten free grains. The Gluten containing grains are listed on the orange list as Type 4 Grains. Use caution with this transition. If you do use gluten grains, stick to lower-gluten whole grains, such as oats, kamut or spelt.

ADDITIONAL NOTES:

- If you reintroduce foods you've previously abstained from and symptoms worsen, return to the previous stage of the diet.
- If you notice intolerance to **OK** or **LIMIT** foods, discontinue use. You may try to reintroduce in a later stage.
- Use Type 4 grains sparingly and only if tolerated.

Three-Month Maintenance - Stabilization Period

It's recommended that you spend a minimum of three months on the Stage Three diet after your Staph/MRSA-related symptoms have been relieved. This will allow your body to integrate the effects of the whole program so that your good health can stabilize. You may even feel so good on this diet that you decide to adopt Stage Three guidelines as your preferred diet regimen.

However you choose to manage your maintenance diet after recovery, the experience of following a food therapy diet for this amount of time is sure to have an impact on the healthy food choices that you will make for the rest of your life.

Food Recommendations

	Ok Foods (unlimited)	
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Vegetables

Artichoke
Arugula
Asparagus
Bamboo shoots
Beet greens
Bok choy
Broccoli
Brussel sprouts
Burdock root
Cabbage
Carrots~ raw(*organic*)
Cauliflower
Celeriac
Celery (*organic*)
Chives
Collard greens
Chard
Cucumber
Dandelion greens
Endive
Escarole
Fennel
Garlic
Jicama
Kale
Kohlrabi
Leeks
Lettuces
Mustard greens
Okra
Onions (*organic*)
Parsley
Radishes
Rutabaga
Scallions
Shallots
Spaghetti squash
Spinach (*organic*)
Sprouts (*mould-free*)
Shiitake mushrooms~fresh (*cooked*)
Swiss chard
Turnips
Watercress
Yellow Squash (*low starch*)
Zucchini

Beverages

Purified water
Lemon or lime water
Kolorex Tea (*anti-fungal*)
Pau D'Arco tea (*anti-fungal*)
Roobios tea (*anti-oxidant*)
all natural herbal teas –(*high quality or fresh to reduce risk of mold contamination*)
sparkling water/soda water
Fresh non-sweet veggie juices
Diluted 100% lemon or cranberry Juice – can be diluted with water or sparkling water and sweetened with stevia.
Nut Milks sweetened w/stevia
chicolin

Nightshade vegetables

(*allergenic, use only in rotation and only if tolerated*)

Bell peppers
Cayenne
Chili pepper
Eggplant
Ground Cherry
Pepino
Paprika
Pimento
Tomato
Tomatillo

Fruit

(*if tolerated, use in rotation*)

Avocado
Lemons or Limes (*organic*)
Cranberries (*sugar & sulphite-free*)

Organic Meat, Fish &

Eggs

Antelope
Beef
Buffalo
Chicken
Cornish hen
Duck
Goose
Game birds
Lamb
Rabbit
Veal
Venison
Other natural meats
Chicken eggs: (*Organic. Caution-eggs can be allergenic ,use in rotation if tolerated*)
Goose, Pheasant, Turkey eggs (*organic*)

Fish

(*caution- fish is a source of mercury & other toxins, use sparingly, 2 or less servings/week*)

All organically farmed fish

Oily (high EFA) Fish Include: herring, kippers, pilchards, sardines, sprats, trout (not farmed), whitebait, anchovies, carp (farmed) and mussels.

Non oily (low EFA): striped farmed bass, white bass, pacific cod, Dover sole, Alaskan and pacific halibut, red mullet, cold-water prawns, tilapia and turbot.

Sweeteners

Stevia extract~*solvent& additive-free*
Chicolin natural chicory extract
Yacon syrup
Fruit Sugars
Honey

Starchy Legumes (*use in moderation*)

Pinto
Romano
Black eyed peas
Great Northern beans

Nut & Seed Butters-

(Raw)

(*Use sparingly to avoid excess mucous production*)

Almond
Macadamia
Hemp nut
Pumpkin seed
Sesame (tahini)
Sunflower

Fats & Oils

(*For detailed information see Diet FAQ on Fats & Oils*)

High quality, cold-pressed oils stored in dark container (*most need refrigeration*)

Flax (*for raw consumption only*)

Pumpkin

Hemp

Sesame

Extra virgin olive (*store in cool place*)

Best oils for cooking:

Ghee

Organic coconut butter

Palm oil

Olive oil

Legumes – (soaked &/or sprouted)

Aduki beans

Black beans

Black eyed peas

Brown lentils

Chick peas

Green beans (*organic*)

Green lentils

Kidney beans

Lupini beans

Mung beans

Navy beans

Snow peas

String beans

Miscellaneous

Brine soaked pickles or olives

Water from young raw Organic Coconut

Spices

Organic fresh herbs. Dried fresh spices (*from fresh source and less than 6 mos. old.*)

Keep dry to prevent mold growth.)

Nuts & Seeds-(soaked or sprouted)

(*Ideally purchase refrigerated from store with high turnover*)

Almonds -raw

Brazil nuts

Filberts

Macadamia nuts

Pine nuts

Seeds:

Pumpkin

Sesame

Sunflower

Hemp seeds- (*shelled*)

Limit Foods		
<p>Vegetables Sweet potato (<i>organic</i>) Cassava Carrots cooked (<i>organic</i>) Parsnips Potato Beets Pumpkin Starchy squash (all but Spaghetti or yellow squash which are OK foods) Yams</p> <p>Legumes Fava beans Peas Red lentils Lima Beans</p> <p>Beverages/Juices (<i>do not need to count as limits</i>) Carrot and beet juices (1/4 cup servings)</p> <p>Potential Allergens (<i>do not need to count as limits, except corn</i>) (<i>Use only organic. Use rarely & only if cravings or symptoms are NOT triggered.</i>) Goat or sheep cheese Goat or sheep yogurt Corn (counts as limit) Non GMO soy Potato- (white, yellow, red) Cow Kefir Organic coconut (soaked) Organic unsulfured whole coconut milk</p>	<p>Meat, Fish & Eggs Pork (<i>as tolerated - only uncured un-smoked and un-sweetened</i>)</p> <p>Raw Fruits, (raw) (<i>For cautious use in Stage Two and Three of diet only if tolerated</i>) Apples (<i>organic</i>) Apricot Blueberry Grapefruit (<i>organic</i>) Peach (<i>organic</i>) Pears Pineapple Plums Strawberries (<i>organic</i>) Raspberries (<i>organic</i>)</p> <p>Sweeteners Carob Food grade vegetable glycerin (<i>can be Allergenic, especially if corn sourced</i>) Wild rice Teff Type- 4 Glutenous Whole Grains- Use cautiously, in Stage Three of diet only (<i>if tolerated</i>) Barley Kamut Oats Rye Spelt Whole grain pasta from any of the above grains</p>	<p>Miscellaneous (<i>Use with careful observation if tolerated. Fermentation can cause reactions.</i>) Lactic acid fermented sauerkraut Lactic acid fermented veggies 3 year aged miso 3 year aged tamari (<i>organic</i>) Apple Cider Vinegar Black pepper Mayonnaise (<i>organic</i>) Organic cocoa (<i>if well tolerated – can take Yellow Sun Ultra-Pure Cal/Mag with cocoa to counteract acidity</i>)</p> <p>Grains & Seeds (Types 1, 2, 3, 4) Type - 1 Gluten Free Low Glycemic Grains/Seeds Buckwheat Type -2 Gluten Free, High Glycemic Grains/Seeds -use sparingly Millet All Rice (<i>White rice is low in nutrients and fiber- use sparingly and eat with fibrous veggies</i>) Type- 3 also known as ‘Bonus Limits’ Gluten Free, Low Glycemic, High Protein Grains/Seeds Amaranth Quinoa</p>

Foods to Avoid		
<p>Vegetables Pickled with white vinegar</p> <p>Beverages Fruit juices Soda pop Alcoholic beverages Coffee Black Tea</p> <p>Meat, Fish & Eggs Smoked & processed meats: Smoked fish Pickled meat Smoked or cured meat Sausage Hot dogs Corned beef Pastrami Ham</p> <p>Nuts & Seeds Peanuts Roasted, salted nuts Pistachios Pecans Walnuts Cashews</p> <p>Fruits Dried or candied fruits Bananas Figs Grapes Mango Papaya</p>	<p>Sweeteners Artificial sweeteners Barley malt Brown sugar Corn syrup Granulated & powdered sugar Date sugar Dextrose Fructose Glucose Maple syrup Mannitol Molasses Monosaccharides Sorbitol Sucralose Sucrose Turbinado sugar Xylitol</p> <p>Nut & Seed Butters Peanut butter</p> <p>Dairy Butter Milk Cream Cow yogurt Cow kefir Ice cream Sour cream Whipped cream Cow cheeses</p>	<p>Grains & Seeds Wheat Cous Cous Bulgar Wheat Semolina Wheat Durham Wheat Miscellaneous Yeast including: Bakers Yeast Brewers Yeast Nutritional Yeast Yeast-leavened bakery products Yeast containing vitamins (<i>look for those labeled "Yeast free"</i>) Caffeine Edible fungi White vinegar Mustard Ketchup Worcestershire BBQ sauce Mayonnaise Maltodextrin Refined, cooked, hydrogenated, fractionated or superheated vegetable oils (<i>see Healthy Fats and Oils FAW in Diet Section of WholeApproach Support Forum</i>)</p>

Diet Rules - Are They all Essential?

It's common for those of us on a self-healing path to come across a multitude of health theories, therapeutic diets and eating styles. The sheer quantity of information can be overwhelming and the contradictions, downright baffling. Some people go from diet to diet in the hope that one of them will fit just right. Others study all of the theories and try to accommodate all into one diet.

The Staph/MRSA diet itself, being low-carbohydrate, can be rather challenging. We caution against trying to follow so many rules that it makes your diet plans into an absolutely stressful and impossible feat. Try to remember that every diet rule is not applicable to every person. If you attempted to follow every diet rule out there, the combined restrictions would probably prevent you from eating anything.

In the hope of preventing you from getting lost in a maze of diet theories, we have selected what we consider to be the most important diet considerations that you need to be aware of during your recovery from Staph/MRSA. You may be taking control of your

health for the first time in your life and all these theories may be new to you. Balancing your diet rules with a calm, immune-boosting state of mind takes practice. As you settle into a diet that feels right for you, the anxiety around your choices will fade away.

We can't emphasize enough how important it is for you to learn to listen to your body. As you move forward, you will learn what works best for you.

Virtually all-degenerative conditions involve some degree of acidity in the body. Many pathogenic disease-causing organisms cannot exist in an alkaline environment. Each of our tissues and body fluids has an optimum pH range that is unique. When one of our tissues or fluids is too acidic, our body will try to adjust – sometimes compensating by making another tissue or fluid overly alkaline.

In order to correct over acidity, the body must borrow minerals-including calcium, sodium, potassium and magnesium-from vital organs and bones to buffer (neutralize) the acidic condition. Over time, this drain on the body's mineral stores can cause severe mineral imbalances that dramatically affect many essential physiological functions. Health challenges associated with chronically-acid body states include low blood pressure, insomnia, water retention, headaches, fatigue, eczema, immune deficiency, joint and muscle pain, premature aging, obesity, and in severe cases, kidney disease, cardiovascular illness, osteoporosis, and cancer.

Generally speaking, an immune boosting, Staphylococcus aureus-starving diet is quite alkalizing. By doing a search on the Internet, you'll find plenty of food charts to help you examine the acid/alkaline theory in more detail. Be aware that as with almost any field of nutrition, you can expect to find a level of disagreement out there.

There is some controversy on the classification of certain foods as acid-producing or alkaline-producing because some foods can have both an alkalizing and acidifying effect. Cranberry for example, is an acidic fruit. It is said to acidify the urine but alkalize the tissues. This kind of duplicity is not that uncommon and serves to complicate the classification of foods.

When it comes to the adaptation of our diet with optimum pH in mind, there is some consensus that most health problems stem from general over-acidity. We also know that a diet of meats, cheeses, mucous-producing foods, starches, sugar and coffee produce symptoms of over-acidity. A diet of primarily whole foods, vegetables and beans is less likely to produce these conditions. Most of the foods that are recommended in the Staph/MRSA Diet are alkaline-forming.

Staph/MRSA often goes hand in hand with food allergies and leaky gut syndrome. Many with Staph/MRSA will also be sensitive to individual foods, additives and preservatives. When beginning your Staph/MRSA treatment program, it's particularly helpful to use the rotation diet to stabilize and improve your eating habits in such a way as to support your recovery process.

The central premise of the Four Day Rotational Diet, first introduced by Dr. Herbert Rinkel in 1934, is to structure your food intake in order to allow your body a period of recovery between subsequent exposures to specific foods that may be causing cyclical food reactions. In addition, the rotation diet is a helpful tool in identifying sensitivities; and may help prevent new food allergies from developing.

Advantages of the Four-Day Rotation Diet

- By allowing the body's immune system to recover from the effects of a challenging food, current food allergies begin to mitigate.
- Helps to reduce the chance of developing new/additional allergies
- Encourages diet diversity by providing a wide range of nutritional choices.
- Discourages the over-indulgence of one food to compensate for the removal of another.
- Aids in identifying foods that could be causing problems.

When following the Rotation Diet, a specific food is eaten on a particular day of the rotation and is not repeated until that day of the rotation comes around again. Four days is generally long enough, but persons with chronic constipation may need to cycle longer than 4 days until regular bowel movements are achieved. For example, the Quinoa and Broccoli consumed on Day 1 of the 4-Day rotation is not eaten again until Day 1 of the next cycle.

The Rotation Diet also helps with feelings of deprivation that often occur when starting the Staph/MRSA diet. When we eliminate favorite foods from the diet, we sometimes compensate by over-eating a substitute for a food we are missing. This can cause new food allergies or sensitivities to surface. Eating a wide variety of foods not only keeps the diet more interesting, it is packed with a variety of nutrients that are essential to recovery.

If you're like many health-conscious people, you pay a lot of attention to what you eat. But even the highest quality foods won't necessarily help you build health if you don't digest them well. Following are some tips for optimizing your digestive process and preventing digestive problems from arising in the first place.

You may not need to employ all of these strategies-look at your own eating habits and decide which ones will help you most. Then you'll have the right tools to keep your digestion running at its best; so you can absorb more nutrients and prevent indigestion. You'll also find a special list of remedies for indigestion. If a particular food or eating experience upsets the applecart the more familiar you are with your options, the better chance you'll have of limiting discomfort and finding relief when you need it.

Improving Digestion and Preventing Indigestion

The List of Do's:

- **Let your mouth do the work -**
Chew your food as much as possible before swallowing. Your mouth produces powerful digestive enzymes. Their function is to partially digest your food before it goes to your stomach. Chewing your food until it is broken down into a smooth, thin liquid is ideal; usually chewing twenty times or so per bite will do the job.
- **The right attitude -**
Try to eat with a feeling of gratitude for your food and an awareness of its nutritional power. Conscious eating will enhance your body's ability to assimilate the vitamins, minerals, and life force of your food.
- **Eat the salad last -**
Eat your protein and fat rich foods first and your salad last so that the water in the salad veggies does not dilute your digestive fluids.
- **Probiotics -**
Use DDS acidophilus capsules, (beneficial intestinal bacteria), daily. Use up to eight capsules per day to increase your digestive system's power and resilience.
- **Soil Based Bacteria -**
SBX brand supplement between meals will colonize your intestinal system with HSMs (Homeostatic Soil-Based Micro-Organisms). These help to reduce putrefactive bacteria from growing out of control as they can in the case of severe or chronic indigestion. A strong intestinal population of HSM's also supports nutrient assimilation.
- **Herbal Tea -**
To aid digestion, try sipping a small cup of herbal tea during your meal; green tea or a blend of green tea and other digestive herbs such as Traditional Medicinals' Eater's Digest, work well.
- **Enzyme support -**
Use Digesticol full-spectrum plant based enzymes to do some of the work for your digestive system. Take one capsule with every meal and snack daily. Extra heavy meals will require additional doses as needed. Digesticol™ promotes the process of converting virtually any food you consume into its most usable forms while supporting proper elimination of toxins and waste, leaving you with a cleaner, healthier body.
- **Bitters -**
Use herbal bitters before biting your first bit of food to rev up your digestive potency. The usual dosage range is between one teaspoon and one tablespoon of bitters, taken from thirty to five minutes before a meal.

- **Walking to prime digestion -**
A brisk twenty to thirty minute walk after a meal helps activate digestion.
- **Investigate the possibility of food allergies -**
Repeated episodes of indigestion may be a signal that you suffer from food sensitivities or allergies. Try eating a four-day rotation diet,(don't eat any food more than once every four days), and tracking what you eat and how you feel in a food diary. You will discover what foods trigger irritation and inflammation in your digestive tract. You can then avoid those foods, which will both strengthen your overall digestion and reduce the number of times you experience indigestion.

The List of Don'ts:

- **Don't nap or lie down right after your meal or eat just before going to bed -**
When you sleep, your digestive functions slow down. Also, if you lie down after eating, your stomach acid has a better chance of seeping up into your esophagus, causing heartburn. Being awake strengthens digestive power and the downward direction of gravitational force works to keep strong stomach acids where they belong.
- **Don't eat when you are not hungry or when you are extremely tired -**
Under these conditions your body may not produce adequate digestive enzymes for efficient digestion.
- **Don't drink cold water just before a meal, as it suppresses gastric secretions. -**
Minimize fluids during and immediately after meals. A cup of water one hour before a meal will help insure that your body has adequate water with which to produce digestive fluids.
- **Don't drink coffee and black tea with meals -**
These drinks can relax the ileo-secal valve, creating premature emptying of the stomach into the small intestine before food is properly broken down by the stomach acids. This, in turn, can lead to indigestion. Remember, these drinks are generally inappropriate for inclusion in an immune-boosting, *Staphylococcus aureus*-starving diet.

Food Combining Don'ts:

- Don't eat concentrated proteins like meat, dairy, fish, cheese, protein powders etc. with concentrated starches like grains, sugars, or fruits.
- Don't combine beans or nuts with dairy or meat.
- Don't eat fruit with any other foods.

To Remedy Indigestion or Bloating

The List of Do's:

- **Take digestive enzymes -**
If you feel over-full, you can use one or two extra Absorb-Aide capsules after your meal to help your stomach cope with the meal.

- **Take activated charcoal capsules -**
Taking charcoal at the first sign of bloating, nausea, or gas can be helpful, as the charcoal absorbs symptom-causing bacteria. Charcoal is suitable for occasional use only. Do not exceed ten capsules in a day or use the product more than two days per week, as the charcoal can also soak up good bacteria and minerals.
- **Use homeopathy -**
A general homeopathic formula for indigestion can be highly useful. Look for one containing carbo vegetabilis, Nux vomica (a.k.a. Colubrina), and Pulsatilla.
- **Drink fresh ginger tea to relieve nausea and bloating -**
Simmer one to two teaspoons of grated or sliced fresh ginger root for ten minutes in one cup of purified water.
- **Drink fresh or dried peppermint tea to help dispel intestinal gas -**
Steep one teaspoon of dried peppermint leaves or three teaspoons of fresh leaves in one cup of boiled water.
- **Take fennel seeds -**
Chewing a half teaspoon full of these aromatic seeds each thirty minutes until your symptoms are relieved helps to reduce discomfort from gas.
- **Use Tri Salts or baking soda -**
One teaspoon of Tri Salts (available from California-based **Cardiovascular Research**) may relieve heartburn or painful bloating. In a pinch, you can use one teaspoon of baking soda in a small glass of water. Either of these remedies will cause burping, helping to reduce pressure in the stomach. The bicarbonate in the Tri Salts helps neutralize extra stomach acid. (The baking soda option is contraindicated if you have hypertension because sodium bicarbonate has a high salt content.)
- **Try carminative essential oil capsules. -**
Using essential oil capsules containing peppermint can soothe gas and discomfort by acting as a carminative (herbal agent that relieves gas) and an anti-spasmodic (to soothe intestinal spasms). Some essential oil capsules also contain fennel, caraway seed, and other carminative oils. For the quickest relief, you can bite into a capsule and wash the oils down with a few sips of hot water.
- **Use herbal bitters as a treatment for upset stomach, excess fullness, and sluggish digestion -**
In cases of severe digestive deficiency, bitters can be used both before and after a meal. Take one teaspoon before eating and one after to boost your digestive secretions. Be aware that bitters stimulate all of your digestive functions and can speed bowel transit time. They may also loosen stools. Some bitters have a high senna leaf content and can have an exaggerated laxative effect. This is undesirable on a regular basis because your bowels can become dependent on the laxative. St. Benoit brand bitters from Switzerland are excellent and do not have a strong laxative effect. St. Francis Herb Farms brand bitters from Canada are excellent and do not have a strong laxative effect.

A Closing Note on Stress and Digestion

Never underestimate how much your state of mind affects your digestion. Our bodies are practical machines that make very logical decisions about prioritizing life-supporting tasks. If your body is experiencing fear, anxiety, or panic, your survival programming will direct your energy to ensuring that your body is ready to fight or flee.

It will shut down functions not essential for immediate survival, such as digestion and subtle immune processes. When your body is on 'red alert' your subconscious survival physiology will initiate movement of blood and energy resources from non-emergency functions like digestion to functions crucial for physical exertion.

For example, adrenalin levels will increase to keep your heart rate up. Your blood vessels will dilate to fill your muscles with blood rich in nutrients and oxygen, to boost your strength. When you eat while you are stressed, your body is preoccupied with the logistics of emergency procedures. It is unable to simultaneously orchestrate the complex processes needed to efficiently digest. You have next to no resources available with which to break down your food and direct the nutrients to where they need to go in your body. The result can often be physical discomfort from weak digestion, including gas, pain, fatigue and heartburn.

Try three to five minutes of deep breathing before you eat to encourage your body into rest mode before you ask it to accept and process food.

Now that you have a clear road map of what to eat, take this time to make the changes needed. Over the next several weeks we will be sending you a variety of tips and sources to speed your recovery to as short of time as possible.

Thank you again.

Shannon Brown

The MRSA Secret.